



All Inclusive Junior Duathlon 2025



Dear Principal,

Once again, this year Athy Triathlon Club will hold our All-Inclusive Junior Duathlon event in Narraghmore, Kildare on Sunday 27th April. A duathlon race involves a run, a cycle and a run of varying distances, depending on age, incorporated into a single race and is suitable for junior athletes of all abilities.

This year, once again, we are delighted to report that Triathlon Ireland have assigned our event as the final round of the Youth National Series, which means individual national titles, in various age groups, will be decided on the day.

Additionally, our event has also been designated as the National Championships for both Primary (ages 8+) and Post-Primary schools. Junior athletes will collect points for their school, based on finishing positions in their respective races. Schools with the highest points from scoring athletes will be crowned National Duathlon Champions 2025.

Please find more details attached, including race distances for each age group, and details on the scoring system for the National Duathlon Championships.

Individual entries are open via the Triathlon Ireland website www.triathlonireland.com and athletes can declare for their school as part of the entry process.



Register on
Triathlon Ireland

We would love if you could encourage your students to enter this amazing and inclusive event, with a view to competing for your school in the National Duathlon Championships 2025.

Please do not hesitate to contact us on athytriclub@gmail.com should you have any queries or questions about the event, or if students would like to find out more about what duathlon involves.



Flat Out Junior
Duathlon Information

Kind Regards,

Athy Triathlon Club



Registration open at:
www.triathlonireland.com
Triathlon Ireland License Required



All Inclusive Junior Duathlon 2025



Youth Series



National Post Primary School Champs



Sunday April 27th at 9am

Location: Narraghmore Village

Entry Fee: €12.50 (4 - 8 years)
€17.50 (9 - 10 years)
€27.50 (11 - 19 years)



Medal for everyone

Suitable for children of all abilities



For more information:
athytriclub@gmail.com
www.athytriathlonclub.com



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All Inclusive Junior Duathlon Distances



Age Group *	Race Distances			Race Status
	Run	Bike	Run	
18-19 years	2km	10km	1km	National Post Primary Schools Championships
15-17 years (YNS 3)	2km	10km	1km	Youth National Series & National Schools Championships
13-14 years (YNS 2)	1km	10km	1km	
11-12 years (YNS 1)	1km	5km	1km	
9-10 years	1km	4km	400m	National Schools Championships
6-8 years	400m	1km	200m	
4-5 years	200m	500m	100m	NA



* Age Group is based on age on 31st Dec 2025

National Primary and Post Primary Schools Duathlon Championship Scoring System

Each athlete will take part in their respective age group, completing the distances appropriate to that race.

Championship points will be awarded to the first 10 finishers in each gender in each age group as follows:

Male and Female in each age group

1st - 12 points	6th - 5 points
2nd - 10 points	7th - 4 points
3rd - 8 points	8th - 3 points
4th - 7 points	9th - 2 points
5th - 6 points	10th - 1 point

The points for each school will be calculated as the total of the top 5* competitors (i.e. top 5 points scorers) for each school, across all age groups and genders. If schools are tied on points, a tie breaker (based on the highest number of 1st place athletes, and then highest number of participants) will be used.

* May be reduced depending on number of athletes entered in advance of the race