



SELECTION FOR EVENTS

PARA TRIATHLON
2025



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1. INTRODUCTION AND BACKGROUND

The main focus for Triathlon Ireland and its approach for competition is to develop and prepare athletes in the performance pathway to realise potential, develop their race craft and deliver international performances.

As part of the on-going development in Triathlon Ireland's Paratriathlon programme there will be an introduction of a three-stage development pathway for racing in 2024. This development pathway will provide clarity for athletes and coaches. This will ensure that access to racing will be at an appropriate level for athlete and race craft development. Once the criteria have been achieved access to the next level of racing is ensured.

Participation in and performing at international championships (World and European Championships), as well as other international races (World Triathlon Cups and European Triathlon Cups), are a key part of the athletes' development of race craft, experience, and race day delivery, whilst contributing to the development of attaining a higher international level of performance.

The Mixed Team Relay movement has gained importance in the sustainability and the development of para triathlon and there will be Paralympic and World Triathlon Championships medals awarded for this discipline. Triathlon Ireland will focus on the development of athletes through racing domestically and internationally in MTR competitions. We are looking to develop a 'Team Ireland' approach and culminate in racing in the green of Ireland. We believe that the Mixed Team relay can showcase triathlon in Ireland and inspire the next generation of triathletes.

LEGEND

WPTS – World Para Triathlon Series
WPTC – World Para Triathlon Cup
CPTC – Continental Para Triathlon Cup

2. REGISTRATION PROCEDURE AND RACE ELIGIBILITY

REGISTRATION PROCEDURE

Athletes to be registered for World Triathlon International Events, the following conditions must be met:

- Must hold an Irish Passport.
- Be a Triathlon Ireland member for 2025.
- Have undergone the required World Triathlon Pre-Participation Examination and submit to laura@triathlonireland.com before the required deadline.
- Must have signed and agreed to the Athlete Agreement and submitted before the required deadline to laura@triathlonireland.com.
- Must be in compliance with national and international anti-doping requirements. Completion of the Sport Ireland e-learning course.
- Be in possession of a competition kit that conforms to the rules (the new World Triathlon logo must be on it).
- The rules of Triathlon Ireland, World Triathlon and the ethics charter are followed.

RACE ELIGIBILITY

Triathlon Ireland Race Eligibility 2025 Season

Continental Para Triathlon Cup Start – African, Asian and Americas (CPTC)

- The athlete must demonstrate triathlon ability through consistent domestic racing, showing potential, reaching specific KPIs in line with the High Performance strategy (racing and winning on the domestic circuit).
- Winner of British super series para triathlon event or alternative Para Triathlon racing series depending on the location of the athlete, this is to be pre determined with the Para Programme Lead and Performance Director - Depth of field to be taken into account KPI's set out by Triathlon Ireland Performance Director and Para Triathlon programme lead
- Top three finish within their respected sporting class at the 2025 British Para Triathlon super series, within 5% of the winners time.
- KPI's will be set for each race with Triathlon Ireland's Performance Director and Programme lead.
- The athlete must show commitment and uphold Triathlon Ireland's high-performance standards and values.

World Para Triathlon Cup Start (WPTC)

- Winner of CPTC or British Triathlon Para Triathlon super series event with consideration of depth of field and subject to specific KPI's
- The athlete must finish within 5% from the overall female winner's time and 5% for males at CPTC.
- KPI's will be set specifically for each race and discipline in collaboration with the athlete and coaches and performance expectation. A performance matrix will be used to evaluate each event.
- In the case of an unprecedented circumstance e.g illness or injury.
- Triathlon Ireland will set an agreed performance standard of testing which the athlete must complete 3 weeks in advance of racing. Standards for this test will be taken from the athletes previous performances and a percentile from his/her classification.

World Para Triathlon Series Start (WPTS)

- Top 5 finish at WPTC ahead of 2 top 8 athletes from current World Triathlon ranking 2024.
- The athlete must finish within 10% of the overall female winner's time and 10% for males at WPTC level
- KPI's will be set specifically for each race and discipline in collaboration with the athlete and coaches and performance expectation. A performance matrix will be used to evaluate each event.
- A top 12 world ranked athlete within their respected sporting class will be eligible for one WPTS start for developmental experience, the development of race craft and exposure to this level of racing.

*Athletes will be required to make the start list in their own right at World Triathlon Series level.

*Triathlon Ireland Performance Director and Para Triathlon Programme lead will encourage athletes to race at the level/distance they are currently performing at based on age and stage of development.

*At any point Triathlon Ireland Performance Director and Para Triathlon Programme lead can adjust the criteria if they feel this is in the interest of the wider programme direction.

This can include such allowances as:

- Athletes returning from injury,
- Carded athletes preparing for major championships,
- Highly ranked athletes that we require to keep their points total up.
- Athletes coming through the pathway that has shown an ability to race at the next level

3. EUROPEAN CHAMPIONSHIPS

Selections for championships are made by the Elite Selection Committee.

Performance Director: Gordon Crawford (Chair and Casting vote)

National Head Coach: Appointment to be made H1 2025

Para Triathlon Lead: Natasha Kelly

HP Committee Chair: Paula Fitzpatrick

HP Programme Manager: Laura Colhoun

3.1 EUROPEAN PARATRIATHLON CHAMPIONSHIPS

PLACE	Besancon, FRA
DISTANCE	Sprint
DATE	15.06.2025
SELECTION DATE	30.04.2025
INDIVIDUAL SELECTION CRITERIA	Winner of a CPTC 2024. Top 8 finish at a World Para Triathlon Cup within 12% of the overall winners time.

4. WORLD CHAMPIONSHIPS

Selections for championships are made by the Elite Selection Committee.

Performance Director: Gordon Crawford (Chair and Casting vote)

National Head Coach: Appointment to be made H1 2025

Para Triathlon Lead: Natasha Kelly

HP Committee Chair: Paula Fitzpatrick

HP Programme Manager: Laura Colhoun

Final selections for Mixed Team Relay championships are made on site after the individual race by the Performance Director, National Head Coach and Para Triathlon Lead.

4.1 WORLD PARA TRIATHLON CHAMPIONSHIPS GRAND FINAL

PLACE

Wollongong, AUS

DISTANCE

Sprint

DATE

15-19.10.2025

SELECTION
DATE

02.09.2025

INDIVIDUAL
SELECTION
CRITERIA

Top 8 performance within 10% (M), 10% (W) of the winner in World para triathlon grand final 2024.

Top 5 finish at WPTS 2024 finishing ahead of 2 top 10 World Triathlon ranked athletes at the time of the race.

Podium finisher at WTPC 2024 within 10% of the overall female winner's time and 10% for males.

4.2 MIXED TEAM RELAY, GRAND FINAL

Selections for championships are made by the Elite Selection Committee.

Performance Director: Gordon Crawford (Chair and Casting vote)

National Head Coach: Appointment to be made H1 2025

Para Triathlon Lead: Natasha Kelly

HP Committee Chair: Paula Fitzpatrick

HP Programme Manager: Laura Colhoun

Final selections for Mixed Team Relay championships are made on site after the individual race by the Performance Director, National Head Coach and Para Triathlon Lead.

MIXED RELAY FORMAT

A team is composed of 4 athletes. Each team member will cover a complete triathlon race/distance (draft illegal). A team may be composed of 3 athletes (at least one of different gender) with a non-PTWC and PTVI athlete able to complete two (non-consecutive) legs. Each sporting class and gender is assigned a number of points, the team composition maximum number of points is 18.

The total time for the team is from the start of the 1st athlete until the finish of the athlete doing the 4th relay leg. The time is continuous and does not stop between athletes.

ELIGIBILITY

The general eligibility rules apply. The minimum age is 15 years.

TEAM COMPOSITION

- Only one athlete per Sport Class per gender is recommended but limited to one in the case of PTWC or PTVI. For all other classes, if the class is repeated it must be different gender.
- The first athlete must be a PTWC athlete of any gender and cannot repeat any segment.
- Gender is not a factor in determining the starting order of the athletes if the team consists of all different sport classes.

PLACE

Wollongong, AUS

DISTANCE

125 - 150m Swim, 3.5 - 4 km Bike and 0.8 - 1km Run

DATE

15-19.10.2024

SELECTION
DATE

02.09.2025

INDIVIDUAL
SELECTION
CRITERIA

THE COMPOSITION FOR THE TEAM IS AS FOLLOWS WITH A MAXIMUM TEAM POINTS TALLY OF 18.

	MEN	WOMEN
PTVI2-3	7	6
PTS5	6	5
PTWC2	5	4
PTV1	5	4
PTWC1	4	3
PTS4	4	3
PTS3	2	1
PTS2	2	1

5. TRIATHLON IRELAND OFFICIAL DELEGATIONS AND COACH SUPPORTED RACES

5.1 CHAMPIONSHIPS

- The European Para Triathlon Championships Besancon 15 Jun
- World Triathlon Championship Grand Finals - Elite/U23/Para, 15-19 October [Wollongong](#)

5.2 COACH SUPPORTED RACES

- 2025 World Triathlon Para Cup Alhandra (POR) 6th Sep



IRELAND



SELECTION OF EVENTS | PARA TRIATHLON