

CONLANS DEFENDER

National Tetrathlon Championships



To be run under the Irish Pony Club Rules for Tetrathlon 2026

On the Weekend of the, 1ST & 2ND August 2026

Entries will open 1st July @12 midday and will close 22nd July @11pm

*Cross Country, Shooting & Running Phases- by Kind Permission of Kildare Hunt,
Punchestown Racecourse.*

Swimming Phase-K Leisure, New Caragh Ct, Jigginstown, Naas, Co Kildare, W91 VP27

SCHEDULE OF TIMES AND VENUES FOR THE WEEKEND.

Saturday 1ST August

Shooting Phase- 10.00am Punchestown Racecourse

*Swimming Phase-2pm K Leisure, New Caragh Ct, Jigginstown, Naas, Co Kildare,
W91 VP27*

Running Phase – 6.00pm Punchestown Racecourse in front of the main stand

Sunday 2ND August

Riding Phase- 10am

APPROX TIME FOR Prizegiving 4.30pm

National Tetrathlon Championships



COMPETITION INFORMATION

Cross Country Junior Course Height 90 cm- with option fences.

Time interval 90 seconds

Senior Course Height 1.10cm- with option fences

Time interval 90 seconds

Swimming –

Senior boys four minutes

Senior girls & juniors for three minutes.

Running-

3000 metres for senior boys

1500 metres for senior girls and juniors

GENERAL INFORMATION.

Course Walk- From 6pm on Friday 31st July

*CROSS COUNTRY NUMBERS, SHOOTING TARGETS & RUNNING CHIPS, WILL BE
AVAILABLE IN THE IPC OFFICE IN PUNCESTOWN.*

*Sincere thanks to the Kildare Hunt, Punchestown Racecourse and Kildare Pony
Club for facilitating us in the preparation and running of the Championship*

*Also sincere thanks to our main sponsor Conlans DEFENDER for sponsoring the
Tetrathlon Championship.*