

SATURDAY 30TH JULY - SUNDAY 31ST JULY 2022

# TRI KINGDOM COME

Fenit Triathlon & Multi-Sport Festival

Tralee Triathlon Club



TRALEE TRIATHLON CLUB  
www.traleetriclub.ie

For more info email: [info@traleetriclub.ie](mailto:info@traleetriclub.ie) Website: [www.traleetriclub.ie](http://www.traleetriclub.ie)



## 2022 Event Information



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## Welcome

Welcome to TRI KINGDOM COME 2022: Fenit Triathlon and Multi-Sport Festival hosted by Tralee Triathlon Club.

This festival could not have been brought to you without the assistance and cooperation of the local community. Please respect our community and our local environment.

Our charity partner for this event is Fenit, RNLI.

*Ná Fág Ach Lorg Coise – Leave Only Your Footprints*

## Event Entry, Registration and Number Collection

TRI KINGDOM COME 2022 event entry is available online [here](#).

Online entry will close no later than 18:00 hours on Wednesday, July 27<sup>th</sup>, 2022.

On Thursday/Friday you will receive a Virtual-Registration (VR) email from [www.sportstiming.ie](http://www.sportstiming.ie). You must complete this registration form and:

- supply your 8-digit [Triathlon Ireland](#) (TI) Race Number  
or  
your 5-digit One-Day Membership (ODM) number
- sign the event waiver

You may collect your race number, timing chip and event bag from [Wild Water Adventures](#) located at [Tralee Bay Maritime Centre](#):

- Friday, 19:00 hours – 21:00 hours
- Saturday, 07:00 hours – 08:30 hours

## Location and Parking

TRI KINGDOM COME 2022 takes place on a Blue Flag beach in the fishing harbour of [Fenit](#), set in the magnificent scenery of Tralee Bay and nestled in the shadow of the Sliabh Mish mountains.

Fenit is located approximately 10km North-West of Tralee, County Kerry; access via the R558.

Primary car parking is available in O'Sullivan's Field, opposite the Gala shop in the centre of the village. Secondary car parking is available in Hannafin's Field, west of St. Brendan's Church.

Car parking will be managed by [Fenit Samphires FC](#); please follow the directions of the marshals.



## Festival Schedule

On Saturday:

- Registration and transition is open from 07:00 hours – 08:30 hours
- Event safety briefing takes place in transition at 08:45 hours
- Road closure in place from 09:30 hours
- Road re-opens at 12:00 hours
- All race kit must be removed from transition by 14:00 hours

**SATURDAY 30TH JULY - SUNDAY 31ST JULY 2022**

# TRI KINGDOM COME

## Fenit Triathlon & Multi-Sport Festival

Tralee Triathlon Club




**SATURDAY 30TH JULY**

**9:30am Children's Triathlon Festival**  
Swim: 100m | Bike: 2km | Run: 800m (7-9 Years Old)

**9:35am CHILDREN'S TRIATHLON FESTIVAL**  
Swim: 200m | Bike: 4km | Run: 1.5km (10-11 Years Old)

**9:40am TRY-A-TRI / STARTER TRIATHLON**  
Swim: 200m | Bike: 13km | Run: 3.5km

**9:45am YOUTH SERIES**  
Swim: 400m | Bike: 8km | Run: 2km (12-13 Years Old)

**9:50am YOUTH SERIES**  
Swim: 500m | Bike: 13km | Run: 3.5km (14-15 Years Old)

**10:00am YOUTH SERIES SPRINT TRIATHLON**  
Swim: 750m | Bike: 20km | Run: 5km (16-17 Years Old)

**10:05am TRI KINGDOM COME SPRINT TRIATHLON (Wave 1)**  
**10:10am TRI KINGDOM COME SPRINT TRIATHLON (Wave 2)**  
Swim: 750m | Bike: 20km | Run: 5km

**10.15am AQUAVELO**  
Swim: 750m | Bike: 20km

**SUNDAY 31ST JULY**

**12:30pm THE LIGHTHOUSE SWIM**  
3km Open-water swim with options from 2k to 3.2km



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## Important Notes for Parents/Guardians of Children & Youth Events

- Pre-Event:
  - WET SUITS ARE MANDATORY – though they may be of the “shortie” style
  - On the day, your junior will be provided with a swim hat – this swim hat MUST be worn during the swim
  - Ensure that goggles are fitting properly and not leaking
  - Ensure that your junior’s bike is road-worthy:
    - Ensure the tyres are pumped to adequate pressure
    - Ensure that the bike has 4 x brake pads and that the brakes are working
    - The bike will be inspected at entry to transition; if the bike is not road-worthy, your junior will not be permitted to enter
    - THERE WILL NOT BE A BIKE MECHANIC PRESENT AT THE EVENT – so arrive prepared!
  - Arrive early; there is enough parking for everyone; please following directions from marshals
- Registration / Number Collection
  - Parent/guardian must present WITH your junior(s) at onsite number collection area
  - You will receive a race number pack, timing chip\*\* and race-pack; in addition, the race number of your junior will be written on his/her hand
  - The race number of your junior will also be written on YOUR hand
  - Your junior will receive a colour-coded label for their helmet and for their bike
  - Your junior will also receive one large race number, which you may fix to a race belt, or, pin to a t-shirt
  - THE RACE NUMBER SHOULD NOT BE WORN UNDER THE WET SUIT but MUST be worn on both the bike and run components  
A participant will not be allowed leave transition without their race number being visible
- Colour-coding system is in place for this event:
  - Children 7-9: RED swim hat; turn at bike/run marshals with RED hi-vis jackets
  - Children 10-11: ORANGE swim hat; turn at bike/run marshals with ORANGE hi-vis jackets
  - Youth 12-13: GREEN swim hat; turn at bike/run marshals with GREEN hi-vis jackets
  - Youth 14-15: YELLOW swim hat; turn at bike/run marshals with YELLOW hi-vis jackets
- Transition:
  - Parents/Guardians ARE NOT permitted to enter the transition area:
    - There will be marshals in transition to assist your junior, when required, with removal of wet-suit
    - All of these marshals have completed both Garda Vetting and Safeguarding under Triathlon Ireland (TI)
    - Parents/Guardians can stand nearby where you have full visibility of your junior at all times
- Swim:
  - All junior swims start from the beach
  - Apart from the Children 7-9 years old, all other swimmers will be out of their depth in approximately 2m of water
- Bike:
  - Every time you are touching your bike you MUST be wearing a helmet



- Run:
  - Children 7-9 and 10-11 will run on the greenway, under supervision of event marshals
  - All others run on the R558 / Tawlaught roads
- Post-Event:
  - When your junior crosses the finish line, s/he will receive their finishers medal enter into a Junior-Hand-Over area where they will be in the charge of Ms Niamh Murphy, Children's Officer, Tralee Triathlon Club
  - You may collect your junior from this area, BUT YOU WILL BE ASKED TO IDENTIFY YOURSELF AND YOUR JUNIOR; you must also present the number that was written on your hand
  - To claim their post-event burger/drink, your junior must present their race number at the burger stand



**For the safety of all participants, marshals and spectators, please respect marshal instructions around this event.**

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\*\* Children 7-9 and Children 10-11 will not receive timing chips as timing is not permitted on these events.

## Important Notes for All Participants

- Rules
  - This event is sanctioned by Triathlon Ireland (TI) and therefore takes place under the rules set out by [World Triathlon](#)
  - Any derogations from these rules are set out [here](#) by Triathlon Ireland (TI)
- Pre-Event:
  - Arrive early
  - There is enough parking for everyone; please following directions from marshals
  - Pick up your race numbers, timing chip and race pack from onsite number collection area
  - Prepare your race numbers BEFORE entering transition
  - Every time you are touching your bike you MUST be wearing a helmet
- Transition:
  - As you enter transition you will be asked to present your bike where you will demonstrate its road worthiness; it is your responsibility to ensure that your bike is road-worthy
  - There won't be any bike mechanics available on the day, so please prepare your bike before you arrive at the event
- Swim:
  - There will be lots of safety cover on the swim course; there will also be "angel swimmers" available where necessary
  - If at any point during the swim you get over-anxious, lie on your back and raise your hand; a marshal will attend you when it is safe to do so
  - The water temperature will be about 17 degrees Celsius
  - You will be swimming out of your depth; the "outside" of the course is approximately 2.5m – 3m deep
  - Wet-suits are mandatory
- Bike:
  - Whilst Kerry County Council have kindly granted a road-closure, please expect some local traffic on the road
  - There is no water station or mechanical support available on the bike course
  - There will be a sweeper van on the bike course to collect any bike that has a mechanical issue
- Run:
  - There will be one (1) water-station on the run course, at approximately 2km from the start/finish line
- Littering:
  - Please do not litter;  
Anyone identified dropping gel wrappers, bottles, etc, outside of designated zone will be disqualified from the event and your information will be passed to the local litter warden
- Post-Event:
  - To claim your post-event burger, please present your race-number at the burger stand



**For the safety of all participants, marshals and spectators, please respect marshal instructions around this event.**

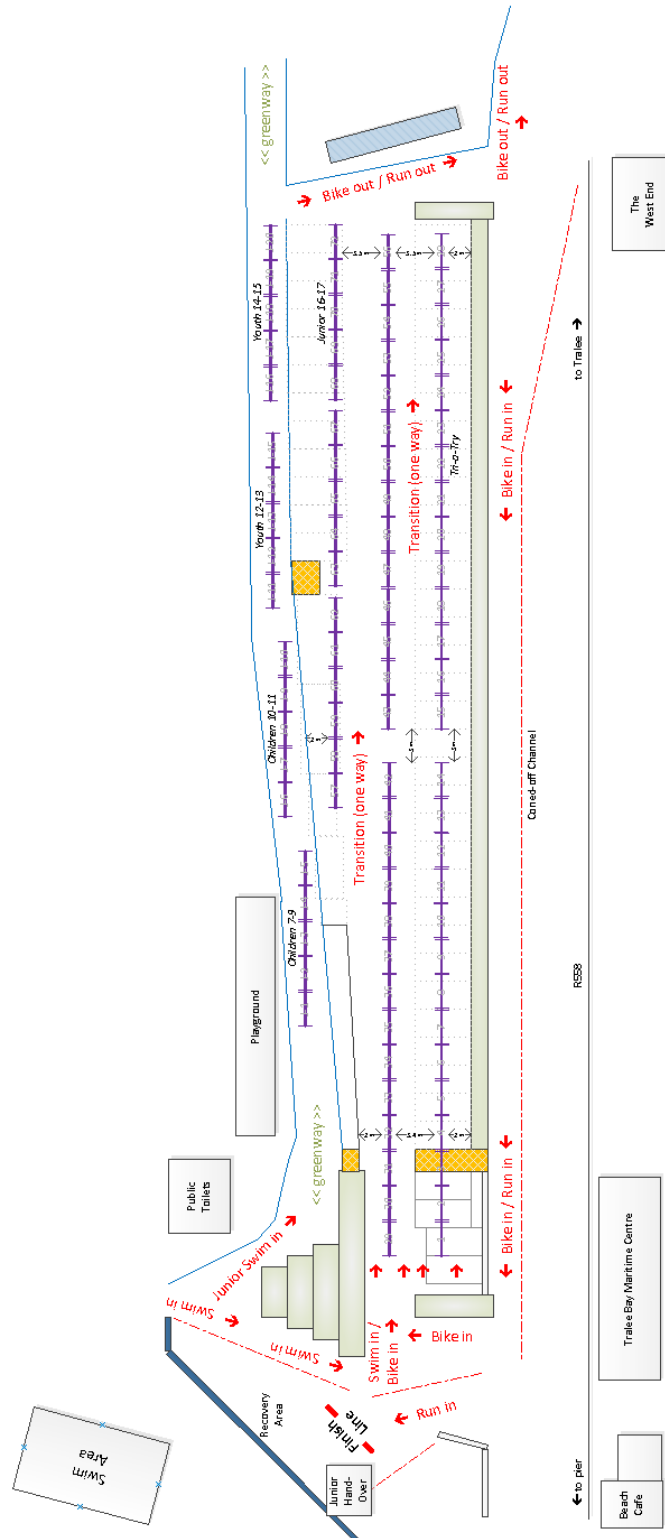
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## Transition Area

Triathlon transition is located in the main car park off Locke's Beach, Fenit.

All participants must follow a one-way system through transition, entering from the South side and exiting on the North side.

AT ALL TIMES - PLEASE FOLLOW THE DIRECTIONS PROVIDED BY MARSHALS





## Swim Routes

All swims take place in Tralee Bay off Locke's Beach, Fenit.



Please note that based on weather conditions and sea-state, the swim courses are subject to review on the day by the Water Safety Officer.  
Any changes to the swim routes will be announced at race briefing.

## Safety Cover

There will be multiple Rigid Inflatable Boats (RIBs), kayaks and lifeguards in the area.

If anxious, lie on your back and raise your hand.

A marshal will attend you when safe to do so.

## Swim Colour Coding

**Children 7-9: RED**



**Children 10-11: ORANGE**



**Youth 12-13: GREEN**



**Youth 14-15: YELLOW**



**Youth 16-17: PINK**



**Try-a-Try: ORANGE**



**Sprint, Wave 1: GREEN**



**Sprint, Wave 2: PINK**



**AquaVelo: BLUE**





### Sprint Distance Route

***Applies to: Youth 16-17 years old, Sprint, Sprint Team Relay and Aqua-Velo events***

This swim is approximately 750m in length.

It starts at the Swimmer's Slip which is located west along the path from the transition area.

You should allow at least ten (10) minutes to walk from the transition area to the Swimmers' Slip / swim start.

This is an in-water group start.

### Short-Distance Swim Routes

***Applies to: Children 7-9, Children 10-11, Try-a-Tri, Youth 12-13 and Youth 14-15 events***

All other swim distances will group start from the beach:

- Children 7-9 years will swim parallel to the shore
- Children 10-11 and Try-a-Tri will swim a 200m triangular course
- Youth 12-13 will swim a 400m triangular course
- Youth 14-15 will swim a 500m triangular course

## Bike Routes

All bike rides take place on the R558 Tralee-Fenit road.

Whilst we have a road-closure for the event, you should expect to meet some local traffic.

### Sprint-Distance Bike Route

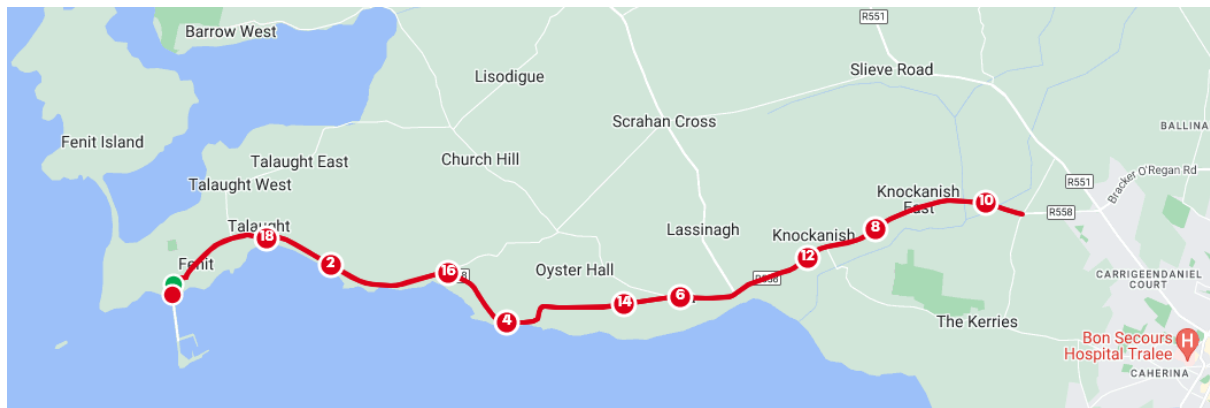
***Applies to Youth 16-17 years old, Sprint, Sprint Team Relay and Aqua-Velo events***

The sprint distance bike route is just under 20km in length.

It is an “out and back” course, turning at Clogherbrien Cross, west of Tralee.

The course is relatively flat with an elevation gain of just under 100m.

This course is mapped [here](#).



### Try-a-Tri and Youth 14-15 Bike Routes

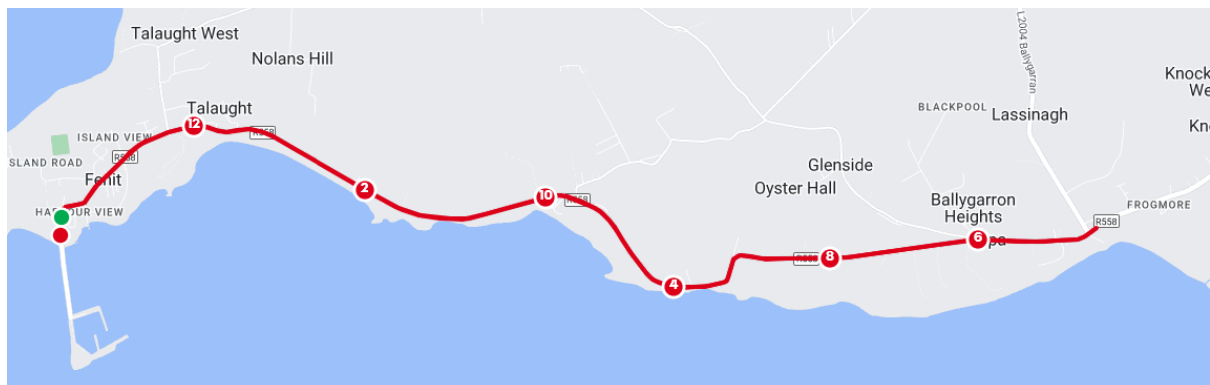
***Applies to: Youth 14-15 years old and Try-a-Tri events***

This bike route is 13km in length.

It is an “out and back” course, turning at [The Oyster Tavern](#), The Spa.

The course is relatively flat with an elevation gain of just under 90m.

This course is mapped [here](#).



## Youth 12-13 Bike Route

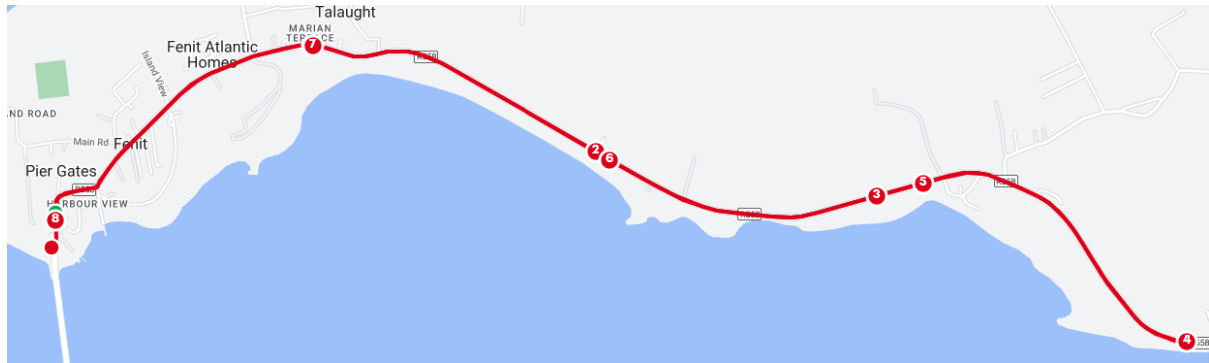
***Applies to: Youth 12-13 event***

The Youth 12-13 years old bike route is 8km in length.

It is an “out and back” course, turning at the base of the climb at Oyster Hall.

The course is very flat with an elevation gain of just 50m.

This course is mapped [here](#).



## Children 7-9 and Children 10-11 Bike Routes

***Applies to: Children 7-9 years old and Children 10-11 years old events***

The Children 7-9 years old route is 2km in length.

It is an “out and back” course turning outside the entrance of Marian Terrace, Fenit.

The Children 10-11 years old is 4km in length.

It is an “out and back” course turning on the main straight outside the village.

These courses are mapped [here](#).





## Run Routes

The run routes will be over both the R558 and Tawlaught roads.  
Children 7-11 years old shall run on the Tralee-Fenit Greenway.



### Sprint-Distance Run Route

***Applies to Youth 16-17 years old, Sprint and Sprint Team Relay events***

The sprint run is 5km in length.

This is an “out and back” course turning at the terminus point of the course.

This course is not flat, with a total elevation gain of just over 50m.

This route is mapped [here](#).

## Try-a-Tri and Youth 14-15 Run Routes

***Applies to: Youth 14-15 years old and Try-a-Tri events***

The turn-point for this course is at the YELLOW turn-point (marshal will be wearing a yellow hi-vis jacket), along the Tawlaught straight towards Chapeltown.

## Youth 12-13 Run Route

***Applies to: Youth 12-13 event***

The turn-point for this course is at the GREEN turn-point (marshal will be wearing a green hi-vis jacket). This point also serves as a water-station.

## Children 7-9 and Children 10-11 Run Routes

***Applies to: Children 7-9 years old and Children 10-11 years old events***

After exiting T2, Children 7-9 and 10-11 will run on the Greenway (not the road!). There will be marshals along the course on the greenway.

Children 7-9 must turn at the RED turn-point (marshal will be wearing a red hi-vis jacket).

Children 10-11 must turn at the ORANGE turn-point (marshal will be wearing an orange hi-vis jacket).

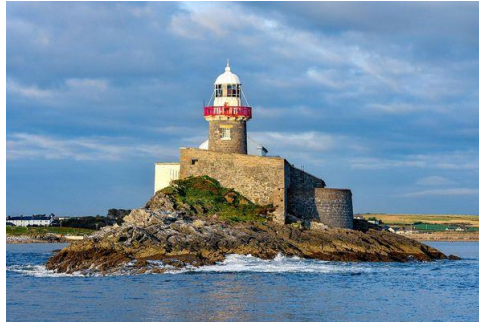


## The Lighthouse Swim

### Details

On Sunday, July 31<sup>st</sup>, we will host a swim round the Fenit Lighthouse.

Built in 1854, manned until 1959, Fenit Lighthouse, with a 12m light tower, is located on the Little Samphire Island just off the Locke's Beach in Fenit.



This event is in aid of [Ballyheighue Inshore Rescue Service](#).

### Event Entry

Online entry is available [here](#).

### Onsite Registration

On the day, you may register from 11:30 hours to 12:00 hours, at the Tralee Triathlon Club tent, located in the car park off Locke's Beach.

Before you swim, please report to the Tralee Triathlon Club tent located in the car park off Locke's Beach. The safety-briefing will take place here.

### Safety Cover

There will be multiple Rigid Inflatable Boats (RIBs), kayaks and lifeguards in the area.

If anxious, lie on your back and raise your hand.

A marshal will attend you when safe to do so.

### Swim Start

The main swim will start at 12h:30 from Locke's Beach.

This is a self-seeding, *rolling start*: 5 people will start every 5 seconds.

Faster swimmers should go to the front.

There is a second option of starting from the Swimmers' Slip.

This swim will start approximately ten (10) minutes after the main swim.

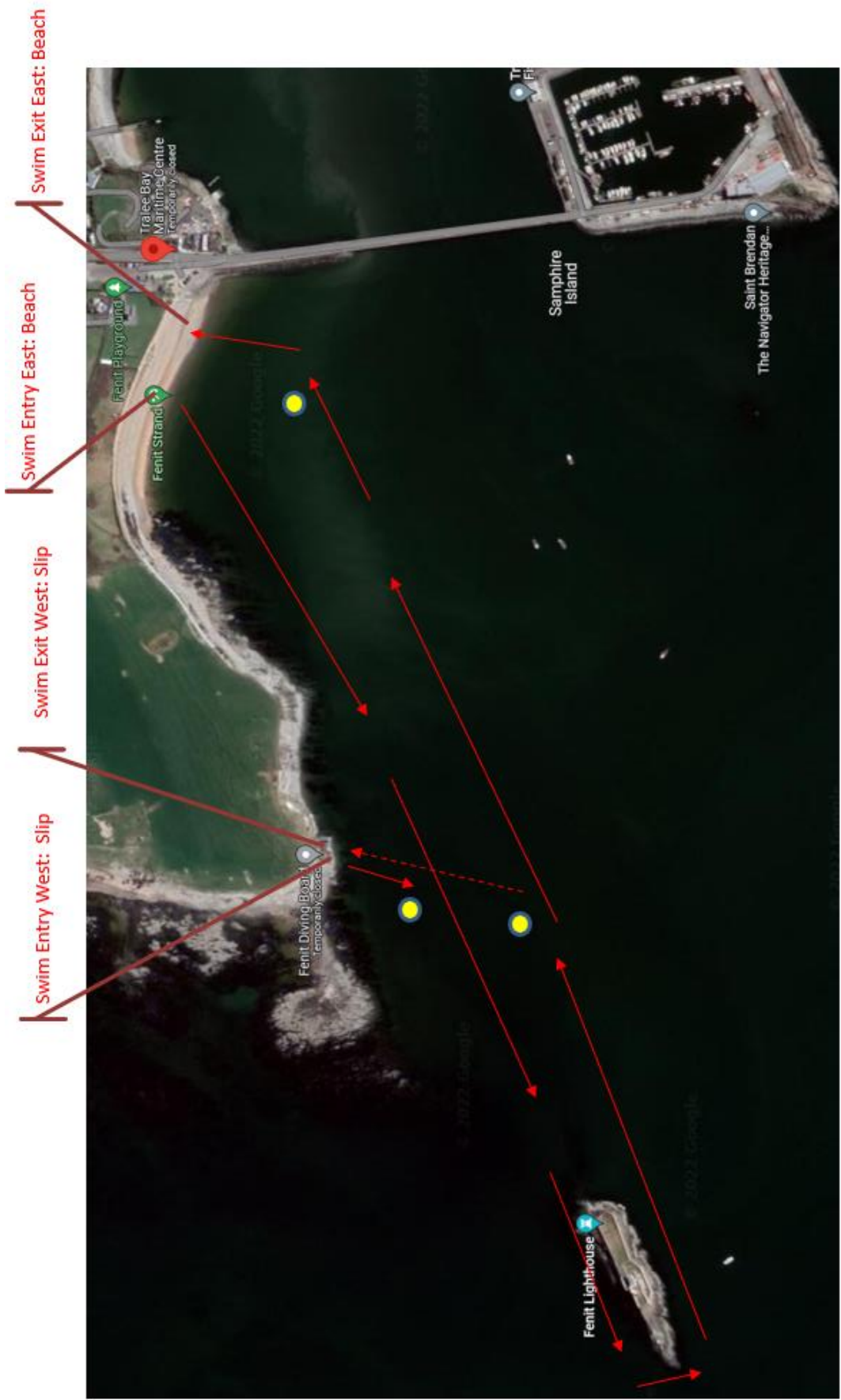
### Swim Courses

The swim course is an anti-clockwise circumnavigation of the Little Samphire island / Lighthouse.

There are three (3) main swim courses:

- Enter from Locke's beach; exit at Locke's beach (3200m approximately)
- Enter from the Swimmers' Slip; exit at Locke's Beach (2400m approximately)
- Enter from the Swimmer's Slip; exit at the Swimmer's Slip (1800m approximately)

During the swim, anyone that feels fatigued / anxious may exit at the Swimmers' Slip.



## Míle Buíochas

A very special “thank you” to:

Everyone that participated in our Multi-Sport Festival  
The people and community of Fenit  
Fenit Development Association  
Fenit Townhall  
Mr Jim Ferris, Fenit  
Mr Gerard Hannafin, Fenit  
Mike O'Neill of Mike's Beach Café  
Liz, Linda and all the staff of Gala, Fenit  
Fenit RNLI  
Ballyheigue Inshore Rescue Service  
Fenit lifeguards  
John and Michaela and all the crew of Wild Water Adventures  
Tralee Bay Swimming Club  
Tralee Bay Sailing Club  
Fenit Samphires FC  
Dean of SportsTiming.ie  
Colin Aherne Photography  
Spa/Fenit/Barrow Athletics Club  
Born-to-Run / Tralee Marathon Club  
An Garda Síochána, Tralee  
Kerry County Council

And most especially to the members of Tralee Triathlon Club,  
event marshals and volunteers who made this event possible.

**Noel Hilliard**

Race Director, TKC 2022

*Tralee Triathlon Club: Community in Multi-Sport*

