

A Few Announcements

1. Winter Training
2. TriAthy 2009 – Update
3. TriAthy 2010 – Bidding Process Starts
4. Other Races 2010 – Calendar Open



Hungary 2010

1. "Debunking Qualification - the average plodders guide to racing in green"
2. "How to ensure you don't qualify - 5 simple mistakes that will leave you out of the team"
3. "What happens at the Worlds - A tale from Down Under"
4. "Paying for it all - without overtraining your wallet"
5. "The logistics - or Karl's best guess for now"
6. "Other considerations - Athlone, Peaking in time, etc"
7. "How do I order a beer in Hungarian and All Your Other Questions Answered"
8. "Over to you - What you need to next"



Racing for Ireland

- Myth No.1 – Places are rare
 - Wrong: Ireland has the same allocation as much bigger countries. We don't need anything like the number of places we need but under ITU Rules all nations are equal
 - Only likely to be an issue in the very large age groups – Male 30-44 and Female 30-39
 - Other Age Groups are never fully contended
 - Exception: Athlone is a home event*
* but we have more spaces too!



Racing for Ireland

- Myth No. 2 – Like the Olympics, selection is based on meeting a performance standard
 - Wrong: Selection usually comes down to being smart about how you apply and not missing deadlines more so than meeting a standard time



Racing for Ireland

- Myth No. 3 – Slow times are not encouraged
 - Wrong: No one will ever ask you for a predicted finish time, and no one will ever question your time
 - The Irish age-group team is much more about participation than performance (reverse only true for elites)
 - Like any large triathlon there are elites and there are beginners / recreational participants



Racing for Ireland

- Myth No. 4 – You need to be Irish
 - Wrong: A new rule introduced to TI in 2009 permits any person resident in Ireland who has not raced for another country to apply to race for Ireland. Residency established by utility bill or similar



Racing for Ireland

- The Application Process
 - Selection Criteria
 - Be Eligible
 - Then Apply
 - “You must apply first to be considered”
 - AG Places are NOT offered to non-applicants



Racing for Ireland

- Application Options
 - Selection Races
 - TI National Series
 - Non-Ireland Athletes
 - Selection Pool
 - Anyone unselected from previous rounds
 - New applicants who apply by final closing date



Hungary – Selection Dates

	ITU Sprint World Championships	ITU Olympic World Championships
Round 1	TI National Series 2009 - 5 places per AG - Close - 2 November - Offer - 3 November - Accept - 24 November	Lough Neagh 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED
Round 2	Athletes Outside IRL - 5 places per AG - Close - 1 May - Offer - 2 May - Accept - 23 May	Dublin City Triathlon 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED
Round 3	Valencia Triathlon 2010 - 5 places per AG - Close - 8 June - Offer - 9 June - Accept - 30 June	TI National Series 2009 - 5 places per AG - Close - 2 November - Offer - 3 November - Accept - 24 November
Round 4	Triathlon Sprint 2010 - 5 places per AG - Close - 8 June - Offer - 9 June - Accept - 30 June	Athletes Outside IRL - 5 places per AG - Close - 5 April - Offer - 6 April - Accept - 27 April
Round 5	The Selection Pool - at least 5 places per AG - Close - 1 July - Offer - 2 July - Accept - 23 July	Joey Hannan 2010 - 5 places per AG - Close - 6 May - Offer - 7 May - Accept - 28 May
Round 6	(None)	The Selection Pool - all unallocated places per AG - Close - 28 May - Offer - 31 May - Accept - 22 June



Athlone – Selection Dates

	ETU Sprint Championships Athlone	ETU Olympic Championships Athlone
Round 1	Mullaghmore 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED	Kilkee 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED
Round 2	Triathlon 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED	OK Tri 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED
Round 3	Dublin City Triathlon 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED	Dublin City Triathlon 2009 - 5 places per AG - Close - CLOSED - Offer - CLOSED - Accept - CLOSED
Round 4	TI National Series 2009 - 5 places per AG - Close - 2 November - Offer - 3 November - Accept - 24 November	TI National Series 2009 - 5 places per AG - Close - 2 November - Offer - 3 November - Accept - 24 November
Round 5	Athletes Outside IRL - 5 places per AG - Close - 8 Mar - Offer - 9 Mar - Accept - 31 Mar	Athletes Outside IRL - 5 places per AG - Close - 8 Mar - Offer - 9 Mar - Accept - 31 Mar
Round 6	The Selection Pool - at least 5 places per AG - Close - 1 Apr - Offer - 2 Apr - Accept - 23 Apr	The Selection Pool - at least 5 places per AG - Close - 1 Apr - Offer - 2 Apr - Accept - 23 Apr



Racing for Ireland

- Application Rules
 - To be eligible for selection you must fulfil the eligibility criteria and have submitted a complete application and paid any stipulated fees by the closing date.
 - Any final fee must be paid by the deadline.
 - Any late applications, either forms, documentation, or fees will be considered at Triathlon Ireland's discretion.
 - Acceptance of the offer of a place must be done in writing. Once you have declined a place the place will be offered to another, and will not be subsequently available to you.
 - All decisions for selection races will be taken from the official results, as supplied to Triathlon Ireland by the respective race. Any results will be subject to official Triathlon Ireland rules, and any time penalties, or other penalties, applied by the race officials.
 - Age Group is determined by the Competitor's age as of December 31st in the year of competition.



Racing for Ireland

- Application Forms
 - Remember the next date is November 2 2009 (Monday)
 - Swift Post tomorrow
 - Include App Fee and Evidence of residence



How to Ensure You Don't Qualify

- Miss the Application Date
- Be ineligible for the round you enter
 - Didn't do the race
 - Raced it on a ODL
- Don't Include Application Fee or residence
- Fail to Acknowledge (or decline) TI Offer when its made
- Don't be a full member of TI in 201



What Happens at The Worlds

- ETU European Champs (Holten)
- ITU World Champs
- Presence of a Big Event
- Side Activities – Aquathon Champs, Team relay, etc
- Elite Championship Race
- Parade of Nations
- Racing for Ireland



Paying for it all - without overtraining your wallet

1. Costs to Consider
 1. Flight – Apx €250 return
 2. Accommodation (4 nights) – Apx €100 shared basis
 3. Bike Transport – Apx €60 return
 4. TI Application Fees - €20
 5. TI Racing Fees / Race Entry Fee - €200+
 6. Ireland / ETU Kit €100 plus printing
2. Trilogy Scheme
 1. Assist with cost of trip by limiting cost to €340 (13 x €20 plus commitment fee of €80)
 2. Does not cover Ireland Kit
 3. Available to supporters



"The logistics - or Karl's best guess for now"

- Championships take place 11-12 September
- Depart Dublin Weds 8 September
- Return Dublin Mon 13 September
- Shared accommodation ideally within 3km of race start



Other Considerations

- TriAthlone
 - The 2nd biggest race in the ITU world comes to Athlone
 - All major European Elites will be represented – Fernandez, Gomez, Brownlee, Frodeno
 - Ireland's Bryan Keane looks set to place highest ever for Irish elite
 - Trilogy as midlands club has been asked to help out
 - Opportunities for marshall certification
 - Option to race AG is still open



Other Considerations

- "Peaking"
 - Hungary comes at the end of a long season
 - Typical – we peak in June / early July, hold form until August and rapidly lose form as September comes round
 - Summer Training must be planned for a 'double peak'
 - A consideration for the Winter and Summer Training plan



Questions & Answers

- Fire Away!
- Can someone keep a list – will put FAQ on Hungary page of website



Your Next Step

- Get your applications in by Monday
 - €20.00 Fee
 - Copy of Passport / ID
 - Application Form (available here)
 - Send by Swift Post
- Start making payments into the fund (SO forms here)



The SO Form

The screenshot shows a form titled "Joint Payment Card" with various fields for bank details and payment information. Annotations with arrows point to specific fields:

- Red arrows point to the "To: The Foreign Bank" and "Bank" fields, labeled "Details of YOUR Bank".
- Blue arrows point to the "Please Change to My Account Number" and "Account Number" fields, labeled "Details of YOUR Account where money will be coming from".
- Green arrows point to the "What it will say on your statement" field, the "When you want it to start" field, and the "The relevant amount (tick)" field.
- A black arrow points to the "Sign (note: Joint)" field.

A red starburst graphic in the bottom left corner contains the text: "When Completed - you send it to your Bank - Not to Trilogy".