

Inclusive Triathlon



For people with disabilities and their family and friends

Date: **Wednesday, 15 May 2024**

Venue: **Sport Ireland Campus, Blanchardstown**



Enter as a Team of Three or as an Individual

(Team event only, we will find you a team)

Beginners:

400 metre swim, 7.5 km cycle, 2 km run

Intermediate:

750 metre swim, 15 km cycle, 4km run

An event to encourage adults with any disability to take part in a Triathlon event in Ireland's world class sporting facility.

Participants can enter with friends and family to compete as a team of 3.

Each team member completes 1 discipline.

The Swim:

National Aquatic Centre 25m pool. (Must be able to swim)

The Cycle:

Stationary bikes and hand bikes.

The run or wheel:

To take place on the National indoor track that is accessible to wheelchair users.



SCAN ME

For more information contact: Ian Farrell • E: ianfarrell@fingal.ie • M: 087 689 1815

Comhairle Contae
Fhine Gall
Fingal County
Council



**SWIM
IRELAND**

An island
of swimmers

Triathlon
Ireland

active
disability
ireland

SPORT
IRELAND
CAMPUS

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS