FREQUENTLY ASKED QUESTIONS

GALCO DUATHLON RACE SERIES

NAAS TRIATHLON CLUB - 18th Jan, 22nd Feb, 22nd March 2026

Race Timetable:

● Registration Office, located at the Grandstand in Punchestown, opens at 08:00 on race day – this is where you will get your race number and timing chip. Registration closes at 09:00.

● Transition Area, immediately in front of the Grandstand, will open at the same time – racking of bikes is unassigned.

● Race start is at 9:30.

● Race cut off is 12:00.

What you must have and do:

● Your virtual membership card can be accessed via the Triathlon Ireland app or Triathlon Ireland website on your mobile device. You can show this at race registration alongside a form of photo I.D.

● A One Day Licence, (ODL). These can be purchased in advance from the TI website or on the day at the Race Registration Office ODLs can be shown on mobile device or printed

● All entrants must register at the Race Registration Office

● No licence – no race

● Any competitors wishing to register for the race on the day must bring a form of photo ID.

● Your bicycle must be in mechanically good order – please pay attention to brakes, tyres, saddles and handlebars ensuring that they are secure and working properly.

● Bike helmet that fits and secures properly – during the race your helmet must be secured on your head, (i.e. chin strap clip closed), before moving your bike off or onto the rack

Race rules:

● Race number will be provided and must be worn - you may use a race belt for wearing the number

● A race number for you bike will be provided and must be secured around the seat post

● Drafting on the bike leg is not allowed – drafting zone is 10m and 20 seconds to bypass the competitor ahead

● Drafting behind vehicles is not allowed

● Crossing over solid white line road markings, (i.e. into the oncoming traffic lane), will result in disqualification. Cutting the corner and crossing the white line at Beggars End or Eadestown Church will also result in disqualification!

● No mounting of the bike before the Mount line

● Obey instructions of marshals at all times – they are there to support your safety and enjoyment of the race

● Competitors only in the Transition area

● On completion of the race, (race close), bikes can only be removed by the entrant bearing the same bib race number

● Bikes can only be removed after the race when the Transition Area is opened by the Transition Marshal Anti-Doping Testing:

Triathlon Ireland Anti-Doping Information for Race Organizers

● The Aim - to protect Ireland's sporting integrity against the threat of doping.

● National Series (triathlon only), National Championship for Triathlon, Duathlon and Aquathlon and all Super Series races are nominated by TI to Sport Ireland (SI)for Anti-doping testing.

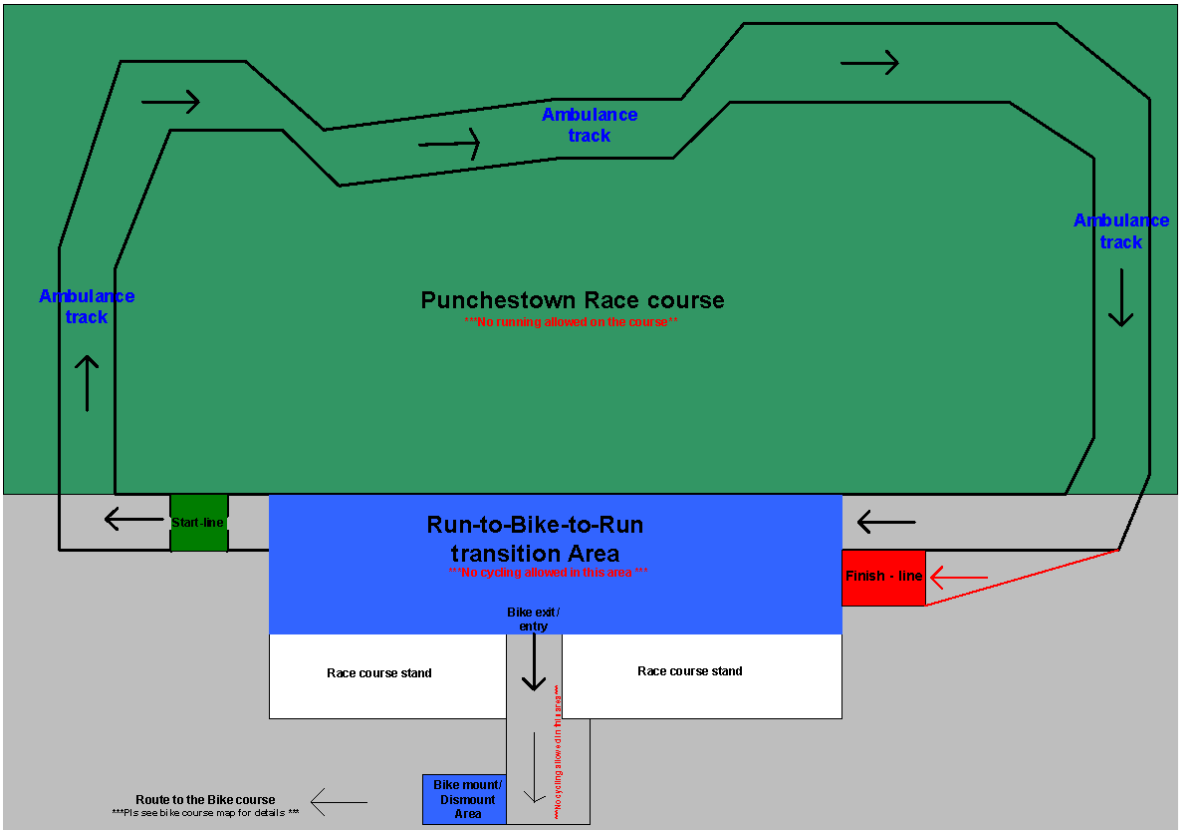
● From this group of races, Sport Ireland will randomly pick races to send their Doping Control Officers to conduct drug testing on their behalf, in accordance with the World Anti-Doping Agency (WADA) International Standard for Testing.

● Since 2014, there is No Advance Notice (i.e., warning of upcoming testing by SI) at Irish sporting events, including Triathlon Ireland events.

● The link here to the World Anti-Doping Agency (WADA) site provides a 4 minute YouTube video clip clearly outlining Doping Control Process - click here.

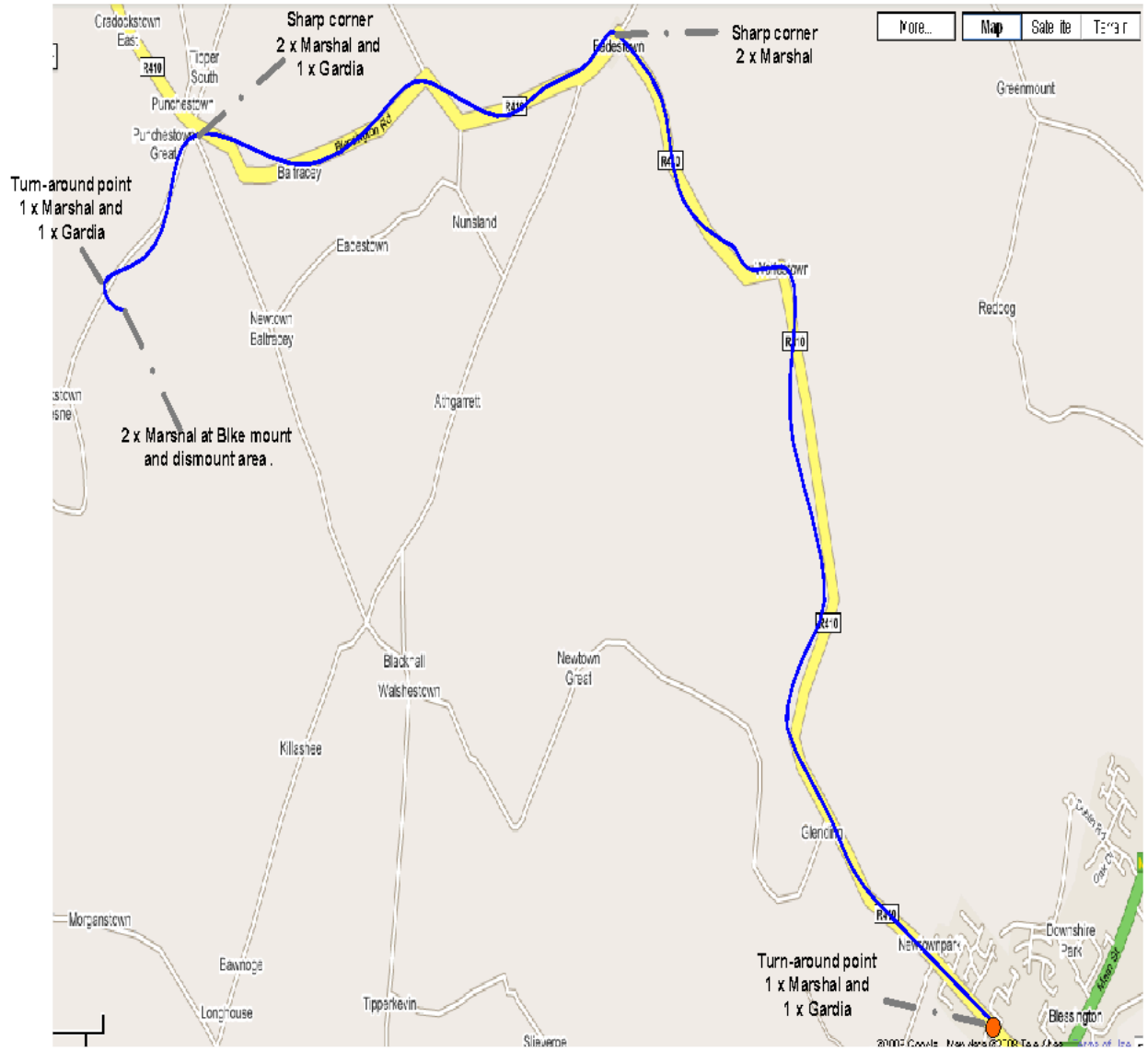
Run Route:

- Loop route of 3.2 km ● Gentle descent at start, tarmac surface, closed road
- 1st loop – start of race
- 2nd loop – after bike leg



Bike Route:

- Out and back route of 9.66 km each way, (Total: 19.32 km)
- Open road – normal traffic rules apply
- Elevation profile is for guidance purposes only – main drag is at Glending (please note scale of profile – it’s not as bad as it looks)


Sharp corner
2 x Marshal and
1 x Gardia
Sharp corner
2 x Marshal
Turn-around point
1 x Marshal and
1 x Gardia
2 x Marshal at Bike mount
and dismount area.
Turn-around point
1 x Marshal and
1 x Gardia
Cradockstown
East
Tipper
South
Punchestown
Punchestown
Great
Ballyfracey
Eadestown
Nunsland
Eadestown
Newtown
Ballyfracey
Ashgarrett
Blackhall
Walshestown
Newtown
Great
Killashee
Glendoo
Morganstown
Bawnoge
Longhouse
Tippurkevin
Silleverne
Greenmount
Redcog
Downshire
Park
Blessington
R410