

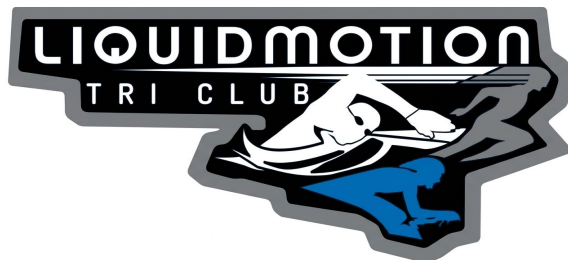


Ballina Duathlon 2026

Sunday 29th March
@10am

Race Briefing

LIQUIDMOTION
TRI CLUB



Mandatory Requirements

- **Triathlon Ireland Licence:** A valid annual or one-day licence is strictly required for all participants.
- **One-Day Licence Deadline:** The deadline for purchasing a one-day licence is 23:59, Friday 27th March.
- **Proof of Licence:** You must bring proof of your licence and a photo ID to registration.
- **Participation Policy:** No licence means no race participation.

Event Schedule

Time	Activity	Location
08:30 – 09:20	Registration	Ballina AC car park (F26 VH52)
8:30	Transition Opens	Transition Area
9:40	Transition Cleared	Transition Area
9:50	Competitors Briefing	Transition Area
10:00	Race Start	Ballina AC car park
12:30	Results & Prizes	Ballina AC car park

Prizes

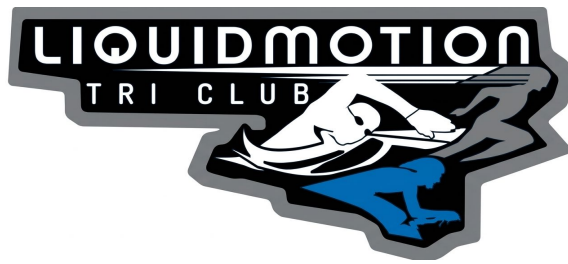
- 1st / 2nd / 3rd - Male & Female Categories
- 1st - Relay team



Registration

- **Location:** Ballina AC car park, F26 VH52.
- **Parking:** Do not park in the transition area or on Castle Road; use designated areas and walk to registration.
- You will need proof of **TI Race Licence** or **One Day Licence** and photo ID.
- **You must have purchased your One Day Licence before Midnight Friday 27th March**
- **Race Numbers:** Collect your bib and timing chip at registration.
- **Medical Info:** Inform organizers of any medical conditions at the time of registration.





Race Rules & Safety

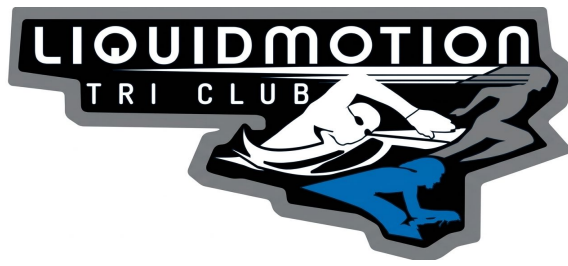
- **Open Roads:** Courses are open to traffic. You must **keep left**, obey all rules of the road, and exercise caution.
- **Compliance:** Follow all instructions from Gardaí and race marshals. Dangerous cycling or lack of consideration for others will result in penalties or disqualification.
- **Medical Support:** Civil Defence (Ambulance) will be on-site for the duration of the event.
- **No Drafting:** "Draft busters" will patrol the course. Ensure you are familiar with [Triathlon Ireland's drafting rules](#) to avoid penalties.

Transition

- **Hours:** Opens at **08:30**; closes promptly at **09:30**.
- **Check-in:** Helmets must be fastened upon entry. All bikes and helmets will undergo a road-worthiness inspection. Faulty equipment will result in a "Did Not Start" (DNS) for safety reasons.
- **Space Management:** Transition space is limited. Bring only essential gear. Excess items will be moved to the designated **bag drop area** by marshals.

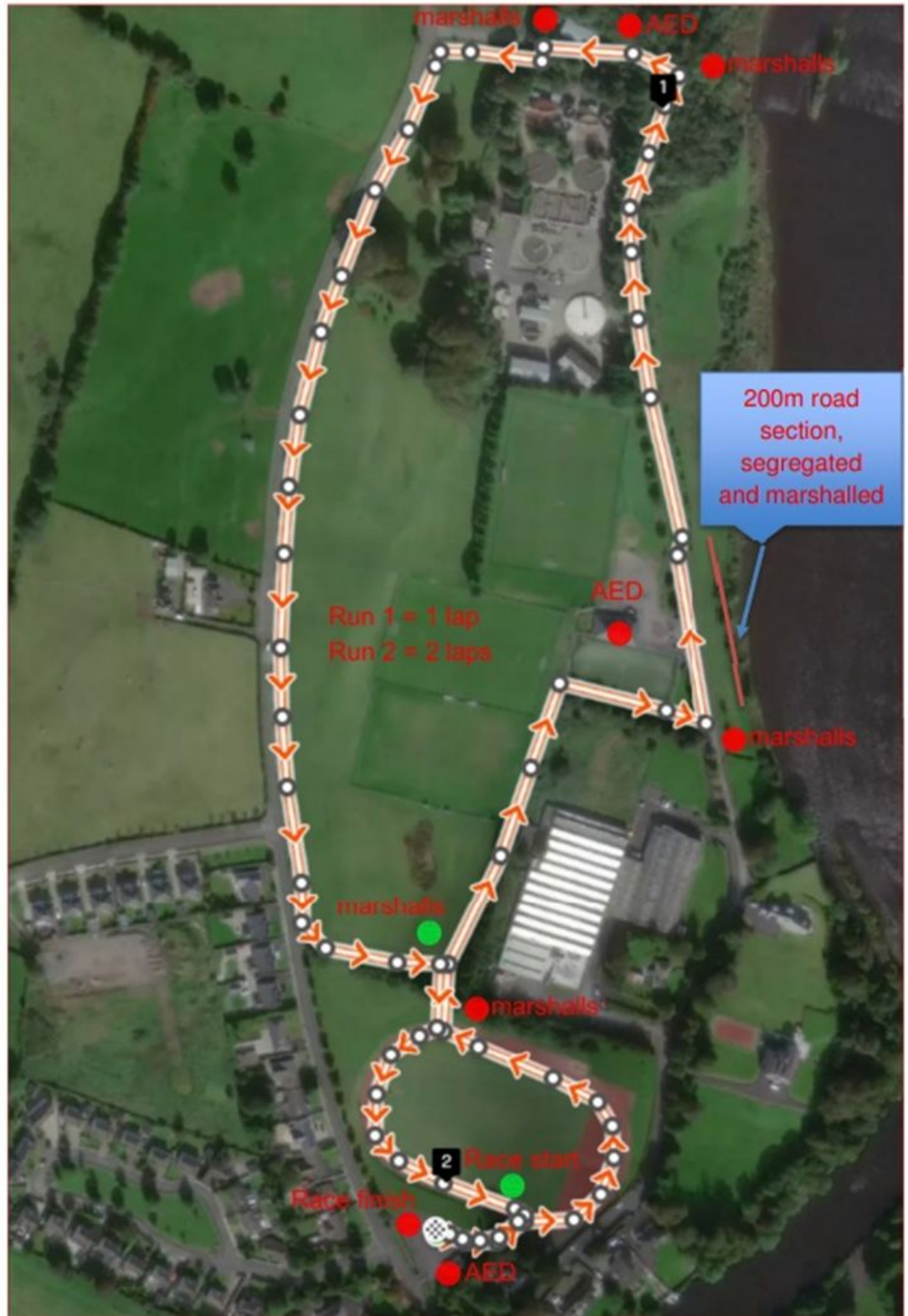
Relay Teams

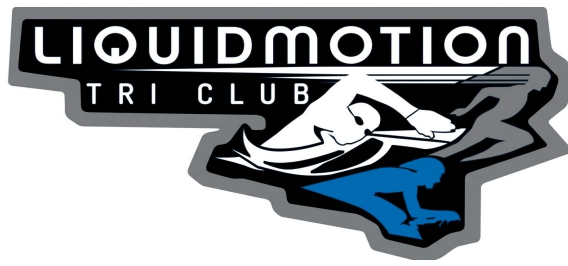
- **Racking:** Relay bikes must be racked in the designated front area of transition.
- **Changeovers:** All timing chip transfers **must** occur within the specific Relay Zone to avoid obstructing other competitors.
- **Waiting:** The second team member must wait in the Relay Zone for their teammate to arrive.



Run 1: 2KMS

A 2KM single lap starting on the track and proceeding around the greenway path.





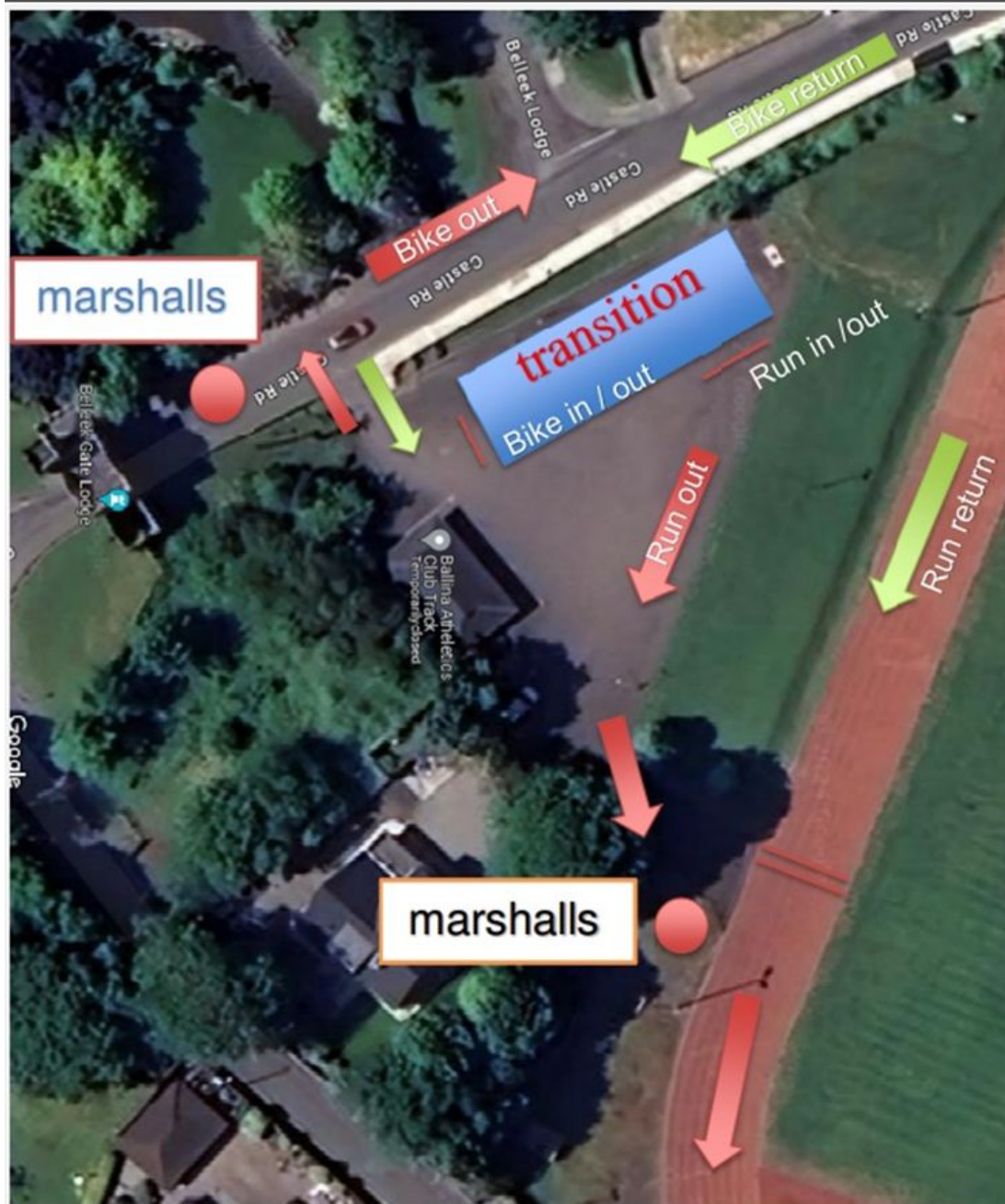
Transition 1:

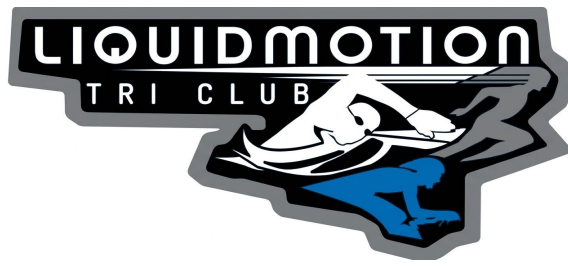
Safety First: Helmets must be on and **securely fastened** before you touch your bike.

No Riding in T1: Do not mount your bike until you have exited the transition area.

Race Numbers: Your race number must be clearly visible on your **back**. Missing numbers will result in a time penalty.

Exiting: Follow Marshall instructions carefully when exiting the car park onto Castle Road; stay alert for traffic.





Bike: 20KMS

Out & Back

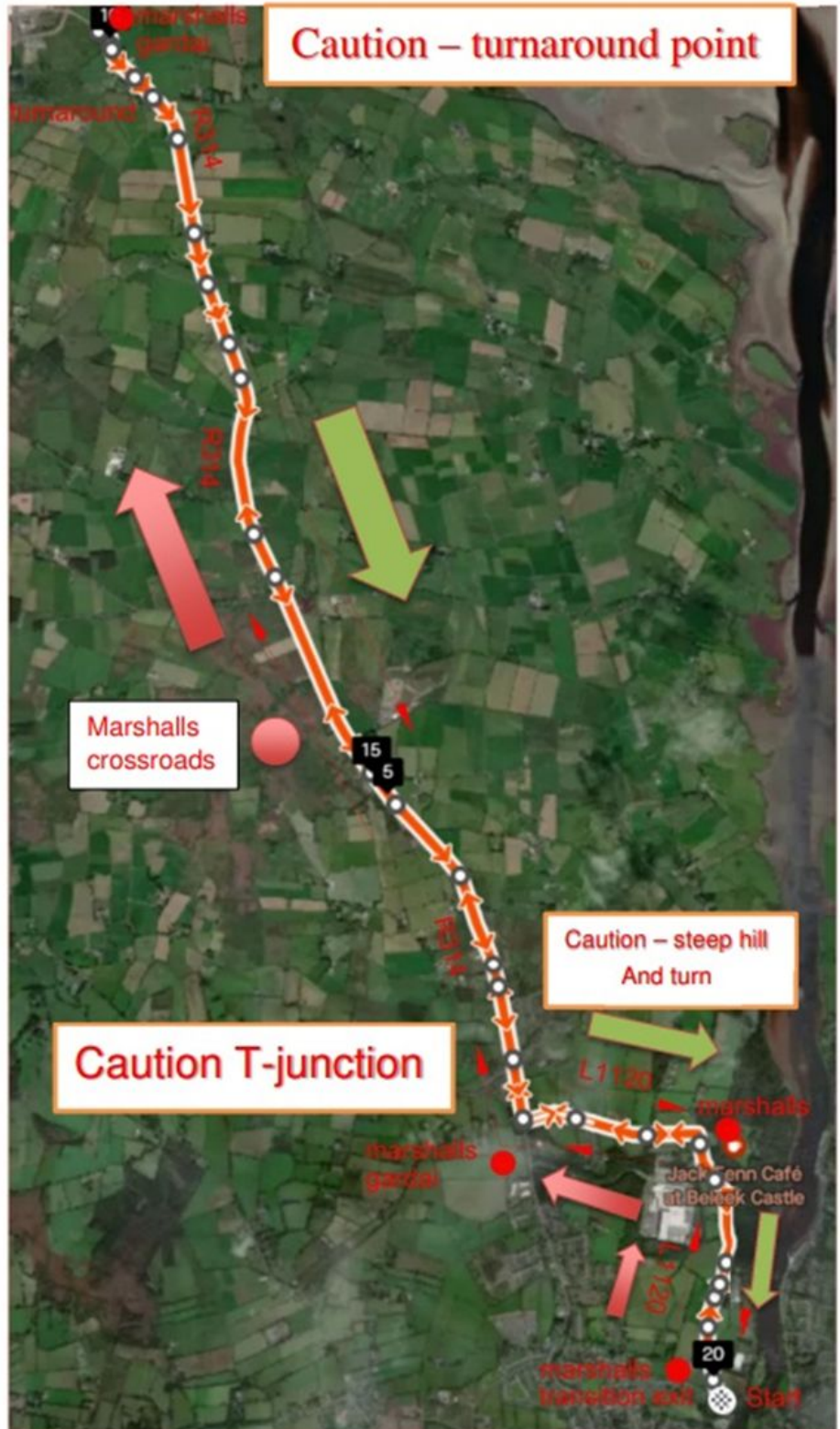
Roads are open to traffic

Exit T1 via a right turn onto Castle Road.

Take a hard left after 1km, climb the first hill, and proceed to the Killala Road T-junction.

Continue to the marshalled turnaround point and return via the same route.

No-Drafting Rule: Familiarize yourself with [Triathlon Ireland Rules](#).





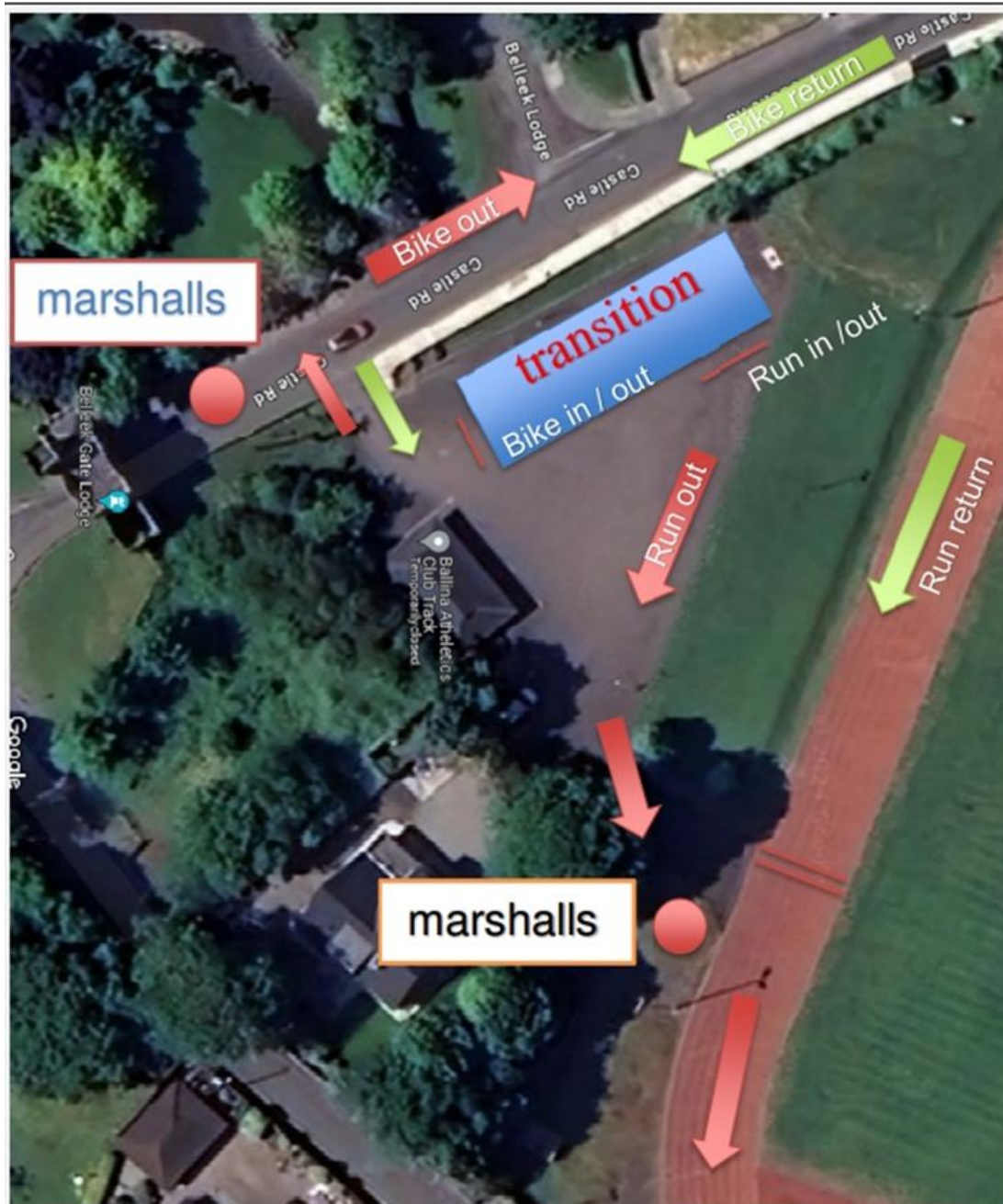
Transition 2:

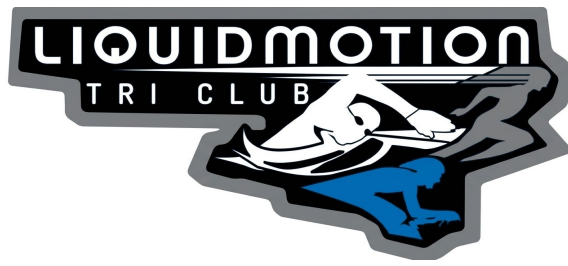
Slow down your bike as you prepare to dismount and enter into the transition area.

Note: Competitors must rack their bikes before unclipping their helmet.

Race Numbers: Ensure your number is to the front – either on your top or on your race belt..

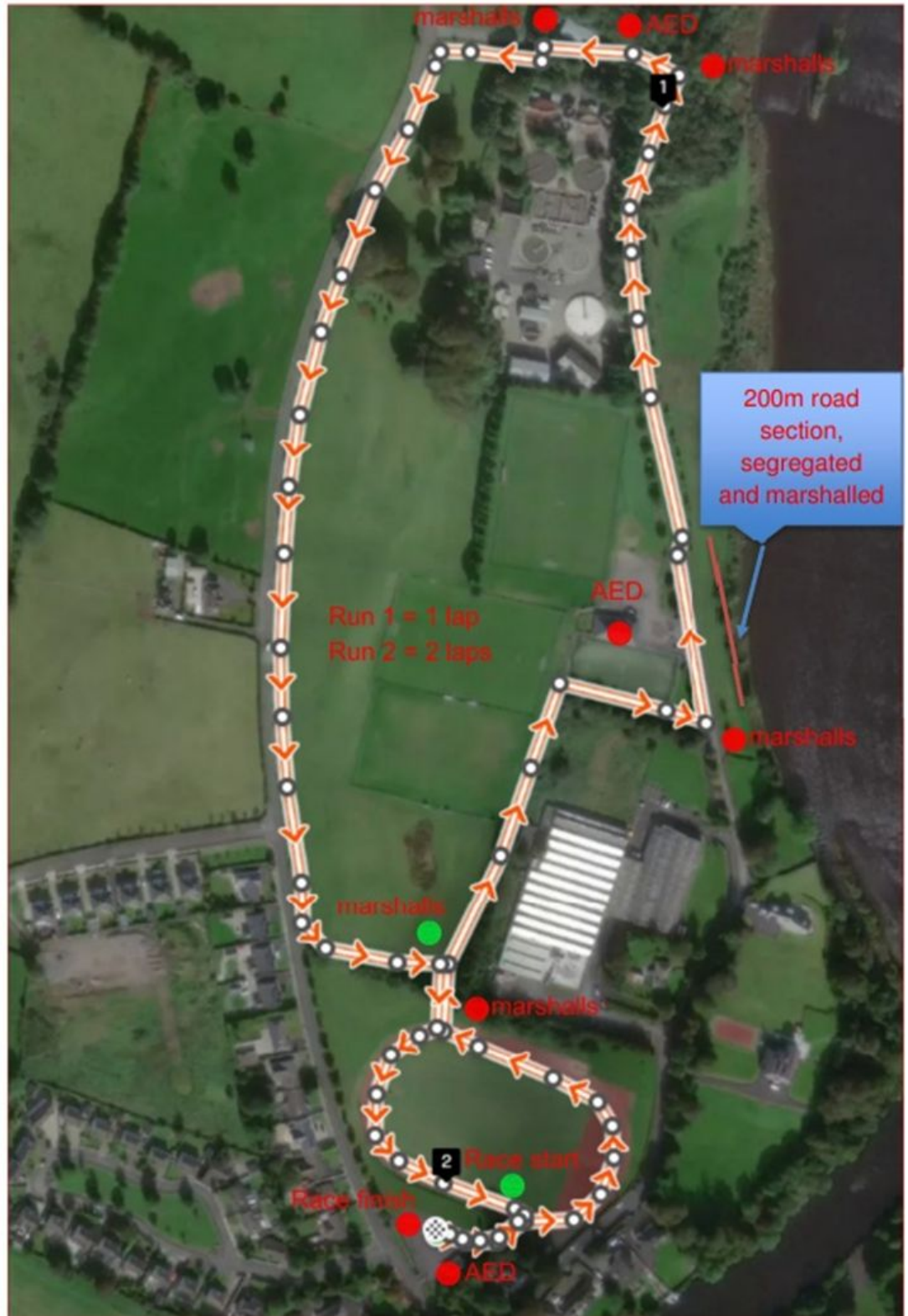
Exiting: Depart T2 through the separate exit as directed, heading towards the running track to take on the 2nd run.

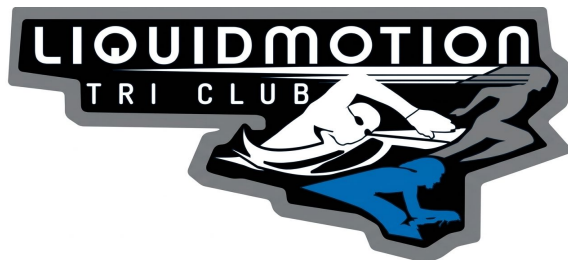




Run 2: 4KMS

2 x 2KM lap
starting on the
track and
proceeding around
the greenway path.





Post-Race Information

- **Refreshments:** Tea, coffee, and snacks available in the car park area.
- **Prizes:** Awarded to 1st, 2nd, and 3rd Male/Female and the 1st Relay Team.
- **Bike Collection:** Equipment can be collected starting at approximately 12:00; your race number is required for checkout.

*Hope you all have a great race and best of luck
from all at*

Liquid Motion Triathlon Club