



ATHLETE GUIDE **2026**

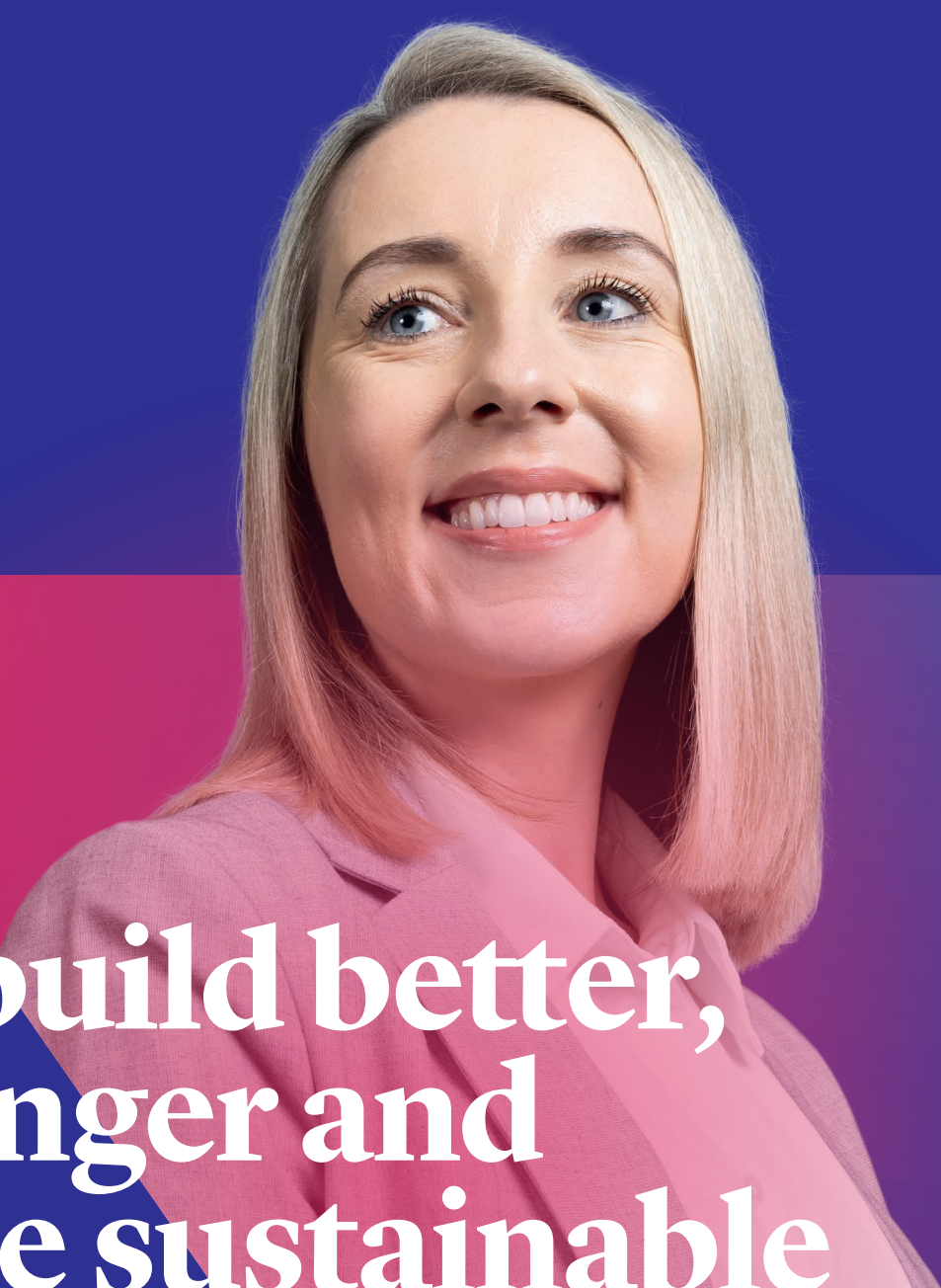


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**Triathlon
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Welcome

2026 RDJ Dublin City Triathlon

Fellow triathletes,

On behalf of everyone at Piranha Triathlon Club, I am delighted to welcome you to the 2026 RDJ Dublin City Triathlon. DCT has been a fixture on the Irish triathlon calendar for many years, and once again we have a brilliant day of racing ahead. Whether you are taking part in the Sprint, Aquabike, Try-a-Tri, Corporate Relay, or lining up for your very first triathlon, we hope you have a race to remember.

There is plenty happening throughout the day, with racing across a number of formats and the return of our Kids Fun Run. Most importantly, we want the event to be competitive, enjoyable and safe for everyone taking part.

A huge thank you to our key sponsors, RDJ and ID-Pal, along with all of our other sponsors and partners. Their continued support makes an event of this scale possible.

To all of our athletes: enjoy the occasion, race hard, look out for each other and, above all, have a safe and enjoyable Dublin City Triathlon.

Stuart Russell | Race Director

Race day at a glance

RACE DAY Saturday 22 August 2026	RACE HQ Garda Síochána Boat Club
SATURDAY REGISTRATION 07:00-07:45	TRANSITION OPENS 07:00
ROAD CLOSURE 08:30-13:00	MAIN CAR PARK St Brendan's GAA Club

READ YOUR RACE-SPECIFIC BRIEFING

The final section of this guide contains the course details, maps, lap counts and cut-off information for each race.

Schedule of Events

Plan your morning before you arrive

DAY	TIME	WHAT'S HAPPENING
FRIDAY 21 AUGUST	16:00-20:00	Registration Garda Síochána Boat Club
SATURDAY 22 AUGUST	06:15	St Brendan's GAA car park opens
	07:00	Transition opens
	07:00-07:45	Registration
	08:00	St Brendan's GAA car park closes
	08:00	Transition closes Sprint, Aquabike & Corporate
	08:00	Kids Fun Run start
	08:20	Race briefing Sprint & Aquabike - swim start
	08:30	Sprint Wave 1 rolling start
	08:30	Transition closes Try-a-Tri
	09:05	Sprint Wave 2 (Women) & Aquabike rolling start
	09:15	Corporate Relay briefing Corporate Area
	09:45	Corporate Relay rolling start
	09:50	Sprint Wave 3 rolling start
	10:00	Try-a-Tri race briefing Tented Village
	10:30	Try-a-Tri rolling swim start
	11:45*	Transition reopens *Only after the last bike is racked
	12:00	Prize giving
	12:00*	Car park reopens *Only after the last athlete has finished

Registration

What you need and what you will receive

FRIDAY 21 August 16:00-20:00	SATURDAY 22 August 07:00-07:45
LOCATION Garda Síochána Boat Club	BEST OPTION Register Friday if you can

Race HQ: Garda Síochána Boat Club, 8 Chapelizod Road, Islandbridge, Dublin 8, D08 HX39. [Open in Google Maps](#)

Bring with you

- Photo ID.
- Your Triathlon Ireland Race Licence or One Day Membership, ready on your phone or printed.
- If you need a One Day Membership, purchase it before Thursday 20 August.

You will receive

- Timing chip
- Race number
- Bike and helmet stickers
- Coloured swim cap
- Bag-drop tag
- Athlete goodie bag

ALL ATHLETES MUST REGISTER IN PERSON

Race kits cannot be collected by someone else. Please do not race under another athlete's name.

There is no athlete parking inside the Garda Boat Club or on the footpath outside on Friday or Saturday.

Useful links: [Triathlon Ireland Virtual Membership Card](#) | [One Day Membership](#)

Getting There & Parking

Road closures, parking and bag drop

Road closure

Chapelizod Road will be closed to traffic between Islandbridge and Mullingar House from 08:30 to 13:00. We strongly recommend arriving early, particularly if you intend to use the official race car park.

Official car park - St Brendan's GAA Club

- Located immediately beside the Garda Boat Club.
- Limited to approximately 250 cars and available on a first-come basis.
- If you park here, you will not be able to leave until the last runner is off the run course.

DO NOT PARK ON CHAPELIZOD ROAD

Parking is not permitted between Chapelizod Gate and Islandbridge Gate. Cars parked there may be removed by An Garda Síochána.

Alternative parking

- [Civil Service Cricket Club](#)
- [Papal Cross Car Park](#)
- [Lords Walk Car Park](#)
- [War Memorial Gardens](#)

Bag drop

A supervised bag-drop area will be located between Transition and the Tented Village. Use the bag-drop tag provided at registration. No boxes, bags or miscellaneous items may be left in Transition. While the area is supervised, DCT cannot accept responsibility for lost or stolen items.

Our Partners & Event Village

Thank you to the organisations that make DCT possible

Our race committee is extremely grateful to all of our sponsors and partners for their support. In particular, we are delighted to welcome RDJ as headline sponsor and ID-Pal as a key event partner.

RDJ

iDPal



RYSE



Triathlon Ireland also provides significant support to the event and to the wider sport throughout the season.



Tented Village & finish area

The finish area will have a busy club and family atmosphere, with athletes from clubs across the country. Finishers will receive their DCT medal, drinks and snacks.

Food and drink onsite: [Last Lap Cafe](#) and [Parallel Meals](#).

Prizes, Briefings & Athlete Conduct

The essentials before racing starts

Prizes

- National Series Sprint: 1st, 2nd and 3rd overall male and female, plus age-group prizes in line with Triathlon Ireland and World Triathlon rules.
- Try-a-Tri: 1st overall male and 1st overall female.
- Aquabike: 1st overall male and 1st overall female.
- Corporate Relay: prizes for 1st, 2nd and 3rd. The winning team may nominate a charity to receive a donation from DCT.
- If you cannot attend prize giving, your prize will be sent to you within two weeks.

Mandatory race briefings

08:20 Sprint & Aquabike - swim start	09:15 Corporate Relay - Corporate Area
10:00 Try-a-Tri - Tented Village	

Look after the race around you

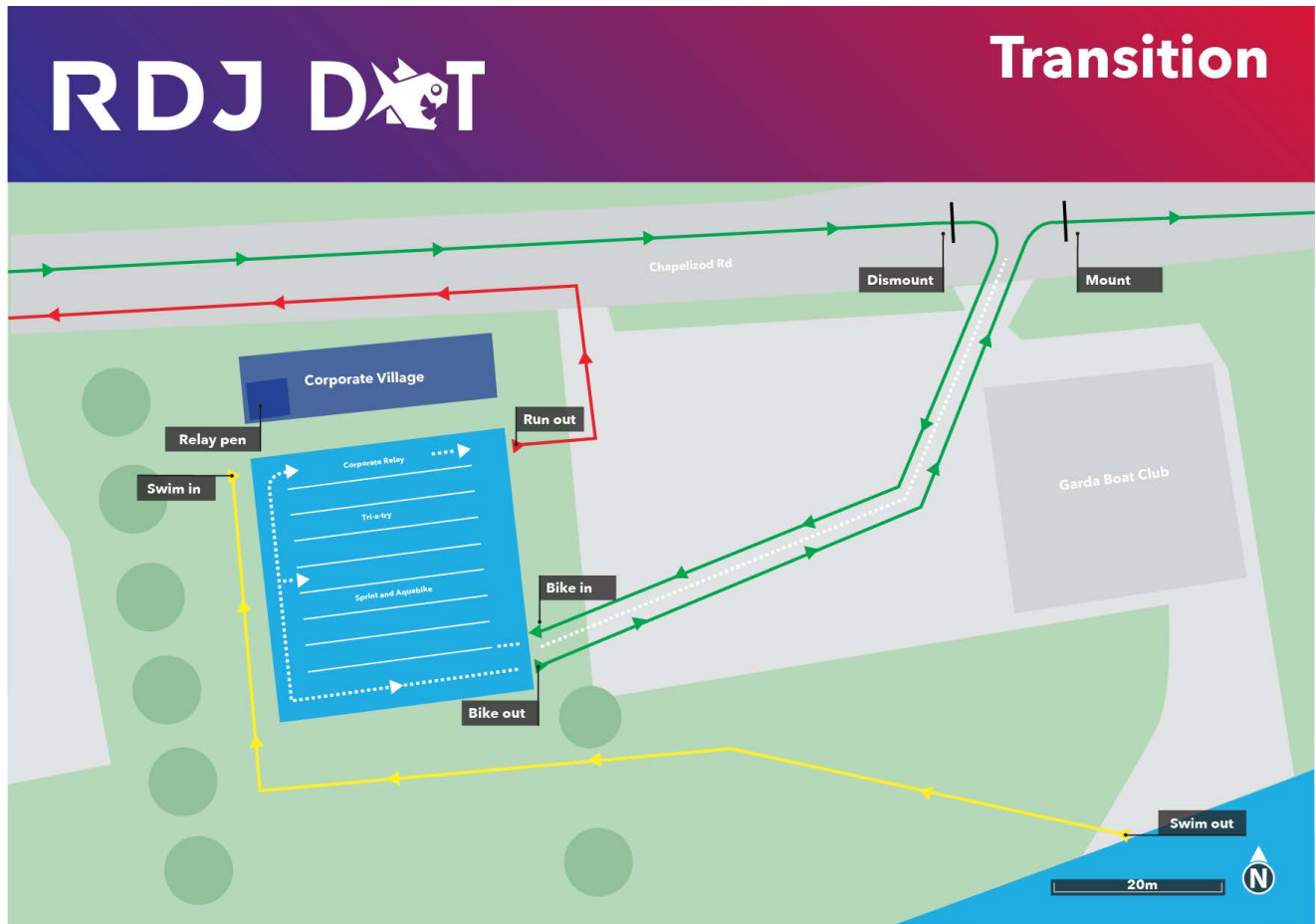
DCT is run by volunteers and supported by race officials, Gardaí, medical teams and safety crews. Treat them, your fellow athletes and spectators with respect. There will also be children and under-18 athletes at the event, so keep language and behaviour appropriate.

NEED HELP?

Speak to any marshal in a Hi-Viz vest. They will either assist you directly or get the right person to you.

Transition

Set up once. Know your route. Race calmly.



- Access is restricted to athletes. You will need your race number to enter.
- Your bike must be roadworthy. Fit the bike sticker to your bike and helmet stickers to your helmet before entering.
- Your rack position will be labelled with your race number. Do not mark your position with flags, balloons, talc or other items.
- Sprint, Aquabike and Corporate Transition closes at 08:00. Try-a-Tri Transition closes at 08:30.
- Before racing, walk through Swim In, Bike Out, Bike In and Run Out so you know exactly where you are going.

During the race

- After the swim, secure your helmet before touching your bike.
- Follow signs, marshals and mount/dismount instructions.
- No nudity is permitted in transition, sorry!

TRANSITION RE-ENTRY

Athletes cannot re-enter Transition to collect equipment until the last bike is safely racked.

Swim Safety & Water Quality

Open-water racing requires good judgement

Swim start

All races use a rolling swim start. Sprint/Aquabike racing is split across three waves based on category and the estimated swim times captured at entry.

TO CONFIRM

Final waves will be published in separate document.

Your responsibility

Open-water swimming is physically demanding. Athletes are responsible for assessing whether they are fit to participate and should seek medical advice where appropriate. Be aware of the risks of cold water, cardiovascular issues, injury and drowning.

Race cut-offs will be enforced for safety. Your race-specific cut-off is shown in the relevant section of this guide.

Water quality

The DCT swim takes place above the weir at Islandbridge and is not subject to the tidal flow experienced in the lower Liffey.

Water quality precautions

- Avoid swallowing river water.
- Cover cuts, wounds or sutures with a waterproof dressing.
- Avoid reeds by swimming towards the centre of the river.
- If injured in the water, clean wounds thoroughly and ensure your tetanus immunisation is up to date. Speak to the onsite medical team if needed.
- If you develop a flu-like illness within three weeks of the race, contact your GP promptly.

Further guidance: [Dublin City Council bathing guidance](#)

SWIM CONTINGENCY

If the swim cannot proceed due to adverse conditions, DCT reserves the right to change the race to a duathlon.

Bike Safety

A technical course - stay alert throughout

The 2026 DCT bike route is more technical than in previous years. Review the bike map and route description before race morning.

Leaving Transition

- Follow marshal instructions to the mount line.
- After mounting, ride through the short neutral section before merging onto the course.
- As you merge, be aware of athletes approaching from your left who may already be completing a lap.

Key hazards

- Phoenix Park gates are narrow and include cobblestones, which may be slippery when wet.
- Wild deer are present throughout the Phoenix Park, **watch out for deer**.
- A short section near the Phoenix Monument/Papal Cross operates with managed access to St Mary's Hospital. Follow marshals and Gardaí at all times.

Race rules

- Wear your race number on your back during the bike leg.
- Remain vigilant even on closed roads. Emergency or authorised traffic may need access.
- Obey An Garda Síochána, race officials and marshals immediately if instructed to slow or stop.

COUNT YOUR LAPS

Lap counting is the athlete's responsibility. Failure to complete the required distance will result in disqualification.



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At ID-Pal, we believe in pushing boundaries in fraud prevention and on the track. Because our people are the real engine behind our performance. We're proud to participate in and sponsor this year's Dublin City Triathlon.



RISE TO THE CHALLENGE

Best of luck to the ID-Pal team
and all athletes in #DCT2026.

www.id-pal.com

Sprint / Aquabike / Corporate Relay

Shared course information

SWIM 750m - 1 anti-clockwise lap	BIKE 23km - 3 laps
RUN 3 laps - Sprint/Relay	SWIM HATS White (Sprint), Yellow (Aquabike), Blue (Relay)
SWIM CUT-OFF 30 minutes	START FORMAT Rolling start

Who uses these maps?

The following swim, bike and run maps cover the Sprint, Aquabike and Corporate Relay course. Relay-specific instructions will also be covered during the Corporate Relay briefing at 09:15.

Race number position

- Bike: race number to the back.
- Run: race number to the front.

Lap counting matters

The bike course requires three laps. On laps 1 and 2 you turn left towards Acres Road. On lap 3 you turn right through Chapelizod Gate and return to Transition. The run course also requires three laps for Sprint/Relay athletes.

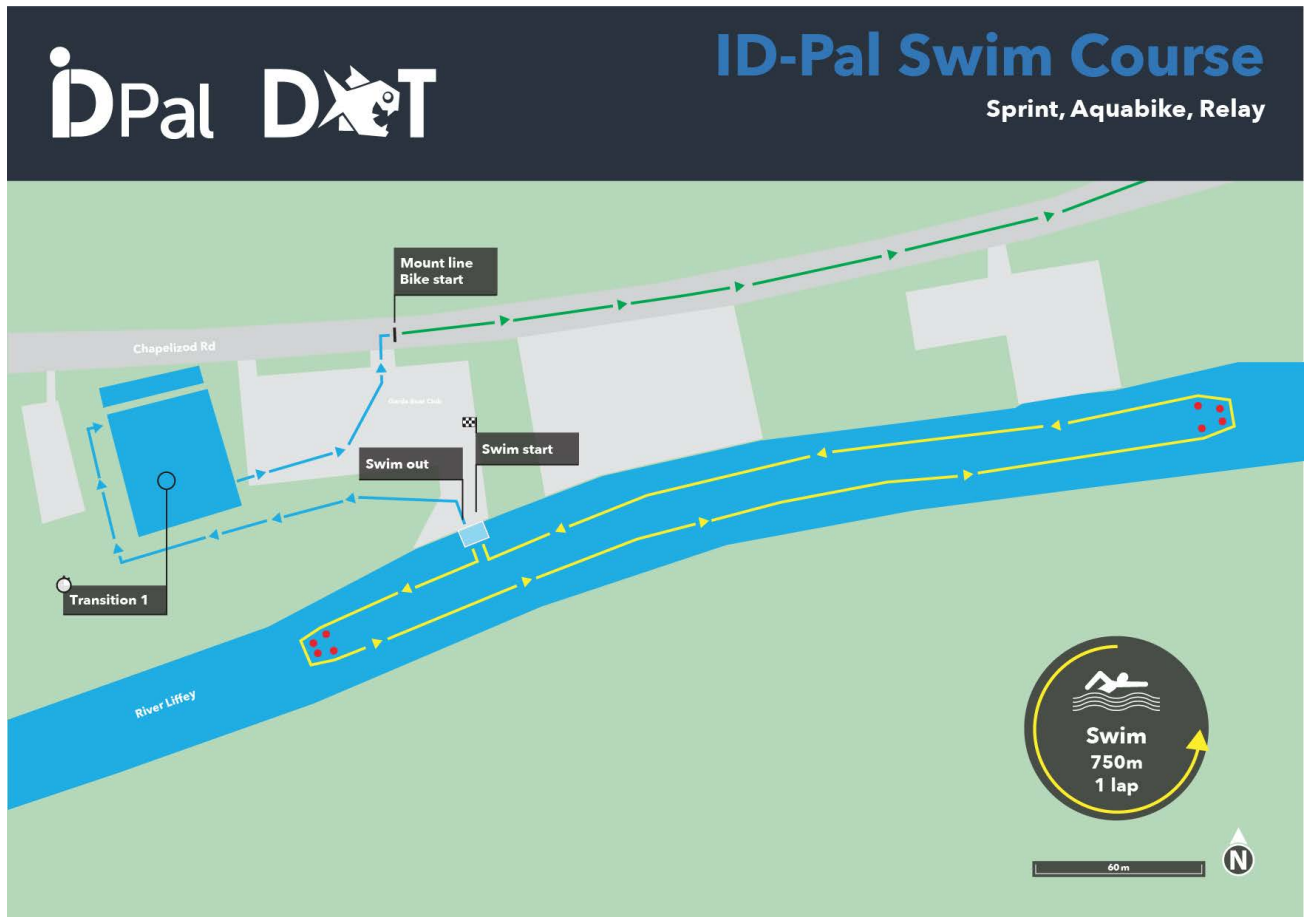
AQUABIKE - FINISHING

Timing will finish at bike dismount line. Proceed safely to rack bike and exit carefully via run out directly to finish line.



Sprint / Aquabike / Relay - Swim

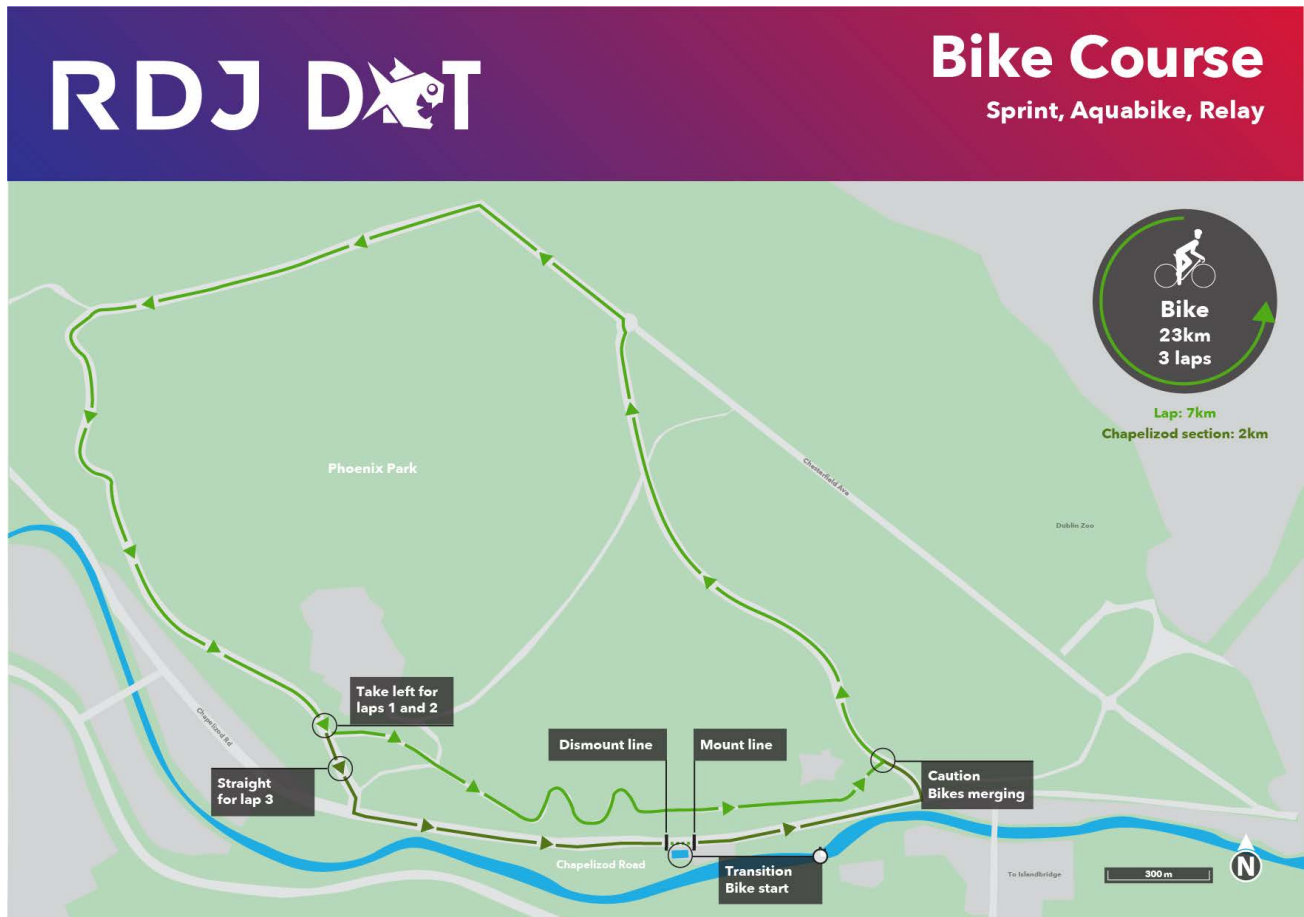
750m | 1 anti-clockwise lap



- Wear the white swim cap provided at registration.
- Rolling start across three waves.
- Swim 75m upstream, then turn left at the first large swim buoy.
- Swim 375m downstream, then turn left at the second large swim buoy.
- Swim 300m upstream to the pontoon exit.
- Swim cut-off: 30 minutes. Athletes outside the 30-minute swim cut-off must leave the water via the safety boat. Athletes, subject to medical clearance, will be permitted to continue with bike & run..
- Failure to co-operate with the request to leave the water after the cut-off time will result in a DQ and the Athlete will not be permitted to bike & run.
- Reeds are close to the riverbank - stay aware of your line.

Sprint / Aquabike / Relay - Bike

23km | 3 laps



- Leave the Garda Boat Club and follow Chapelized Road towards the city centre. Enter the Phoenix Park through Islandbridge Gate and climb Khyber Road.
- At the Phoenix Monument, turn left onto Chesterfield Avenue, then left onto Furze Road and left again onto Upper Glen Road.
- Laps 1 and 2: at the bottom of Upper Glen Road, turn left before Chapelized Gate and climb Acres Road. Turn right onto Military Road and continue until you rejoin Khyber Road.
- Lap 3: turn right through Chapelized Gate, then left onto Chapelized Road and return to Transition
- Laps merge at Khyber Road. Obey marshals, slow down and be mindful of your fellow competitors.

THE SIMPLE RULE

LEFT towards Acres Road twice. RIGHT through Chapelized Gate on your third and final lap.

Rules of the road apply. Follow An Garda Síochána and marshal instructions, particularly if emergency traffic requires access.

Sprint / Relay - Run

3 laps | race number to the front



- Exit Transition, turn left and remain on the footpath along Chapelizod Road.
- After approximately 0.9km, close to Chapelizod Gate, turn at the first turnaround point and run back towards the Garda Boat Club.
- Turn at the second turnaround near the Garda Boat Club and continue back towards Chapelizod Gate.
- Kilometre markers and marshals will be positioned around the course.
- A water station will be located on the run loop, with additional water at the finish.
- Complete 3 laps. At the end of laps 1 and 2, follow the turnaround signage to begin the next lap.
- On lap 3, follow the finish signage into the chute in the Garda Boat Club car park.

COUNT YOUR LAPS

It is each athlete's responsibility to complete all three laps.

Try-a-Tri

A simple guide to your race



SWIM 150m - 1 lap	BIKE 1 lap
RUN 2 laps	SWIM HAT Green
START FORMAT Rolling start	BRIEFING 10:00 - Tented Village

Try-a-Tri athletes use the same overall venue and bike/run course areas as the Sprint race, but with shorter distances and fewer laps. Marshals will be positioned at key turns to guide you.

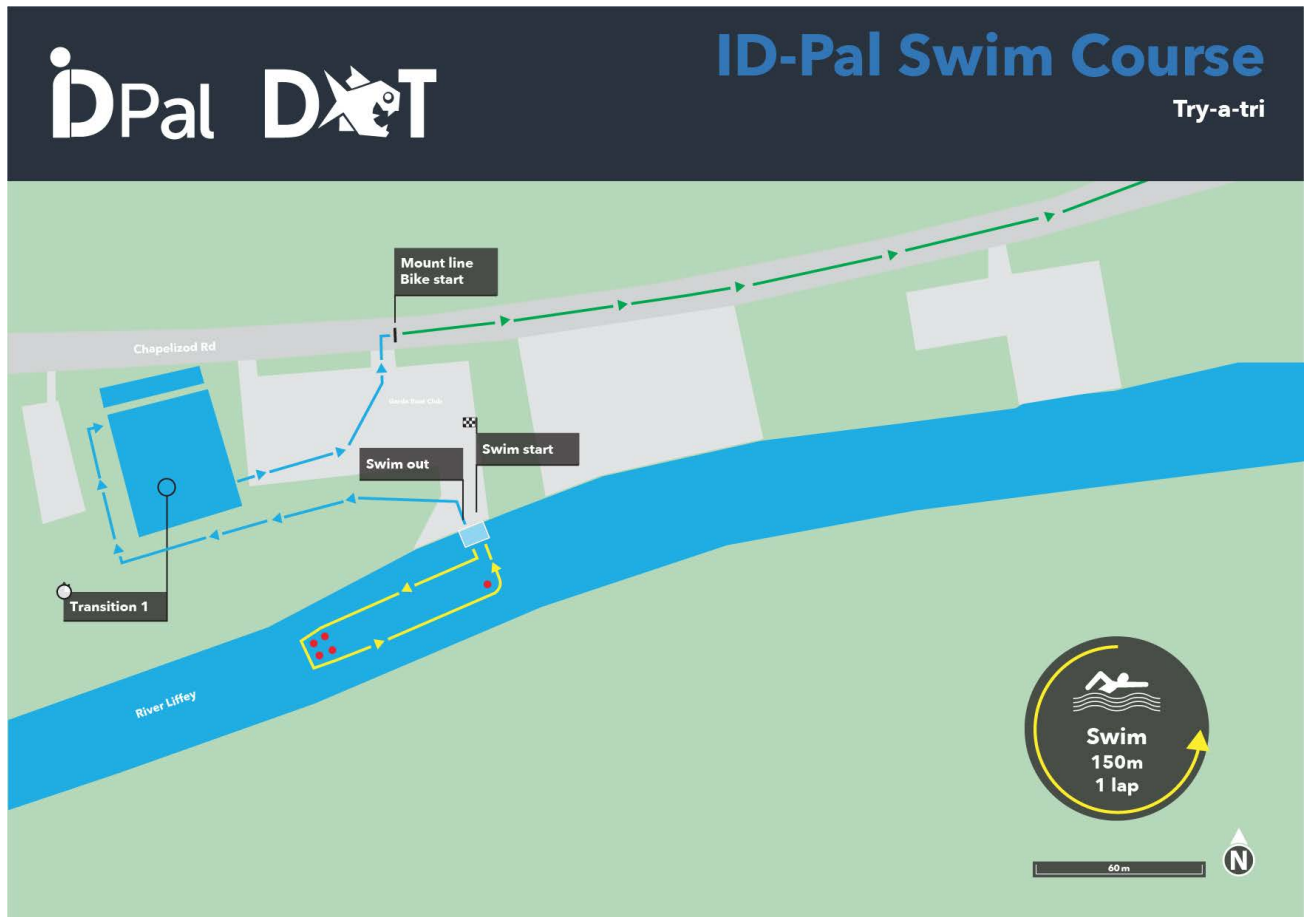
TRY-A-TRI SWIM CUT-OFF

There is a 10-minute swim cut-off for the try-a-tri.

Take your time in Transition, follow the signs and listen to the marshals. The aim is to have a safe, enjoyable first race experience.

Try-a-Tri - Swim

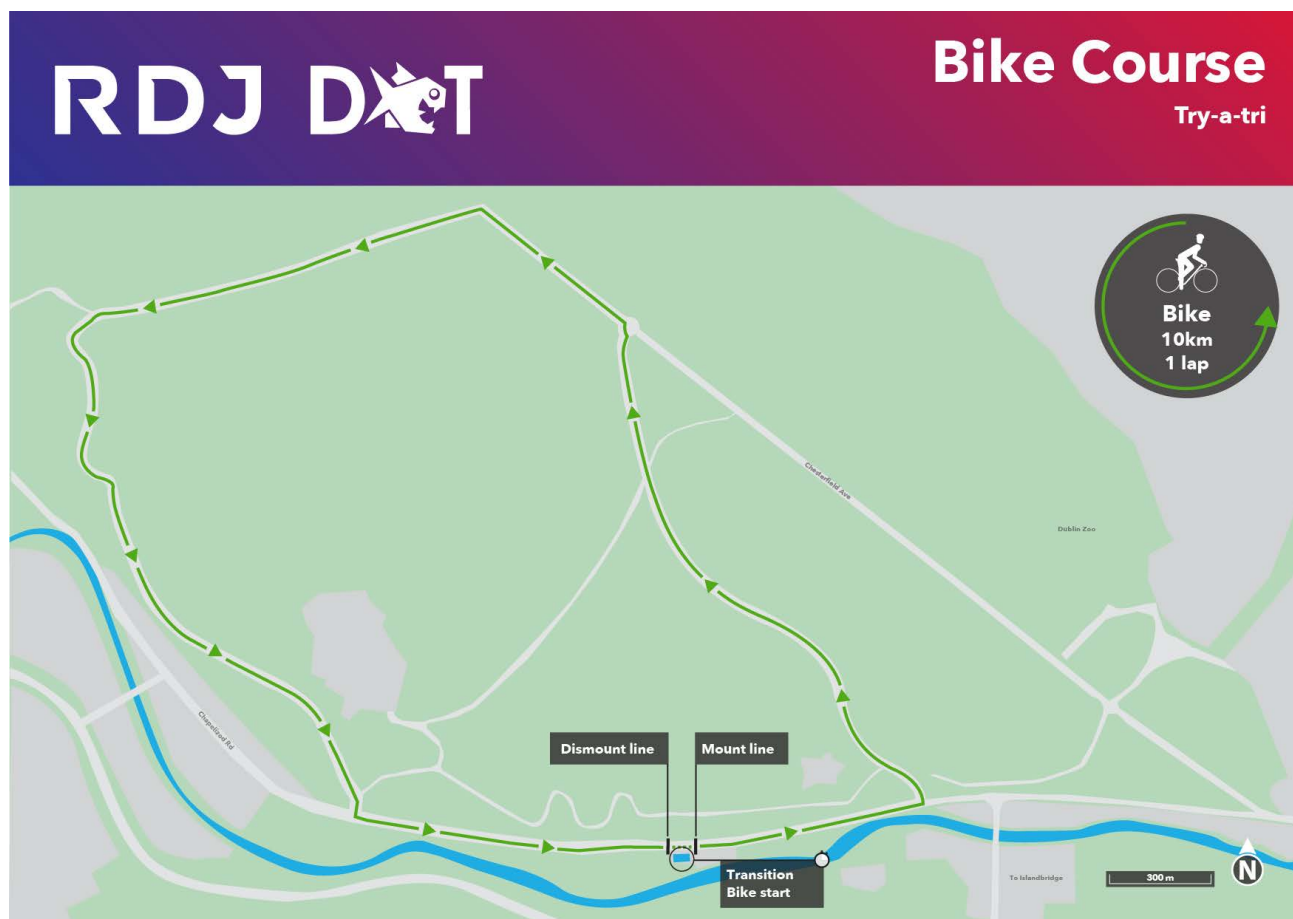
150m | 1 lap



- Wear the green swim cap provided at registration.
- The swim uses a rolling start.
- Swim 75m upstream and turn at the buoy.
- Swim 75m downstream and exit at the pontoon. A member of the event team will be there to assist athletes from the water.
- The supplied draft currently states a 20-minute cut-off. Athletes outside the confirmed cut-off will be removed from the water by the safety team.
- Athletes may be allowed to continue, but their timing chip will be removed and no official result will be recorded.
- Reeds are close to the riverbank - keep your line towards the centre of the river where directed.

Try-a-Tri - Bike

1 lap | race number to the back



- Leave the Garda Boat Club and follow Chapelizod Road towards the city centre. Enter the Phoenix Park through Islandbridge Gate and climb Khyber Road.
- At the Phoenix Monument, turn left onto Chesterfield Avenue, then left onto Furze Road and left again onto Upper Glen Road.
- At the bottom of Upper Glen Road, turn RIGHT through Chapelizod Gate.
- Turn left onto Chapelizod Road and return directly to Transition at the Garda Boat Club.

ONE LAP ONLY

Do not turn left towards Acres Road. Follow the marshal and signage for the right turn through Chapelizod Gate and back to Transition.

Rules of the road apply at all times. Follow the instructions of race marshals and An Garda Síochána, particularly where emergency traffic requires access.

Try-a-Tri - Run

2 laps | race number to the front



- Exit Transition, turn left and remain on the footpath along Chapelizod Road.
- After approximately 0.9km, close to Chapelizod Gate, turn at the first turnaround point and run back towards the Garda Boat Club.
- Turn at the second turnaround near the Garda Boat Club and continue back towards Chapelizod Gate.
- Kilometre markers, a water station and marshals will be positioned along the course.
- Complete 2 laps. At the end of lap 1, follow the turnaround signage to begin lap 2.
- On lap 2, follow the finish signage into the chute in the Garda Boat Club car park.

COUNT BOTH LAPS

It is each athlete's responsibility to complete the full two-lap run course.

Final Checklist & FAQs

A quick check before you close the guide

Before leaving home

- Photo ID and Triathlon Ireland licence/One Day Membership ready.
- Bike and helmet checked and roadworthy.
- Race number belt or pins packed.
- Wetsuit, goggles and race kit packed.
- Know your registration time, briefing time and Transition closing time.
- Know your bike and run lap counts.
- Plan where you will park - especially if you need to leave early.

Race morning

- Rack your bike and identify all Transition entry/exit points.
- Attend your mandatory race briefing.
- Listen to marshals and race officials.
- Count your own laps.
- Race hard, race safely and enjoy the day.

Tri clubs: To reserve a space for your tent/gazebo in the Tented Village, contact chair@piranhatri.com.

STILL HAVE A QUESTION?

The full DCT FAQ is available on the event website.

[Dublin City Triathlon - Frequently Asked Questions](#)



See you on the start line!



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