



Skerries Sprint Triathlon &

Aquabike National Championships

Sunday 12th July 2026

Senior Competitors Race Brief



Schedule & Welcome

Schedule for Saturday 11th and Sunday 12th July 2026

Schedule	Location	Opens	Closes
Saturday Registration	Skerries Rugby Club K34 C927	16.00 Junior & Adults	18.00 Junior and Adults
Sunday Registration	Skerries Rugby Club K34 C927	06.00 Adults 07.00 Juniors	07.15 Adults 08.30 Juniors
Transition	Red Island	06.00 Adults 07.00 Juniors	08.00 Adults 09.00 Juniors
Race Briefing Adults	Red Island	08.05	n/a
Race Start Adults	Green Flag Skerries South Beach	08.30	n/a
Junior Briefings for all age groups	Skerries South Beach	10 mins before each race time listed below	n/a
Race Start 15-17 years	Green Flag Skerries South Beach	10.00am	n/a
Race Start 13-14 years	Purple coloured flag	10.10am	n/a
Race Start 11-12 years	Orange coloured flag	10.20am	n/a
Race Start 9-10 years	Blue coloured flag	10.30am	n/a
Race Start 7-8 years	Red coloured flag	10:40am	n/a
Roads reopen	Local roads	12:00pm	n/a

Please note timings may change on the day due to unforeseen circumstances.

Note: We are on a very strict time schedule and will keep to all timings.

Welcome

Greetings and a very warm welcome to the 2026 Skerries Triathlon hosted by Fingal Triathlon Club. We're thrilled to have you here for this great event.

This event is a Triathlon Ireland sanctioned event. Triathlon Ireland is affiliated to World Triathlon and therefore sanctioned events take place under the rules of World Triathlon.

We aim to hold a safe, competitive & enjoyable event on Sunday. Our race team has put an immense level of preparation into the event, and we ask you to take time to read & fully understand this brief, in advance of arriving to participate. There are many important and helpful details in this document to ensure everyone enjoys the day and stays safe.

We have endeavoured to ensure that it is a competitor friendly event. All Rules and instructions exist for your safety so please ensure that you read this document very carefully and abide by the rules and instructions fully. On race day you must follow all directions of the Gardai and Race Marshals. We hope that you have a great day in the beautiful town of Skerries.

Once you have read all the information below if you have any further questions, please do get in touch with us skerriestriathlon@gmail.com or visit our website race pages at: [Skerries Triathlon & Aquabike](#)

Enjoy your time in Skerries and we look forward to meeting you this weekend.

We are very lucky to have dedicated marshals supporting you along the route today. In addition to the Race Director and Race Committee, these individuals have generously given up their time to ensure the event runs smoothly and safely for everyone. Please be respectful and friendly to all our marshals and volunteers who help make this event a success every year.

Safeguarding of junior athletes in our Senior Race:

This is an adult event, where 16-17 year olds may be taking part and may be on the course. Adults who may interact with young athletes should be aware of the safeguarding protocols. Please refer to the following policies:

[Triathlon-Ireland-Recognising-and-Reporting-Safeguarding-Concerns-Policy-UPDATED-30_07_20 \(triathlonireland.com\)](#)

[Triathlon-Ireland-Photography-and-Filming-Policy-2021.pdf \(triathlonireland.com\)](#)

This race is run in accordance with TI safeguarding guidelines. If you have any questions or concerns at the event, contact Mary Crosbie 087 9974781 who is our club and event Designated Liaison Person (DLP)

Getting to the event

GPS Coordinates for event: 53°35'06.3"N 6°06'08.6"W

If travelling from Dublin take the M1 (direction Belfast) to Junction 4. Follow R127 to Skerries.

If travelling from Belfast direction take the M1 to Junction 6. Follow R122 and then R127 to Skerries.

Parking

As Red Island is closed off for the duration of the race for transition and Race HQ, there is no parking at Red Island. Parking is available on South Strand Street and in the town just a short walk from Red Island. These roads will remain accessible at all times during the race.

Suggested Parking options - which are not affected by Race road closures are as follows:

South Strand Skerries - 5 min walk to Red Island <https://maps.app.goo.gl/kdTuCmX3jKEPFfoi7>

Skerries Mills Car park Capacity 120 spaces - 10 min walk to Red Island

<https://maps.app.goo.gl/H8fm91NAvUnggwfp9>

Skerries Community Centre, Dublin Road, Skerries K34 K377 <https://g.co/kgs/ydkDff1>

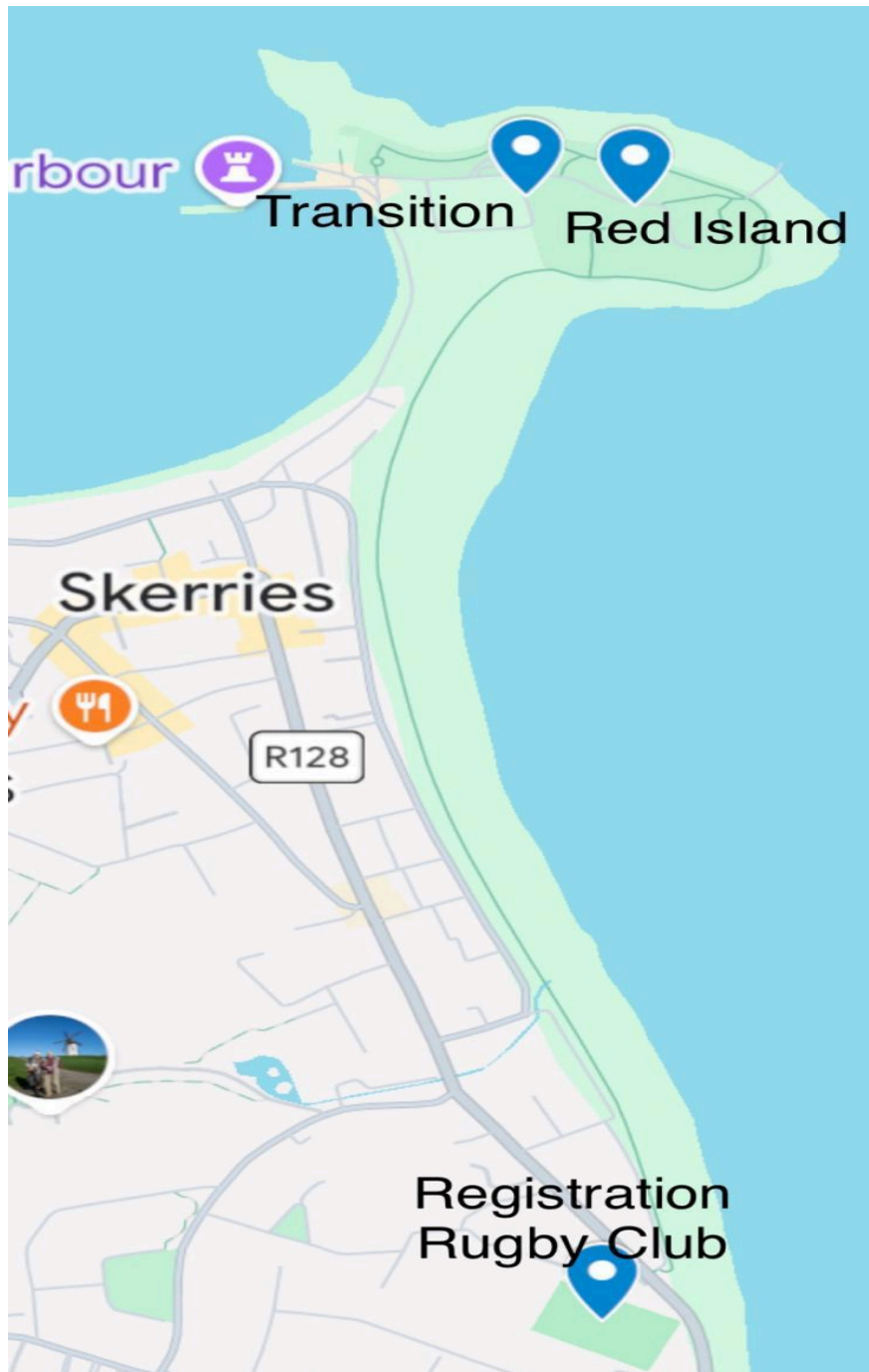
As we will be busy setting up the bike course, there will only be access to Harbour Road for local residents from 7am and we cannot allow entrants to drive down Harbour Road to Red Island to drop off race participants and/or race equipment.

Tempting as it may be **please do not park on Harbour Road**, or any area within the bike course, if there are traffic cones do not squeeze in between them – they are there for a reason.

Road closures for the race route will be in place from 08.00-12:00 on Sunday the 12th July.

Main Race Brief Points of Note:

Registration takes place at **Skerries Rugby Club**, from 16.00 – 18.00 on Saturday 11th July and from 06.00-07.15 on Sunday 12th July. Please note there is an approx.. 10 min walk from Registration to Red Island



- Please ensure to have all relevant documents ready before you arrive at registration.
- Please have your ID, race licence or ODM (TI one day licence/membership) ready on your phone or printed prior to arriving. Due to connectivity, **we suggest you take a screenshot of the above documents before registering, so you are not relying on internet access on the day.** (If you cannot see your membership on the TI app please delete the app and re-download it. You will need your TI login details (email and password) to get back in.
- Click the following link to access [Triathlon Ireland Virtual Membership Card](#)

- The [Triathlon Ireland App](#) is also available to download.
- Once registered on race day, proceed to transition, where your bike will be checked.
- Please arrive at the transition early to allow time to setup. You will not be allowed to leave any bags in transition. Bags can be left in Bag Drop close to the Transition and Finish Area.
- At registration you will receive your race pack. It will contain your swim hat, chip, ankle strap, race number, number stickers for your helmet, bag for bag drop and bike.

Please ensure you leave your bike ready for the race with number attached, stickers on the helmet, bike shoes/runners etc in situ. Race number should be attached to race belt or pinned to front & back of jersey **(bring your own safety pins or race belt)**. Your number must be displayed on your back for the cycle and on your front for the run.

On leaving transition, please ensure you bring your wetsuit, swim hat, goggles, ankle timing chip strapped to the left ankle with you.

- After the briefing, please arrive promptly at swim start on the beach.
- If you pull out of the race at any stage, please inform your nearest marshal, and return your timing chip to them.

The race is sanctioned according to current Triathlon Ireland Competition Rules. For important race info, including (helpful & safety) rules, in transition and many others areas, click for: [Event Rules](#)
As this is a Triathlon Ireland sanctioned event the 2026 Competition Rules of World Triathlon will be implemented.

Penalties – Triathlon If you incur a time penalty this will be posted on the “Penalty Board” where you can check for your race number. All penalties need to be served by stopping in the penalty box located near the end of the run course. If the penalty is not served the athlete has the right to lodge a protest but if that fails, they will be disqualified. You may be shown a card by a technical or motorbike official (if safe to do so).

Penalties - Aquabike will also be noted on the Penalty Board however these will not be served during the event but will be added to the participants finish time.



BLUE CARD = drafting

YELLOW CARD = other penalties

Note: drafting penalties cannot be appealed. A 30 second time penalty applies to sprint race drafting, which cannot be appealed and Blocking results in a 30 second time penalty – motorbike officials will be on the bike course to monitor drafting and bike behaviour.

[Protest and Appeals Policy](#) - athletes should familiarise themselves with the current policy, revised in 2024.

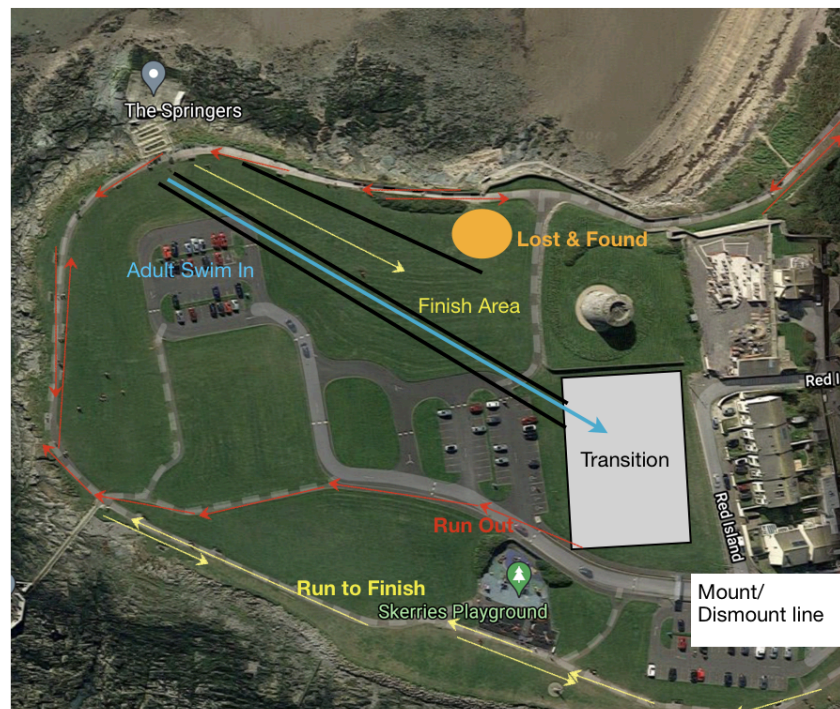
- Infringements served in the Run penalty box: Athletes may be notified about penalties by displaying the athlete's number, followed by an "x" + a number in case it is more than one infringement, and a letter code indicating the nature of the infringement on a panel posted at the Run penalty box. It is the athlete's responsibility to check this board (See the letter codes below):

D	Dismount Line Violation
S	Swim Conduct
M	Mount Line Violation
B	Bike Behaviour

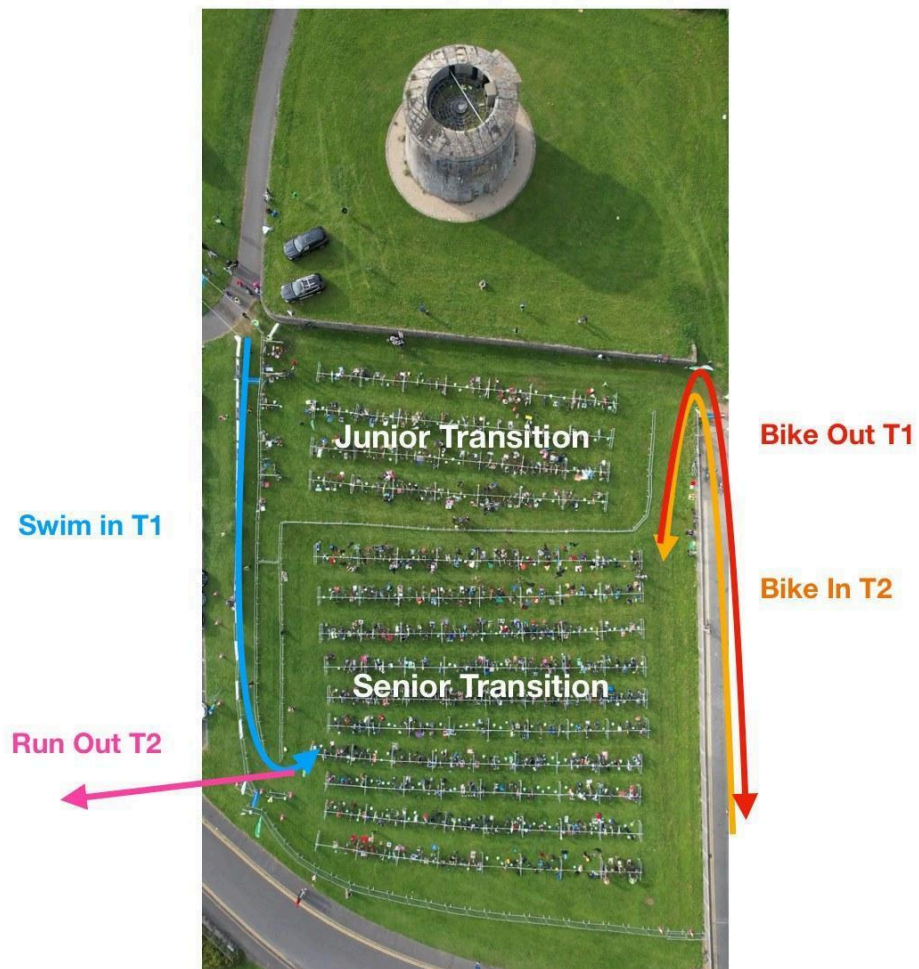
E	Equipment Outside bin
L	Littering
V	Other Violations
R	Run Behaviour

Timing chips must be worn on the lower left leg by competitors for the full duration of their race. This includes the sprint tri & relay, and this policy will be enforced.

General Layout Red Island



Transition Layout with separate Junior & Senior Transitions areas



Registration

You will need the following for registration

1. Photo ID
2. A screenshot of your TI licence or email confirmation of your one day licence
3. Proof of race entry / transfer (if needed)
4. You will also need safety pins or a race belt for attaching you race number to your jersey or t-shirt

Registration will take place at **Skerries Rugby Club**, Townparks, Skerries, Co. Dublin, K34 C927.
<https://maps.app.goo.gl/YF3XQB6JDAdfozVD9>

Please note that **Skerries Rugby club is a 10-minute walk from transition at Red Island**. Registration will take place at the following times:

- **Saturday 11th July from 4pm to 6pm**
- **Sunday 12th July from 6am to 7.15am.**

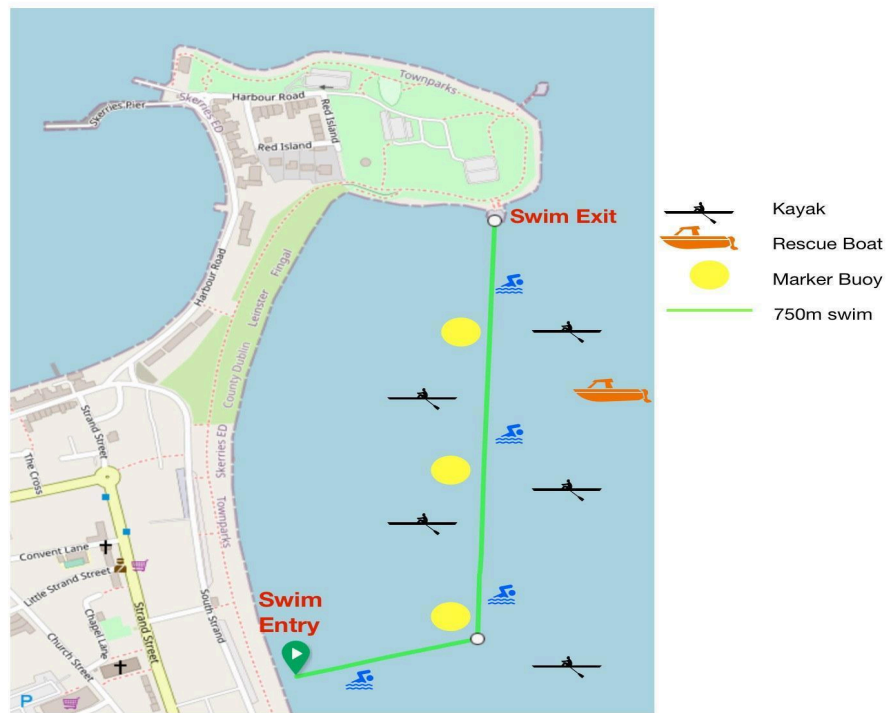
It is mandatory for all competitors to hold either a 2026 annual race licence issued by Triathlon Ireland or a pre-purchased One Day Membership / Licence or ODM. Before arriving at registration make sure you have downloaded or screenshot your membership or one day licence from the TI app. Remember to bring your Photo ID with you.

Please note that if you cannot produce either the full licence or the one-day licence we cannot allow you to race. No race entries or transfers will be accepted on the day of the race.

In the interest of sustainability, goody bags will not be provided for athletes this year.

At registration you will receive a race pack. Once registered, place the race numbers from the race pack on the bike and helmet before entering transition.

Swim Course Guide



The 750m swim starts at 8:30 with a beach start, so be ready at the green coloured start flags on the beach. We will be using a wave start and your swim hat colour will dictate the wave you are in. Please be patient and respect the instructions of the marshals.

All competitors swim straight out, turning left at the large yellow marker buoy & then swim parallel to the beach, passing the 2 large yellow buoys at approx. 400m and 200m to finish respectively. All swimmers must keep the yellow buoys on their LEFT. Athletes must follow the prescribed swim course.

Swim exit is at “The Springers” swimming-spot steps on the headland. Please take extreme care exiting at these concrete steps as they may be slippery under foot. There will be marshals in the water at the steps to assist with water exit. From the swim exit, athletes will follow a guided short run to T1, predominantly on grass.

As this is an open water event there is a possibility of marine wildlife during the swim.

Wetsuits are compulsory - the maximum thickness is 5mm and the wetsuit must cover the torso
Use of Tow floats, fins, gloves, buoyancy shorts, safety inflatable devices are not permitted.
Swim caps will be provided in the race pack - these indicate which wave you are assigned to, we are unable to make any changes to the wave assignments, so please ensure you start with the correct group as your timing chip is linked to that starting time.

A swim warm-up is permitted but no closer than 100 metres from the swim start area.
Ensure you arrive before the times indicated below to allow us complete a head count of your wave and then you will proceed to the start zone area.
Do not enter the start zone before the swim times outlined below.

Estimated start times:

8.30am wave 1 - Aquabike Yellow swim cap
8.36am wave 2 - Relay Teams Blue swim cap and Sprint Tri Purple Swim hat
8.42am wave 3 - Sprint Tri Light Green swim cap
8.48am wave 4 - Sprint Tri Orange swim cap
8.54am wave 5 - Sprint Tri Red swim cap

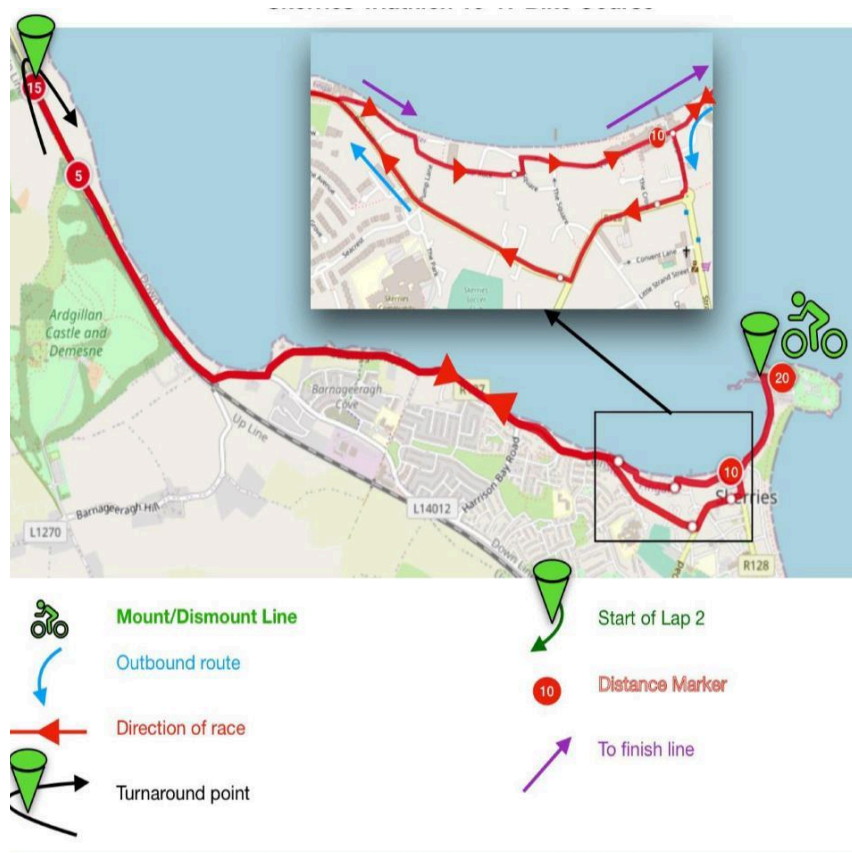
Please dispose of any rubbish (gel wrappers/bottles etc) in the bins provided along the path to the beach, reducing the amount of waste and helping to keep our race sustainable while maintaining our beautiful beach in Skerries



If you get into difficulty during the swim do not panic, roll on your back, raise your hand and wait for assistance. There are 2 motorboats & a number of kayaks on the water along the full length of the route. They will come to you.

If you get into difficulty but don't need assistance, stay on your back, the wetsuit will keep you afloat, take a break and once ready you can continue your swim. There is a **30 mins cut-off** for the swim leg.

Bike Course



[Skerries Triathlon 20km Bike Course on Garmin](#)

While this event takes place on closed roads, there may still be local traffic / emergency vehicles on the roads. The RNLI and coastguard stations are based at Red Island and in the event of an incident these services could be mobilised which may impact harbour road. Harbour road is a designated emergency route.

All cyclists must always obey the rules of the road. If a marshal instructs you to stop, then do so.

Likewise, you must approach all roads & junctions with caution.

The bike distance is 20km for both Sprint Triathlon & Aquabike. Comprising 2 laps and are not-draft legal events.

ESSENTIAL:

Please take care as there are a few dangerous bends for the first and last 2km through Skerries town, with many walls, parked vehicles & narrow roads.

At the midway point of each lap, there is a chicane-like corner with a sharp turn, with kerbs on either side. You must also stay on the correct side of the road.

Be very aware of this junction which you take both on the way out and back on EVERY bike loop you complete.

The course contains a 9.5km loop, completed as:

- Sprint Triathlon – 2 loops
- Aquabike – 2 loops

The lap turnaround is located at the top of the harbour road at the RNLI station, as you approach the end of lap 1 cones will be in place in the centre of the road. This is the start of the no overtaking zone. The left hand lane will be divided in 2...keep in the right lane to go to lap 2..keep in the left lane to go to transition. Please note the surface of the road here is bad, take your time.

After completing your 2 loops, which are your responsibility to count, return 0.5km along Harbour Rd to T2. Failure to complete your required count of loops will be disqualification.

The loops are on a good flat road along the coast road between Skerries & Balbriggan.

Slow down at each turnaround point and be mindful of others around you.

Aquabike Competitors:

Please note: The Aquabike race finish line is the timing mat on entry from the bike course into Transition (T2) approx. 100m after the Dismount Line. Your chip time stops here, and Aquabike race results are calculated on this basis.

Once finished, rack your bike in transition, take off your cycling shoes, and in your own time make your glorious march, to the finish line (be mindful of the Sprint Tri competitors)

At the finish line collect your well-earned finisher medal and smile for your finisher Photo.

Cycling Conduct

Drafting is not allowed & officials are out on the bike route to ensure no breaking of rules.

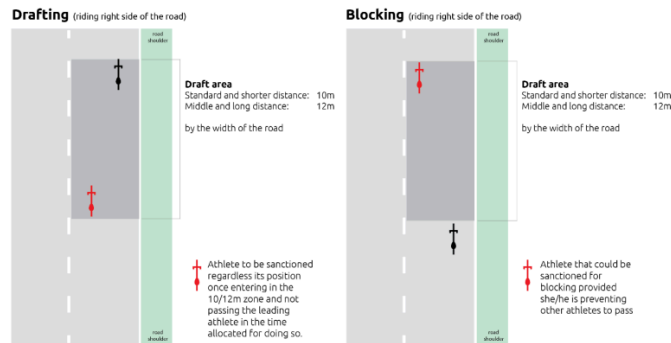
Drafting may result in a time penalty of 30 seconds (which cannot be appealed). Please be mindful of changes to Drafting rules for Sprint Tri Drafting refers to a 12m area and is the full width of the side of the road.

Bike: Drafting & blocking

Draft zone = 12 metres (~6 bike lengths).

You must **progress through** within **25 seconds**. If passed, 25 seconds to drop back. **Penalty: 30 seconds** (no appeal). **Blocking** penalty: 30 seconds.

Penalties may be given for any rule infringement along the course. Failure to obey the rules of the road or unsafe behaviour will result in automatic disqualification.



5.8 Riding positions:

- The riding position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle;
- Additionally during the draft-illegal races, forearms can be used as a point of support on the handlebar. While arms or elbows are in contact with the handlebar or armrest, hands will grip the clip on.

Image 1:

Allowed positions in all races:



Image 2:

Allowed position only in draft illegal races:



Image 3:

Forbidden positions in all races:



Helmets: The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.

Mount & Dismount Line: Cycling is not permitted inside the Transition Area. Athletes must mount their bicycles after the mount line and dismount their bicycles before the dismount line. While in the transition area (before the mount line and after the dismount line) the bike can be pushed only by the athlete's hands. Nudity or indecent exposure is forbidden

Illegal Equipment: Headphones, headsets or technical earplugs, which are inserted or covering the ears, except ear protection plugs. Any jewellery deemed to be a hazard to themselves or other athletes. Glass containers are also forbidden.

There will be a 10.10am cut-off to complete bike lap 1 (10km).

If you take longer than this we will make an assessment and you may be allowed to continue with the race. However if your cycle is subsequently taking a long time and you have not commenced your 2nd lap before 10.10am, you will be taken off the bike course after one lap so that you get an opportunity to do the run.

If you miss the cut-off times, you must remove your timing chip and return to an official/marshal.

You will not be eligible to win a prize, but at least you will get the opportunity to have the full Triathlon experience and hopefully have some fun too.

Run Course



[Skerries Triathlon 5km Run Course on Strava](#)

On exiting T2 veer right on joining the main promenade path, and for the full 5k, **run on the right & keep right.**

Continue for circa 2km along the beach promenade, following the blue marked route on the maps. On reaching the end of the path, there is a 200m on the footpath along the Rush Road, before returning back along the main promenade towards headland. Take care on the run and obey marshals' guidance.

On return to the headland, pass by the finish chute and continue to the turnaround point (at Skerries Sea Memorial near RNLI).

The **penalty box** will be located after the turnaround, approx 100m before the finish line. Please check for your number – you must stop to serve the time penalty or else you will be disqualified (subject to appeal).

Then return back along the headland and turn right up the finish chute.

Finish



After you cross the finish line, remove your ankle chip and leave it in the box provided.

Bike security is a serious matter. Bikes cannot be removed from transition without your bib number being shown to the marshals at the exit, and that number matching the seat post number affixed to your bike and your helmet. Also ensure you take the correct wetsuit, they can all look similar and mistakes can be made.

Relay Teams



Relay teams must 'tag' each other in the relay pen in transition by handing over their team's single ankle timing chip. The swimmer, on emerging from water, must proceed to the cyclist, who is waiting in the relay

pen with their helmet on. The cyclist then attaches the chip to their ankle and proceeds out of transition T1 onto the bike course. At the end of the cycle, the cyclist racks their bike, does not remove their helmet and proceeds to the awaiting runner in the relay pen, where they hand over the timing chip.

Litter



Please DO NOT LITTER our award-winning Tidy Town. We only get race approval based on our success at hosting this event annually. If you bring it out you can bring it back. Please do not litter on the race routes. Please hold on to all wrappers etc. until you get back to transition / finish line. Please remove all litter from transition at race end. We ask you respect the town cleanliness and ensure zero waste left behind or entering the sea.

First Aid



If at any stage you require first aid or medical assistance, notify the nearest marshal who will contact the event medical personnel.

The Order of Malta will provide full medical cover, there will be an ambulance and foot medics on site on race day.

Major Incident: In the very unlikely event of the major incident, an assembly point will be located by transition; you will assemble there and proceed down the Harbour Road towards Skerries town, following instructions of the race team at all times.

The medical tent is situated behind the info tent on Red Island.

Marshalls

All our marshals are volunteers and are giving up their time to help run a safe race for all. We ask that you treat all marshals with the highest respect; they will encourage you more if you smile. Many of them are fellow athletes, and so let's give the respect we always wish for in return.

Results

Results are provided by Core Timing – [Link to follow](#)

Awards Ceremony



After the Junior race is complete, we will have a limited prize giving ceremony at 12.15, where we will award the overall adult triathlon, relay and aquabike prizes.

We will also be presenting the [Maurice Mullins](#) perpetual trophies to the 1st athletes, in the Open and Female categories, who live in Skerries, to finish the Adult Sprint race.

All age group prizes will be sent out in the week after the race to the winners.

Photos

Photos will be available on [Facebook](#) Fingal Tri Club page, on our club website www.fingaltri.ie and also on [Triathlon Ireland](#) [Triathlon-Ireland-Photography-and-Fillming-Policy-2021.pdf](#) (triathlonireland.com)

Lost Child Area

A lost child area will be at the finish area, in the information area.

Thank you

Thank you to so many groups and people for helping to pull together our 2025 race. Our ever-giving Fingal Tri Club Event Team, our Tri Club volunteers & their families & friends, all other local volunteers who give their time generously, just to see people enjoying themselves & smiling.

Thank you to the continued support of Fingal County Council, An Garda Siochana, Triathlon Ireland, Sport Ireland, Skerries Harps GAA, Skerries Rugby Club. .

Last but not least, great thanks to all our event sponsors
Without you all, our great event could not continue, in this truly great coastal setting.

Finally, have a safe & enjoyable race day in Skerries.

We are delighted to be able to host this event and hope you will enjoy your time in our beautiful award winning town.

Catherine Walsh
Race Director
Fingal Triathlon Club





GOAT IN THE BOAT

SKERRIES HARBOUR

Miriam's
COFFEE

