

# INTRODUCING A NEW FUN EVENT AT LOUGH CUTRA....JUST FOR WOMEN

NEW NON-COMPETITIVE WOMEN'S EVENT ON SATURDAY 25 MAY



We are extremely excited that, together with Triathlon Ireland, we are creating a brand new event at [Lough Cutra Triathlon](#) this year exclusively for women. A non-competitive sprint distance triathlon (750m swim, 20km bike and 5km run) for women aged 16+.

**[SIGN UP NOW](#)**

The aim is to encourage women from all over Ireland who are brand new to the sport, or previously completed New2Tri and Try-a-Tri programs or events and for women who haven't participated in a triathlon for several years and would like to re-engage with the sport. The objective of this event is to ensure that every woman experiences a profound sense of achievement and accomplishment, free from competitive racing.



This event is perfect for any women! No pressure, no massive training schedule to keep on top of, no expectations...this is just for fun! Enter with some friends or go it alone, it's about racing your way and enjoying the experience.

The ideal location of [Lough Cutra Triathlon](#) offers a safe and inclusive environment which is imperative for this Women's Triathlon to happen. Triathlon Ireland staff and the Triathlon Ireland Advocates will also be there to support you as you take on this challenge.



If you feel like this is the perfect opportunity to get some good training under your belt but don't know where to start, why not contact our amazing Coaching Partner [Tri Training Harder](#) for some advice and a bespoke training plan



We offer affordable racing, including a 16-25 and 60+ race card offering a 50% discount as well as payment plans for all our races so you can spread the cost of entry. If you wish to change to another of our venues you also have the option of doing this right up until race day. Read more [here](#).

So what's stopping you? [Sign up today](#) and join us for this fun, inclusive, relaxed new event. See you on the start line.

