



# Newcastle Lyons

## Biathlon/Triathlon 2022

### Shooting

- Shooting will take place in St. Abbans Athletic Club, Monavea, Crettyard, Co. Laois R93 WA24
- First detail at 12pm for the Senior Boys and Girls
- The last detail will also include training for those less experienced with the rifle

### Running

- Running also takes place in St. Abbans Athletic Club on a combination of their cross country and cinder track.
- Heats are in groups of 3-5 competitors based on estimated run times supplied so hopefully if correct, everyone will be running with similar ability.
- No spectators will be permitted on the cross country route (approx. 800m) as the center is fenced off for agricultural purposes.
- As the cross country track is hard gravel, please wear runners as opposed to spikes.

## Swimming

- Swimming takes place in K-Leisure, Athy, Co.Kildare Eircode : R14 XD30
  - Heats 1-4            Warm-Up 16:00-16:10
  - Heats 5-10        Warm-Up 16:30-16:40
  - Heats 11-16      Warm-Up 17:00-17:10
- Please be ready 10mins before allotted warm-up in case we are running ahead of schedule
- Presentation will take place in K-Leisure shortly after the swimming finishes.
  
- Please respect all marshalls on the day as they are volunteers and are there to help you.
- Please also respect the property of St.Abbans and K-Leisure – no littering!

**\*\*\* Distance from the running/shooting venue to the swimming is approx. 20mins (20km) \*\*\***