Galco Naas Duathlon
Race Briefing Document

Sunday 18th January 2026

Sunday 22nd February 2026

Sunday 22nd March 2026

Starts at 09:30

Welcome to Galco Naas Duathlon
In 2026 we are excited to be bringing you our annual duathlon series from our traditional venue, Punchestown Racecourse. We hope you enjoy the event.

Event Location
Punchestown Racecourse,
Naas
Co. Kildare, IRELAND

Car Parking
Please enter Punchestown at the main Gate and proceed to the Car Park at the top of the main driveway. Please follow the instructions from marshals when parking.

Race Briefing
There will be a short race briefing at 09:20 at the Grandstand near the start line. However, all details will be contained in this document. Should you have any questions on the day, please ask a race marshal (in a high viz jacket) who will be happy to assist you.

Registration
Participants are pre-registered so there will only be a race pack collection on arrival at Registration. Please follow the REGISTRATION signs from the Car park area to the registration area. Bring proof of Triathlon Ireland (current) membership and ID to collect your race pack. **A**

After collecting your race pack you may enter transition with your bike and pass through the bike check area. Only participants and marshalls will have access to transition.

Registration/transition opens: 08:00
Registration/ transition closes: 09:00
Race start time: 09:30

Race Licence
As this is a TI sanctioned event all person's racing MUST do so under a Triathlon Ireland (TI) racing licence or One Day Licence/membership. All participants MUST provide proof of their official TI membership or a One Day Membership at registration alongside one form of I.D.

Timing Chips
Timing Chips will be provided in your race pack, at the back of your race number. These must be worn using a race belt or attached to the **FRONT** of your tri suit/shirt using the safety pins provided. Please ensure you cross the timing mats when entering and exiting transition to record your splits. Should you lose your timing chip at any stage, please let a marshal know immediately.

Marshalls
There will be marshals at all turn points and junctions along with members of the Gardai at major junctions. On the

bike course, do not turn unless you are instructed to by a marshal or signposted to do so.
All marshals are fully briefed and are there for your safety. Please follow any instructions and enjoy the support and encouragement along the route! All marshals will be wearing bright yellow Marshall vests.

Transition

The Transition is located in front of the Main Grandstand. There will be rows of bike racking but spots will not be numbered so you may rack anywhere you prefer. Remember to only leave the gear you require for the event in transition. All transition bags etc can either be left back in your car or in the bag drop area. Please note, bag drop will not be attended and bags are left at your own risk. There will be timing mats on the entrance and exit of transition to record all splits.
Transition will re-open after the last competitor is on the run course.
Transition Open Times: Sunday 08:00 – 09:15

Transition Entry Checks

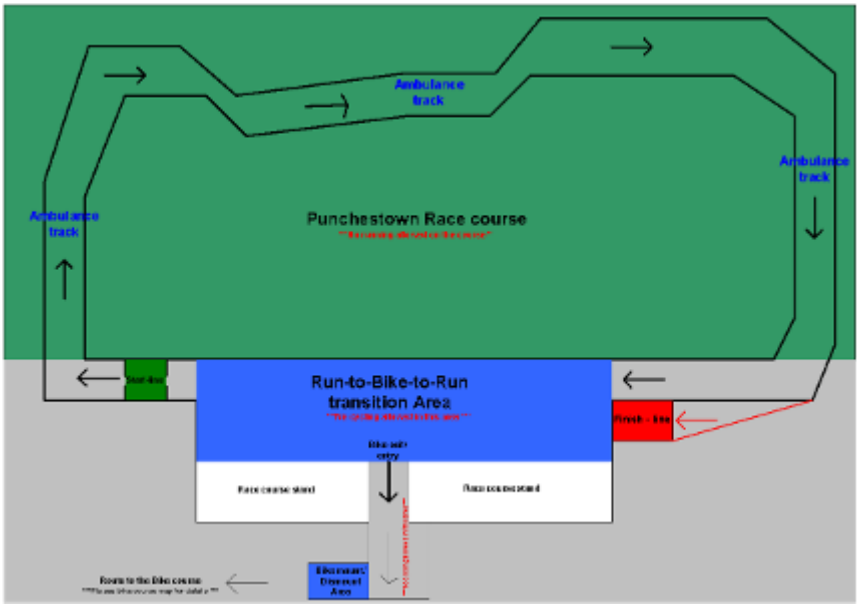
Bikes and helmets will be checked going into transition, please have your helmet on your head and fastened as you come into transition and have your bike sticker number attached to your bike. Please have your hands free to show your bike is in good working order.
Transition is a secure area and only competitors with race numbers are allowed into the transition area.
Transition will close at 09:15 sharp. Please ensure that all your belongings are removed from transition before the above time. Transition will open for equipment and belongings collection after the last person is on the run course. Should you need to enter transition before this time, please speak with the Head Marshal at transition.

Common faults – No bar ends, brakes not working, wheel skewers loose, tyres flat, loose headset. – ***It is your responsibility to ensure your bike is in a safe working state. Any issues and you will be denied entry to transition.***

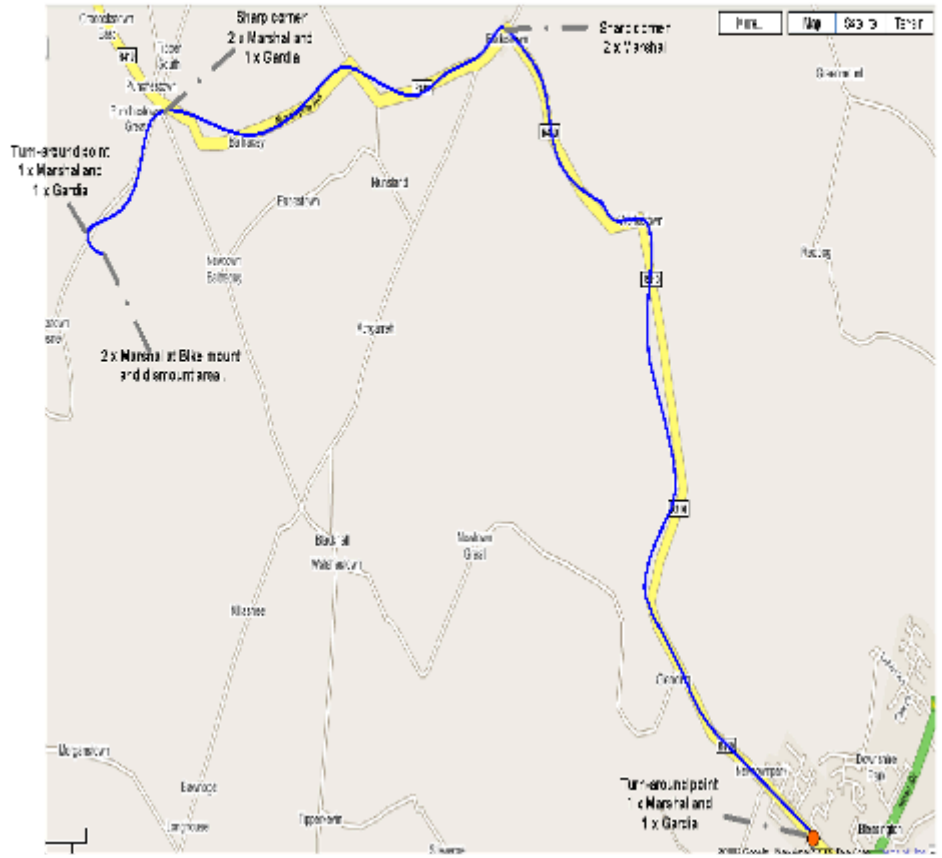
The Course
Race start will be at 09:30.

- 3.2 km run around Ambulance Track
- 19 km cycle to Blessington Roundabout on open roads (see map below)
- 3.2 km run around Ambulance Track

Run Course & Transition Map



Bike Course Map



Safety on the bike:

- LISTEN TO THE MARSHALS AND GARDAI ON COURSE AT ALL TIMES
- All athletes must fasten their helmet **BEFORE** removing their bike from the rack and only unfasten their helmet **AFTER** their bike has been racked. Failure to do so will result in a correction by TI officials and/or marshals - failure to obey TI Officials or race marshals to rectify the problem will result in a penalty.
- Bike helmets must be fastened for the full duration of the cycle section of the race. Athletes with unfastened helmets on the bike course will incur a penalty.
- Remember no helmet no race. It's for your own safety so please obey all instructions.
- Bikes cannot be mounted until after the mount line outside the transition area and must be dismounted before the dismount line. This will be made clear on the day.
- Obey all marshals, Gardai and all road markings as per rules of the road. Any abusive language or behaviour toward any official will result in instant disqualification (DSQ)
- The roads are not closed so ordinary Rules of the Road apply. Any crossing of an unbroken white line will result in instant disqualification (DSQ).
- Competitors are not allowed to Draft and all competitors must reject any attempt by others to draft. Any competitor who does not clearly avoid violating the drafting rules may receive a time penalty.
- We have trained TI Motorbike Officials on the bike course. For safety reasons they may not be able to display notice of an infringement (by displaying a blue card to the competitor) at the time of the infringement. In any event the competitor's race number will be communicated to the race referee along with a description of the infringement.
- Earphones, earbuds, etc are not allowed on any element of the course. Failure to remove these will result in a DSQ.
- Any Penalties incurred will be displayed beyond the finish line

Finish

There will be water and bananas available a small distance from the finish. Please take what you require, thank you.

Prizes

There will be a Prize Giving at the end of the event. Prizes will be awarded to Overall 1st, 2nd and 3rd Place in Male and Female.

Thank you for your co-operation and the very best of luck on race day.

We look forward to welcoming you to the first race of 2026. You can be assured of the usual support and encouragement along the race route that our marshals are renowned for.

A big thank you to our members/marshals for the work that goes into putting on a safe and enjoyable event for all.

Thank you,
Ed Byrne
Naas Triathlon Club