

An aerial photograph of a triathlon event, showing a large crowd of spectators gathered along a body of water. The image is overlaid with a red-to-blue gradient. The text 'RDJ' is prominently displayed in white, bold, sans-serif font.

**RDJ**

The logo for Dublin City Triathlon (DCT) features the letters 'DCT' in a bold, sans-serif font. The letter 'C' is replaced by a stylized white fish silhouette. Below the logo, the text 'DUBLIN CITY TRIATHLON' is written in a smaller, white, sans-serif font.

**DCT**  
DUBLIN CITY TRIATHLON

***ATHLETE  
RACE BRIEFING***

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## Welcome

On behalf of Piranha Triathlon Club, we are delighted to welcome you all to the 2024 RDJ Dublin City Triathlon.

DCT has been a fixture on the calendar for many years now and we continue to strive to make our race bigger and better than ever. This year, we have an action-packed day in store for everyone with multiple races formats and lots of entertainment along the way. We're also very excited about two new races at DCT - corporate relay and the kids fun run. It really promises to be a great day out for all the family.

A massive thank you to our sponsors. Without your support this event would simply not be feasible, and you continue to make a significant contribution to the growth of the sport we all love.

The logistics associated with running an event like this would not be possible without our race committee and dedicated volunteers and we would like to thank them all for their hard work and dedication.

To all our athletes on the day, we wish you the very best of luck and we hope you have a safe and enjoyable race

Cathal O'Sullivan & Simon Montgomery  
Race Directors

## Schedule of Events

Friday 23 <sup>rd</sup>	
16:00 – 20:00	Registration
Saturday 24 <sup>th</sup>	
07:00 – 08:30	Registration
06:15	St Brendan's GAA Car Park Opens
07:00	Transition Opens
08:30	St. Brendan's GAA Car Park Closes
08:45	Transition Closes - <b><u>Standard distance only</u></b>
08:50	Kids Fun Run Start
09:00	Race Briefing - <b><u>Standard Distance only</u></b> (Tented Village)
09:05	Rolling Swim Start (Standard Distance)
09:15	Transition Closes - <b><u>Sprint / Aquabike / Corporate / Try-A-Tri</u></b>
09:40	Race Briefing - <b><u>Sprint / Aquabike / Corporate / Try-A-Tri</u></b> (Tented Village)
09:45	Rolling Swim Start (Sprint Distance)
10:00	Rolling Swim Start (Corporate Relay)
10:05	Rolling Swim Start (Aquabike)
10:15	Rolling Swim Start (Try-A-Tri)
11:40*	Transition re-opens (*only after the last bike is racked)
12:10	Prize Giving for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Overall Sprint
13:00*	Car Park Reopens (*only after last athlete is finished)

## Sponsors

Our race committee is extremely grateful to all our sponsors for their generous support for this year's race.

In particular, we are extremely delighted to have RDJ on board as our headline sponsor this year. RDJ have been a long time supporter of Dublin City Triathlon and we are excited about our partnership with them into the future.

Without the contributions of all our sponsors, this race would not be possible and for that, we are very grateful. If you can at all, please support our partners.

The logo for RDJ, consisting of the letters 'RDJ' in a bold, blue, sans-serif font.The logo for iDPal, featuring a stylized 'i' with a blue dot, followed by 'DPal' in a dark grey font. Below it is the tagline 'Identity Verification. Made Simple.' in a smaller blue font.The logo for CYCLE SUPERSTORE, featuring a yellow circle with a blue 'S' inside, followed by the text 'CYCLE SUPERSTORE' in blue.The logo for FULFIL, featuring the word 'FULFIL' in a bold, black, sans-serif font, with 'VITAMIN & PROTEIN BAR' in a smaller font below it.The logo for PARALLEL, featuring a stylized black leaf-like icon followed by the word 'PARALLEL' in a bold, black, sans-serif font.The logo for Siliconhighway, featuring the word 'Siliconhighway' in a black, sans-serif font, with a stylized black starburst icon to the right.The logo for Dublin City Sport & Wellbeing Partnership, featuring a stylized human figure made of green dots, with the text 'Dublin City Sport & Wellbeing Partnership' to the right.The logo for The KILONE SWEET, featuring the words 'The KILONE SWEET' in a stylized, colorful font, with a yellow and orange background.The logo for NEUROMUSCULAR & SPORTS INJURY CLINIC, featuring a stylized human figure in a dark green circle, with the text 'NEUROMUSCULAR & SPORTS INJURY CLINIC' to the right.The logo for RDJ DCT, featuring 'RDJ' in blue and 'DCT' in red, with 'DUBLIN CITY TRIATHLON' in a smaller font below it.

## Race Information

### Registration

Registration will take place in race HQ at the [Garda Boat Club](#) on Chapelizod Road. There are two opportunities to register for the race.

- Friday 23rd August - 16:00 and 20:00 (**strongly recommended**)
- Saturday 24<sup>th</sup> August - 07:00 and 08:30.

At registration you will receive your timing chip, race numbers, bike stickers, helmet stickers, coloured swim cap, a bag-drop tag and a bag of goodies.

If you pre-ordered merchandise, it will be available to pick up here. If not, don't worry we will have some merchandise available to buy at registration.

**No parking in the Garda Boat Club or on the footpath outside on Friday or Saturday.** Parking will be available at St Brendan's GAA Club. Marshals will direct you to the carpark which is a short walk to race HQ.

All athletes must register in person. Please have your photo ID and your **Race Licence** or **One Day Membership** ready on your phone or printed prior to arriving. Click the following [link](#) to access Triathlon Ireland Virtual Membership Card.

If you do not have a Race Licence, please purchase one from Triathlon Ireland before Thursday 22<sup>nd</sup> August using this link [here](#).

Please do not race under anyone else's name. We will immediately report it to Triathlon Ireland and pursue strict punishments in the interest of protecting our sport.

### Road Closures & Parking

#### *Road closure*

The Chapelizod road will be closed to traffic between [Islandbridge and Mullingar House](#) from **08:30 to 14:00**. We strongly suggest arriving early particularly if you intend on using the race car park.

#### *Parking*

The official DCT car park is St Brendan's GAA Club which is immediately adjacent to the Garda Boat Club. Spaces are limited to the first 250 cars.

If you are parked in the St Brendan's GAA Club, **you will not be able to leave until the last runner is off the run course.**

Parking is not possible on Chapelizod Road between Chapelizod gate and the Islandbridge gate. Any cars parked here will be towed by Gardai.

Alternative parking options can be found in the Phoenix Park such as [Civil Service Cricket Club](#), [The Papal Cross Car Park](#) or [Lords Walk Car Park](#). There is also parking available in the [War Memorial Gardens](#).

**If you need to leave early, we strongly recommend parking in one of the alternative parking options.**

## Transition

The transition area is located in the field adjacent to the Garda Boat Club. Access to the transition area will only be permitted on presentation of your race number provided to you at registration.

- You must demonstrate your bike is road worthy as you enter transition.
- Please have the bike sticker on the bike and the helmet stickers on your helmet.
- Your transition rack will be labelled with your race number.
- You cannot mark your transition place in any way. Flags / balloons / talc lines will be removed.

Please note we will have a staggered transition closing this year:

- **Standard Distance** transition closes at **08:45**
- For **all other race distances** transition closes at **09:15**.

Take note of the various entry and exit points and we suggest you do a walk through before the transition closes so you don't get lost during the race.

When entering transition after the swim, ensure that:

- You secure your helmet before touching your bike
- Follow the signs and directions of volunteers
- No nudity is allowed

Re-entry to transition is not possible until the last bike is in.





## Bag Drop

A bag drop area will be available and is located between transition and the Tented Village. Bags must be identified with the bag-drop tag received at registration.

No boxes, bags or miscellaneous items may be left in transition. The bag-drop area will be supervised, but no responsibility can be taken for lost or stolen items.

## Race Briefing

Attendance at the pre-race briefing is **mandatory**. We will brief you on the course, hazards, incidents in previous years and procedures should you need emergency assistance.

There will be two race briefings in the Tented Village and will be no longer 10 minutes.

- Standard Distance Briefing is at 9.00am
- All other distances are at 9.40am

The race Technical Official will also provide you with some guidance of the competition rules.



## Swim Start and Safety

The start of every race will be a **rolling swim start**. You should self-seed yourself in the queue for the swim start, faster swimmers to the front, slower swimmers to the back.

Swimmers must take responsibility for their own safety. Swimmers must be aware of their own medical and physical condition and should determine in consultation with their own medical advisor whether they are capable of participating.

Open water swimming presents demanding physical challenges and swimmers must consider and understand the risks of hypothermia, cardiovascular problems, injury, and drowning.

Cut off times will be enforced for your own safety. Check your race distance further in this document for cut off times.

In the unlikely event the swim is cancelled due to adverse weather conditions, Dublin City Triathlon reserves the right to change the race to a duathlon.

## Water Quality

The swim for the Dublin City Triathlon takes place in the section of the Liffey that is above the weir at Islandbridge. It is thus not subject to the tidal flow experienced by the lower Liffey and has considerably higher water quality than that in the lower Liffey.

Swimming in the open water presents risks such as Weil's Disease and other bacterial infections. We suggest you familiarise yourself with the Dublin City Council's [bathing guidelines](#) for guidance.

The following precautions should be observed by all competitors:

- Avoid swallowing river water.
- Cover any cuts, wounds or sutures with a waterproof dressing.
- Avoid the reeds by swimming in the centre of the river.
- If you get injured in the water, thoroughly clean wounds and make sure that your tetanus immunisation status is up to date. Contact our onsite medical team for further advice.
- If you get a flu-like illness within a three-week period after the race, contact your GP Immediately.

## Bike Safety

On exiting transition, you will be ushered towards the mount line. After mounting your bike, you will cycle in a neutral area for 50 metres before merging onto the bike course. As you join the course, be aware of other athletes on your left that may be completing a lap.

Please take caution at the gates in and out of the Phoenix Park as the entrance/exit is narrow and there are cobblestones which can be slippery when wet.

Athletes should be aware that there is a large population of wild deer in the Phoenix Park. Athletes should be particularly vigilant when travelling up the Khyber Road as deer are known to frequent this area. We will have marshals all along this part of the course making athletes aware if deer are crossing the bike route.

Please ensure that your race number is worn on your back during the bike leg.

You will be cycling predominantly on closed roads. While every effort will be made to ensure that traffic does not interfere with your race, it is your responsibility to ensure you are fully vigilant and aware of your surroundings at all times.

Please always obey the Gardai and marshals and comply with instructions to slow down when instructed to do so.

One exception to the road closure is a [short section of road](#) between the Phoenix Monument and the Papal Cross car park (approximately 4.7km into the lap). This will be heavily marshalled and a contra-flow system will be in operation to facilitate access to St Mary's Hospital.

## Prizes

The National Series Sprint race shall attract prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall for both male and female. Age group related prizes will also be awarded as per TI and World Triathlon rules. See event schedule for prize giving time. If you are not available to accept your prize, we will post/email your prize to you within two weeks.

The Standard Distance and Try-a-Tri and Aquabike are not National Series events and prizes will be paid in the following formation.

- Standard Distance 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>-overall, payable to both male and female
- Try-A-Tri 1<sup>st</sup> overall only, payable to both male and female
- Aquabike overall only, payable to both male and female

We will also be awarding prizes to the fastest lap of the track at Donore Harriers for male and female.

Relay is open to corporate entry only, a prize will be awarded to 1<sup>st</sup> place only. The winning team can nominate a charity of their choice and we will make a donation to that charity on your behalf.

If you have an internal competition, we will provide you with a set of results. Please feel free to use the award stage for photos once the award ceremony is complete.

## Tented Village

There will be a festival atmosphere at the finishing line, with up to 1,000 athletes from 60 clubs around the country participating. At the finish line you will receive your much sought after DCT medal, drinks and snacks.

[Last Lap Café](#) will be onsite with teas/coffees and snacks for athletes and spectators. We are also delighted to partner with [Parallel Meals](#) who will be cooking up some delicious post-race meals.

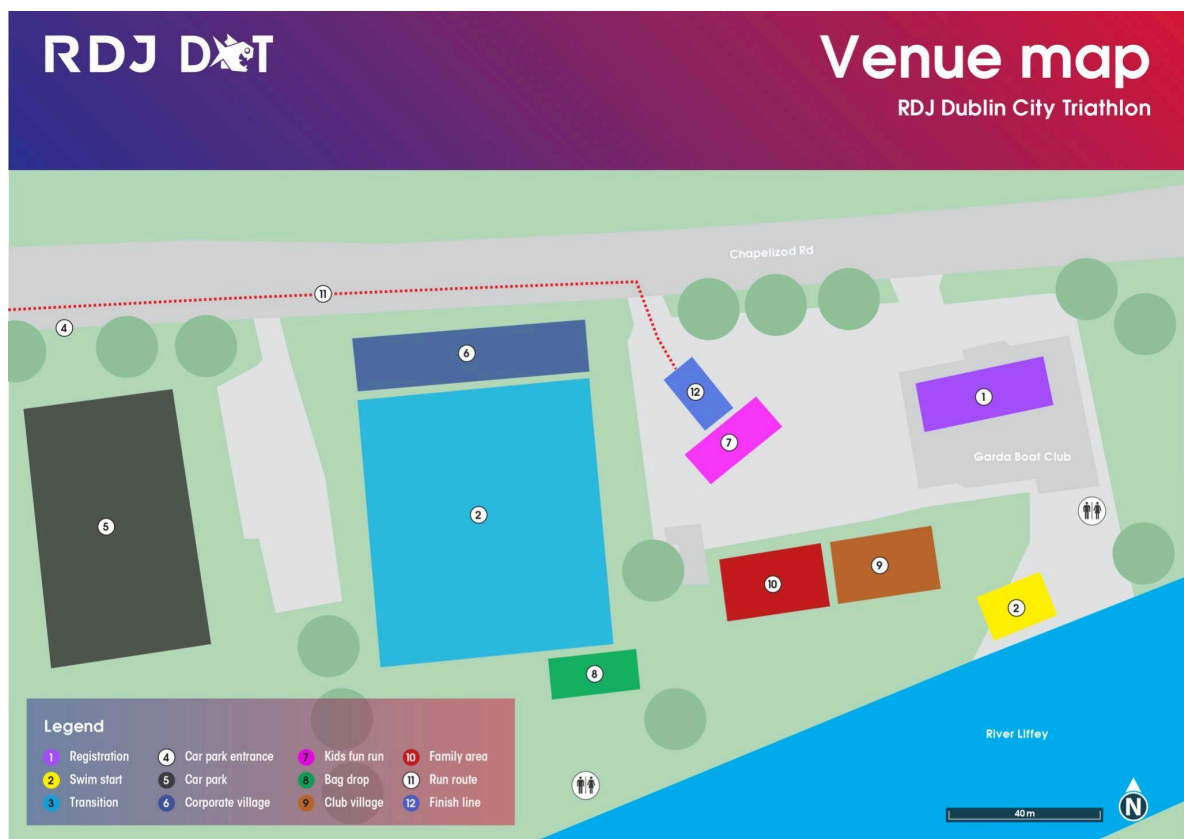
We are also delighted that the [Neuromuscular & Sports Injury Clinic](#) will be providing free massages to athletes.

For the kids, we will have face painters, a colouring station and some games.

We welcome clubs who would like to pitch a tent in our Tented Village. A large area will be cleared for the purpose of the tented village. The 'base' can be achieved by means of a gazebo, tear drops or even a picnic mat!

To reserve a spot, please contact Adele Hall by emailing [chair@piranhatri.com](mailto:chair@piranhatri.com).

## Venue Map



## Corporate Village

For all our relay teams and sponsors, we will have a dedicated corporate village area. This will be located beside transition.

Teams can gather here before the race as anticipation builds. We will have a team of volunteers to support you with any questions you might have. There will be drinks and snacks available throughout the day and a hot meal after the race.

Wristbands will be provided to all and they will be required to access this area.

## And lastly, be kind!

Everyone is at DCT to enjoy themselves so don't let your behaviour ruin someone's day. Be kind to your fellow athletes, volunteers and officials.

In particular, please be aware that there will be a significant number of children at DCT this year. We are hosting a kids fun run for the first time ever and we want their experience to be memorable. There will be a number of under 18s competing in the adult events. Mind your language and behaviour at all times.

All our marshals are volunteers. Their job is to make DCT as safe and as fun for all participants. Please treat them with respect. Any inappropriate behaviour will be reported to and penalised by the TI officials.

If you need assistance before, during or after the race, please seek out any one of our marshals in Hi-Viz vests and they will be more than happy to help.

**RDJ**

**Legal Insight  
Human Intelligence  
Business Impact**

# **We build better, stronger and more sustainable businesses**

We are a leading Irish corporate law firm combining the sharpest legal insight with human intelligence to deliver long-lasting business impact. Empowering our clients with answers, not options in diverse areas of the Irish economy, we advise multi-nationals as well as established and growing Irish companies, institutions and leading insurance firms.

**RDJ.IE**

**CORK DUBLIN GALWAY LONDON**

## Race Specific Briefings

1. [Sprint Distance](#)
2. [Standard Distance](#)
3. [Aquabike](#)
4. [Corporate Relay](#)
5. [Try-A-Tri](#)

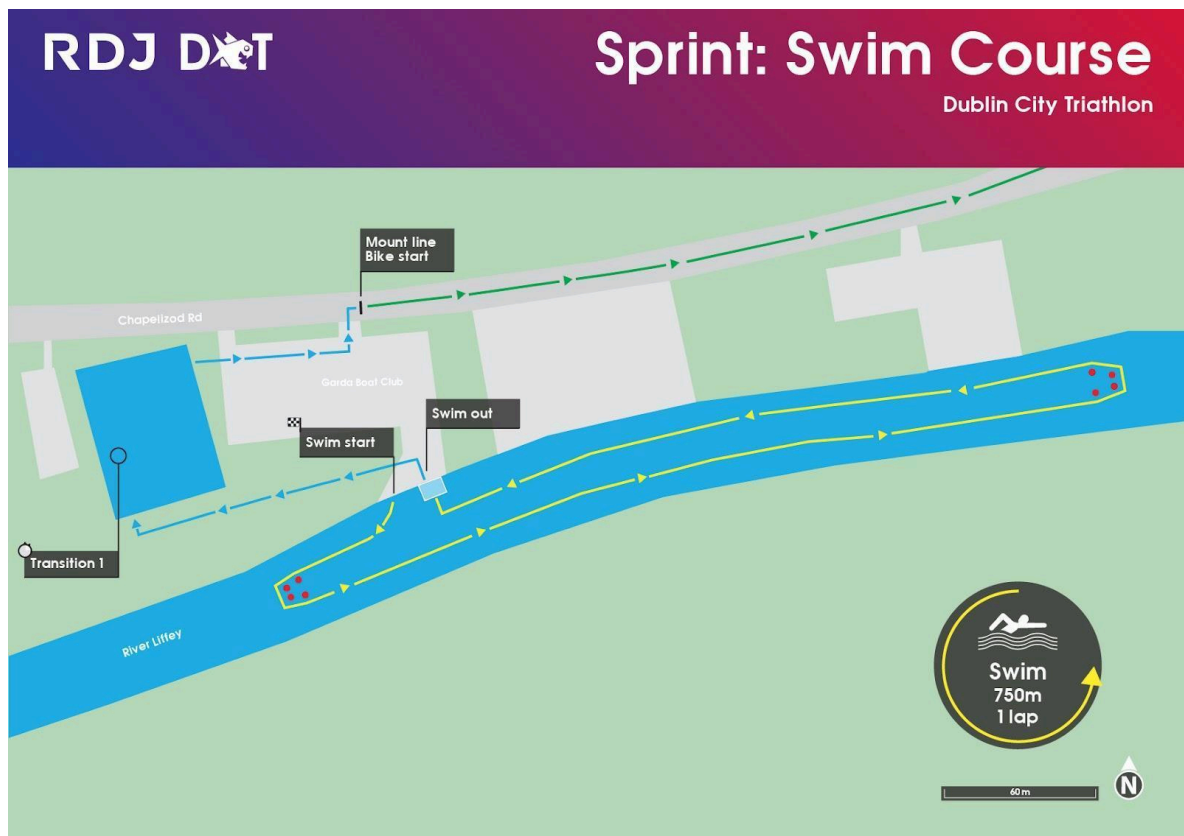
**RDJ**



# Sprint Distance

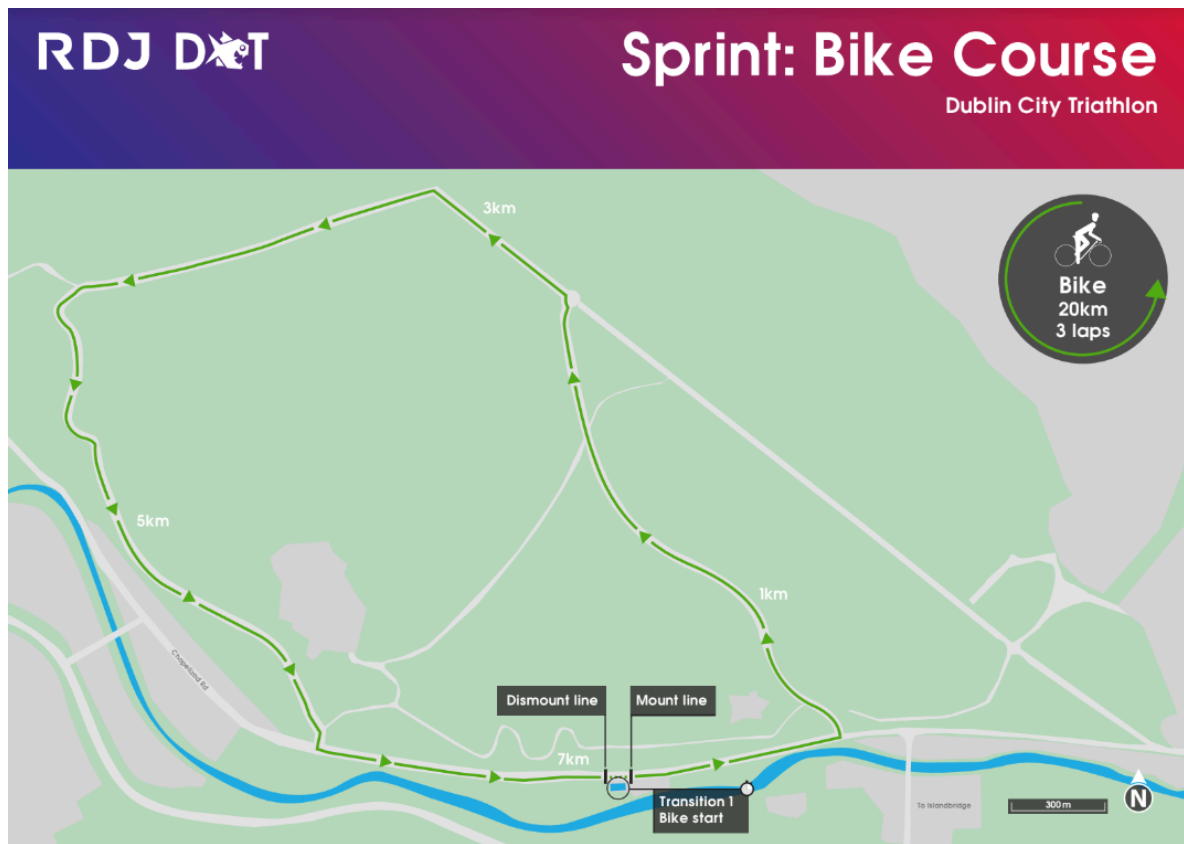


## Sprint Swim Course



- Rolling Swim Start
- 1 anti-clockwise lap of a 750m course
  - 75 metre upstream and turn left at the large RDJ buoy
  - 375 metre downstream and turn left at the large RDJ buoy
  - 300 metres upstream. At this point, athletes will exit the water at pontoon
- There is a cut off time of 25 Mins.
  - If the athlete has not completed their swim at this point, they will be removed from the water by our safety team.
  - You will be allowed continue the race if you wish to do so but your timing chip will be removed
- There are reeds close to the riverbank

## Bike Course



The bike course consists of a 7.1km lap on predominantly closed roads

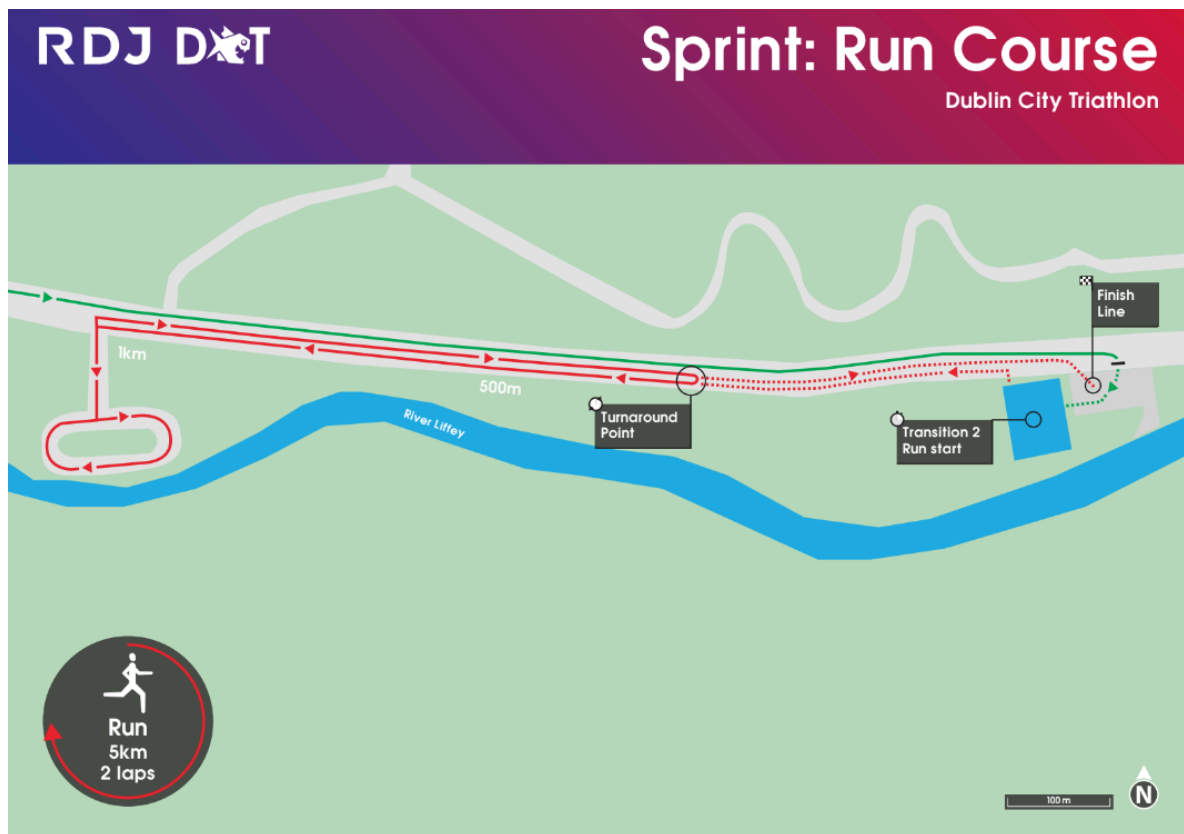
Athletes will complete **3** laps (21.3Km). The route takes athletes from the Garda Boat Club along Chapelizod Road towards the city centre. Athletes will turn left into the Phoenix Park at the Islandbridge Gate and proceed up the Khyber Road. Athletes will turn left at the Phoenix Monument, cycling along Chesterfield Avenue and turning left onto Furze Road. Athletes will turn left onto Upper Glen Road and continue down towards Chapelizod Gate where athletes will exit the Phoenix Park and turn left in the direction of the Garda Boat Club.

Rules of the road apply and athletes must obey marshals/Garda for emergency traffic.

Every year we have individuals who misjudge the number of laps. Athletes will need to enter the park **3** times and exit the park **3** times before entering transition.

**It is the responsibility of each individual athlete to count the number of laps they have completed. Failure to complete the required number of laps will result in disqualification.**

## Run Course



On exiting transition to begin the run, turn left and keep on the footpath as you make your way along Chapelized Rd.

After 1km, you will turn left and enter Donore Harriers athletic track. You will complete one clockwise lap of the track before exiting the track and turning right onto Chapelized Rd and returning back towards the Garda Boat Club.

Kilometre markers will be located on the course. A water station will be located on the run loop and at the finish line. Marshals will be stationed along the course who will direct you around the run course.

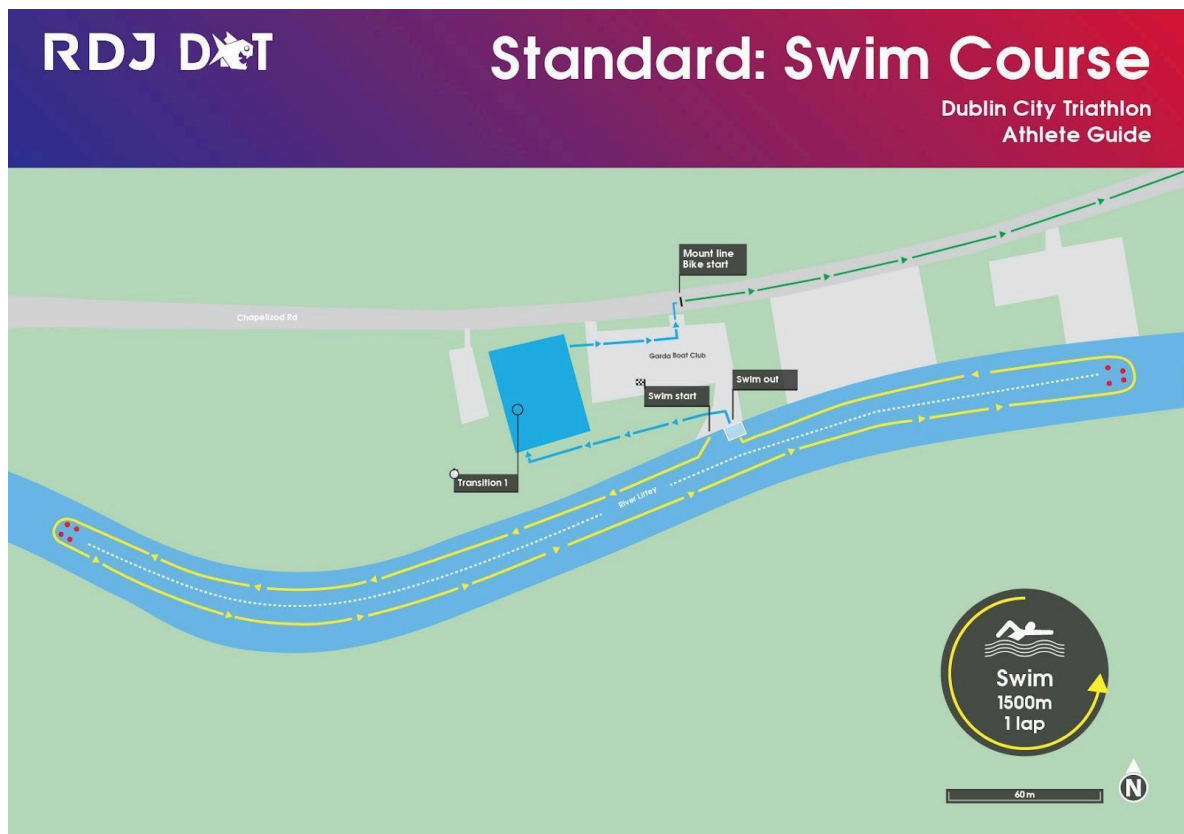
Athletes will need to complete **2** x 2.5km laps. For those on their final lap, you will enter the finish chute to complete the race which is located in the Garda Boat Club car park.

**RDJ**



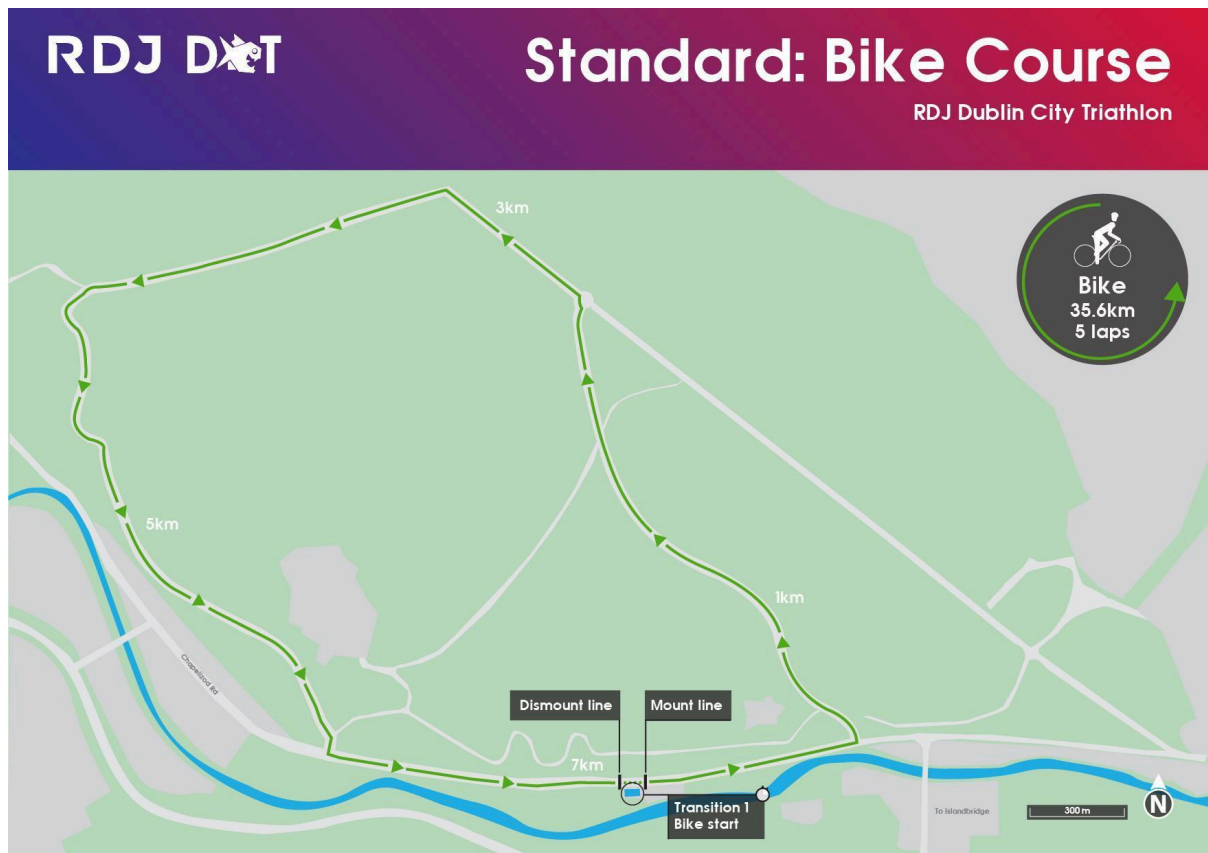
# Standard Distance

## Standard Swim Course



- Rolling Swim Start
- 1 anti-clockwise lap of a 1500m course
  - 450 metre upstream and turn left at the large RDJ buoy
  - 750 metre downstream and turn left at the large RDJ buoy
  - 300 metre upstream. At this point, athletes will exit the water at pontoon
- There is a cut off time of 50 Mins.
  - If the athlete has not completed their swim at this point, they will be removed from the water by our safety team.
  - You will be allowed continue the race if you wish to do so but your timing chip will be removed
- There are reeds close to the riverbank

## Bike Course



The bike course consists of a 7.1km lap on predominantly closed roads

Athletes will complete **5** laps (35.5Km). The route takes athletes from the Garda Boat Club along Chapelizod Road towards the city centre. Athletes will turn left into the Phoenix Park at the Islandbridge Gate and proceed up the Khyber Road. Athletes will turn left at the Phoenix Monument, cycling along Chesterfield Avenue and turning left onto Furze Road. Athletes will turn left onto Upper Glen Road and continue down towards Chapelizod Gate where athletes will exit the Phoenix Park and turn left in the direction of the Garda Boat Club.

Rules of the road apply and athletes must obey marshals/Garda for emergency traffic.

Every year we have individuals who misjudge the number of laps. Athletes will need to enter the park **5** times and exit the park **5** times before entering transition.

**It is the responsibility of each individual athlete to count the number of laps they have completed. Failure to complete the required number of laps will result in disqualification.**

## Run Course



On exiting transition to begin the run, turn left and keep on the footpath as you make your way along Chapelized Rd.

After 1km, you will turn left and enter Donore Harriers athletic track. You will complete one clockwise lap of the track before exiting the track and turning right onto Chapelized Rd and returning back towards the Garda Boat Club.

Kilometre markers will be located on the course. A water station will be located on the run loop and at the finish line. Marshals will be stationed along the course who will direct you around the run course.

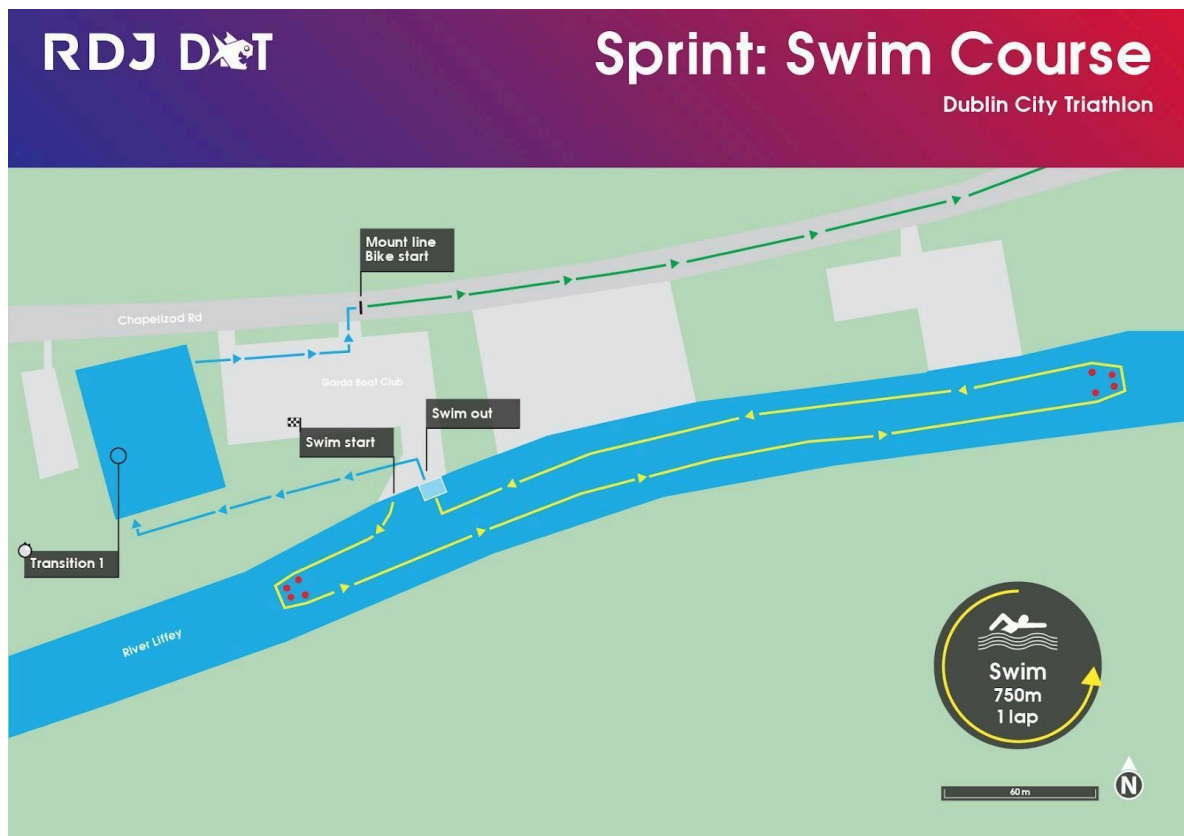
Athletes will need to complete **4** x 2.5km laps. For those on their final lap, you will enter the finish chute to complete the race which is located in the Garda Boat Club car park.





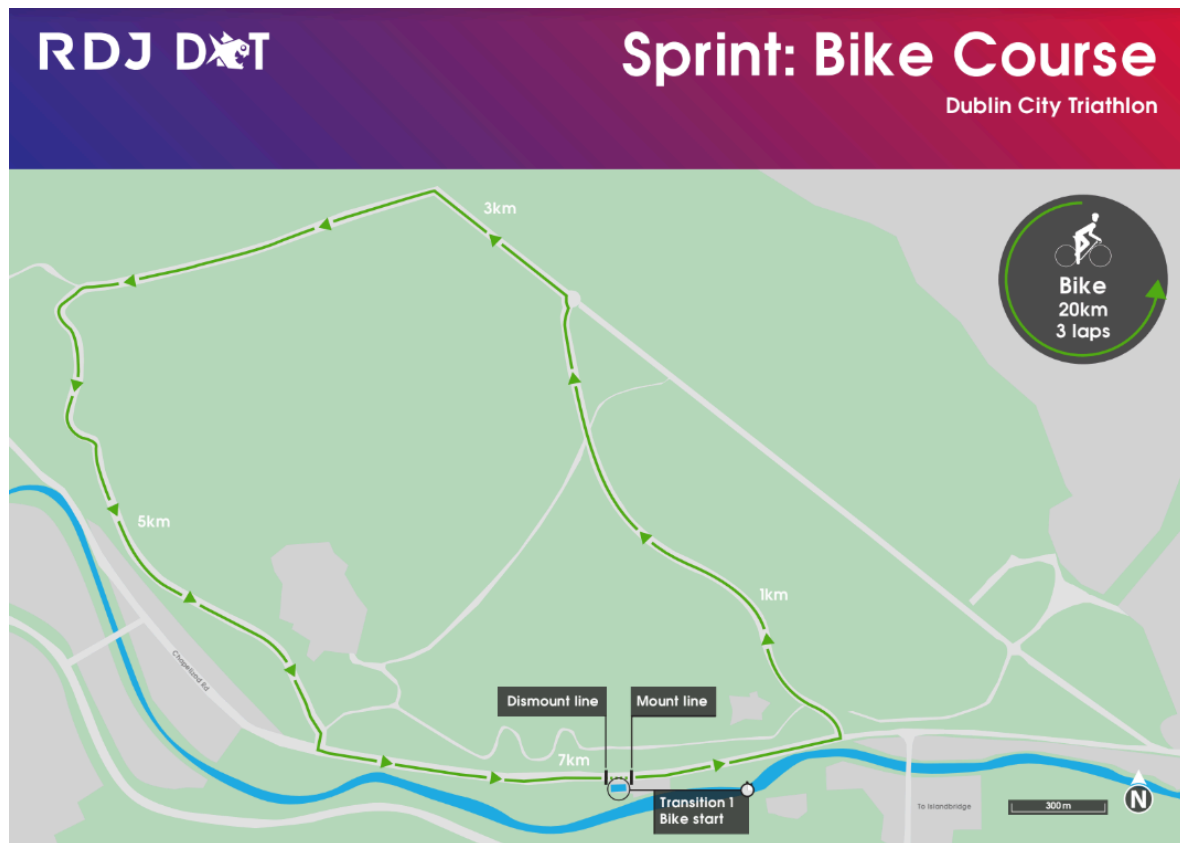
# Aquabike

## Aquabike Swim Course



- Rolling Swim Start
- 1 anti-clockwise lap of a 750m course
  - 75 metre upstream and turn left at the large RDJ buoy
  - 375 metre downstream and turn left at the large RDJ buoy
  - 300 metre upstream. At this point, athletes will exit the water at pontoon
- There is a cut off time of 25 Mins.
  - If the athlete has not completed their swim at this point, they will be removed from the water by our safety team.
  - You will be allowed continue the race if you wish to do so but your timing chip will be removed
- There are reeds close to the riverbank

## Bike Course



The bike course consists of a 7.1km lap on predominantly closed roads

Athletes will complete **3** laps (21.3Km). The route takes athletes from the Garda Boat Club along Chapelizod Road towards the city centre. Athletes will turn left into the Phoenix Park at the Islandbridge Gate and proceed up the Khyber Road. Athletes will turn left at the Phoenix Monument, cycling along Chesterfield Avenue and turning left onto Furze Road. Athletes will turn left onto Upper Glen Road and continue down towards Chapelizod Gate where athletes will exit the Phoenix Park and turn left in the direction of the Garda Boat Club.

Rules of the road apply and athletes must obey marshals/Garda for emergency traffic.

Every year we have individuals who misjudge the number of laps. Athletes will need to enter the park **3** times and exit the park **3** times before entering transition.

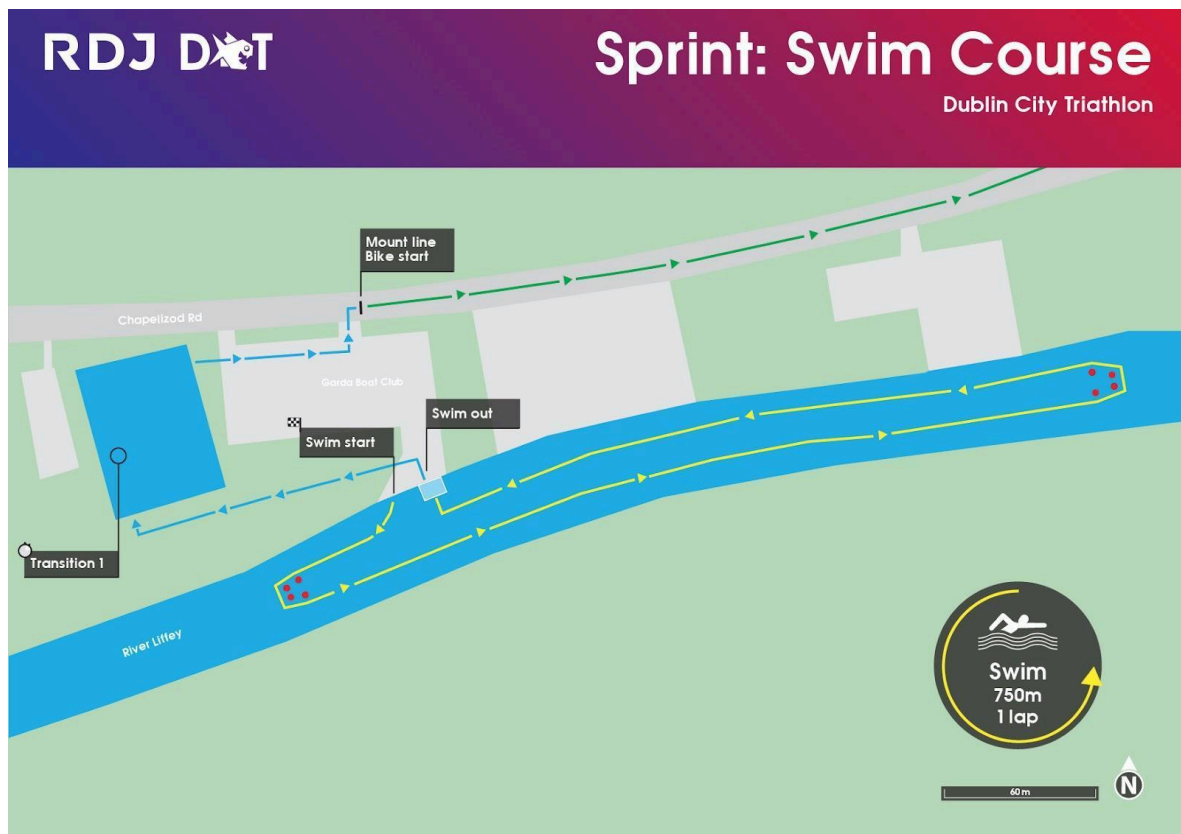
**It is the responsibility of each individual athlete to count the number of laps they have completed. Failure to complete the required number of laps will result in disqualification.**

Your time is taken based on when you cross the line at transition. Once you have racked your bike, just follow the run out signs, and turn right so you can finish on the Blue carpet and collect your well earned medal.



# Corporate Relay

## Swim Course

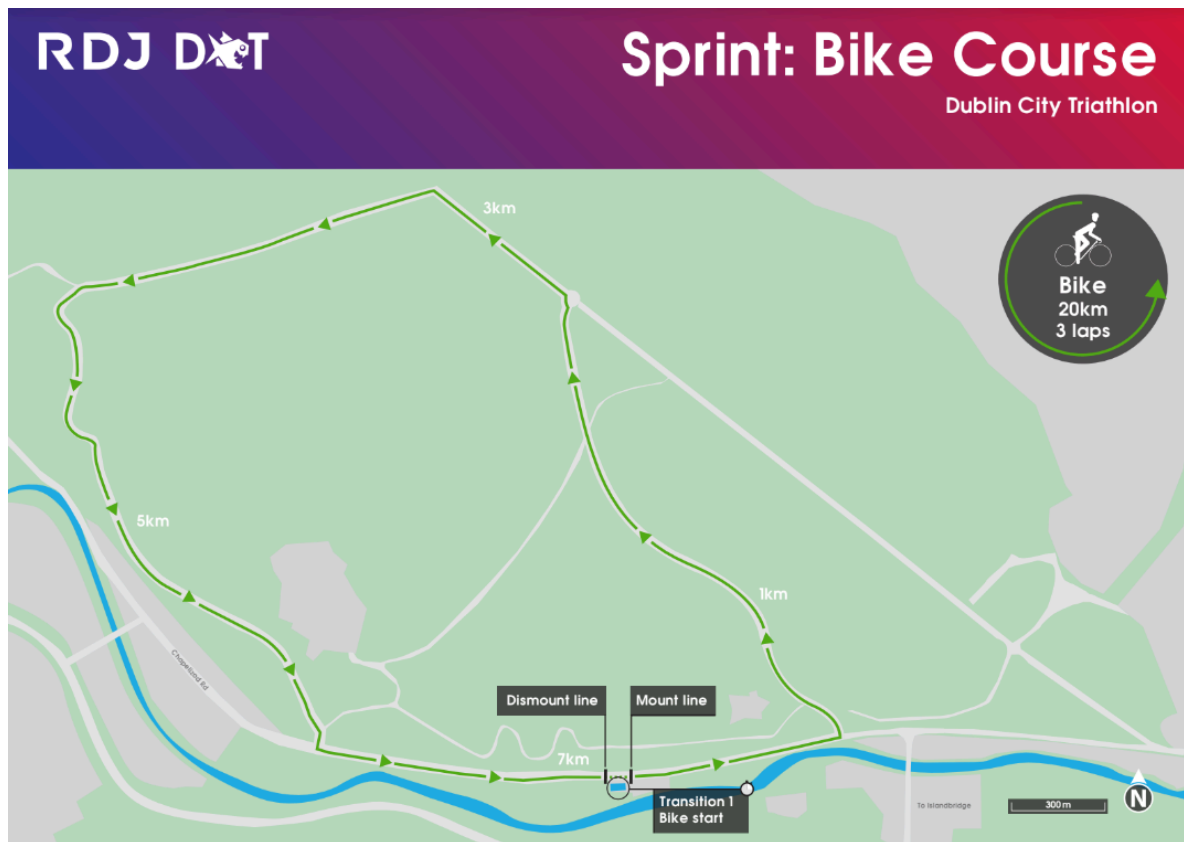


- Rolling Swim Start
- 1 anti-clockwise lap of a 750m course
  - 75 metre upstream and turn left at the large RDJ buoy
  - 375 metre downstream and turn left at the large RDJ buoy
  - 300 metre upstream. At this point, athletes will exit the water at pontoon
- There is a cut off time of 25 Mins.
  - If the athlete has not completed their swim at this point, they will be removed from the water by our safety team.
  - You will be allowed continue the race if you wish to do so but your timing chip will be removed
- Note – reeds close to banks

## Transition

- Each relay team will have one timing chip.
- After exiting the swim, the swimmer will go to the designated handover location within transition to give the timing chip to the cyclist
- The same will apply for the bike to run transition

## Bike Course



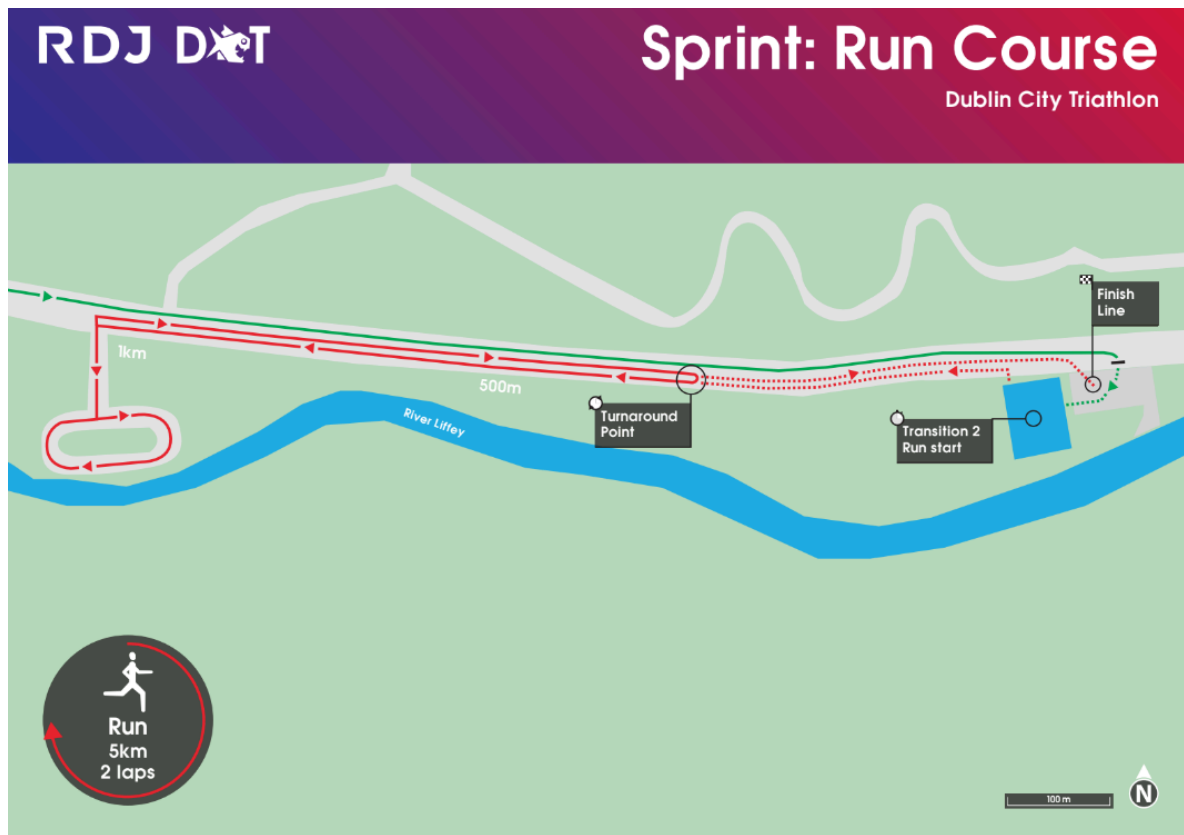
The bike course consists of a 7.1km lap on closed roads with the exception of a short section of road between the US Embassy and the Papal Cross car park (approximately 4.7km into the lap) Chesterfield Avenue, which is open as a contra flow for emergency services, but will be segregated from cyclists.

Athletes will complete **3** laps (21.3Km). The route takes athletes from the Garda Boat Club along Chapelizod Road into the Phoenix Park at the Islandbridge Gate and heading up the Khyber Road. Athletes will turn left at the Phoenix Monument, cycling along Chesterfield Avenue and turning left onto Furze Road. Athletes will turn left onto Upper Glen Road and continue down towards Chapelizod Gate where athletes will exit the Phoenix Park and turn left in the direction of the Garda Boat Club.

Rules of the road apply and athletes must obey marshals/Garda for emergency traffic.

Every year we have individuals who misjudge the number of laps. Athletes will need to enter and exit the park **3** times before entering transition. It is the responsibility of each individual athlete to count the number of laps they have completed. Failure to complete the required number of laps will result in disqualification.

## Run Course



Race numbers must be worn on the front.

Once you exit the transition to begin the run, turn left and keep on the footpath as you make your way along Chapelizod Rd.

After 1km, you will turn left and enter Donore Harriers athletic track. You will complete one clockwise lap of the track before exiting the track and turning right onto Chapelizod Rd and returning back towards the Garda Boat Club.

Kilometre markers will be located on the course. A water station will be located on the run loop and at the finish line. Marshals will be stationed along the course who will direct you around the run course.

Athletes will need to complete **2** x 2.5km laps. There will be a turnabout marker close to the end of the lap.

For those on their final lap, you will enter the finish chute to complete the race which is located in the Garda Boat Club car park.

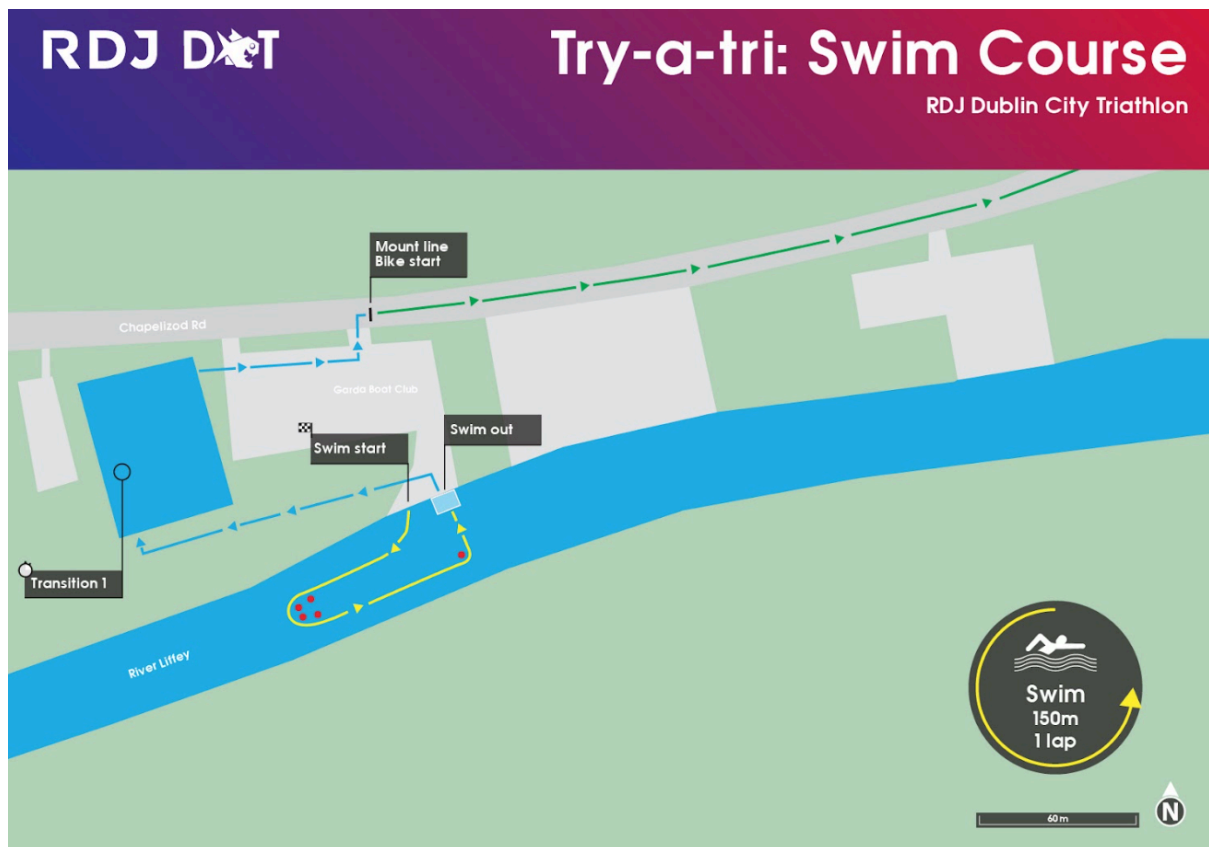




# Try-A-Tri

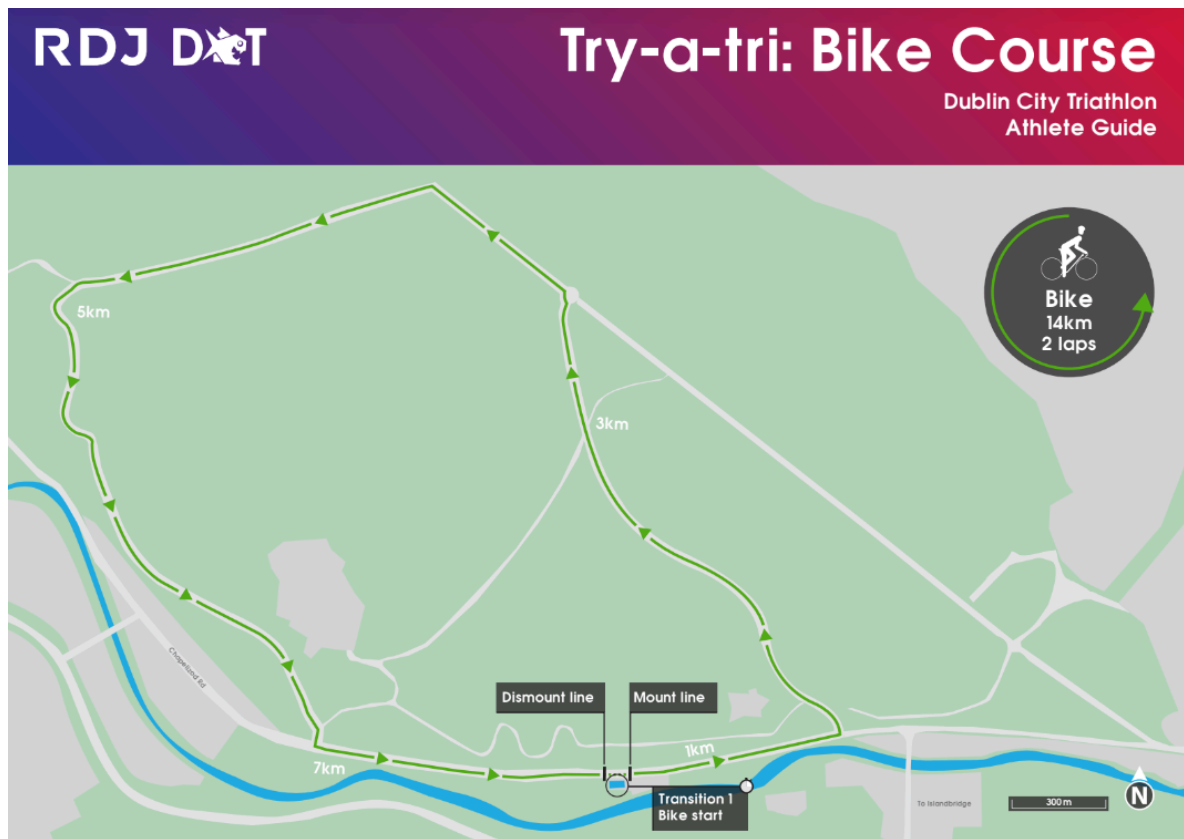


## Try-A-Tri Swim Course



- Rolling Swim Start
- 1 lap of a 150m course
- 75m metre upstream and turn at the buoy
- 75 metre downstream and exit at sunken pontoon (There will be someone there to help you out of the water)
- There is a cut off time of 15 Mins.
  - If the athlete has not completed their swim at this point, they will be removed from the water by our safety team.
  - You will be allowed continue the race if you wish to do so but your timing chip will be removed
- There are reeds close to the riverbank

## Try-A-Tri Bike Course



The bike course consists of a 7.1km lap on predominantly closed roads

Athletes will complete **2** laps (14.2Km). The route takes athletes from the Garda Boat Club along Chapelizod Road towards the city centre. Athletes will turn left into the Phoenix Park at the Islandbridge Gate and proceed up the Khyber Road. Athletes will turn left at the Phoenix Monument, cycling along Chesterfield Avenue and turning left onto Furze Road. Athletes will turn left onto Upper Glen Road and continue down towards Chapelizod Gate where athletes will exit the Phoenix Park and turn left in the direction of the Garda Boat Club.

Rules of the road apply and athletes must obey marshals/Garda for emergency traffic.

Every year we have individuals who misjudge the number of laps. Athletes will need to enter the park **2** times and exit the park **2** times before entering transition.

**It is the responsibility of each individual athlete to count the number of laps they have completed. Failure to complete the required number of laps will result in disqualification.**

## Try-A-Tri Run Course



On exiting transition to begin the run, turn left and keep on the footpath as you make your way along Chapelized Rd.

After 1km, you will turn left and enter Donore Harriers athletic track. You will complete one clockwise lap of the track before exiting the track and turning right onto Chapelized Rd and returning back towards the Garda Boat Club.

Kilometre markers will be located on the course. A water station will be located on the run loop and at the finish line. Marshals will be stationed along the course who will direct you around the run course.

Athletes will need to complete **1** x 2.5km lap. For those on their final lap, you will enter the finish chute to complete the race which is located in the Garda Boat Club car park.

## Frequently Asked Questions

You can find a full list of FAQs on the Dublin City Triathlon Website [here](#)