

St Caths Triathlon 17th May 2026

Athlete Brief

Date	Sunday 17th May 2025
Location	St Catherines Breakwater
Registration	From 06.30 to 07.00
Race brief	07.05
Start	07.15
Facilities	Public toilets at the breakwater
Arrival, Parking and departure	Plenty of public parking
Distances	750m swim/ 20km bike/ 5km run (Plus, super sprint option 400m/10km/2.5m) on same course.
Format	<ul style="list-style-type: none"> • A conventional swim/bike/run • Non drafting bike leg
Equipment required	<ul style="list-style-type: none"> • Wetsuit (compulsory if water temperature below 14 degrees) • Bright coloured swim cap and swim goggles • A road worthy bicycle • Cycle helmet • Running shoes • Race number to be worn on a race belt or pinned to your back.
Risk mitigation	<ul style="list-style-type: none"> • Race Brief and start – The Race Director will assemble all athletes in transition at 07.05 and give a final race brief. The start will be from in the water against the breakwater. • Weather – The Race Director and Race committee will assess forecasts and adjust the race distances if appropriate. • Water Safety cover during swim – There will be marshals on rescue boards/kayaks on the water. If you become distressed in the water, try to float on your back, wave and seek to gain the attention of a water marshal. • Road conditions – Adverse conditions will be assessed by the race director and mitigation put in place if appropriate. • The Race is on Open Roads – The rules of the road apply, regardless of your position in the race. • Bike course marshals – There will be marshals at all road junctions and at the Gorey 180 degree turn, who have lollipop signs and are permitted to stop traffic to give cyclists priority. However, only enter road junctions if you are personally able to see that it is clear. • Pedestrians – Be courteous to pedestrians, dog walkers etc. • Marshal instructions – Always take heed of any warning from a marshal and obey any instruction that they give.
Race rules	<ul style="list-style-type: none"> • Drafting is not permitted on the bike. • Race belt number to be on front for runs, and on back for cycling (or on back if pinned) • Helmets on before taking bike from rack.

	<ul style="list-style-type: none">• Mount and dismount your bicycle before the lines.• Rack your bike before unclipping your helmet fastener.
Etiquette	<ul style="list-style-type: none">• Respect slower and less experienced athletes, passing with plenty of space and giving a little verbal warning.• Be courteous to the public. The Club's reputation is at stake.• Do not litter the course. The Club's reputation is at stake.• Stop to assist a fellow athlete in distress or if requested to assist by a marshal, regardless of your position in the race.

Courses

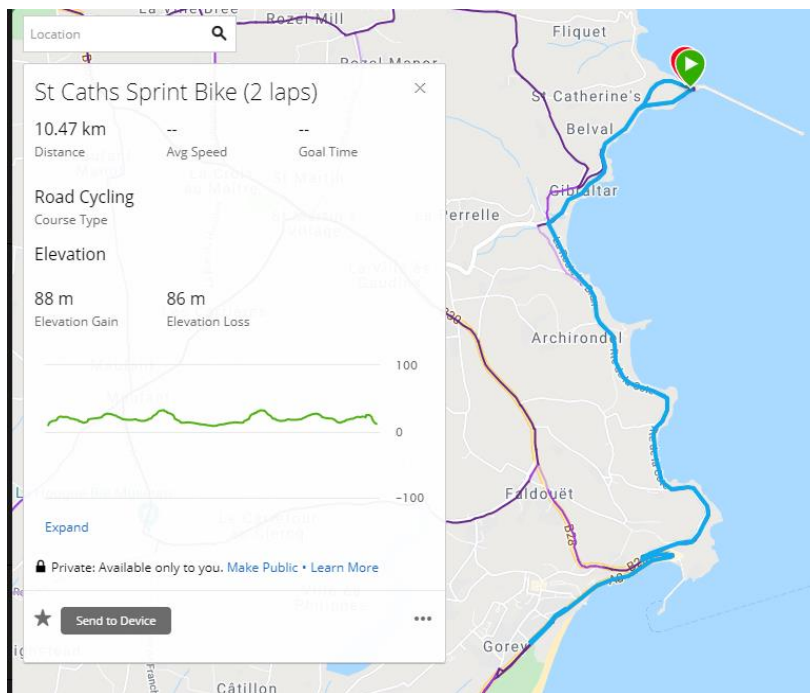
Swim

Swimmers will complete a 400 m single lap or a 2 lap 750m swim on a triangular course. The swim course will be set out on the morning acknowledging the sea state, the position of boats and buoys, and the sun condition.



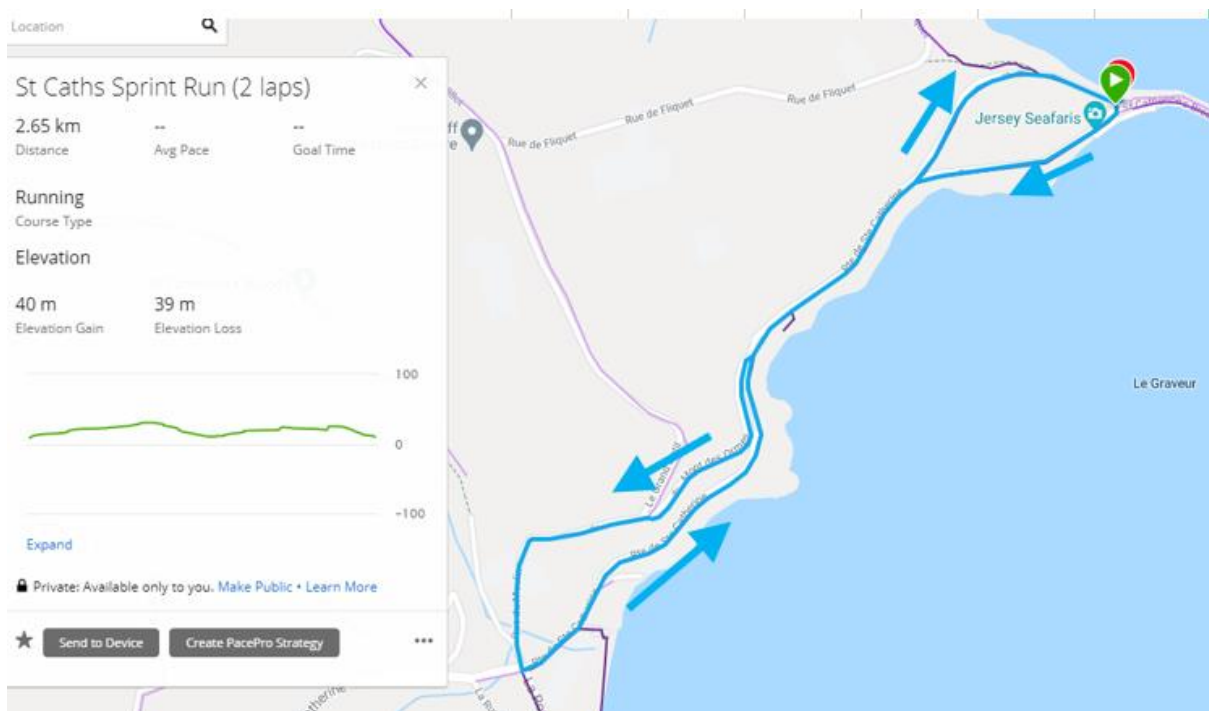
Bike – 20km (2 laps for Sprint) or 10km (1 lap for Super sprint)

Cyclists will follow the coast road from Transition to Gorey Common, where they will make a dead turn by the long beach carpark ice cream van.



Run – 2.5km or 5km

Runners will exit transition and do either 1 or 2 laps up Mont des Ormes, Le Grand Cotil and Back on Rte de St Catherine



Transition

