

COMPETITOR RACE BRIEFING

Westport Triathlon

Date: Saturday 15th August 2026



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The 2026 Westport Triathlon has two events, a Super Sprint and an Olympic distance event.

This document contains information for all events.

Information relating to the Super Sprint event will be highlighted with an 'S' in a blue square	S
Information relating to the Olympic event will be highlighted with a 'O' in a yellow square	O



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.

Thank you for registering for the Westport Super Sprint and Olympic distance triathlon.

Your training is complete, and you are tapering at this stage to ensure you have loads of energy for the race. We have been working hard to ensure you have a safe and fun race.

Getting to the start line in one piece can be a lot harder than getting to the finish line, so while you are tapering and preparing your equipment, please take some time to read the content of this document, as it will inform you of the course layout, safety procedures, penalties and prizes.

Timetable

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What	Where	When
Race check-in	Westport Leisure Park James St, Westport, F28 FN32 https://goo.gl/maps/8Z2gdyjw7uAxb9P87	Friday 14th Aug 18:00 - 19:45
	Charlie's at the Towers Pub, The Quay, Westport. https://maps.app.goo.gl/BN62ptg1yZDEkiKU7	Saturday 15th Aug 06:30 - 07:30 sharp
Transition area open	The boat park Westport quay https://maps.app.goo.gl/SoicC8vSJ3nynaVF6	Saturday 15th Aug 07:00
Transition closes		08:00 Olympic + Relay teams 08:25 Super Sprint + Relay Teams
Race briefing		08:10 Olympic + Relay teams 09:00 Super Sprint + Relay Teams
Race start		08:30 Wave 1 - Olympic 1 & Relay (Green band) 08:40 Wave 2 - Olympic 2 (Blue band) 08:50 Wave 3 - Olympic 3 (Yellow band) 09:15 Wave 4 - Super Sprint & Relay (Orange band)
Prizegiving	Prizes will be presented at the finish line after winners cross the line.	Weather Dependent. If necessary prizes will be given in Charlies at the Towers.



Check-in parking advice

The quickest way to get to check-in to collect your race pack, inc chip and race number on Friday evening is to park at either [James Street](#) or the [Westport Leisure Park](#).

Race day parking advice

We have a traffic management plan that was developed in consultation with the Garda, Westport Town Council and business owners in the Quay area. We have arranged parking facilities that are a 5-10 min walk from transition. Please follow the instructions of the parking marshals when you arrive for the race. **Please park in designated car parks only!**

There are 5 free car parks in operation for the race.

Car park 1 - Quay School. This carpark will be open from 6.15am and the barrier will close at 3pm).

<https://goo.gl/maps/koyW5wFk5qpywugUA>

Car park 2 - Large gravel car park at Quay.

This car park is for athletes who arrive early, it will be open from 6am and fill up fast. It is the nearest car park to the Transition area. Once the race has started cars will **not be permitted to leave this car park until 2pm**.

<https://goo.gl/maps/8Zd7ZhkirYEgFopgZ>

Car park 3 - Gaelscoil Na Cruaiche Fairways, Westport Demesne, Co. Mayo.

A short cycle/walk (2.5km) to the quay. Allow 10- 15mins to get to registration/transition from this car park. This car park will be ideal for participants travelling from the Castlebar side of Westport. You will access the Quay area through the grounds of Westport Estate on foot/by bike. From the car park take the left onto the golf course rd, then take the left for Westport Estate/Adventure park by Westport United grounds.

<https://maps.app.goo.gl/ojb2ba2kQgnjVoZu7>

Car Park 4 - Westport United FC grounds, Golf Course Rd, Westport Demesne, Westport, Co. Mayo, F28 VY73

A short cycle/walk (2.5km) to the quay. Allow 10- 15mins to get to registration/transition from this car park. This car park will be ideal for participants travelling from the Castlebar side of Westport. You will access the Quay area through the grounds of Westport Estate on foot/by bike. From the car park take the left for Westport Estate/Adventure park follow the road through to the Quay.

<https://maps.app.goo.gl/cEyUBs2JJVtPu1gJ6>

Car Park 5 - Scoil Padraig Newport Road, Westport Demesne, Westport, Co. Mayo, F28 V023.

Car park a short cycle/walk (3km) to the quay. Allow 15-20mins to get to registration/transition from this car park. This car park will be ideal for participants travelling from the Castlebar side of Westport. You will access the Quay area through the grounds of Westport Estate on foot/by bike. From this car park, proceed out the Newport rd, take the left for the golf course rd, then take the left for Westport Estate/Adventure park by Westport United. Open 6.30am - Closes 3pm.

<https://maps.app.goo.gl/gPF2Swvzveg3FXUK6>

The traffic warden will be on duty on the day to keep the Quay area free. Your cooperation about parking is critical, as we need the support of the Quay businesses for the Westport Triathlon to take place. **Please park in designated car parks.**

Road closures and restricted access

The road from The HELM bar to the transition (at the boat park) is restricted to local Quay traffic only. The road from the Towers down to the Quay will be closed to all traffic from 07:00 to 14:00 on Saturday, 15th August

Only customers of the Quay businesses at the docks will have access.

- Athletes must present a valid full Triathlon Ireland membership or ODM (one-day membership) 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.

We advise you to have a screenshot of your membership downloaded to your phone in advance as phone coverage at the quay area can be poor.

- **Along with your Full Membership or ODM, athletes must present a photo ID. The name on the Full Membership or ODM must correspond with the photo ID.**
- Checks will be visible and contact-free. The athlete will hold their proof of membership or ODM and Photo ID for verification.
- There will be no requirements to sign declaration sheets.
- Competitors with any medical conditions will be required to inform us before CHECK-in.
- Only 1 person needs to register for a relay team, they MUST have an ODM or at least one TI race license.

Membership card

<https://www.triathlonireland.com/news/how-to-display-membership-at-event-registration/>

Race check-in times and location

The check-in time on Friday evening, 14th of August, from 18:00 to 19:45.

Location: Westport Leisure Park, James St, Westport, F28 FN32

<https://goo.gl/maps/8Z2gdyjw7uAxb9P87>

Check-in on Saturday morning, 15th August, is from 06:30 - 07:30 sharp at Charlie's at the Towers Pub, The Quay, Westport. This location is 5 minutes away from Quay school and Gravel car parks. It is 15mins cycle away from Scoil Pdraig and Gaelscoil na Cruaiche car park.

<https://maps.app.goo.gl/BN62ptg1yZDEkiKU7>

At check-in, you will collect your event pack, which will include:

1. Race number

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

You will also have a small sticker for your bike helmet, a longer one for your seat post, and your kit bag.

2. Swim Waves

Wave 1 - Olympic 1 & Relays (Green band)

Wave 2 - Olympic 2 (Blue band)

Wave 3 - Olympic 3 (Yellow band)
Wave 4 - Super Sprint (Orange band)

3. Labels for your bike/helmet/bag

You must place the label on the seat post of your bike and the front of your helmet.

4. Promotional Race buff/ bottle and jellies and samples.

5. Timing Chip

Transition

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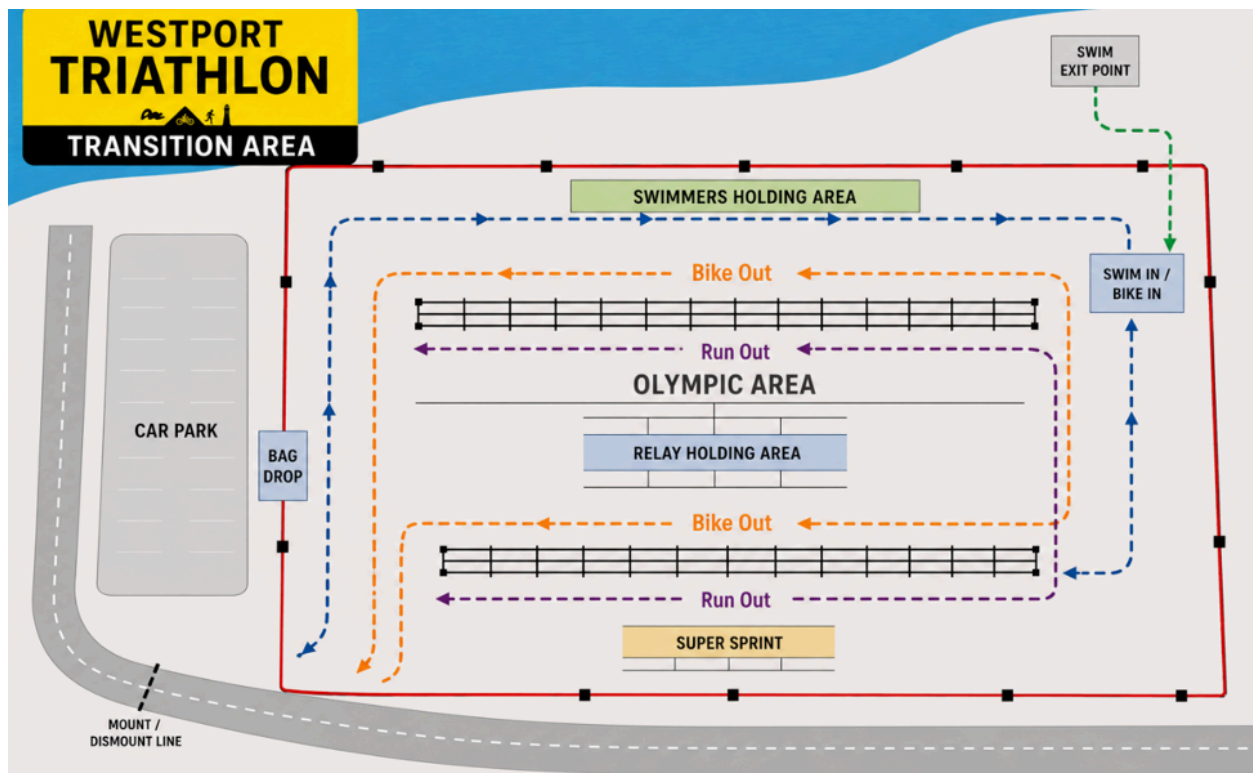
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The transition area is located at “Boat Park” at Westport Quay.

<https://goo.gl/maps/E4TGhmfNqNWKYCY8A>

Competitors must walk to transition, which is 1 minute from car park 2 and 7 min from car park 1.

The transition area will be neutralised; the layout is outlined below:



General points

- All athletes must move in a specific direction within the transition area.
- Only athletes with race numbers will be allowed within the transition area.
- The Olympic and Super Sprint distance races will share transition with separate racking.
- Bag Drop will be in a gazebo in the car park beside transition; please use the bag sticker provided for your bag. As a security measure, you will be required to show your race number to collect your bags.
- Any items obstructing competitors in transition will be removed and stored for collection after the race.
- Racks will be numbered.

- Bike marshals will do a visual bike check and helmet check on the way into transition. If a bike or helmet is deemed unsafe, you will not be allowed to participate in the race without rectifying the problems. You are responsible for your own bike's roadworthiness.
- 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.
- **Please do not use the local hotel toilets or lobby areas to change your clothes; the hotels will be busy with guests checking in and out and attending breakfast.**
- There will be toilets - 12 portaloos near transition on race day. Six of them will have sanitary products for female athletes. They will be identified with pink stickers.
- All bikes must be collected by 14:00 – after this time, the transition area will no longer be secure.

The swim start location is beside transition and will be a wave start. Your race time starts once you hear the hooter. **Bring your own swim hat, swim hats are NOT provided.**

There are four swim waves on race day:

Wave 1 - Olympic wave 1 & Relay (Green Wristbands)

Wave 2 - Olympic wave 2 (Blue Wristbands)

Wave 3 - Olympic wave 3 (Yellow Wristbands)

Wave 4 - Super Sprint & Relay (Orange Wristbands)

Each wave will be allowed to enter the water 5 minutes before their wave starts to warm up.

Faster swimmers are asked to come to the front of the group and find their own spot in the queue for the swim start.

Slower swimmers or athletes new to triathlon are asked to stay to the side or the back of the group. After the warm-up, the kayakers will corral swimmers behind the start line to wait for the start signal.

There will be a lead kayaker for each wave who will guide the lead swimmers around the course.

If the weather is deemed unsafe to swim, we will reformat with a shortened swim or duathlon.

Swim course (Super Sprint - 300M)

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Swimmers will be called to the holding area beside the transition before their wave starts. Please ensure you listen for announcements! **Bring your own swim hat, swim hats are NOT provided.** Waves are based on wristband colours, your wristband will be in your goodie bag at registration.

The Super Sprint swim route is a clockwise loop. From the start line you will swim to the large yellow buoy, turn right to the next yellow buoy, turn right again and then swim for the swim exit. **Keep all buoys to your right!**

Swimmers doing the Super Sprint event will be allowed 20 minutes to complete the swim, after which time any competitors remaining in the water will be requested to retire for their own safety.



Olympic Swim Course - 1500M

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Swimmers will be called to the holding area beside the transition before their wave starts. Please ensure you listen for announcements! **Bring your own swim hat, swim hats are NOT provided.** Waves are based on wristband colours, your wristband will be in your goodie bag at registration.

The course is mapped out in red below. The course is a 1500 m clockwise loop around 4 orange buoys. As you swim through the course keep buoy 1, 2, 3 on your right as you swim around them as you progress to buoy 4 you MUST keep that on your left. Once you pass the 4th buoy you can turn left for the swim finish.



Swimmers will be allowed 60 min to complete the Olympic swim course, after which time any competitors remaining in the water will be requested to retire for their own safety.

Water Safety

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If you wish to retire from the swim for any reason, you should lie on your back, raise a single clenched fist in the air, and stay calm, and a rescue boat or board will come to your assistance.

As you come to the last few meters of the swim course, keep swimming for as long as possible rather than run to avoid standing on stones.

If a marshal feels you are endangering yourself or others, you may be withdrawn from the swim. You can continue the race if you wish but will not receive an official time.

We will also have rescue boards and kayaks on the water for the duration of the swim.

Tow floats and inflatable buoyancy aids **are not permitted** in the swim under Triathlon Ireland rules.

Volunteers will be on hand at the swim exit to help swimmers out of the water. All athletes are asked to exercise caution exiting the water, there is a steep ramp running up to the transition area.

Controlled area

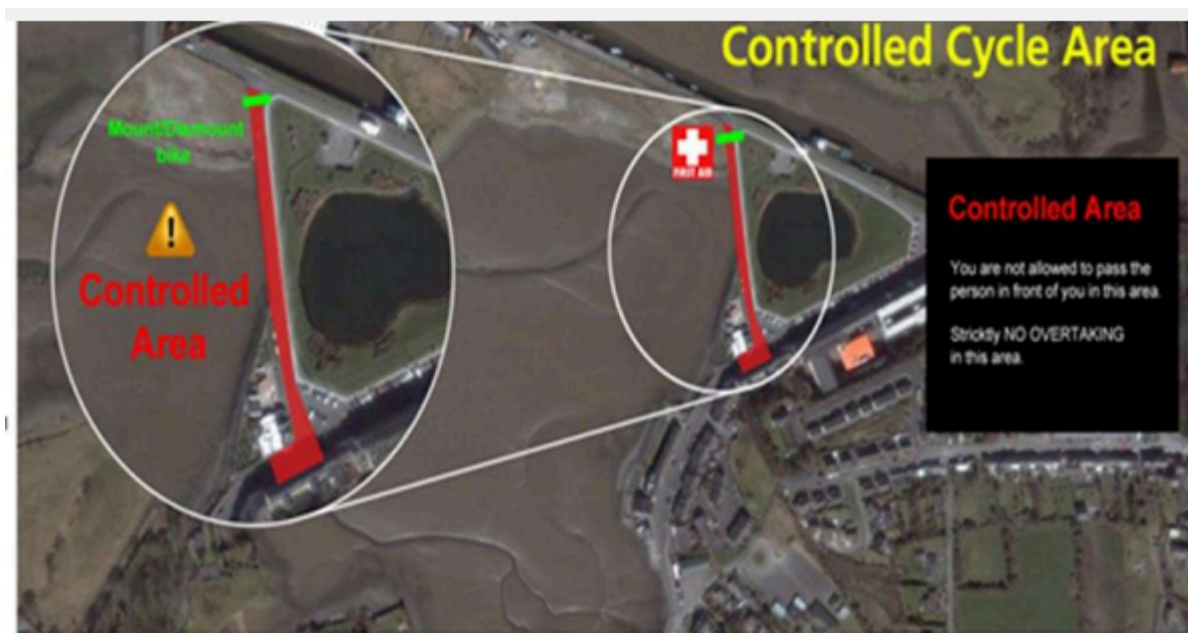
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All competitors will have to reduce their speed in the controlled area and maintain the distance of the athlete in front of them, so no one gains an advantage.

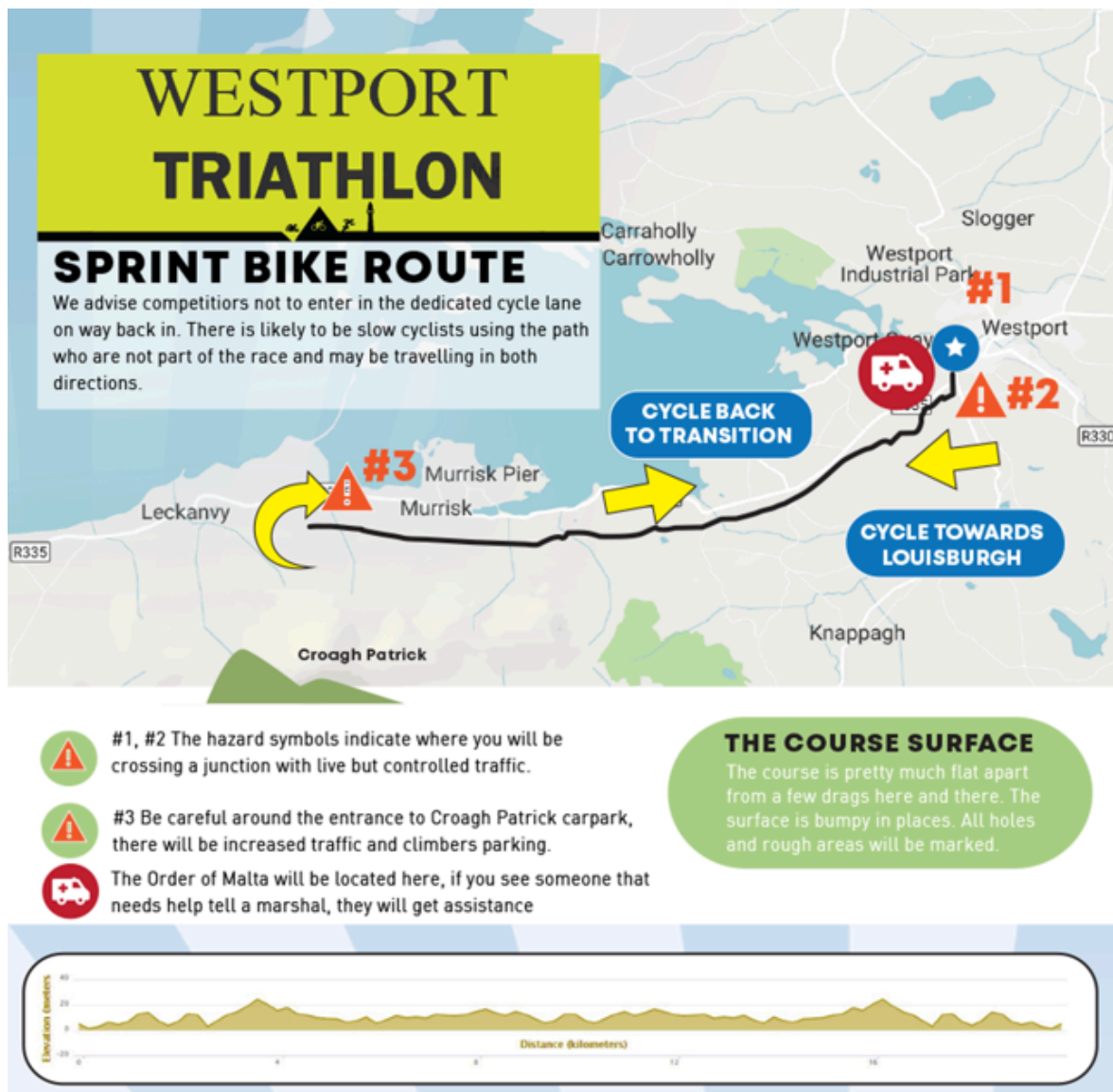
The controlled area starts at the mount line outside of transition and continues for 150M until you pass the Towers pub.

This area will be marshalled and penalties will be issued.



Cycle course (Super Sprint - 20km)

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After passing through the controlled area, you will then follow the road for 3km until you arrive at Belclare junction, you will turn right here towards Louisburgh. Follow the road for 7 km until you get to the turnaround point, which is 1km past Murrisk and then cycle back 7km, where you will be turning left at the Belclare junction heading towards the Westport Quay.

The bike course is mostly flat with the turnaround on a slight drag, the bike return to Westport will be fast and again, care needs to be exercised through Murrisk village.

Please note that **Murrisk Village** and the entrance to the **Croagh Patrick car park** are expected to experience significant traffic and pedestrian activity on **15th August**. This area includes a speed ramp and a designated pedestrian crossing and will be particularly busy with tourists, walkers, campervans, and vehicles entering and exiting the car park.

In addition, vehicles may be parked along the roadside, with occupants exiting onto the roadway. Athletes are asked to exercise extra caution in this section of the course, remain alert to other road users, and anticipate unpredictable movements from both vehicles and pedestrians. Your cooperation in riding safely and responsibly through this area is greatly appreciated.

Follow the rules of the road: stay on the left side of the road on the way out towards Murrisk and the left side on the way back towards Westport. **Please use the road on the way back to Westport rather than the cycle lane on the left.** The cycle lane often contains lots of debris and overgrown briars and trees and may have other cyclists and pedestrians.

Once back in the Quay, you will take a sharp left turn at the Towers Bar, you will enter the controlled area, and you must slow down and cannot pass the competitor in front of you, continue for 150m to the end of the controlled area, where you will dismount and continue back to transition on foot for 30m approx. Please take care and follow marshal guidance as cyclists may be coming towards you as they start their cycle and there may be runners out on the road.

Cycle course (Olympic - 40km)

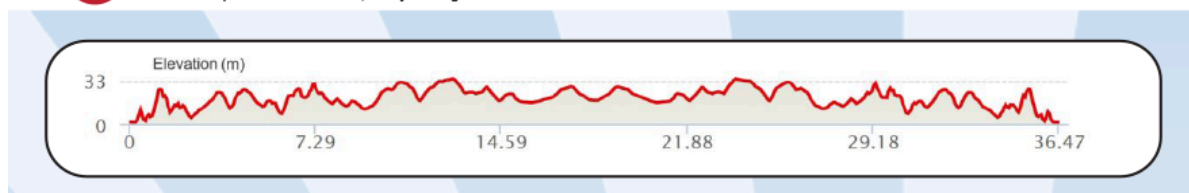
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- #1, #2 The hazard symbols indicate where you will be crossing a junction with live but controlled traffic.
- #3 Be careful around the entrance to Croagh Patrick carpark, there will be increased traffic and climbers parking.
- The Order of Malta will be located here, if you see someone that needs help tell a marshal, they will get assistance

THE COURSE SURFACE

The course is pretty much flat apart from a few drags here and there. The surface is bumpy in places. All holes and rough areas will be marked.



After passing through the controlled area, you will then follow the road for 3km until you arrive at Belclare junction, you will turn right here towards Louisburgh. Follow the road for 17 km until you get to the turnaround point just before Louisburgh town, then cycle back, where you will be turning left at the Belclare junction heading towards the Westport Quay.

The bike course is mostly flat with the turnaround on a slight drag, the bike return to Westport will be fast and again, care needs to be exercised through Murrisk village.

Please note that **Murrisk Village** and the entrance to the **Croagh Patrick car park** are expected to experience significant traffic and pedestrian activity on **15th August**. This area includes a speed ramp and a designated pedestrian crossing and will be particularly busy with tourists, walkers, campervans, and vehicles entering and exiting the car park.

In addition, vehicles may be parked along the roadside, with occupants exiting onto the roadway. Athletes are asked to exercise extra caution in this section of the course, remain alert to other road users, and anticipate unpredictable movements from both vehicles and pedestrians. Your cooperation in riding safely and responsibly through this area is greatly appreciated.

Follow the rules of the road: stay on the left side of the road on the way out towards Murrisk and the left side on the way back towards Westport. Please use the road on the way back to Westport rather than the cycle lane on the left. The cycle lane has lots of debris and overgrown briars and trees and may have other cyclists and pedestrians walking out towards murrisk.

Once back in the Quay, you will take a sharp left turn at the Towers Bar, you will enter the controlled area, and you must slow down and cannot pass the competitor in front of you, continue for 150m to the end of the controlled area, where you will dismount and continue back to transition on foot for 30m approx. Please take care and follow marshal guidance as cyclists may be coming towards you as they start their cycle and there may be runners out on the road.

Both the Super Sprint and Olympic distance cycle courses are on the same route, and you will share the road with fellow competitors, locals and tourists. The roads are not closed and may have wandering tourists in holiday mode, so care and attention to your surroundings are critically important.

Cyclists must obey the rules of the road; failure to do so may result in disqualification from the race. Garda and race marshal directions must be obeyed.

Cycling Information

- You must put on your helmet and fasten it **before touching your bike** in the transition area.
- You must bring your bike **over** the timing mat before mounting your bike at the designated mount line.
- Similarly, on your return, you must dismount your bike **before** the dismount line before re-entering transition.
- When you enter transition, you must replace your bike on the rack in your own spot **before** removing your helmet
- The drafting distance is 10 meters (there is no width), and a triathlete has 20 seconds to overtake. A drafting marshal will monitor the cycle course and take note of any competitors not adhering to this rule.

Time penalties will be issued to competitors who do not adhere to these rules – especially in relation to helmet and drafting offences.

Run (Super Sprint) 5 km

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Both the Super Sprint and Olympic distance run segments will use the same course.

The run route will use part of the Westport Greenway and part of the public footpath at the Quay, both of which are open to the public. We expect you to take due care and attention and be polite when passing members of the public. The Super Sprint run course is approx. 5 km in length.

Leaving transition, you will turn right and run straight down the quay, after <100 m, you will turn right, running on the left-hand side footpath towards the Towers bar for another 200 m. At the Towers junction, you will cross the road at the pedestrian crossing and turn right, heading back out the cycle route you just completed for approx 200m, stay on the footpath, marshalls will direct athletes left from the path through a residential area onto the Greenway at the Quay school.

Continue straight along the greenway to the turnaround point at 2.5km. There is a slight incline as you run on the greenway from the bus depot to the turnaround point. The turnaround point will be clearly marked and marshalled, it is at the Parkrun turnaround point near Mill St Car Park.

Return back down the greenway to the Quay school and through the residential area back towards Westport Quay.

Once back at the Towers pub, you will cross the pedestrian crossing again and turn right, running on the grass parallel to the public footpath for 200 m, where you will then turn left and run approx. 150 m to the finish line.

A water station is located at the hut near the skatepark at approx 1.5km.

Please run on the left hand side of the greenway, there will be other users on the greenway during the event including cyclists, families and dogs.

The run route will be marshalled, and we will have 1 km markers throughout the race. The run surface comprises tarmac & footpaths.

Your race number must be worn on the front during the run leg; failure to have your number visible will result in a time penalty.



Both the Super Sprint and Olympic distance run segments will use the same course.

The run route will use part of the Westport Greenway and part of the public footpath at the Quay, both of which are open to the public. We expect you to take due care and attention and be polite when passing members of the public. The Olympic run course is approx. 10 km in length.

All turns will be marshalled.

Leaving transition, you will take a right and run straight down the quay, after <100 m, you will turn right, running on the left-hand side footpath towards the Towers bar for another 200 m. At the Towers junction, you will cross the road at the pedestrian crossing and turn right, heading back out the cycle route you just completed for approx 200m, stay on the footpath, marshalls will direct athletes through a residential area on the left and this will take you to the Greenway at the Quay school.

Continue straight along the greenway to the turnaround point at 2.5km. There is a slight incline as you run on the greenway up the greenway to the turnaround point. The turnaround point will be clearly marked and marshalled, it is at the Parkrun turnaround point near Mill St Car Park. Return back down the greenway to the Quay school.

Athletes taking part in the Olympic event will do TWO LAPS of this course, so once you return to the quay school and run through the residential area you will be directed to turn left to run

around the bus station, over a timing mat before commencing your second lap of the run up the greenway.

At the end of your second lap, once you exit the residential area you will turn right and head back towards Westport Quay.

Stay on the footpath on the right hand side as you run from the bus depot to the quay. Once back at the Towers pub, you will cross the pedestrian crossing again and turn right, running on the grass parallel to the public footpath for 200 m, where you will then turn left and run approx. 150 m to the finish line.

A water station is located at the hut near the skatepark at approx 1.5km.

The run route will be marshalled, and we will have 1 km markers throughout the race. The run surface comprises tarmac & footpaths.

Your race number must be worn on the front during the run leg; failure to have your number visible will result in a time penalty.

Finish Area

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The finish line is located at the pond at the quay.

Photographers will be in this zone, so make sure you wear that big smile for the finisher's photo! Collect your Westport Triathlon medal.

Water and fruit will be provided to competitors at the finish line. Prizes will be given out at the finish line (weather dependent), some age group prizes will be given out at Charlies at the towers.

Remember to hand over your timing chip to the marshals; there will be a charge for timing chips not returned.

Penalties

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Penalties of one minute will be allocated under the following circumstance:
Penalties take the form of time added to finishing time.

- Overtaking other participants in the controlled area on the cycle route
- Drafting on the bike (drafting distance is 10 m, and a triathlete has 20 seconds to pass)
- Abusing marshals or race officials
- Failure to follow rules of the road
- Failing to follow the instructions of a marshal or technical official
- Failure to follow the run course
- Littering on the course

Showers

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Showers will be available at Westport Leisure Park free of charge from 2 pm onwards.

Post-race food

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Post race food; fruit water will be provided in the gazebo at the finish line. Additional food will be provided for athletes at Charlies at the towers from 11.30am. All athletes will have to show their wristbands in order to get the food.

Results

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A provisional set of results will be posted on www.westporttriathlon.ie after the race. Timing is provided by Monster timing.

Prizes - Olympic

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- Top 1,2,3 Male and Female (Cash prizes)
- Age Group winners - Top 3 - Male and Female Depending on minimum number of athletes in each age group according to TI rules.
 - 20–24
 - 25–29
 - 30–34
 - 35–39
 - 40–44
 - 45–49
 - 50–54
 - 55–59
 - 60–64
 - 65–69
 - 70–74
 - 75–79
 - 80+
- Relay - Top team

Prizes - Super Sprint

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Top 3 Male and Female

Age Groups: Top 2 in each age category

20-34

35-49

50+

Spectators

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Spectators are welcome to come and watch and are a valuable part of the fun. We ask that families take care, as there will be competitors moving at speed. The swim area will only be accessible by foot as we do not want vehicles travelling along the quay.

There are some great spots for viewing the swim along the edge of the boat park. This location is also beside the action in the transition area where you can cheer on your friends and loved ones. We ask that you listen to guidance from the marshalls and avoid blocking busy areas. Please keep your dog on a lead and supervise children. The finish line at the pond area in the quay is unmissable, we will have gazebos and speakers calling in our athletes. There are cafe's, shops, restaurants & bars where supporters can fuel up while athletes are out on the course.

Litter Policy

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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; please use them. Bins will be located at transition and the finish line.

Do not throw empty bottles/ cups/ energy gel wrappers on the ground.

A big thank you to...

S**O**

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.

While you are in Westport and you need anything, why not visit one of the businesses on the next page.



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