



Glin Sprint Distance Triathlon & Try A Tri

Saturday 5th September 2026

RACE TIMETABLE

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9.30am to 11am	Race Registration – Glin Pier
9.30am	Transition area opens
11.15am	Transition area/bag drop closes
11.30am	Race Briefing
11.30am	Marshals in place
12pm	Triathlon & Try A Tri Start
1.15pm	Transition area reopens
2.30pm	Event Finish
3pm	Prize giving at Geoghegan's Magpie Bar

CAR PARKING

All entrants are requested to work with the organizers on parking. We are respectfully asking you to be considerate of other competitors, and especially the local community who are giving us great support. Parking is available at Cloverfield Homes for the Elderly (parking area highlighted on map). Parking also available on the Main street and at the Playground & Church Street.

Please DO NOT park at Adams Garage.



REGISTRATION

9.30am – 11am on Saturday 5th September at Glin Pier.
Registration will close sharply as outlined.

Please have your TI identification card (with photo) or your One-Day Triathlon Ireland License to hand.

For relays – PLEASE NOTE: Relay teams are asked to register together if possible, there must be at least one TI licensed athlete on the team.

In case of emergency, please write any medical conditions you have on the back of your race number. Do not fold or cut your race number.

BIKE RACKING AND TRANSITION SET UP:

Transition at Glin Pier will be open from 9.30am. Please note that only registered entrants may enter the Transition area. You **MUST** have your bike and equipment set up prior to the race briefing. Transition will be enclosed by crowd control barriers. There will be a security, mechanical and helmet check at the transition area entrance. Your bike number must correspond to your race entry. All bikes and helmets will be checked on entry to transition from a safety point of view – any unroadworthy equipment will be refused entry. There will be a bike service available provided by **McSweeney Cycles**, in the pier carpark area but please ensure you check your equipment well in advance of the race – we obviously cannot allow any competitor onto the roads with faulty bikes or without a helmet. All athletes must place their equipment only at their allocated bike location in a neat and tidy fashion. Any athlete discarding equipment outside their personal space in transition will be penalised. This is to include wet suits, bike, runners, bike shoes, goggles, hats etc. Transition will be open for set up from 9.30am to 11am. It is your responsibility to be prepared to attend Race briefing for 11.30am sharp.

ALL ENTRANTS MUST ATTEND THE RACE BRIEFING BEFORE RACING:

The Race Briefing is an important safety measure for our event and is **COMPULSORY** for all race entrants. Any last minute changes to the course will be announced at this time and we will inform you of any safety issues that may affect your race. This brief will be the latest information at hand to the event organizers and race referee – it will not suffice to have read the race brief. The **Race BRIEFING** will commence at **11.30am** at transition in front of the pier.

RACE STARTING POINT:

Once the briefing has concluded entrants will be led to the STARTING POINT which is at the path entrance to the water as per swim map

TRY A TRI, please note that your start area will be at the new boat slip. Both the Sprint & Try A Tri will start at the sound of the siren.

Relays, please note that your transition area is separate from the individual entrants transition area. There will be no access to the recovery area until the first individual racers finish. The bag drop is for individual racers only.

SWIM COURSE

Race Swim Caps will be provided to all entries. All swimmers must wear the race hat provided. Additional hats may be worn underneath the race provided hat.

Wetsuits are mandatory for all swimmers taking part including all relay swimmers. Anyone not wearing a suitable wetsuit will not be permitted to enter the water/race.

Kayak's & RIB's will flank the swim in an effort to keep swimmers on course.

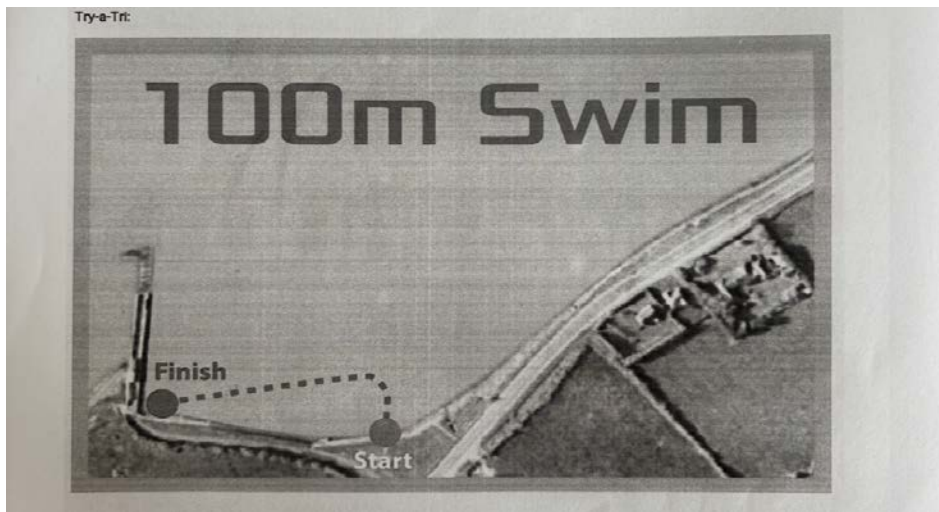
Only very strong swimmers should go to the front of the swim start. Leave your ego behind! Weaker swimmers are well advised to start at the sides and stay to the rear of the field.

If a swimmer wishes to retire from the swim for any reason, roll over on your back and raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.



TRY A TRI SWIM

The Try A Tri swimmers will enter the water at the new boat slip and swim towards the paths. This is very shallow and you can stay as close to the shore as you wish. The swim exit is the same exit as for the Sprint Triathlon and will be clearly marked with buoys. The photo below shows the swim area view from the boat slip way towards the paths.



TRANSITION 1

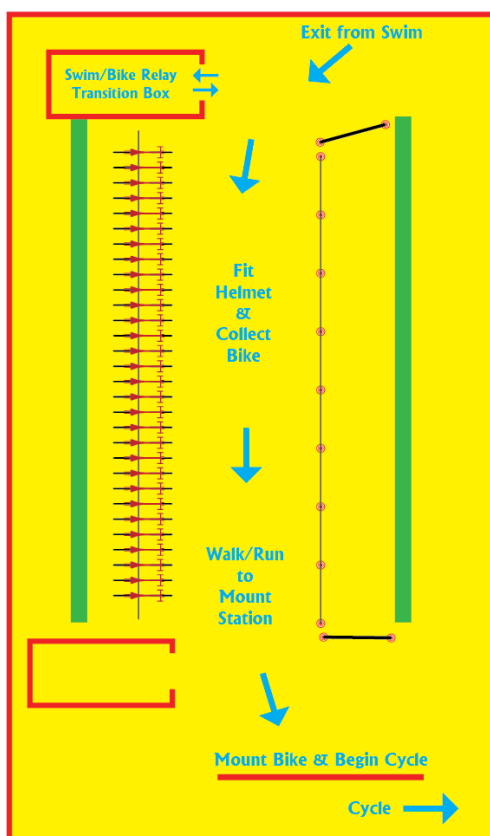
Exit the water and run up the path towards the Transition area over the timing mat.

Race number must be worn on the back during the cycle. Numbers must be clearly visible at all times. Anyone not correcting their number after being advised by marshals to do so, will be penalised for number violations.

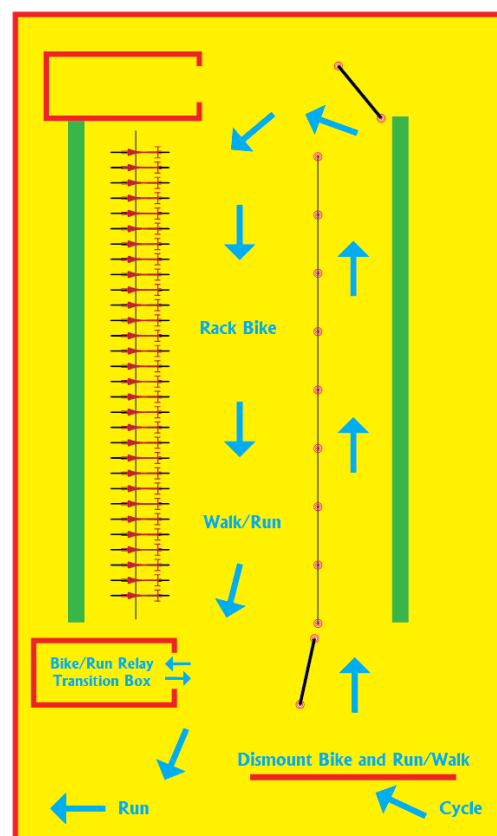
For safety and Insurance reasons - Personal Stereos/IPODs etc are not allowed on the course of the race. Anyone wearing any such device during the course will be immediately disqualified from the race.

You must put on your helmet and fasten it before removing your bike from the bike rack. Anyone, who has an unfastened helmet while in contact with their bike will be asked to stop and refasten their helmet, failing to do so will result in a time penalty.

SWIM to BIKE TRANSITION



BIKE to RUN TRANSITION



CYCLE COURSE

The course is an out and back course to Foynes approx. 24km in distance.

The Try A Tri athletes will turn in Loughill (across from the Church) marked with X on the map below. Try A Tri athletes please note you will be stopped and allowed to turn when safe to do so.

THE FOLLOWING ARE THE KEY RULES REGARDING THE BIKE SECTION:

1. Race number must be worn on the back, if you have a problem with your race number please inform the race organisers prior to the race.
2. You must secure your helmet before removing your bike from the rack.
3. You cannot mount your bike until you have exited the transition area and are on the road at designated area.
4. This is strictly a non-drafting race. For more information on drafting please refer to the manual of guidance in the Triathlon Ireland website. Non-Drafting will be enforced using time penalties, disqualifications and stop-go penalties as seen fit by draft marshals. **The draft marshals decision is final.** No warnings will be given and we will have plenty of draft marshals on the course.
5. You must dismount your bike before re- entering transition area.
6. You must replace your bike in your own spot before removing helmet.

SOME REALLY CRUCIAL NOTES ON THE BIKE:

Dangerous overtaking, crossing the white line, breaking the rules of the road or any other form of inappropriate conduct will result in immediate disqualification - the bike marshals have been instructed to be strict for everybody's safety. The most important note for the day

- The road surface in general is good on the bike route.

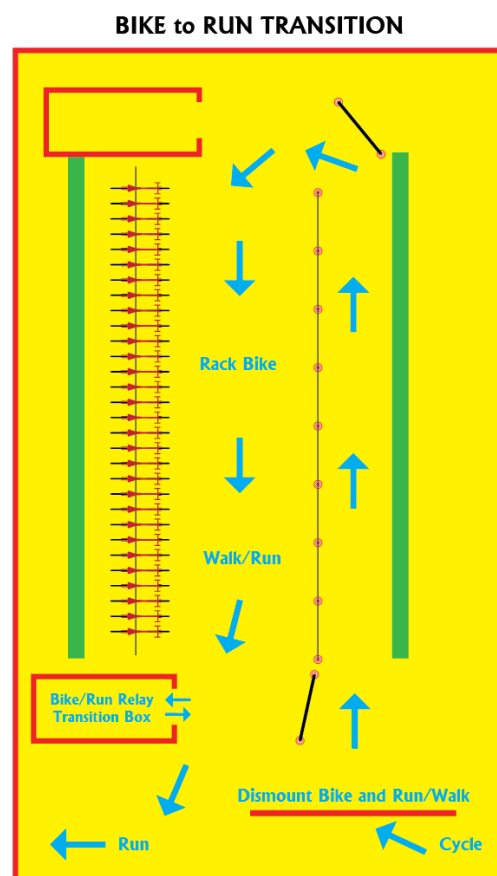
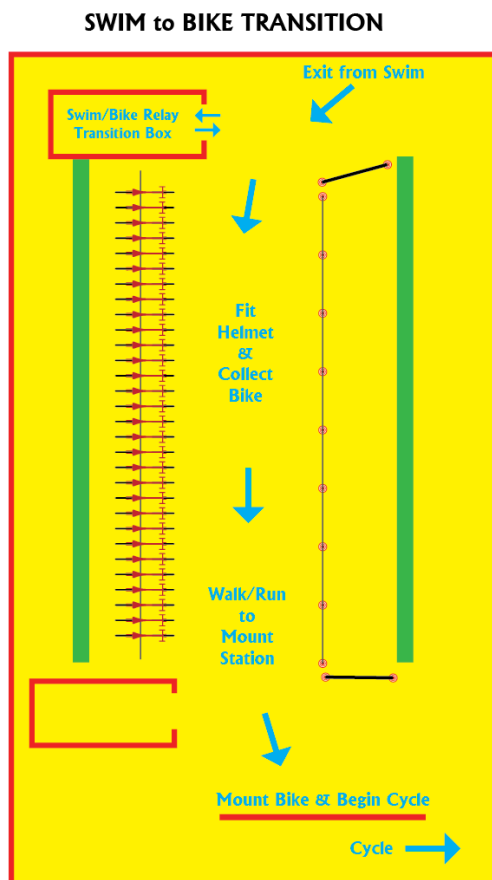


TRANSITION 2

Be careful on your return into T2. The area will be well marshalled – please listen to the marshals they are there to ensure your safety.

THE FOLLOWING RULES APPLY IN T2.

1. Dismount before entering the Transition area. You **must** place your bike on the rack before unfastening your helmet.
2. You must place bike on rack corresponding to your number.
3. Race number must be worn on the front during the run.



RUN COURSE

The run course is a tough run but will be a challenge for all levels of athlete. It is the same run course for Sprint & Try A Tri athletes.

Exit out of transition and cross the main N69 road. Marshals will be stopping traffic & directing you.

Turn left & left again as directed for approx. 1km. Two more right turns will bring you back in to the village of Glin and to the finish line.

The Water station will provide hydration at 2.5km

Please cross the finish line in a controlled and safe manner, sprinting across the line, while dramatic, can be dangerous and can risk injury to marshals.

Please remove your timing chip before leaving the finish area. We will have marshals in position to assist with this.

Liquid refreshments, fruit & bars will be available to all athletes at the finish line. Burgers will also be available from Glin Grub to all athletes on production of the token which you will find in your race pack.



Rules and Regulations

The race will be conducted in accordance with the Triathlon Ireland Manual of Guidance. This document is available on the Triathlon Ireland website: www.triathlonireland.com and we would ask that all athletes refer to section

3.8 – ‘*General rules for competitors.*’

Appeals/Protests

A competition jury will be appointed in line with the rules set out in the ‘*Triathlon Ireland Manual of Guidance*’.

NOTE ON MARSHALS

Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart. It may not seem that way at the time but they genuinely do.

Verbally abusing a marshal will result in immediate disqualification. The only reason you are able to participate in this race is because a marshal has volunteered his /her time to enable the race to be run. Don’t forget this when the adrenaline is pumping and all you want to do is keep going.