



Challenger Ford

30th October
2022

Spring Triathlon



Sprint
Olympic

750m
1.5km

20km
40km

5km
10km



Shoalwater Bay, Rockingham



A Message from Rockingham Triathlon Club

We are looking forward to welcoming you to the 2022 Challenger Ford Spring Triathlon. This is the Spring Triathlon's third year since inception, with the race growing every year. The inspiration for the original race was to allow our members and friends to have a longer distance, competitive hit out, to help prepare for the upcoming Ironman in December. Like all great ideas the Spring Triathlon has quickly grown into its own right.

The Spring Triathlon will see you swimming in the beautiful waters of Shoalwater Bay, riding a semi-technical, mutli-lap course along the Shoalwater Foreshore and bushland near Point Perron, finishing off with a multi-lap run along the Shoalwater Foreshore. All of which we know you will thoroughly enjoy!

Like all the Rockingham Triathlon Club races, the Spring Triathlon, at its basis is still a club race. We, the Rockingham Triathlon Club however like to invite our friends, the triathlon community, to come and join in on the fun and have a chance to race. This amazing race is organised and run completely by volunteers, for this reason we please ask for your kindness and patience, and please don't forget to thank our wonderful volunteers throughout the course.

Rockingham Triathlon Club is an all-inclusive, family friendly club, so please also show consideration to your fellow competitors, especially on the semi-technical bike course as not all of us have the bike handling skills of Cadel Evans!

Rockingham Triathlon Club would like to acknowledge and say thank you for the continuing support of our race naming sponsor Challenger Ford.

Once again, we can't wait to see you all down at Shoalwater Bay, Rockingham for what will be a fantastic, fun filled day!

Event Details

Race Distances

Olympic

Swim (laps)	Bike (laps)	Run (laps)
1.5km (2)	40km (6)	10km (4)

Sprint

Swim (laps)	Bike (laps)	Run (laps)
750m (1)	20km (3)	5km (2)

The minimum age for individual participants is 15 years for the Olympic course and 14 years for the Sprint course.

Event Location

The Event area and Transition will be located at the Shoalwater Bay car park, near the Arcadia Drive and Gloucester Avenue intersection.

Registration

Registration is online only, please use the link below to EntryBoss to register for the triathlon. Entries close Friday 28th October 2022

Sprint: \$60

Sprint RTC Member: \$50

Olympic: \$100

Olympic RTC Member \$80

Register here

<https://entryboss.cc/races/12081>

Event Road Closures & Parking

Road closures for the Spring Triathlon will be from 7am to 11am incorporating, Memorial Drive, Lease Road and Arcadia Drive from Boundary Road through to Seaforth Road.

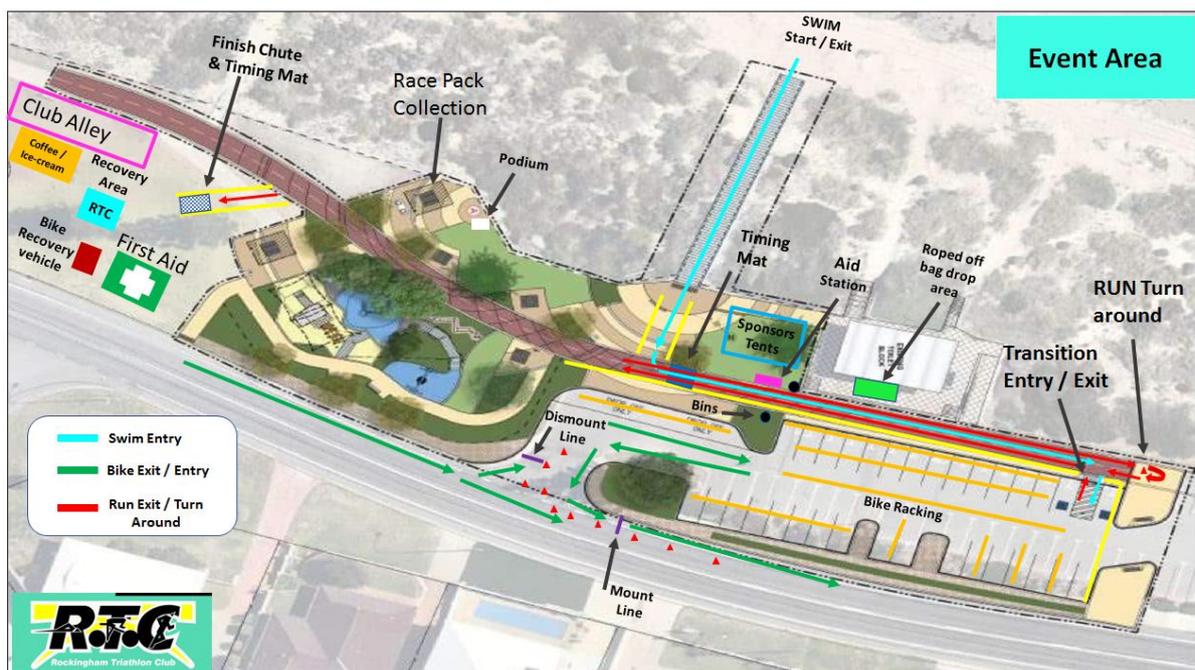
The Event parking is available in the Northern section of the Shoalwater Bay carpark and North along Arcadia Drive (around 130 bays). Please note these parking spots will be subjected to the road closures between 7am-11am.

If you choose to park down one of the side streets please be considerate of the local residents, do not block any driveways, access ways or obstruct street traffic. As the event has an early start, please keep the noise to a minimum.

Key Event Times

5am	Spring Triathlon Event / Course, Set up
6am – 7am	Race Pack Collection
6am – 7:15am	Transition Open
7am	Volunteer Briefing
7am – 11am	Road closures in affect
7:15am	Compulsory Race Briefing, Southern end of Transition Area
7:30am	Sprint Distance – Male competitor wave start
7:35am	Sprint Distance – Female competitor wave start
7:40am	Olympic Distance – Male competitor wave start
7:45am	Olympic Distance – Female competitor wave start
10:30am	Bike Course Cut off time
11-11:30am	Presentations
12pm	Spring Triathlon Event / Course, Pack away

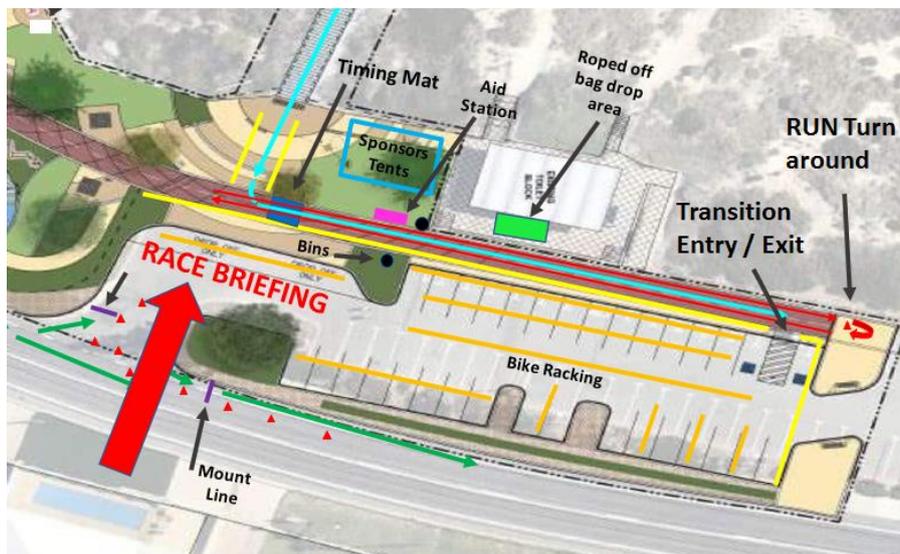
Event Area



Spring Triathlon Event Area map including locations and Transition area

Race Briefing

The compulsory race briefing will be held at 7:15am on the Southern side of Transition



The Spring Triathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply.

Swim Course

The swim course is a 750m course located in the pristine Shoalwater Bay. The swim will begin with a 'beach start', competitors will then swim 200m directly out to sea to the first large orange buoy, competitors must swim around the outside of this buoy (buoy on their right-hand side). Competitors will then swim 275m to the second large buoy, competitors must again swim around the outside of this buoy (buoy on their right-hand side). Competitors will then swim the remaining 275m back to the swim start / exit, a small orange buoy will be placed at the shoreline, competitors must swim past the inside of this buoy (buoy on their left-hand side) prior to exiting the swim onto the beach. Sprint Distance competitors will then run up to transition. Olympic Distance Competitors will run around a RTC Tear drop flag and re-enter the ocean at the original swim start location and begin their second lap.



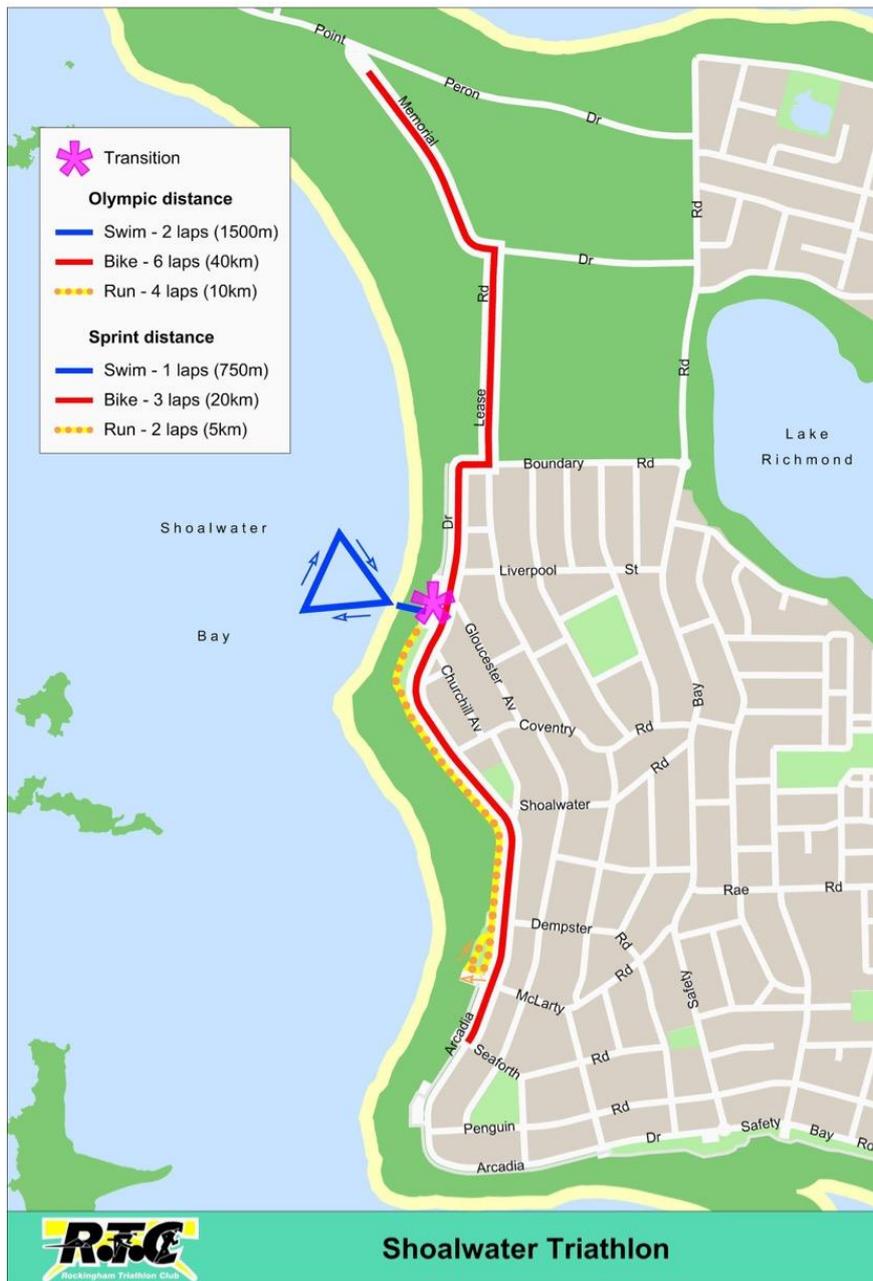
Swim rules will follow Triathlon Australia race rules, in addition

- The instructions of water safety must be followed at all times.
- Swim caps are mandatory and will be supplied for all competitors.
- If the megaphone siren goes off, swim to the shore immediately.
- If in discomfort, raise your arm in the air with a closed fist and the Water Safety will provide assistance.

Bike Course

The semi-technical bike course includes some tight turns and two 'hair pin' turn arounds. For this reason, we recommend competitors ensure they have spent some time practising their bike handling skills. The Sprint distance will do 3 laps (20kms) of the course and the Olympic distance 6 laps (40kms).

The Course sets out North along Arcadia Drive from transition, before a right-hand turn onto Boundary Road then quickly into a left-hand corner onto Lease Road. **This corner onto Lease Road is a sharp turn onto a narrow road, caution MUST be exercised on this corner, this is to ensure you don't overshoot and come into contact with competitors coming back the other way.** Competitors will then ride along Lease Road until making a left-hand turn onto Memorial Drive. **Lease Road is a narrow road which will have outgoing and incoming competitors, for this reason it is compulsory for competitors to always keep both hands on their handlebars when traversing Lease road and overtaking must be single file only.** Once on Memorial Drive Competitors will head North until they reach the end of Memorial Drive and complete a U-turn to head back South. Competitors will then make a right-hand turn back onto Lease Road, head along Lease Road until performing a right-hand turn onto Boundary Road. Competitors will then turn left onto Arcadia Drive and ride all the way down to the U-turn near Seaforth Road. Competitors will then head back along Arcadia Drive past Transition to begin their next lap.



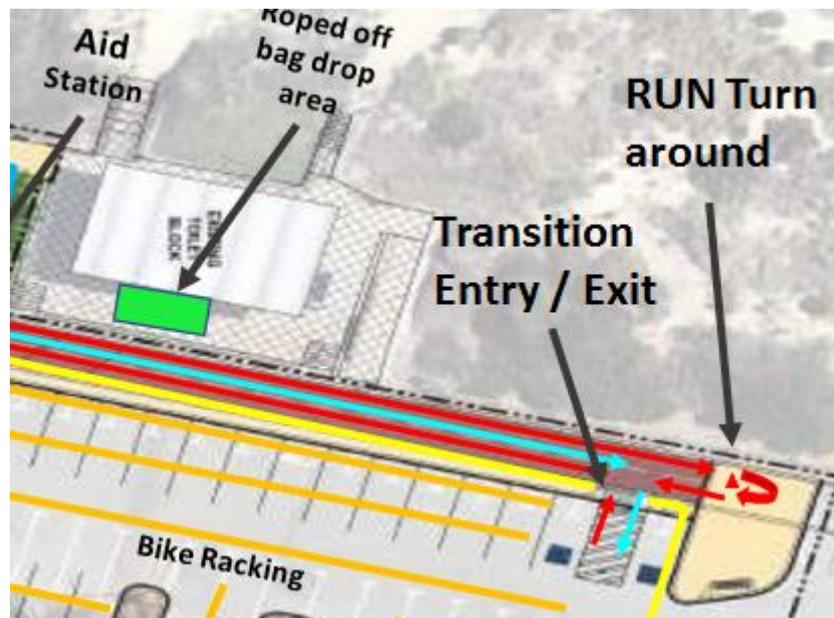
Bike rules will follow Triathlon Australia race rules, in addition

- Helmets must be fitted correctly and clipped on before removing your bike off the rack and on conclusion of the ride leg bikes must be placed back on the rack before unclipping and removing your helmet
- Please cross over the mount line before mounting your bike. Likewise, to dismount before crossing over the dismount line to conclude the bike leg.
- Stay left unless overtaking
- While road closures are in place, local residents may still use the road so please be mindful that cars can still appear on the course.
- No drafting - 10 metre draft zone.
- Headphones are not allowed.
- The instructions of traffic marshals must be followed at all times
- Competitors to always keep both hands on their handlebars when traversing Lease Road

Run Course

The run course is 2.5km long, with Sprint distance competitors completing two laps (5kms) and Olympic distance competitors completing 4 (10kms).

Competitors will exit Transition and run South on the footpath alongside Arcadia drive until they reach Lions Park. Competitors will loop around Lions Park and head back towards Transition. Once competitors return to the Event area, they will perform a 'hair pin' turn-around just past the transition entry /exit and begin their next lap.



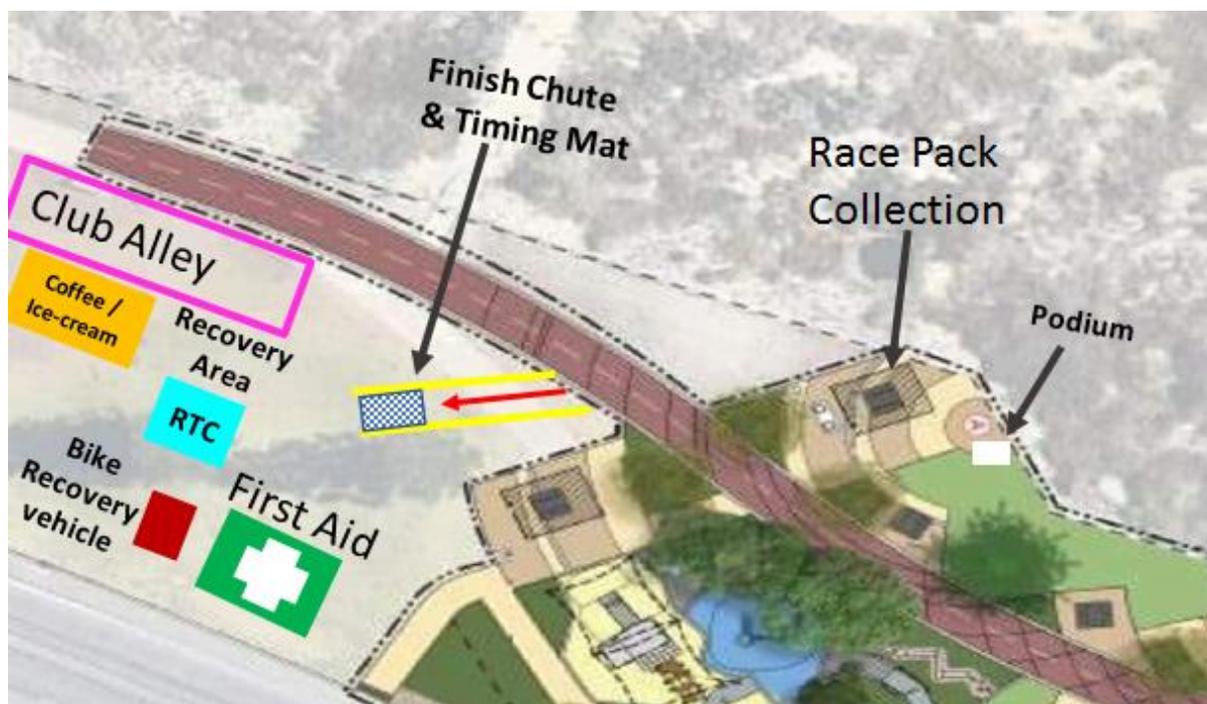
Run course rules will follow Triathlon Australia race rules, in addition

- Please be mindful that the path on which the run leg will be held will remain open to the public during the duration of the triathlon

Finish & Recovery Area

This year we have introduced a finishing chute just after the kids playground. This way you can enjoy that finishing feeling!

The Recovery area will have Water, Coke, Tailwind electrolyte, Bananas and Lollies. Please use this area to recover, if you are feeling unwell, please get the attention of one of the volunteers who will escort you to the First Aid Station.



Race Dropouts

If for what ever reason you are unable to complete the race, please find the Race Director (bright blue vest on) or one of the RTC volunteers at the race finish and let them know and please return your timing chip.

First Aid

A First Aid post will be set up on the Southern side of the Event Area as marked on the Event Area map.

Sponsors

Rockingham Triathlon Club would like to acknowledge and say thank you to the other fantastic sponsors of the Spring Triathlon.

