

St Catherine's Pursuit Triathlon & Juniors Aquathon

20th September 2026

Athlete Brief

Date	Sunday 20th September 2026
Location	St Catherines Breakwater
Registration	From 16.00 to 16.40
Race brief	16.50 Pursuit; 17:50 Short Aquathon; 18:05 Medium Aquathon
Start	17.00 – Triathlon 18:00 – Juniors Aquathon – Short 18.15 – Juniors Aquathon - Medium
Facilities	Public toilets at the breakwater
Arrival, Parking and departure	Plenty of public parking
Distances	<u>Triathlon</u> <u>Sprint</u> - 750m swim/ 20km bike/ 5km run <u>Juniors Aquathon</u> The Short course is a 100m swim followed by a 1km run and is open to children aged between 8 and 15 (inclusive) as at 31st December 2026. The Middle course is a 300m swim followed by a 2km run and is open to TS2 and above and adults (11 and above). All on same course.
Format	• A conventional swim/bike/run • Non drafting bike leg
Equipment required	• 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	• Race Brief and start – The Race Director will assemble all athletes in transition at 16:50 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	• 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. • Mount and dismount your bicycle before the lines. • Rack your bike before unclipping your helmet fastener.
Etiquette	• 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

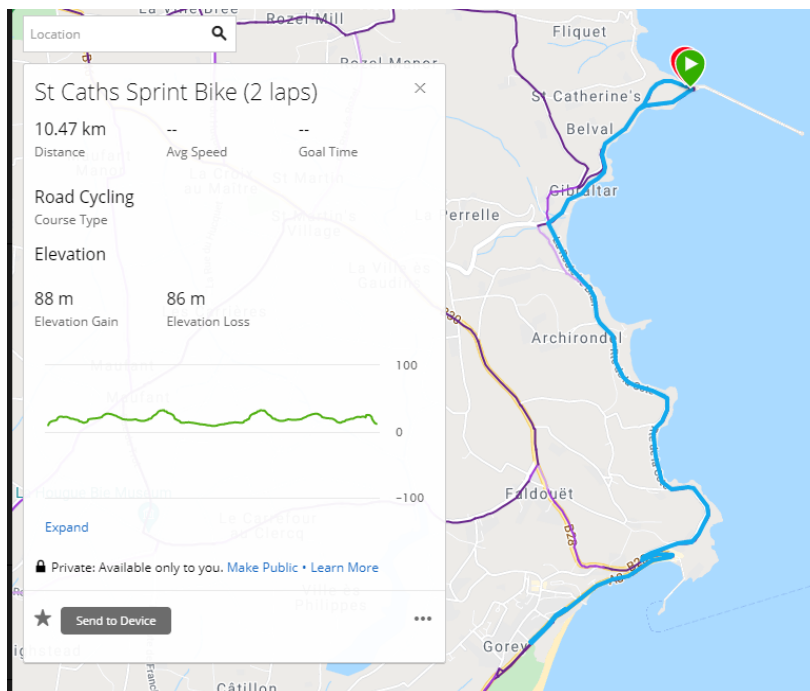
Swim

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



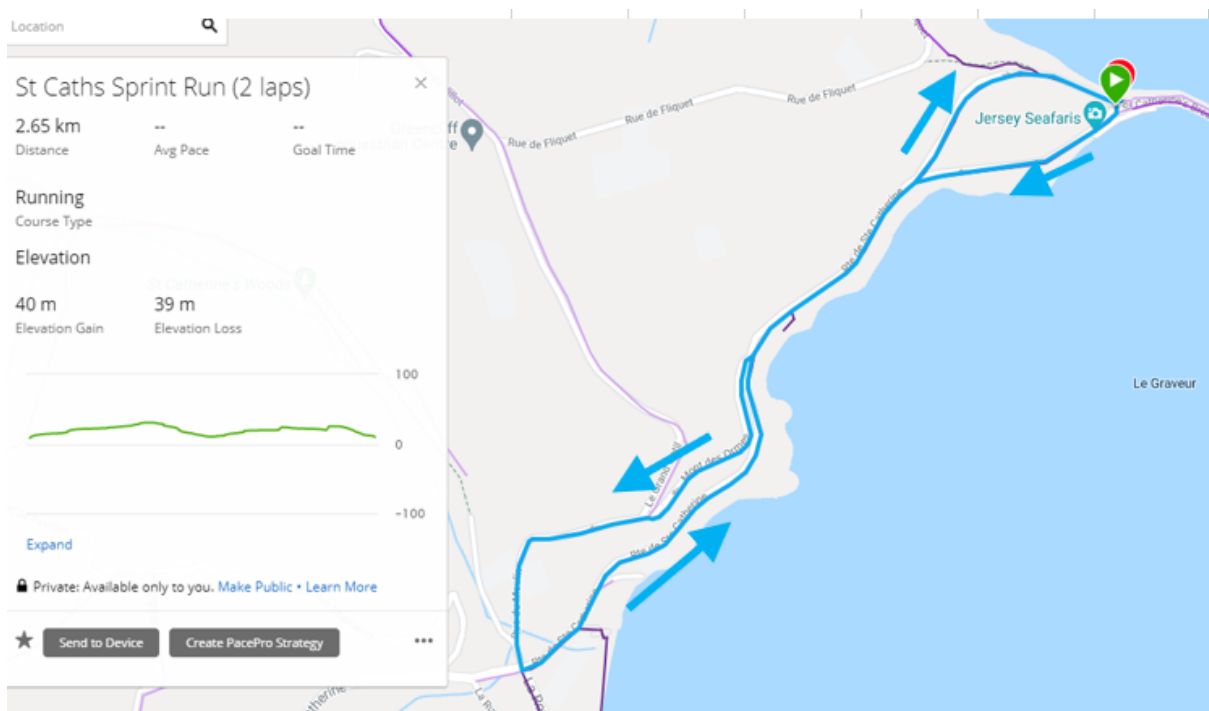
Bike – 20km (2 laps)

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 – Triathlon

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

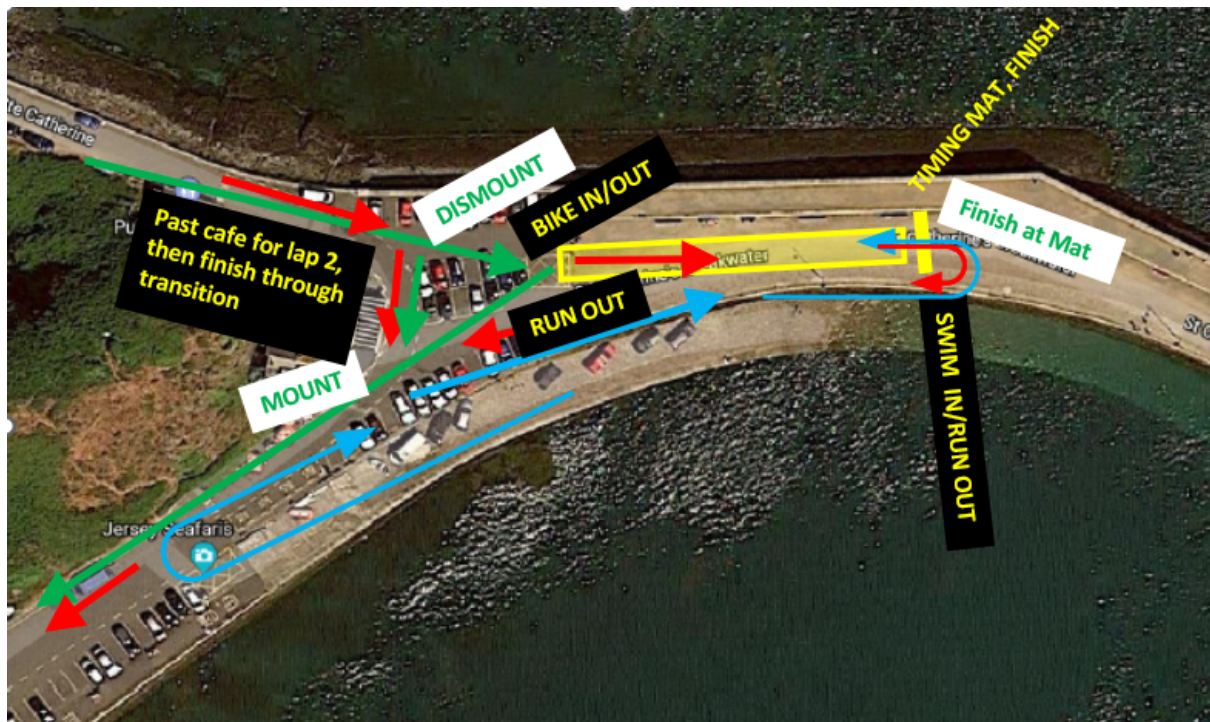


Run – Junior Aquathon

Middle Run (2km) – two laps of breakwater From Transition run out along the breakwater. At a marker 500m along , turn and run back along the breakwater around another marker (near the monolith), back to the same point along the breakwater and then return to Transition for a finish across the timing chip mat.

SHORT RACE Short Run (1km) – one lap From Transition run out along the breakwater. At a marker 500m along, turn and run back along the breakwater to return to Transition for a finish across the timing chip mat.

Transition - Triathlon



Transition – Junior Aquathon

