

Westport Duathlon 2026 Competitor Race Briefing



Please take some time to read this document, to familiarise yourself with all the details of the event.

Event details

Race Date: Sunday 22/02/2026

Start Time: 10:00 am

Location: Westport Skate Park

Distances: 4km Run / 20km Bike / 2.5km Run

Event timetable

EVENT DETAILS		TIME	VENUE/LOCATION
Registration Opens		8:00 am	Skate park
Registration Closes		9:15 am	
Competitor Race Briefing		9:45 am	Skate park
Event Start		10:00 am	Westport Parkrun Start line (5 min walk from transition)
Event Finish		12:00 pm	Skate park

Triathlon Ireland Sanction



Triathlon Ireland

This event is sanctioned by the governing body for triathlons in Ireland, Triathlon Ireland (TI). The race, therefore, complies with established rules including safety regulations, race organisation guidelines and provision of third-party insurance cover.

TI nominated officials will attend the event to ensure these standards are fully adhered to. Further details can be requested from www.triathlonireland.com.

You must have either a Triathlon Ireland Race License or a Triathlon Ireland one-day license (ODM), you cannot race without this and you must provide these details at check-in.

You will also have to provide a photo ID.

A Triathlon Ireland Training Licence will not be sufficient.

Race registration is all online and entries are closed at this point.

Race participation **will not be permitted** without your Triathlon Ireland licence.

Please ensure you bring this with you to check-in.

Parking

There will be STRICTLY **NO PARKING** at the Skate Park or on West Road.
There are two car parks available close by for competitor parking.

Mill Street Car Park, Westport.

<https://maps.app.goo.gl/MnoUoLPxpcvwxKM7>

Primary care Centre Westport

<https://www.google.com/maps/search/?api=1&query=Primary+Care+Centre+Westport+Ireland>

Event check-in

- Athletes must present a valid Triathlon Ireland Full Membership or proof of purchase of a One-day Licence to be eligible to race. Failure to provide this results in the athlete being unable to race.
YOU MUST HAVE A COPY AT RACE CHECK-IN EITHER ON YOUR PHONE OR PRINTED OUT.
- **Along with your Full Membership or ODL, athletes must present a photo ID. The name on Full Membership or ODL must correspond with the photo ID.**
- Only 1 person needs to register for a relay team; they **MUST** have an ODL or at least one TI race license.

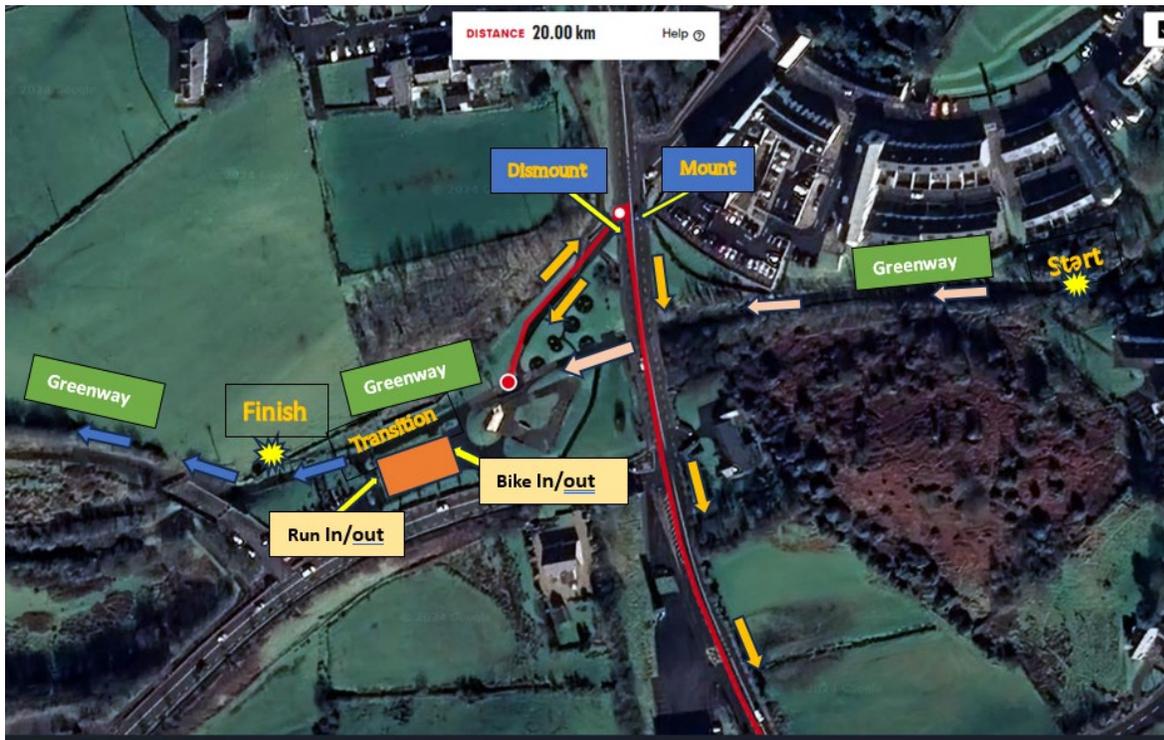
At check-in, you will collect your race number and timing chip (to be worn on left ankle)
Relay athletes will swap the timing chip in transition before completing their leg of the race

Your race number should be worn on your back for the bike and on the front for the run.

Event location

Transition, run starts and bike starts are located at the Skate park on the Greenway.

<https://maps.app.goo.gl/pD4FWvbBFB8XYXFb8>



Route

First run (4 km)

- Race starts on Greenway at Park Run start point (Close to Mill St. Car Park - 600m from transition), the run heads down the Greenway towards Skate park and continues towards the Quay.
- At approx. 2km, you will turn right from Greenway onto Quarry Lane Hill
- Turn left from the top of quarry lane hill and descend along the pathway back to Greenway (marshalled)
- Re-join the greenway
- Continue on Greenway back towards transition.
- Turn right before the bridge and then left into transition



Cycle (20km)

- Leaving transition with your bike, there is a short walk/run (approx. 100m) up a gradual incline to the main Leenane road. Marshalls will walk you across this main road to the mount line.
- At this point, you will merge with traffic heading south towards Leenane for 10km.
- After 800 m take caution passing the “Daybreak” petrol station on cyclist’s left-hand side.
- After 6 km take caution passing “Knappagh Stores” petrol station on cyclist’s left hand side.
- The bike turnaround is at 10 km, cyclists return on the same route.
- Please again exercise caution passing “Knappagh Stores” petrol station and “Daybreak” petrol station on the opposite side of the road on your return cycle.
- As you approach the end of cycle, you will pass junction at the fire station and High Street on their left hand side and continue for 100m for dismount and return to transition area



Second run 2.5 (km)

- From transition, take a quick right turn and then a left turn at the bridge and continue down the Greenway towards the Quay.
- Turnaround point @ bollard at Quarry Lane.
- Run back up the Greenway to the finish line located at the transition area.



Finish line



The finish area will be designed and controlled with barriers and clearly marked controlled zones.

Water/fruit/sandwiches will be provided. Medical services will be located near transition.

Safety information

Transition safety information

- All athletes must move in a specific direction within the transition area.
- Only athletes with race numbers will be allowed within the transition area.
- Competitors will not be permitted to enter the transition area without a roadworthy bike and helmet. Bike checks will be performed by Transition area marshals
- Competitors will not be permitted to touch their bikes in transition after the run until their helmet is safely fastened.
- Any items obstructing competitors in transition will be removed and stored for collection after the race. Bag drop area available close to the transition area.
- Nudity is unacceptable at any time. Regardless of which type of kit is worn, the uniform must be attached to both shoulders for the duration of the event. The torso must remain covered with front zips being undone no lower than a horizontal line running between the nipples.
- Bikes must be collected by 1:00 pm – after this time, the transition area will no longer be secure.

Cycle safety information

- Competitors must demonstrate that their bikes are roadworthy upon entering transition. All competitors must wear approved cycle helmets.
- Competitors will be reminded that this event is an open road race. The rules of the road apply. Not to cross the white centre line.
- Obey marshal instructions at all times.
- Marshals and signage will be at the turnaround point at 10km
- Cones/signage will alert any hazard areas, as will marshals.

Run safety information

- Run In/Out is onto the greenway, the greenway will be open to the public and we expect some pedestrian activity in the area.

Toilets

Toilets are provided at the transition area.

Bag drop

A bag drop area will be available near the transition for competitors to drop off bags during the event. **Bags are not permitted in transition.**

Showers

Showers will be available at Westport Leisure Park free of charge from 12 pm onwards.

<https://maps.app.goo.gl/Jh5qzbyojyDnwg3Y7>

Results

A provisional set of results will be posted on monstertiming.ie after the race.

Prizes

Men: 1st, 2nd, 3rd

Women: 1st, 2nd, 3rd

1st and 2nd Relay Team

Spectators advice

Spectators are welcome to come and watch, and they are a valuable part of the fun. We ask that families take care, as there will be competitors moving at speed.

Please park at one of the recommended car parks.

Litter Policy

Westport Tidy Towns committee works very hard to maintain the standards of tidiness in and around Westport and we ask that you respect this by not leaving ANY litter in the course of the race. We will have bins provided for water bottles/cups; please use them.

A Big Thank You

Westport Triathlon Club would like to thank you for choosing to race in Westport. We hope you have a great day and get a new personal best. We hope you have a safe and enjoyable race.

In addition, we greatly appreciate the support from our sponsors, local authorities, emergency services, and the local community, in particular, our main sponsors. Elvery's and Super Value Westport.

We also want to thank the local businesses who supported our race with relay and individual entries: AbbVie Westport, Antony Murray @ Westport Bike Shop, Westport Leisure Park, and Westport Covie Wheelers.



WESTPORT
TRIATHLON

15th August 2026

National Series Olympic @ 8.30 and Super Sprint @ 9.00