



2026 EUROPE TRIATHLON CUP — CITY OF DERRY
Triathlon National Series & Aquabike
AGE GROUP RACE BRIEFING

SATURDAY
5 SEPTEMBER 2026

RACE START
09:15

DISTANCE
750 m | 20 km | 5 km

Hosted by North West Triathlon Club

Please read this briefing in full before race day.

IMPORTANT - RACE-MORNING INSTRUCTIONS TAKE PRECEDENCE

Any safety, course or competition instruction issued by the Race Director or Triathlon Ireland Technical Officials at the 08:35 competitor briefing takes precedence over this document.

1. Event at a glance

The City of Derry Age Group programme includes the Triathlon National Series Sprint Triathlon and Sprint Aquabike. Both races use the same 750 m River Foyle swim and 20 km closed-road bike course. Triathletes then complete a 5 km run to Ebrington Square; Aquabike athletes finish at the timing mat in T2.

Essential timetable

Date	Time	Competitor action	Location
Friday 4 September	18:30-20:30	Registration & race-pack collection	The AMP, Ebrington Square
Saturday 5 September	07:00-08:00	Race-day registration & race-pack collection	Catalyst, Derry~Londonderry, BT48 7TG
	07:15	Transition opens	Queen's Quay Car Park
	08:30	Transition closes	Queen's Quay Car Park
	08:35	COMPETITOR RACE BRIEFING	Transition / Queen's Quay
	08:50	Walk to swim start (Junior Elite Men and Women's races commence)	From transition along Quayside
	09:15	RACE START	Fort George / River Foyle
	10:30	Junior Elite Men and Women Prize Ceremony	Ebrington Square
	12:00	Transition reopens	Queen's Quay
	12:45	National Series and Aquabike Prize Ceremony	Ebrington Square
	Before 13:00	All bikes & equipment must be removed	Queen's Quay Car Park
	From 16:00	Europe Triathlon Cup Elite Female Introduction Ceremony and Race start	Queen's Quay Car Park
	From 18:00	Europe Triathlon Cup Elite Male Introduction Ceremony and Race start	Queen's Quay Car Park
	20:00	Europe Triathlon Cup Elite Prize Ceremony	Ebrington Square

DISCIPLINE CUT-OFFS

Cut-offs apply to each individual discipline, not cumulatively: Swim 30 minutes | Bike 90 minutes | Run 45 minutes.

Friday registration is strongly encouraged

Local competitors and athletes arriving in the city on Friday are strongly encouraged to register and collect their race pack at The AMP on Friday evening. This will reduce pressure on race morning and give you more time to prepare transition.

2. Registration & race pack

Registration requirements

- **Licence / membership:** You must hold a current Triathlon Ireland membership, Triathlon Ireland One Day Membership, or a current licence/membership from another recognised triathlon federation.
- **Photographic ID:** Compulsory at registration. Accepted examples include a driving licence or passport card. NO ID, NO RACE.
- **Medical information:** Ensure the medical and emergency-contact information supplied with your registration is correct and up to date.
- **National Series points:** Triathlon National Series points and rankings are awarded only to athletes holding a full Triathlon Ireland membership. One Day Membership and recognised overseas federation licence holders may race but do not score National Series points.

Race pack

- Race number
- Helmet number / sticker
- Bike post number / sticker
- High-visibility swim cap
- Timing chip
- One bag-drop number
- City of Derry Triathlon goody bag
- Hot food voucher

3. Parking & arrival

Fort George Car Park is the recommended competitor parking area. It is adjacent to the Catalyst building and is accessed via the Catalyst car park (BT48 7PT). It is adjacent to the swim start and 800 metres from transition. Overnight parking is available from 1pm Friday to 4pm Sunday. Day time parking is also available at Ebrington (BT476HF), close to the finish area.

Toilet facilities and a Cafe will be available from 07:00 am at the Pickled Duck Cafe inside the Catalyst building. Patricia's Cafe on Queen's Quay will also be available for spectators and athletes to purchase refreshments before the event.

PLAN YOUR ARRIVAL

Allow sufficient time to park, register, walk to Queen's Quay, rack your bike and complete transition checks before transition closes at 08:30. Plan to be fully set before transition closes.

4. Transition - Queen's Quay Car Park

Transition is located at Queen's Quay Car Park beside the Derry City and Strabane District Council offices and close to the swim exit. It is a secure athlete area. Entry and equipment collection are controlled using your race number.

Transition opening

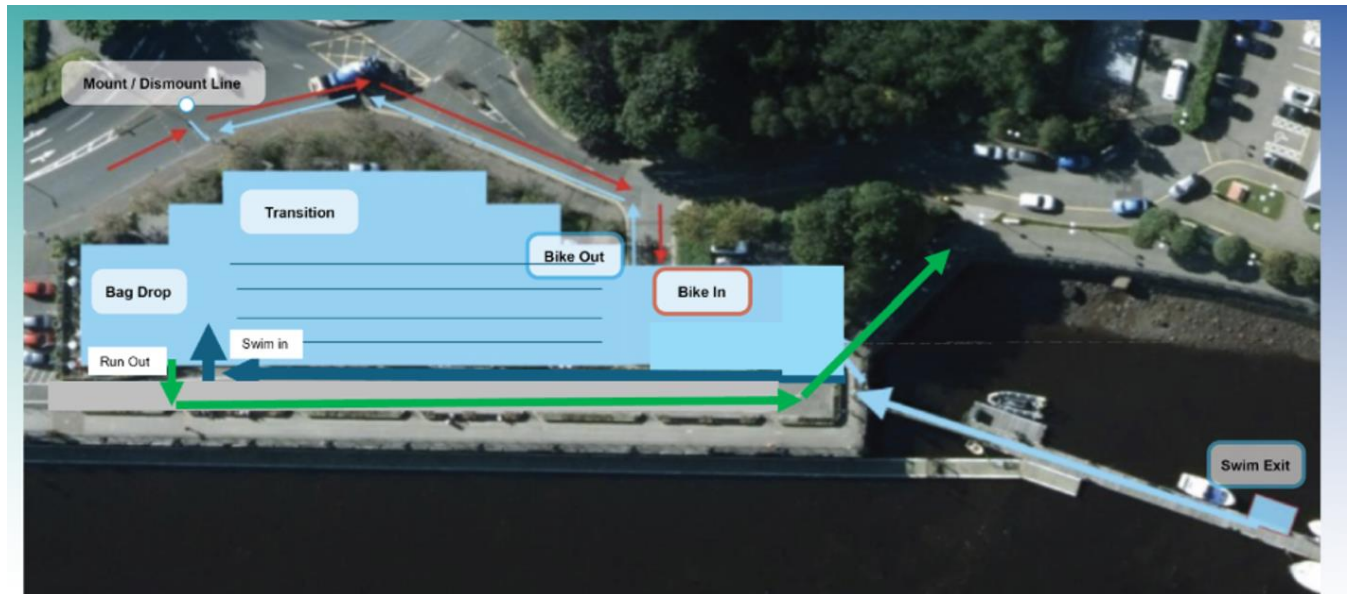
- Transition opens at 07:15 and closes at 08:30 sharp.
- Bike racking positions will be numbered.
- Bring only the equipment you need to race into transition.
- No boxes or bags may be left in transition. Any left in the transition area will be removed.
- A bag-drop marquee is located immediately beside transition. Use your single bag-drop number.
- Do not mark your transition position. World Triathlon rules prohibit position markers and they will be removed.

Bike and helmet checks

Officials will carry out visual checks on entry, including helmet, bike number, brakes and bar ends. Your bike must be in a safe, roadworthy condition. Follow the directions of transition marshals and Technical Officials at all times.

After the race - equipment collection

- Transition reopens at 12:00 for bike and equipment collection.
- You must present your race number when leaving with your bike/equipment.
- ALL BIKES AND EQUIPMENT MUST BE REMOVED BEFORE 13:00.



Transition plan - Queen's Quay. Follow race-day signage and marshal instructions.

Transition rules - essential

- Your helmet must be fastened before you take possession of your bike and remain fastened until your bike is securely returned to the rack in T2.
- Cycling is not permitted inside transition. Push your bike by hand.
- Mount only after the marked mount line and dismount before the marked dismount line.
- Keep equipment within your racking space and do not obstruct other athletes.

5. Swim - 750 m River Foyle

WETSUITS ARE COMPULSORY

There is no water warm-up opportunity on race morning. Arrive at the swim start ready to enter the water when instructed.

The Age Group swim is a 750 m point-to-point swim in the tidal River Foyle. The swim is scheduled at slack water around low tide. Athletes will walk from transition to the Fort George start area at 08:50.

Start procedure

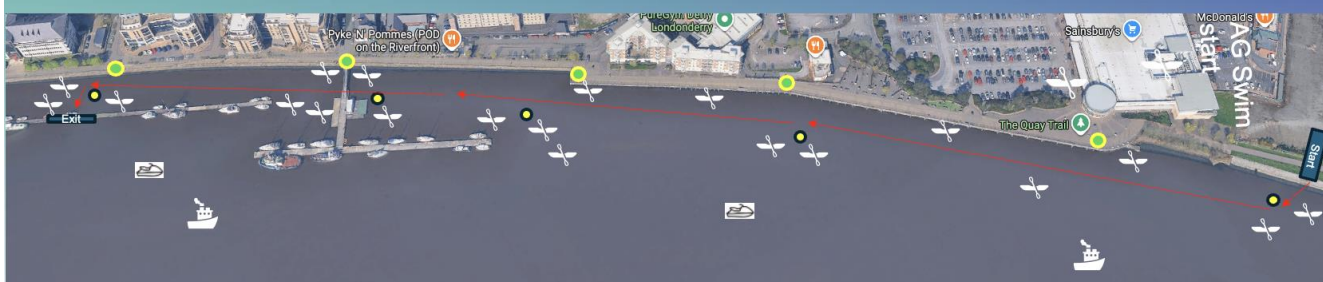
- Self-seed by your realistic predicted swim time using the timing boards displayed at the start.
- Triathlon and Aquabike athletes use the same rolling start; there is no separate Aquabike wave.
- Athletes enter in groups of three and will be counted into the water by race officials.
- Follow race officials through the timing and start sequence before entering the water.
- Keep all swim-course buoys on your LEFT-hand side.
- Swim cut-off: 30 minutes for the swim discipline.

If you get into difficulty

- Roll onto your back, raise an arm above your head and call for assistance.
- Follow the instructions of the nearest kayak, paddleboard, boat or water-safety crew.
- Under World Triathlon rules, once official rescue assistance is rendered you must retire from the competition.
- If you withdraw or are removed from the water, you must make sure a race official has recorded your race number and timing-chip status before leaving the swim area.

Water safety is led by Foyle Search and Rescue with powered rescue craft, jet skis, kayaks/SUPs and shore spotters positioned along the course. Athletes are counted into and out of the water as part of the event safety system.

AG Swim Route



Age Group swim route - point-to-point River Foyle swim.



Rolling swim start / athlete count-in



Swim exit

6. T1 - swim to bike

- Exit the water and follow the signed route directly into Queen's Quay carpark transition.
- Remove wetsuit and swim equipment at your transition position.
- Fasten your helmet securely BEFORE touching your bike.
- Run/walk your bike to the mount line and mount only after you have crossed it.

7. Bike - 20 km closed-road out-and-back

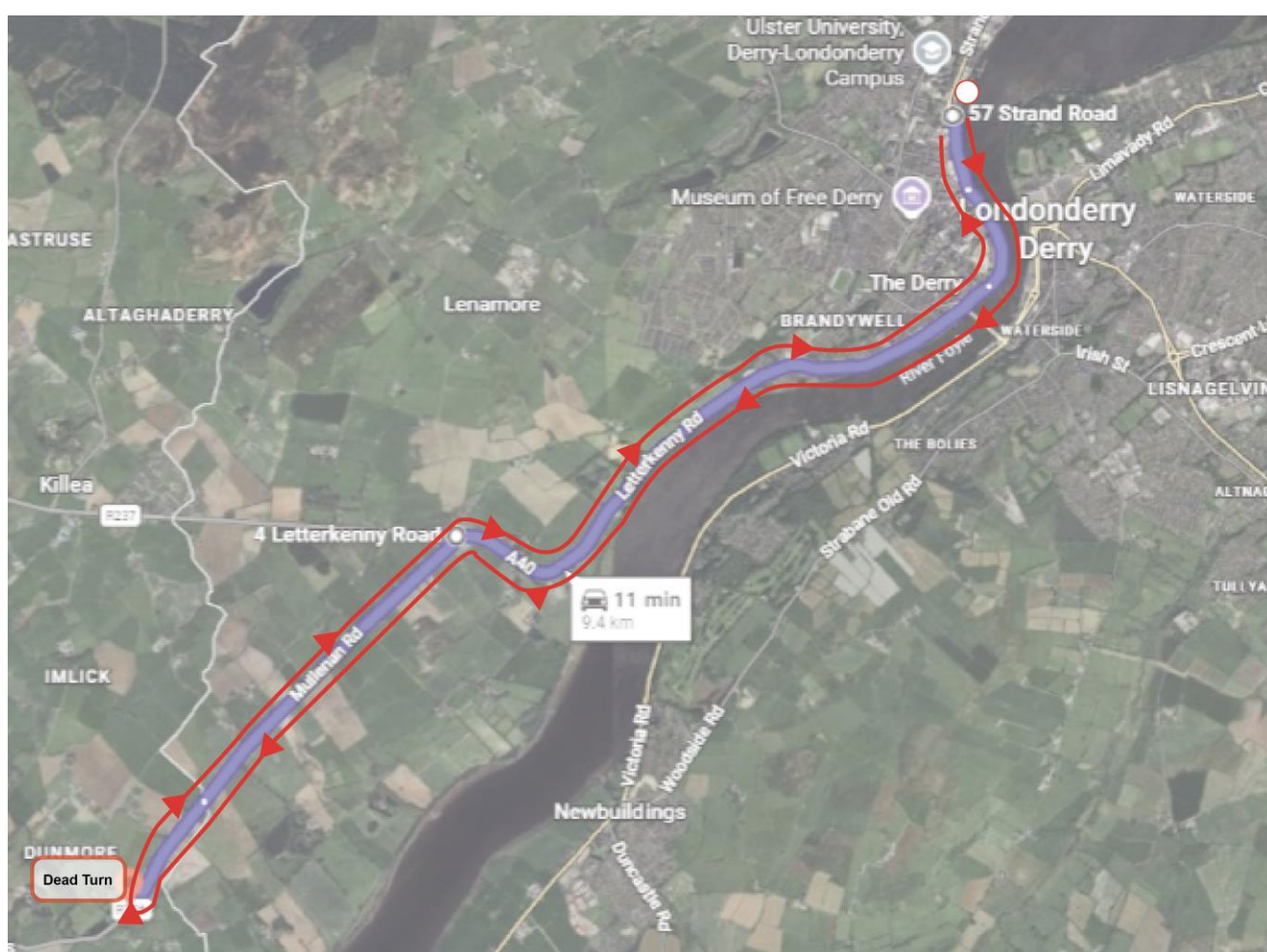
The bike is one complete out-and-back lap from Queen's Quay towards Carrigans and back. The dead turn is located at Newtownhamilton, outside Carrigans, Co Donegal (before the descent into the village). The race course is fully closed to normal through traffic with controlled traffic management in city-centre sections, roundabouts, junctions, and PSNI/marshal intervention at key junctions. Extra care should be taken along the 600m section of the closed southbound lane of the Foyle Embankment, where outgoing and returning cyclists will share a single-lane contraflow, narrowing the available road space. Cyclists are advised to be mindful of traffic islands on the Foyle Road section of the route. Emergency or authorised vehicles may still require access, so ride under control at all times.

Bike cut-off: 90 minutes for the bike discipline.

CRITICAL BIKE SAFETY - READ BEFORE RACING

- **Foyle Meats turnaround:** Dead turn at the Foyle Meats entrance at the junction of Newtownhamilton Road and the R236. SLOW DOWN early and complete the turn under control.
- **Nixon's Corner:** On the return, this is a 90-degree right-hand turn and a marshalled controlled/neutral safety zone. Reduce speed and obey marshals/PSNI.
- **Fast descent into the city:** Take extra care, maintain control and anticipate the junctions ahead.
- **Lone Moor Road / Foyle Road:** Heed marshal and PSNI instructions on direction of travel.
- **Foyleside roundabout:** On the return you will be directed into the RIGHT-HAND controlled race (southbound) lane, travelling opposite the normal roundabout direction, to join Foyle Embankment.
- **Harbour roundabout:** Again use the RIGHT-HAND controlled race (southbound) lane, travelling opposite the normal roundabout direction, onto Queen's Quay.
- **Queen's Quay roundabout / T2:** Follow the RIGHT-HAND controlled race lane and marshal instructions into T2.

Traffic controls and contra-flow arrangements are in place specifically for athlete safety. Do not improvise or follow normal roundabout direction where the race lane directs otherwise. MARSHAL, PSNI AND TECHNICAL OFFICIAL INSTRUCTIONS MUST BE OBEYED AT ALL TIMES.



20 km bike route — one-lap out-and-back to Newtownhamilton, Carrigans.

Bike competition rules

Non-drafting race

This is a NON-DRAFTING Age Group bike course. The World Triathlon draft zone is 12 metres, measured from the leading edge of the front wheel. If you enter another athlete's draft zone to pass, you must complete the pass within 25 seconds.

- Do not ride side-by-side or deliberately shelter behind another athlete or vehicle.
- Keep to the normal race line except when overtaking or when race-specific traffic management, marshals or Technical Officials direct you otherwise.

- Drafting and dangerous riding penalties will be enforced by Triathlon Ireland Technical Officials.

Other key bike rules

- Helmet securely fastened whenever you are in possession of the bike.
- Mount after the mount line; dismount before the dismount line.
- No headphones or headsets.
- No glass containers.
- No littering. Retain wrappers/bottles or dispose of them only where permitted by event arrangements.
- Know the course. Athletes are responsible for completing the full route.
- Dangerous riding may result in a warning, time penalty or disqualification.

EVENT-SPECIFIC COURSE DIRECTION OVERRIDES NORMAL ROAD POSITION

World Triathlon rules require athletes to obey traffic regulations unless advised otherwise by a Technical Official. On this course, controlled contra-flow sections at the city-centre roundabouts will deliberately place athletes in the right-hand race lane. Follow the marked race lane and official instructions on the course.

8. T2 - bike to run / Aquabike finish

- Dismount BEFORE the marked dismount line and push your bike into transition.
- Keep your helmet fastened until your bike is securely racked.
- Triathletes: change to run equipment and follow RUN OUT onto the Quay Trail.
- Aquabike athletes: your official race finish is the timing mat at T2. After finishing, follow marshal instructions and make the short walk across the Peace Bridge to Ebrington Square to collect your medal and post-race refreshments.
- Aquabike equipment collection follows the same transition reopening time as the triathlon: 12:00, with all equipment removed before 13:00.

9. Run - 5 km one lap

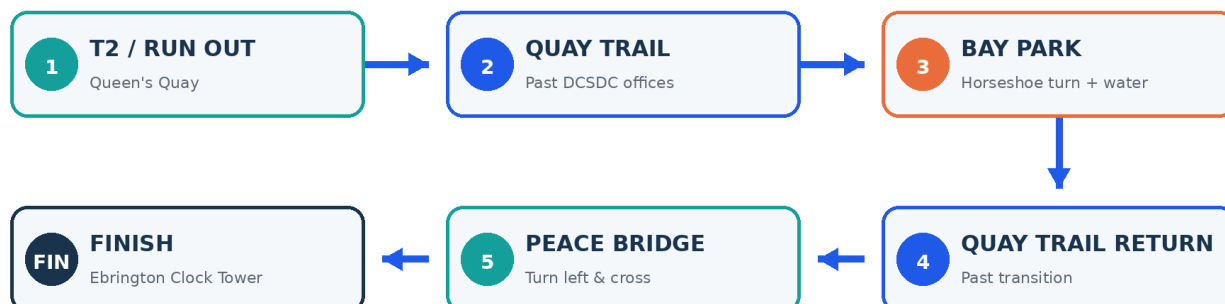
The run is a single 5 km lap using the Quay Trail and Peace Bridge before finishing in Ebrington Square.

1. Exit T2 onto the Quay Trail walkway and run towards Bay Park, passing the Derry City and Strabane District Council offices.
2. At Bay Park, complete the marshalled horseshoe turnaround at the designated sighting point.
3. Use the water station at the Bay Park turnaround if required.
4. Return along the Quay Trail, passing transition.
5. Turn left onto the Peace Bridge and cross the River Foyle.
6. Continue into Ebrington Square and through the finish gantry at Ebrington Clock Tower.

RUN CUT-OFF - 45 MINUTES

The 45-minute cut-off applies to the run discipline itself. Follow marshal instructions at all turn points and public-interface locations.

5 km run route schematic - one lap



Run route schematic.. Follow race-day signage and marshals.

10. Finish - Ebrington Square

The triathlon finish gantry is in Ebrington Square at Ebrington Clock Tower. After crossing the line, keep moving through the finish chute so athletes behind can finish safely.

- Finisher medal
- Water
- Bananas and snacks
- Hot food - athlete food voucher required
- Timing-chip removal before you leave the finish area

TIMING CHIP

Please make sure your timing chip has been removed/returned before you leave the finish area. If you withdraw earlier in the race, you must also ensure a Technical Official and the timing team are informed, and your chip is accounted for.

Results & prizegiving

Prizegiving is scheduled for 12:45 in Ebrington Square. Awards will be presented for 1st, 2nd and 3rd Overall Open and Overall Female, plus 1st, 2nd and 3rd in every eligible Open and Female age group. Results will be made available online through [Core Timing](#).

11. Safety, withdrawal & emergency procedures

NEVER LEAVE THE COURSE WITHOUT REPORTING A WITHDRAWAL

Athlete accounting is a core safety requirement, particularly after the open-water swim. If you stop racing for any reason, make sure the event organisers know you are safe by informing the race team/Technical Officials.

If you withdraw at any point

- Move to a safe position away from other athletes and the active race line.
- Tell the nearest marshal, Triathlon Ireland Technical Official or event official that you are withdrawing.
- Give them your race number and confirm whether you are safe or require medical assistance.
- Ensure the timing team is notified and your timing chip is returned/accounted for.
- Do not simply leave the venue or course without reporting your withdrawal.

Swim emergency

- Roll onto your back, raise an arm overhead and call for help.
- Follow water-safety crew instructions. Foyle Search and Rescue and supporting craft provide water cover.
- Once official rescue assistance is rendered, World Triathlon rules require you to retire from the competition.
- Your number/chip must be accounted for before you leave the swim area.

Bike or run incident

- If you can do so safely, move out of the active race line.
- Alert the nearest marshal/PSNI/Technical Official. They can contact Event Control and the medical team.
- If directed to stop because of an incident, traffic-management intervention or emergency vehicle, do not proceed until instructed.
- If you are injured, unwell or unsure whether it is safe to continue, seek medical assistance rather than continuing the race.

Medical information

The event has dedicated medical and first-aid cover. Make sure the medical information supplied at entry is accurate. If you have a condition that may require special attention during the race, identify it to registration/medical staff and follow any medical guidance given to you.

12. Competition rules & conduct

The race is sanctioned by Triathlon Ireland and is governed by the current World Triathlon Competition Rules together with Triathlon Ireland derogations and event-specific instructions. Every athlete is responsible for knowing and following the rules.

- Wetsuits are mandatory for open-water competition in Ireland.
- No drafting on the bike.
- Helmet fastened whenever in possession of the bike.
- Mount/dismount lines must be observed.
- No headphones/headsets or glass containers.
- No littering.
- Competing with a bare torso is not permitted.
- Follow the course and all marshal, PSNI and Technical Official instructions.
- Warn and Amend instructions, time penalties or disqualification may be issued for rule infringements.
- World Triathlon anti-doping rules apply. Anti-doping testing may take place without advance notice.

Competition rules: [Triathlon Ireland - Rules of Triathlon](#)

13. Final race checklist

- ☐ Photo ID for registration
- ☐ Valid TI / ODM / recognised federation licence or membership
- ☐ Race number and required race stickers attached correctly
- ☐ Timing chip fitted securely, left ankle
- ☐ Wetsuit, goggles and issued swim cap
- ☐ Bike in safe roadworthy condition; bar ends plugged and brakes working
- ☐ Helmet fitted correctly
- ☐ Bike/run shoes and race clothing
- ☐ Nutrition/hydration required for your race
- ☐ Bag-drop bag identified with your single bag-drop number
- ☐ Athlete food voucher for post-race hot food
- ☐ Know the key bike course safety points and controlled contra-flow sections
- ☐ Attend the compulsory competitor briefing at 08:35
- ☐ Be ready to walk to the swim start at 08:50

Key contacts & final information

General athlete enquiries: hello@codtriathlon.com

Any late operational or safety changes will be communicated through official event channels and/or at the 08:40 race briefing. Race-morning instructions from the Race Director and Technical Officials take precedence.

RACE SAFE - AND ENJOY THE CITY OF DERRY TRIATHLON

Please show courtesy to fellow athletes, volunteers, marshals, officials, PSNI, water-safety crews and spectators. Their cooperation is essential to delivering a safe race for you.

Europe Triathlon Cup

The Local Organising Committee is delighted to welcome international elite racing back to the city. Age Group participants and spectators are encouraged to stay in Derry~Londonderry after the morning races and enjoy a full afternoon and evening of high-level competition.

Stay and enjoy the Athlete Village

The Athlete Village in Ebrington Square will be open throughout the day, with music, children's activities and refreshments available. Triathlon clubs are also invited to set up in the square, support the racing and enjoy the festival atmosphere.

Elite racing Swim Start times

- **08:50 — Europe Triathlon Cup Junior Men**
- **09:00 — Europe Triathlon Cup Junior Women**
- **16:30 — Europe Triathlon Cup Elite Female**
- **18:30 — Europe Triathlon Cup Elite Men**

Elite racing will feature draft-legal cycling and is expected to provide an exciting spectacle for athletes, supporters and visitors. The field will include international competitors from around the world, alongside national senior and development athletes who have a rare opportunity to race internationally on home soil.

Spectator safety

For the safety of athletes and pedestrians, spectators should follow all instructions from Technical Officials, marshals and traffic-management teams.

Elite course information

Further information about the elite race courses is available through the World Triathlon link below.

[2026 Europe Triathlon Cup City of Derry](#)

Our Partners & Sponsors

The City of Derry Triathlon is delivered in partnership with North West Triathlon Club, Europe Triathlon, Triathlon Ireland, Derry City & Strabane District Council, with the support of our main corporate sponsors [Grofuse Digital](#), [The AMP](#), [Connected Health](#) and [Conscia](#). Foyle Search & Rescue is the official charity partner of COD Triathlon.

Thank You