

Rules and Conditions of IRONMAN TriNations

1. How long do I have to complete the three races?

You will have three years to complete the three different races. The three-year period starts from the year you complete your first qualifying race. For example, if you complete IRONMAN Ireland in 2022, you will need to complete BOTH IRONMAN UK and IRONMAN Wales by 2024.

2. Can I complete all three races in one year?

Yes, you can race and complete IRONMAN Ireland, IRONMAN UK and IRONMAN Wales all within one year, two years or three years. As long as you complete these three races within three years, you will be awarded the TriNations Trophy.

3. Do I need to complete the races in a specific order?

You do not have to complete the races in any specific order as long as each race has been completed within a three-year period. For example, you can complete IRONMAN Ireland, UK or Wales in 2022 and complete the remaining two in 2023. Or you can complete IRONMAN Ireland, UK or Wales in 2021 and complete the second one in 2022 and the third in 2023. You can also complete all three races in the same year.

4. Can I earn the TriNations trophy more than once?

You can earn the TriNations trophy as many times as possible for as long as the programme is in place. However, once you have earned your first trophy, you will need to complete the three races again within a new three-year period.

5. What is the earliest qualifying year for the TriNations award?

The first qualifying year for the TriNations award is when IRONMAN Ireland was first added to the race calendar – 2019. Races prior to 2019 do not qualify for the TriNations award.

6. Do races from 2019 count towards TriNations this year?

No, unfortunately not. 2019 is now out of our three-year rule, but was included in 2022 due to COVID.

7. What if I defer my place in the final year?

You must complete every race within the three-year time limit. If you need to defer your place within your final year of the three-year period, then you would not qualify for the TriNations Trophy.

8. What happens if I do not finish one of the races?

If you have a DNF or DNS at any of the races you can still qualify for the TriNations trophy if you are able to complete all three races within the three-year period. For example, if you have completed the first race in 2021 but had a DNF at your second race in 2022, you can still complete the remaining two races in 2023 as it still falls within the three-year period.

9. When will I receive my TriNations Trophy?

When you have completed your third race your trophy will be awarded to you at the Awards Ceremony the next day of the final race. You must be at the awards ceremony in person, trophies will not be posted.

10. Do I qualify for the TriNations trophy if I complete IRONMAN races outside of the UK and Ireland?

Only IRONMAN Ireland, IRONMAN UK and IRONMAN Wales are part of the IRONMAN TriNations series. No other events qualify.

11. Will I receive a TriNations Trophy if I complete three races in one location?

No, you will need to complete each of the three races, IRONMAN UK, Ireland and Wales within the three-year period.

12. Do you offer discounts?

Unfortunately, this is not something we offer for the TriNations.

13. Do I need to do anything once I've entered the third race within the three-year time limit?

No, as long as you receive your entry confirmation for your third race once you complete your final race you will be presented your TriNations Trophy at the awards ceremony. If you need any further information on the TriNations please contact: ireland@ironman.com, uk@ironman.com, or wales@ironman.com.