

3 for 21 - Trisomy 21 Fundraiser Challenge



Let's make 21 a number that changes lives

Join us for a fun filled Fundraising Event

Saturday June 21st - 12pm to 6pm

Rosslare Strand on the picnic green

Raising Funds for

Windmill Therapeutic Centre Wexford & Wexford Special Olympics Club

Tea Coffee,
Cakes, Buns
Sandwiches,
Snacks, BBQ Hot
Dogs and Burgers

Games for Adults
Teenagers and
Children

Informative talk
on how to get
involved in
Triathlon

Power Hoop
with Eileen
Rowe from
12pm to
12:40pm

Incredible singer and
performer Lili Luna.

Finalist of Teen Star
Ireland, Singer in Glee
Club performing in
Disneyland Paris in
2023, singer in the
well-known ANOM
Choir - Lili will
performing her
favourite songs at
1pm, 3pm and 5pm.

Test your
strength skills
with JDU
Fitness for fun
games suitable
for all age
levels.

3pm to 6pm

Massage with
Natasha Wright

Myo Derm
Massage
Therapist
12pm to 6pm

Giant Raffle and Spot
Prizes

Meet Trish
Goggins from
"Singwell" and
find out all
about her new
venture



Celebrating Jennie's 21st Birthday year



3 for 21 - Trisomy 21 Fundraiser Challenge



Let's make 21 a number that changes lives



Andrew & Jennie

086 0107385



Scan the QR

to donate

Raise €210,000

for

Wexford Special Olympics Sports Club
Windmill Therapeutic Centre Wexford

Trisomy 21 A chromosome disorder known as Down Syndrome. A child born with Trisomy 21 receives a 3rd copy of the chromosome 21. Most people receive 2 copies. Hence "Tri-somy 21"

3 CHALLENGES

1

21st of June 2025

Trisomy 21 Triathlon Challenge

Rosslare Strand

2.1 mile swim (3.38km)

210 mile bike (338 km)

21 mile run (33.8 km)

Completed in 21 hours.

2

21st of September 2025

Ironman Tenby Wales

Ironman Wales is in the top 10 hardest Ironman distance races in the world, with over 8,700 ft of elevation.

3.8km Swim - 180km Bike - 42km Run

3

26th of October 2025

Dublin City Marathon

Dublin City Marathon - time 3 hrs 47 mins.
3 to represent the 3rd copy of chromosome 21 and 47 to represent the total number of chromosomes in the body of a person who has down syndrome.



Celebrating Jennie's 21st Birthday year



Trisomy 21 Triathlon Challenge



Let's make 21 a number that changes lives

EVENT PLAN & ROUTE

Date – Time - Location

June 21st 2025

Start time – 00.01am Saturday 21st

(Starts 1 minute after midnight)

Estimated finish time 21:00hrs Saturday 21st

Rosslare Strand Co. Wexford

Trisomy 21

Triathlon Challenge

2.1 mile swim (3.38km)

210 mile bike (338 km)

21 mile run (33.8 km)

Completed in 21 hours.

Raise €210,000

The Beneficiaries

Wexford Special Olympics Sports Club €60,000

Windmill Therapeutic Training Unit €150,000



Scan the QR to donate

Andrew & Jennie 086 0107385

Location Map – Rosslare Strand

Eircode Y35F583

GPS co-ordinates 7JC7+WP



If you have any questions about the route, or how to take part, and also questions about how much of the event you'd like to participate in – please contact me on 086 0107385 or andrew181270@gmail.com

Event Details

Event Location

The Event Location will be in the heart of Rosslare Strand village. You can park in the main car park.

The marquee will be located on the green area beside Active Breaks that is beside the main car park and adjacent to the beach.

For people taking part in the triathlon, the transition area will be beside the Marquee in the event location, highlighted in the map below.

A Family Day

From 12pm to 6pm there will be a host of games to play and fun to have as a way of raising funds. The marquee will have food and tea/coffee and soft drinks. These will be on sale all day for people passing by, and for those who are having fun taking part in the games. This can be a great family day, especially with the beach beside the event centre if you fancy a swim.

Food and snacks will be available FOC for those taking part in the triathlon.

Taking Part in the Event

Everyone is welcome to take part in the event.

You are welcome to do the full triathlon, or just take part in the swim, or just the bike, or just the run. You can also choose to take part in the bike at various stages, jumping in and out as you please. See the bike course below to find out about the course and how easy it is to jump in and out.

To sign up and take part in any aspect of the event.

You can sign up by clicking on the idonate link <https://www.idonate.ie/crowdfunder/AndrewOBrien> and donating any amount you choose and please state in the donor comment section "TAKING PART ON THE DAY".

You can also sign up on the day at the Information desk in the main marquee. There is no cost to taking part, but an optional donation of any amount is welcome. This is not compulsory as you may have donated already.

Children under 18 are allowed to take part but must be accompanied by a family member.

You are also welcome to try the swim and come back later for the run, or if you'd like to just join the run, you are welcome to do this also. You can also walk the run course if running is not for you, or if you have children that want to take part, or you feel like pushing a buggy. Some people have said they might do 1km of the swim, just to be there for the experience of doing a midnight swim, and that's ok too.

Safety

All roads will be open to traffic and there will be no marshals present on the course. There will be some signage instructing people where to turn on the bike course. There will also be signage on where to turn on the run course.

For those taking part in the triathlon, for any aspect of the event, you do so at your own risk. You will be required to sign a waiver before taking part.

To take part in the swim, you must be a capable swimmer and comfortable swimming in open water.

Triathlon Details

Swim

The swim will start at 00:01am on Saturday morning, 21st, on Rosslare beach beside the Lifeguard Tower. If you are taking part in the swim, **please be at the event centre at 11.00pm latest** on Friday night to sign up and hear the briefing, and also to soak up the atmosphere.

The distance will be 3.38km and you will swim 280 meters in one direction, turning at a swim buoy and back 280 meters to the starting buoy and repeating that loop for the 3.38km distance. You can choose to swim a shorter distance if you prefer. **Please make sure and communicate to the head count person if you leave the swim earlier than others.**

We will have safety kayaks on the water.

The swim start promises to be an epic event, with flamed torches leading us into the water, motivating music, and a goose bump atmosphere.

A swimmers will wear glo bands to increase visibility, and the buoys will also have lit markers.

There will be tower lighting across the beach also.



Transition

Transition will be a casual affair, with no major rush but I expect it to be around 15 mins. You can leave all your gear in the location as the gear will be minded throughout the event. You can also leave gear in the car which you should be able to park adjacent to the event area.

Bike Route

The Bike section is 338km distance and will start at approximately 1:30am and finish at approximately 5pm. In total it should take 15.5hrs allowing for 14hrs of cycling and a number of small mini refuel breaks (15 min max). Everyone is welcome to join in on the bike section whenever you like. You can do all or some of the bike, or any distance you like.

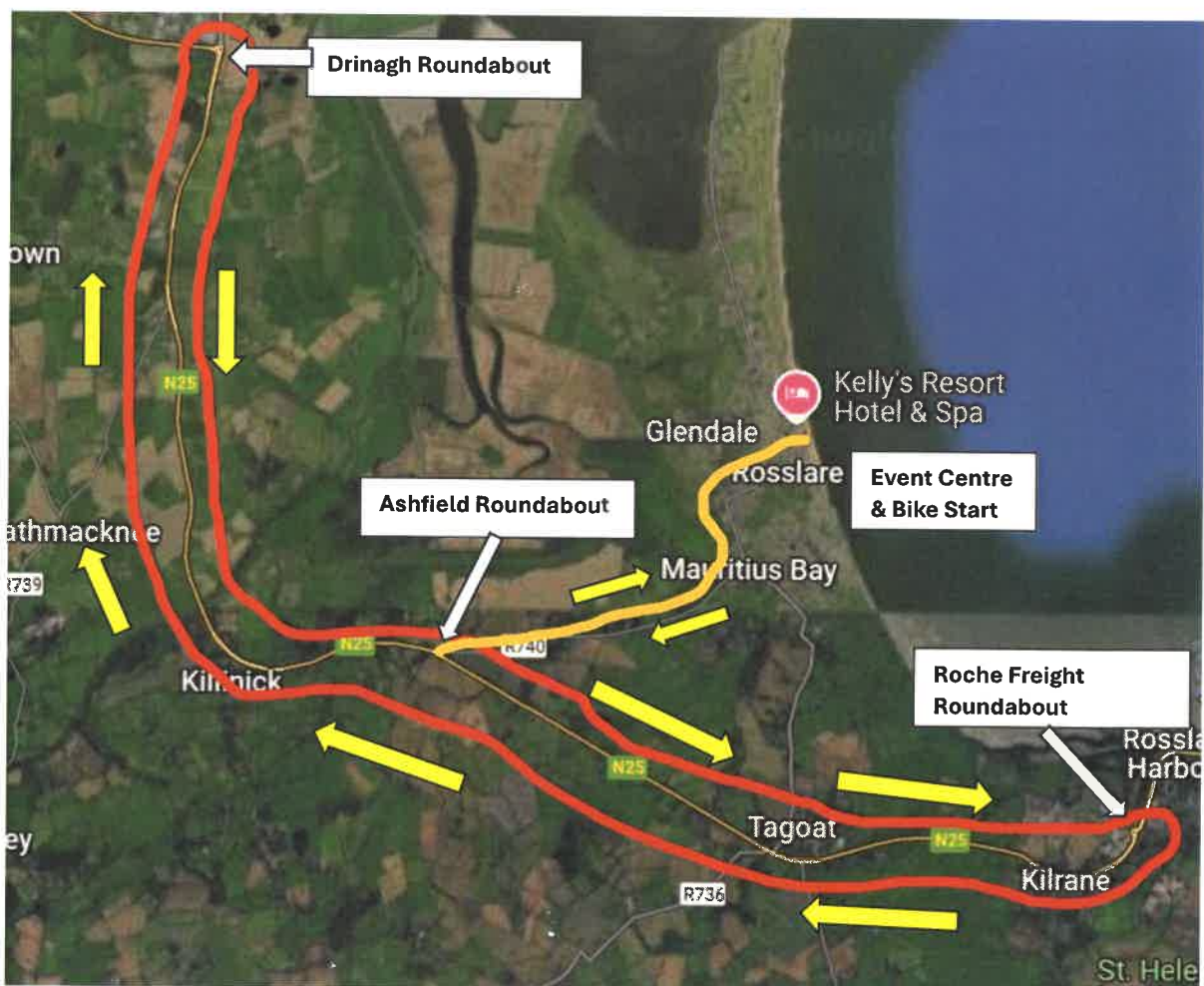
The route will stay local. It is a flat course. You will see by the map below that it will be several loops of the course, with several returns to the event centre throughout the day to refuel and to allow groups to join in.

Looking at the map below, the bike route starts by taking the orange road from the event centre out to Ashfield roundabout, this is 4km. We will then join the N25 and take a left going towards Rosslare Port. The route will go as far as the new roundabout at Roche Freight and then turn heading to Drinagh roundabout, turning again and back to Roche Freight roundabout. I have circled in red the N25 road between Roche Freight roundabout and Drinagh roundabout, as this will be **“the continuous loop”** that will make up the course. This loop is 27km.

This will enable people to join in on the bike course whenever they like. You can wait at the event centre until I come back in and join me then, or cycle out and join me on the loop at any stage. The course also means that you can do any distance you like. The 27km loops mean that you can just do a half loop, 1 loop or as many loops as you like, depending on your range of bike fitness.

My plan is to cycle 4km out to Ashfield and join the loop – do 2 loops – and 4km back into Rosslare. That will be 62km. Refuel. Then go again and repeat this 5 times with a half loop left at the end.

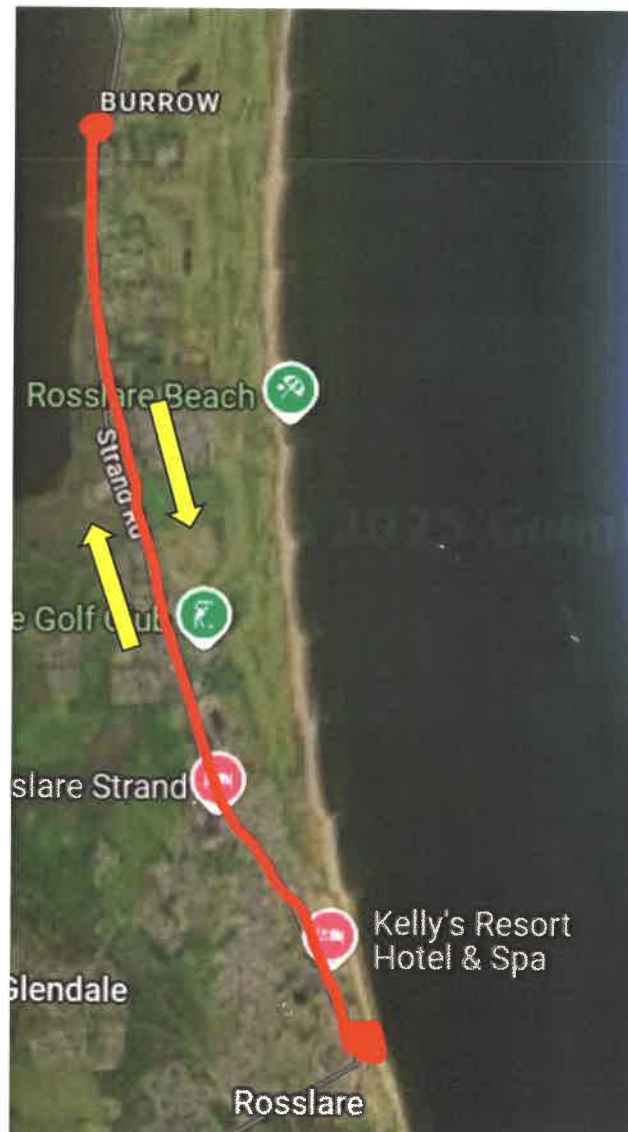
You can also jump in and out of the bike throughout the day, as you feel like it. The average pace of the bike segment will be an average pace of 25km per hour. That's average. With the breeze it could be faster, and against the breeze, slower. Even if your speed is not at that point, you can still be on the course doing loops and taking part, and we'll be passing each other along the way.



The Run Route

The run section will be 33.8km on a flat course, starting at approximately 5pm (hopefully) with the aim to finish at 9pm (21:00 hrs). This is a relatively quiet road.

It will start at the event centre and go 3.38km down the Burrow road (down past Rosslare Golf Club). It will take 5 loops of this route to complete the run. Similar to the bike leg, everyone is welcome to join in on the run for as much of the distance as you like. 1 loop will be 6.76 km. If you'd like to walk the run route that would also be great for the support.



The important factor to remember is that this is not a race. If you are joining us from a triathlon club, a bike club or a run club, you are most welcome, and it should prove to be a good training event as well as a fun day.

If you have any questions about the route, or how to take part, and also questions about how much of the event you'd like to participate in – please contact me on 086 0107385 or andrew181270@gmail.com

We would like to say a huge thank you to The New Park Hotel Wexford and Colm Neville for sponsoring the t-shirts for our Trisomy 21 Triathlon Challenge on June 21st. One of these shirts can be yours when you take part on the day.

Trisomy 21 Triathlon T-Shirt Proofs



The objective of the day is to raise money for Wexford Special Olympics Club and Windmill Therapeutic Centre, and to have fun doing it.

We hope to see you on the day to make 21 a number that changes lives!

Andrew & Jennie

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Target - Raise €210,000

3 Challenges

21 – A Tribute to My Daughter Jennie and a Challenge for Change

The number **21** holds a special place in my heart. This year, my daughter **Jennie** turned **21 years old**. Jennie was born with **Down syndrome (Trisomy 21)**, and from the moment she came into our lives, she has shown us the true meaning of **strength, resilience, and joy**. To celebrate Jennie, and to support others like her, I am taking on **3 challenges** that embrace the significance of **Trisomy 21** in every way.

1 June 21st

I will aim to complete a 21-hour challenge: All in a single day – starting at **00:01 midnight** and finishing by **21:00 pm**. Everyone can join in on the event.

- **A 2.1-mile swim** at Rosslare Beach (3.38km)
- **A 210-mile cycle** on the Rosslare / Wexford Road (338km)
- **A 21-mile run** through Rosslare Village (33.8km)

2 September 21st

I will aim complete Ironman Wales. This race is in the top 10 hardest Ironman distance races in the world, with over 8,700 ft of elevation.

- **3.8km Swim**
- **180km Bike**
- **42km Run**

3 October 26th

I will aim to complete the **Dublin City Marathon** in a time of **3 hrs 47 minutes**. These number 3 represents the 3rd copy of chromosome 21 a child with down syndrome is born with. The number 47 represents the total number of chromosomes in the body of a person who has down syndrome, versus 46 for most people.



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Why This Challenge?

Jennie, like so many others with Down Syndrome, has been supported by incredible organizations that **empower, encourage, and create opportunities** for people with disabilities. That's why I am aiming to raise **€210,000** for two local charities that make a real difference:

- **Wexford Special Olympics**, which gives athletes with intellectual disabilities the chance to train, compete, and shine.
- **Windmill Therapeutic Centre**, a vital hub providing training, support and community engagement for adults with disabilities.

Every euro raised will go directly toward enhancing these programs, ensuring that individuals like Jennie can continue to live **full, active, and independent lives**.

How You Can Help:

I invite you to be part of this journey and help change lives. You can make a **donation!** You could organise a **fundraising day**, such as **odd socks day, a coffee & cake morning**, or any other fundraising activity.

You can follow our fundraising progress with weekly updates from Jennie and I on my page <https://www.facebook.com/share/1AM1zTJfyE/>

You can contact me on 086 0107385 if you would like to discuss a fundraiser or a donation

Join Me in Honouring Jennie and Making a Difference

This isn't just a personal challenge – it's a **celebration of Jennie, a tribute to the Down syndrome community, and a call to action for inclusion and opportunity**.

Every step I take on June 21st, September 21st and October 26th, will be fuelled by love, determination, and the hope of making a lasting impact.

Thank you for your generosity, support, and belief in this cause. Together, **let's make 21 a number that changes lives**.

Scan to donate



Jennie & Andrew
086 0107385



Beneficiaries



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Let's make 21 a number that changes lives



What is Trisomy 21?

Trisomy 21 is the most common chromosomal anomaly in humans, affecting about 444 babies born each year in Ireland. Currently there are approximately 7000 people with Trisomy 21 of some form in Ireland.

Also known as Down syndrome, Trisomy 21 is a genetic condition caused by an extra chromosome. Most babies inherit 23 chromosomes from each parent, for a total of 46 chromosomes. Babies with Down syndrome, however, end up with three chromosomes at position 21, instead of the usual pair. Hence, "Trisomy 21".

Other examples of Trisomy's occur at position 13 and 18. Trisomy 21 is the most common of the three. The disorder was first identified in 1866 by John Langdon Down, a British physician, and later named after him..."Down Syndrome".

As your child with Down syndrome grows, he/she is at greater risk for certain medical problems and may develop various conditions and disabilities such as Congenital heart disease, Speech difficulties, Developmental disabilities (learning & intellectual) and many more.

The journey can vary for many children as they grow into adulthood. Their level of needs, abilities, and quality of life will vary. However, what I see from my own experience with Jennie and in my own community, there is a desire and zest for life along with an infectious love and happiness that comes from children born with Trisomy 21 that equals all others.

When your child is born with Trisomy 21, it can be a sad and scary time. The journey ahead will seem difficult and uncertain. Parents need support and reassurance as much as the child. The supports in your community, like The Special Olympics, Down Syndrome Ireland and facilities like Windmill Therapeutic, will open the world to you and your child. I hope this challenge and journey and regular updates with me and my daughter Jennie will provide you with hope, excitement and courage.

