



City of Derry
2026



Athletes' Guide

05 Sep 2026

Europe Triathlon Junior Cup- City of
Derry

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1 General Information

1.1 Introduction

Welcome from the LOC

Welcome to the 2026 Europe Triathlon Cup City of Derry. On behalf of the Local Organising Committee, Northwest Triathlon Club, Derry and Strabane District Council and our sponsors we are delighted to welcome senior elite and junior athletes, coaches, technical officials, support staff and friends to Derry~Londonderry for a festival of sport. We expect a high-level international racing event in one of Europe's most distinctive urban triathlon settings.

The race takes place on Saturday 5th September 2026, with racing centred around the city. Athletes will compete over a sprint-distance course featuring a pontoon start, a River Foyle swim, a fast, flat and technical bike course, and a flat, spectator-friendly run through the city centre, crossing the iconic Peace Bridge against the backdrop of Ebrington Square and the historic city.

We are proud to host you and hope you enjoy both the race and the unique atmosphere, scenery and hospitality Derry has to offer. Our priority is to provide every athlete with a safe, well-organised and enjoyable race experience. On behalf of everyone involved, thank you to our sponsors, athletes and supporters for choosing our city. We hope you have a memorable time in Derry.





Welcome from Triathlon Ireland

On behalf of Triathlon Ireland, I would like to extend a very warm welcome to all athletes, coaches, team staff, officials and supporters attending the Europe Triathlon Cup and Europe Triathlon Junior Cup City of Derry.

This event is something we're incredibly proud to host.

For our Irish athletes, opportunities to race at this level on home soil remain incredibly valuable. Competing against some of Europe's best athletes in front of family, friends, clubmates and supporters is a special experience, and one that we hope will inspire the next generation of triathletes watching from the sidelines.

The City of Derry Triathlon has a proud place in the history of our sport. For many years it was one of the standout races on the domestic calendar, while North West Triathlon Club has played a hugely important role in developing athletes and growing triathlon across the region.

I hope you'll enjoy the atmosphere that builds throughout the weekend, culminating in that special moment when athletes make their way down the blue carpet towards the finish line.

I would also encourage the people of Derry~Londonderry to come out and support the racing. One of the great strengths of this event is how accessible it is for spectators. Whether you're a lifelong triathlon fan or seeing the sport for the first time, you'll have the opportunity to watch elite racing up close and help create an atmosphere that athletes will remember long after they leave.

Events like this are only possible because of the efforts of so many people. My sincere thanks go to North West Triathlon Club, Derry City and Strabane District Council, Europe Triathlon, our partners, officials and volunteers, all of whom have worked tirelessly to bring this event to life.

Most importantly, thank you to the athletes. We know the commitment and sacrifice required to compete at this level and we are delighted to welcome you to Derry. I wish you every success over the weekend and hope you enjoy your time in the city. See you on the start line.

Darren Coombes
Triathlon Ireland CEO





1.2. Key dates

04th September course familiarisation, registration, race briefing

05th September 2026 Europe Triathlon Cup City of Derry

1.3. Key contacts

Name and contact details of:

- Race director – Laura Colhoun hello@codtriathlon.com
- Technical delegate – Audrey Livingston (GBR)
- Athletes' services manager – Ryan Williams hello@codtriathlon.com
- Deputy Race Director and LOC Communications Lead Ian Cullen hello@codtriathlon.com
- A dedicated team liaison point of contact has been arranged for athletes that are attending the race. For athletes travelling alone please make yourself known to the LOC. For further information please contact: hello@codtriathlon.com
- National Federation contact – Julie Dunne (IRL) julie@triathlonireland.com
- Safeguarding: Mary Crosbie (IRL) mary@triathlonireland.com + 353873793721
- Anti Doping: Anna Clarke (IRL) anna@triathlonireland.com +353012741032
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number : +32478825456

1.4. Contacts details

2026 Europe Triathlon Cup – City of Derry | Triathlon Event in Northern Ireland
Hello@codtriathlon.com

2 Venue

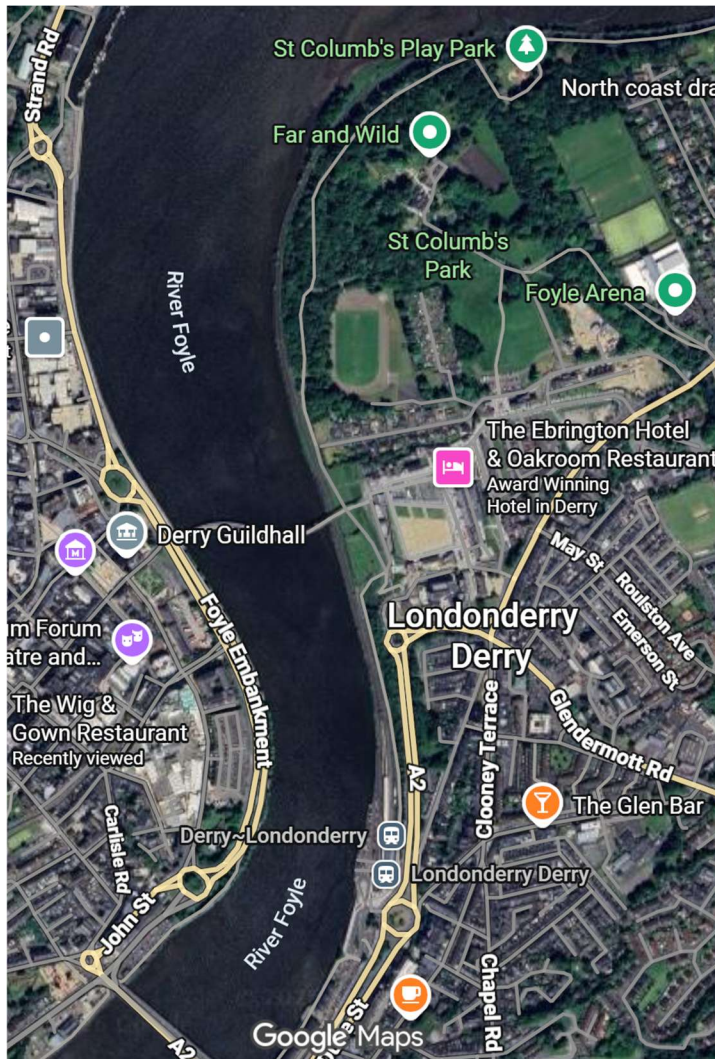
2.1. Race venue

The AMP
Ebrington Square
Derry~Londonderry
BT47 6FA

Athlete Village, Ebrington Square Derry City. <https://maps.app.goo.gl/fmXaSYa63LQdcBLi8>

Race Start Queen's Quay <https://maps.app.goo.gl/JoxZaLoEYDLw4pc79>

Walking/cycling directions from the Athlete Village over Peace Bridge to the Start/transition area (1.3 km) <https://maps.app.goo.gl/GHyZTrBLdaG1i5FE9>



2.2 Course familiarisation

4th September from the race start/Transition area Queen's Quay.

<https://maps.app.goo.gl/JoxZaLoEYDLw4pc79>

Bike Familiarisation 10:00-10:45

Swim Familiarisation 11:00 – 11:45

2.3. Athletes' lounge

Athlete's Lounge area available at the Swim start / Transition during familiarisation (04th September) and on race day 5th September.

On 4th September athletes are welcome to utilise the lounge area located in the Amp Building in Ebrington Square for registration and briefing. This is also the finish area of the race. Location: follow the what3words link to help you find this specific location:

[///lower.solve.bikes](https://lower.solve.bikes) <https://w3w.co/lower.solve.bikes>

- A bike mechanic will be present at the athlete village on the 4th September and at the transition area on race day.

- Bike Mechanic Support in the athlete village Ebrington Square before and after registration Friday 4th September 10:00 – 13:00 and 14:30 – 18:00
- Also available at the check in area before the race 08:00 – 18:30
- Recovery massages will be available at the finish area.

2.4. Entry fees and athletes' race package distribution

Entry fee is 75€ for the Junior Race.

This can be made payable to Triathlon Ireland via electronic transfer, please contact Triathlon Ireland Finance Department on finance@triathlonireland.com for an electronic payment

Electronic Transfer Details

1. Junior Electronic Payment, €75 euro

Bank Details

Sort code 933384

IBAN IE68AIBK93338424076075

AIBIE2DXXX

Account Number 24076075

Account Name Irish Triathlon

Account Address

Sport Ireland HQ2, Unit 3, Sports Ireland Campus, Dublin D15 WY8D

Registration will take place on Friday 4th September in the Athlete Village. Athletes should be prepared to present a photo ID, federation credentials if requested, and any other required documentation.

On Race day, Saturday 5th September athletes will go directly to the swim start/Transition area to collect their race timing chips, stickers and swim cap. Exact collection procedures and timing will be confirmed in the final guide.

2.5. Doping control

Location of the doping control site will be at the finish area in Ebrington Square. Doping tests will be conducted by Sport Ireland Anti Doping team in accordance with TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. Security

Event security/marshals will be located throughout the venue.

Local Police will look after security external to the venue.

Athletes should keep personal belongings secure and avoid leaving equipment unattended outside designated areas. Only accredited persons may enter restricted zones. Any suspicious activity or lost items should be reported immediately to venue staff or the race office.



2.7. LOC office

The Amp Growth Incubator Ebrinton Derry-Londonderry

Location: follow the what3words link to help you find this specific location:

///lower.solve.bikes <https://w3w.co/lower.solve.bikes>

3 Accommodation

Derry has plenty of choice for accommodation and places to eat for every budget. Please visit this website to find local information: <https://www.visitderry.com/>

4 Transfer and Transport

Derry~Londonderry is accessible via regional and international travel routes.

Nearest Airports:

City of Derry Airport – 10 mins

Belfast City Airport – 1 hour 20 mins

Belfast International Airport – 1 hour 20 mins

Dublin Airport – 3 hours

Travel to Derry~Londonderry

Public transport services are frequent from the airports to the City. Translink is the public transport operator in the region for buses and trains: <https://www.translink.co.uk/>

The bus and train station are located in the city centre and both are convenient 5 minute walk to the athlete village.

Waterside Train Station <https://maps.app.goo.gl/vHNXJZBn3bKSyYEW7>

Bus Station Foyle Street <https://maps.app.goo.gl/Eyc8zuKwyWfWDFzA6>

5 Athletes' Services

5.1. Training facilities



Foyle Arena – Leisure Centre, Swimming pool available for training

<https://maps.app.goo.gl/YA5suo4NDm8JRsz47>



Walking/cycling directions from the Athlete Village to the Foyle Arena Leisure centre / swimming pool (800m) <https://maps.app.goo.gl/hJNvtPgNd6w3kC2q6>



BIKE

Derry/Londonderry offers an impressive network of traffic-free greenways, riverside trails, and quiet country roads perfect for all cycling abilities.

[The Derry and Strabane District Council Cycle Routes](#) page provides an interactive map showing color-coded greenways, park cycle paths, and traffic-free routes.

Foyle Valley Cycle Route: 21-mile route connects the heart of Derry to the border towns of Lifford and Strabane. A popular, traffic-free path that runs south towards the County Donegal border. It is a smooth, flat, leisurely ride.

Peace Bridge & Foyle Bridge Circular: 8 km (5-mile) circular route that takes you across the iconic, sweeping Peace Bridge and loops around the River Foyle—a great way to see the city.

Inis Eoghain Cycleway: A 36-mile loop that starts at the River Foyle in Derry, passes under the Foyle Bridge, and continues through Ballyarnett Country Park before heading toward the ancient stone fort of An Grianán Aileach.



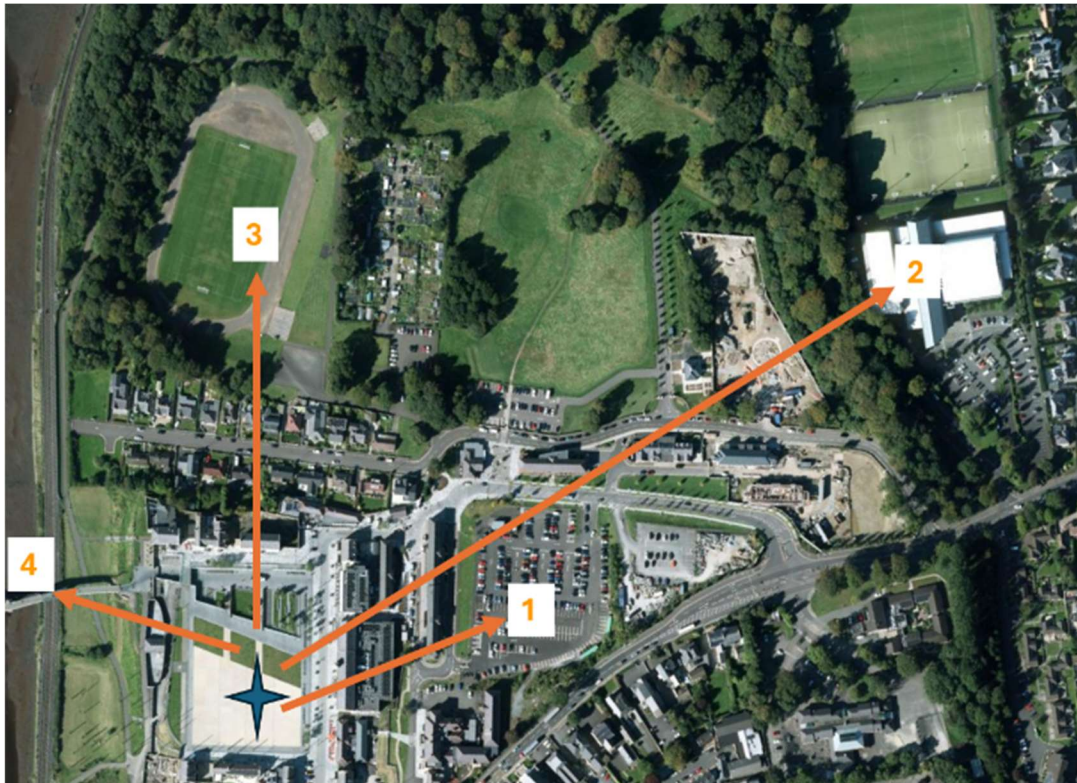
RUN

There are several Greenways around the city and pedestrian areas that athletes can use to run.

For track sessions:

Walking/cycling directions from the Athlete Village to the St. Columb's Park running track (600m) <https://maps.app.goo.gl/ZEqVGNrdFpQS5ufL7>

Walking/cycling directions from the Athlete Village to the Templemore Sports Complex running track (4.3km) : <https://maps.app.goo.gl/XJzrBsStVuVhJci67>



1. Athlete Village (Race Finish) - Ebrington Square Car Park
2. Foyle Arena Swimming Pool (800m from Athlete Village)
3. St.Columb's Park Running Track (600m from Athlete Village)
4. Peace Bridge (300m from Athlete Village with access to city centre and race start area)

5.2. Medical services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance. The nearest Accident and Emergency Department is Altnagelvin Hospital Gelnshane Road BT47 65B [Altnagelvin hospital location from Athlete Village](#) (2.3 km)

5.3. Bike mechanical service

- Bike Mechanic Support
 - At the athlete village before and after registration Friday 4th September 10:00 – 13:00 and 14:30 – 18:00

- At the check area before the race 5th September 07:30 – 18:15

6 Competition Schedule

Day	Start	End	Activity	Location
04 th September	10:00	10:45	Bike Familiarisation	Race start / Transition area Queen's Quay. https://maps.app.goo.gl/JoXZaLoEYDLw4pc79
	11:00	11:45	Swim Familiarisation	
	17:15	17:55	Athletes' Briefing Check In & entry fee payment if needed	Athlete Village, Ebrington Square Derry City. https://maps.app.goo.gl/fmXaSYa63LQdcBLi8
	18:00	18:40	Athletes' Briefing	
	18:40	19:00	Race Pack Distribution	
Race Day Junior Male and Female				
Day	Start	End	Activity	Location
05 th September	06:50	07:50	Junior Men & Women Athlete Lounge Check In	Race Start Queen's Quay https://maps.app.goo.gl/JoXZaLoEYDLw4pc79
	07:30	08:05	Junior Men and Women Athlete Transition Check in	
	08:05	08:30	Junior Men and Women Swim Warm-Up	
	08:35		Junior Men Calling area	
	08:40		Junior Men Athletes' Introduction	
	08:45		Junior Women Calling Area	
	08:50		Junior Men Start	
	08:55		Junior Women Athletes' Introduction	
	09:00		Junior Women Start	
		10:30		Junior Athletes' Award Ceremony



6.2. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.3. Athletes' Briefing

04th September at 1800hrs in the Athlete Village, Ebrington Square, Derry City.

<https://maps.app.goo.gl/fmXaSYa63LQdcBLi8>

6.4. Timing chips

On race day athletes will be given a timing chip to be worn on the athletes' ankle. Athletes will pick up the timing chips in the athletes' check in lounge at the swim start area, during their check-in procedure.

6.5. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

6.6. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Accreditation will be issued at registration on 4th September before the race briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8 Other useful information

8.1. Language: English

8.2. Currency Pound sterling (GBP)

8.3. Time: BST in early September (UTC +1)

8.4 Electricity UK standard plug type G

8.5 Water Mains Water is generally safe to drink unless otherwise stated

8.6 Emergency Number 999

9 Course maps



SWIM COURSE

Start procedures: pontoon.

Number of laps 1

Average water temperature 14 – 15 Deg C

Map of the swim course:

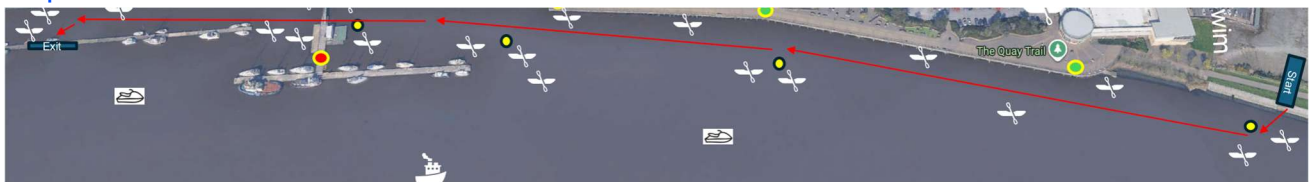


Figure 1 ETJC Swim route



Figure 2 ETJC Swim Exit

TRANSITION

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike pod. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and

towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

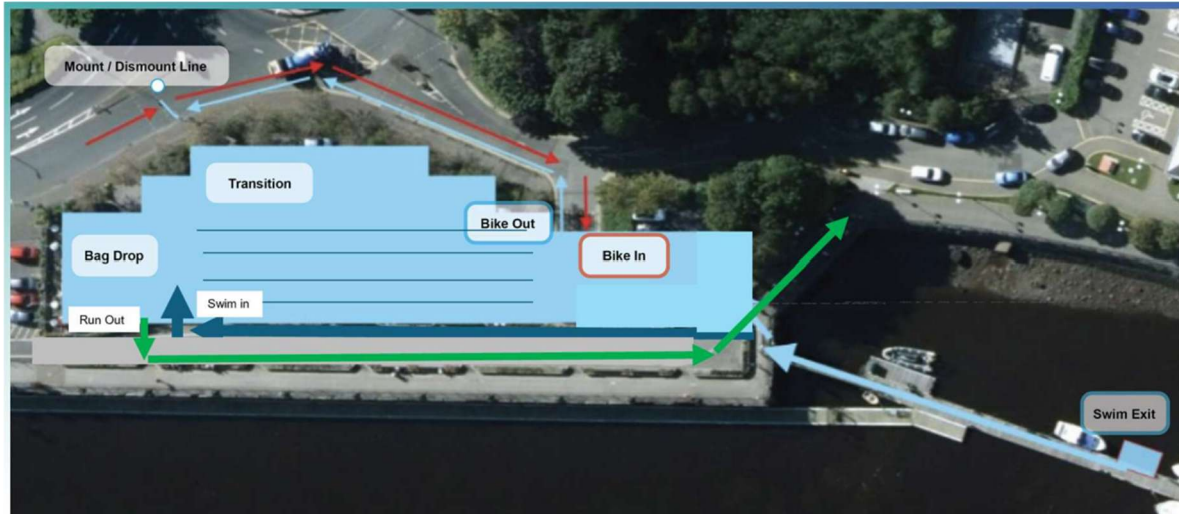


Figure 3 Transition

BIKE COURSE

Fast with rolling hills – Out and back course



Figure 4 ETJC Bike course

RUN COURSE

A flat and fast run course on pedestrian walkways along the quay to a turn point.

There will be 1 Lap from transition to the turnpoint and back to transition. On the 2nd time passing transition athletes will continue towards the peace bridge to the finish area in Ebrington Square.

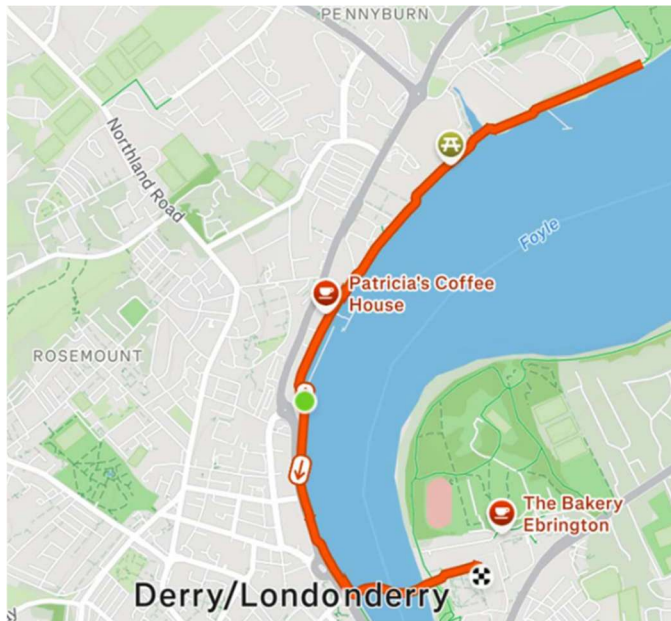


Figure 5 ETJC Run route

FINISH CHUTE

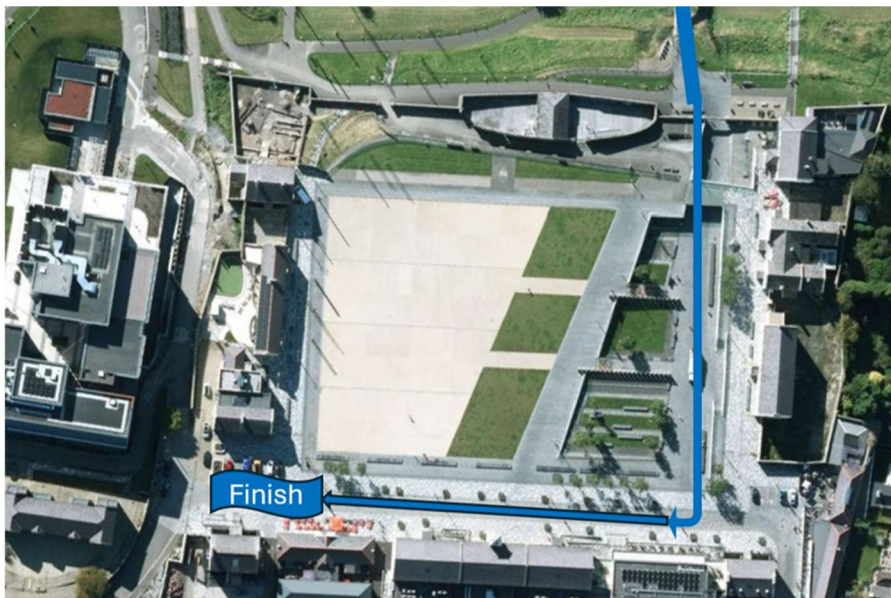


Figure 6 Finish Chute

10 Safeguarding

Name: Mary Crosbie

Version 3.0

15



Email: mary@triathlonireland.com

Athletes' wellbeing and welfare is a priority at this event.

Athletes taking part in the City of Derry Junior Cup event are both under 18 and over 18. For this reason there are safeguarding protocols in place. Parents/carers should review the information below with athletes. All athletes should abide by the safeguarding protocols outlined in the [Safeguarding Policy](#) and in this document to protect young athletes and support all athletes. Everyone at the City of Derry event is subject to Triathlon Ireland safeguarding and disciplinary policy and procedures.

Please [COMPLETE THIS FORM](#) to inform us of any relevant medical information, emergency contact details and provide photography permission.

Codes of conduct

All athletes, coaches, parents, carers, staff and volunteers are subject to Triathlon Ireland organisational codes of conduct at the City of Derry Triathlon. Please see codes of conduct below:

[Junior Cup Athletes \(under 18\) Code of Conduct](#)

[Junior Cup Athletes \(18+\) Code of Conduct](#)

[Parents/carers, coaches code of conduct](#)

Safeguarding responsibilities

All coaches, parents/carers, athlete support personnel, chaperones and other adults are responsible for safeguarding at the event. This means creating a child centred environment, following Triathlon Ireland policies and reporting anything that occurs which has or may put a child at risk or contravenes the Triathlon Ireland code of conduct.

Parents/carers, coaches and Athlete Support Personnel have the responsibility to ensure athletes are safe at all times during the event. They should:

- Be available to the young athletes in your care at all times.
- Read and abide by the safeguarding policies and protocols for the event.
- Know how to contact emergency assistance if required.
- Hold medical information relevant to the athletes in your care.
- Be available to chaperone if the athlete in your care is selected for Anti -Doping tests.

Safeguarding and wellbeing contacts

Mary Crosbie, mary@triathlonireland.com, +353 873793721

Eleanor Condron, eleanor@triathlonireland.com, +353086898812

The Safeguarding contacts are available for you to contact before, during and after the event with any worries or concerns. All competitors irrespective of their age, civil status, disability, family status, gender, housing assistance payment, membership of the traveller community, race, ethnicity, religion, sexual orientation and gender expression and identity have equal rights to safety and protection from harm. All safeguarding concerns, code of conduct concerns or allegations of a child protection nature arising from the event, within the sport or outside of the sport, will be taken seriously and responded to swiftly and appropriately.



[Please see the event Safeguarding Plan here](#)

Reporting Incidents or Concerns

Any incident or concern observed or experienced must be reported to the Safeguarding leads as soon as possible particularly if a young person is in immediate danger or at risk. This may include harassment or discrimination. You can also make a report through this [online portal](#),

Emergency contact

If you are in danger or there is an emergency you can call the police (PSNI) by dialling 999.

Accommodation

Young athletes should feel safe in their accommodation. Triathlon Ireland has the following policy where a young athlete is travelling with an adult who isn't their parent/carer.

Coaches and chaperones should not share a room with a junior athlete.

Coaches and chaperones should not be alone with the junior athlete in their room or the room of the junior athlete.

Any interactions, discussions, maintenance work on bikes etc. should take place in a common area. If you have any concerns about your accommodation, please contact the Event Safeguarding Lead.

Injuries on the course & Medical Information

If an athlete needs assistance on the course the closest marshal will call for medical assistance. The Safeguarding Lead Officers will also be informed, they will inform the coach/parent. If the athlete is under 18 someone from the safeguarding team will be sent to wait with the athlete. If an athlete needs immediate assistance before the medical team arrives they must give consent for someone to assist them unless unable to do so. Please ensure you have provided any relevant medical information in advance using the form linked above.

Missing Young Person

If the young person you are accompanying is missing, alert event staff immediately or call the Safeguarding lead. There is a protocol in place for missing young people.

Anti Doping

Sport Ireland may be conducting Anti Doping testing at the event. Triathlon Ireland can provide appropriately vetted and trained male or female chaperones if required. Please contact the Safeguarding Leads to arrange this.

Smoking (this includes cigarettes, e-cigarettes, cigars etc.)

In order to promote a positive image; Parents/carers athletes, coaches, athlete support personnel, volunteers and staff that smoke will not do so in the presence of athletes or young volunteers whilst at the event. Smoking is not permitted at the event HQ.



Changing Areas and Athletes lounge

The changing area is for athletes only, coaches, athlete support personnel, chaperones, staff or volunteers will not be permitted to enter the changing area. There will be specified time for athletes to use the changing areas and showers. Athletes may not enter the changing area outside of the specified time. There will be an allocated area for an athlete lounge which coaches, athlete support personnel and chaperones can also access.

Photography

There will be official photographers at the event. Please ensure you have completed the Photography waiver [here](#).

These photographers follow the Triathlon Ireland Photography guidelines in relation to photographing or videoing under 18's.

If you are uncomfortable with any photography on the day or have any requests, contact the Event Safeguarding Lead. Parents/carers, coaches are asked to only photograph their own children/athletes unless permission is given by another parent/carer to include their child in the photo. Please see our Photography guidance document [here](#). If in doubt regarding the suitability of a photo do not take it or post it.

11 Volunteers

We need more than 150 volunteers to help organise the COD Triathlon. If you would like to be a part of this fantastic team, please get in touch at hello@codtriathlon.com

12 Spectators

The COD Triathlon is a spectator friendly event and the entire elite course is visible and accessible. The event is also part of a Festival of Sport in the city of Derry. The City Council are a proud partner of the COD Triathlon.

The best viewing areas are as follows:

Swim – from the Quayside

Bike – Quayside by the Peace Bridge

Run – From the viewing point in Ebrington Square to be by the finish when the athletes cross the bridge.

The Peace Bridge will be open throughout to pedestrians on a 'keep Left' basis. Please observe the signage/cones and support the marshals.



Figure 7 Aerial View of Event

Children's event:

- There will be children's taster events happening throughout the day in Ebrington Square on 5th September
- A Fun Run across the bridge will take place at 13:30
- Link to enter:
- [COD Kids Fun Run Registration Link](#)

There is also the Waterside half marathon on Sunday the 6th of September. To enter please follow this link: [Derry City & Strabane](#)

- Date: Sunday, the 6th of September, 2026
- Location: Ebrington Square
- Distance: 13.1 miles
- Start: Ebrington Square
- Finish: Ebrington Square
- Time: 9:30am
- Categories: Runner, Wheelchair & 3-Person Relay Team
- Levels: Open to athletes of all levels and abilities