



26th October

2025

A Message from Rockingham Triathlon Club

We are looking forward to welcoming you to the 2025 SBR Collective Spring Triathlon. This is the Spring Triathlon's fourth 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, multi-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 SBR Collective 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.

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



Date

26th October 2025

Event Location

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

Race Distances

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

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) |

AquaBike

| Swim (laps) | Bike (laps) |
|-------------|-------------|
| 1500m (2) | 20km (3) |

*Please Note: Aquabike Athlete will still need to run/walk in shoes from the transition area to the finish line to complete the race.

Registration

Registration is online only, please use the link below to EntryBoss to register for the triathlon. Entries close 23rd October 2025.

Individuals

Sprint: \$70

Sprint RTC Member: \$50

AquaBike: \$100

AquaBike RTC Member: \$80

Olympic: \$110

Olympic RTC Member \$80

Register here – <https://entryboss.cc/races/26595>

Event Road Closures & Parking

Road closures for the Shoalwater Classic will be from 7am to 10:30am 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-10:30am.

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, obstruct street traffic and/or park on someone's lawn. As the event has an early start please keep the noise to a minimum (at least until you get to the event site).

Key Event Times

| | |
|---------------|---|
| 5am | Triathlon Event Set-up - event area & course |
| 6am – 7am | Race Pack Collection |
| 6am – 7:15am | Transition Open |
| 7am | Volunteer Briefing (for volunteers, volunteering during the race) |
| 7am – 10:30am | Road Closures |
| 7:15am | Compulsory Race Briefing, southern end of transition area |
| 7:30am* | Male competitor wave start |
| 7:32am* | Female competitor wave start |
| 7:33am* | Team competitor wave start |
| 10:15am | Bike Course Cut Off Time |
| 11-11:30am | Presentations |
| 12pm | Event Pack Away - event area & course |

*Start times may change

Event Area



Spring Triathlon event area map including locations and transition area

Race Pack collection

Race pack collection will be from 6am – 7am. Race pack collection site will be located on the south west shelter marked on the event area map. Race pack will include a timing chip, swim cap, race bib and bike sticker number. Please note:

- Swim caps are compulsory for the swim,
- Race bibs are compulsory for the bike and run,
- Timing chip to be worn on your left ankle.
- Bike sticker to be placed on the seat post of your bike

Volunteer Sign in

Volunteers sign in will be from 6am – 7am. Sign in will be located on the south west shelter marked on the event area map

Transition (Bike Racking)

Transition will be open from 6am – 7am. There will be a dedicated area on the bike racks for the different distances, due to the nature of the carpark, some bike racking will be on one side of the racks only. Sprint distance bike racking will be on the eastern (road side) of transition with Olympic distance on the western side (ocean side).

Transition will re-open for bike collection after the last competitor has finished their bike leg. Sprint distance athletes may (this is at the discretion of the Race Director) collect their bikes before the Olympic distance athletes if they are racked on the eastern rack in transition and exit east of transition away from the Olympic distance competitors. The Race Director will announce if and when the Sprint distance and when Olympic distance competitors are allowed to remove their bikes.

For security purposes competitors must have their race bib to collect their bikes (must match their bike number)



Bag Drop Area

Bag drop area located on the eastern side of the toilet block. Please refer to the event area map.

Hydration Stations

There will be two aid stations on the run, 1.25km apart. At the Northern end of the run course, the Aid station will stock, electrolyte, Water, Coke. At the Southern end of the run course, the Aid Station will stock Water.

There will be no aid stations on the bike course.

Club Alley

Our fellow triathlon clubs are welcome to set their club tents up along the run course as shown in the event area map.

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. [https://www.triathlon.org.au/Technical/Race Competition Rules.htm](https://www.triathlon.org.au/Technical/Race%20Competition%20Rules.htm)

Swim Course

The swim course consists of 1 or 2 lap, 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 and Aquabike competitors will then run around a RTC tear drop flag and re-enter the ocean at the original swim start location and begin their second lap to complete their 1500m swim.



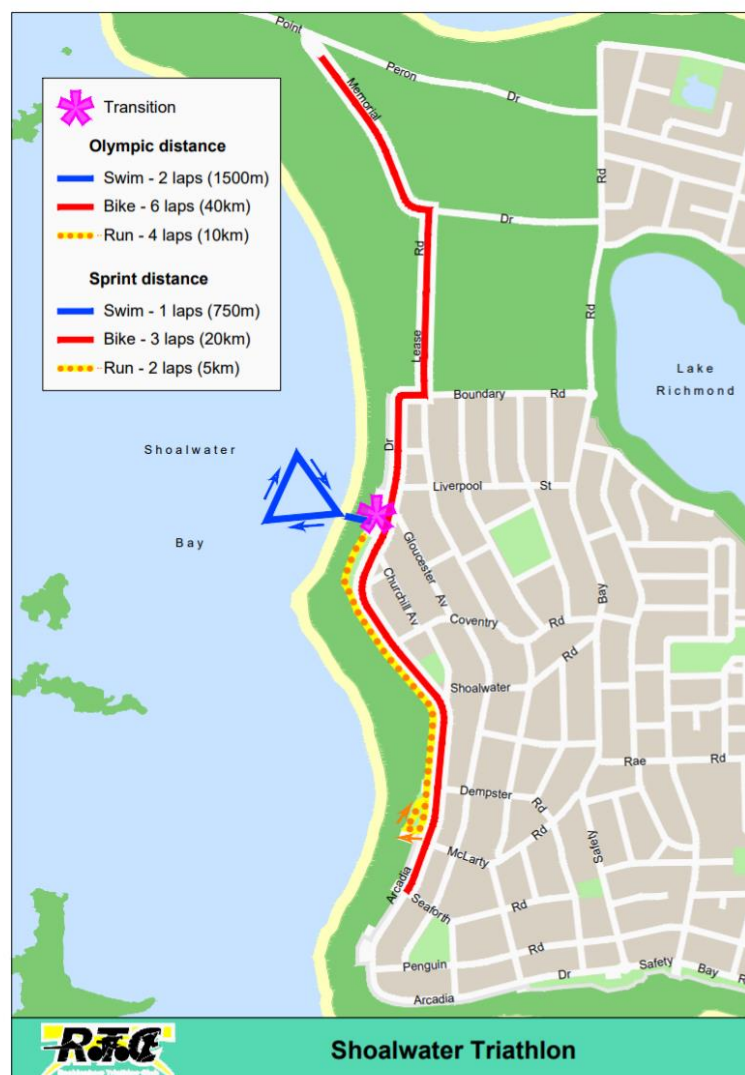
Swim rules will follow Triathlon Australia race rules, in addition:

- 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 hand and the Water safety will provide assistance.

Bike Course

The semi-technical, 6 lap - 40kms or 3 laps - 20km 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 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 - 7 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

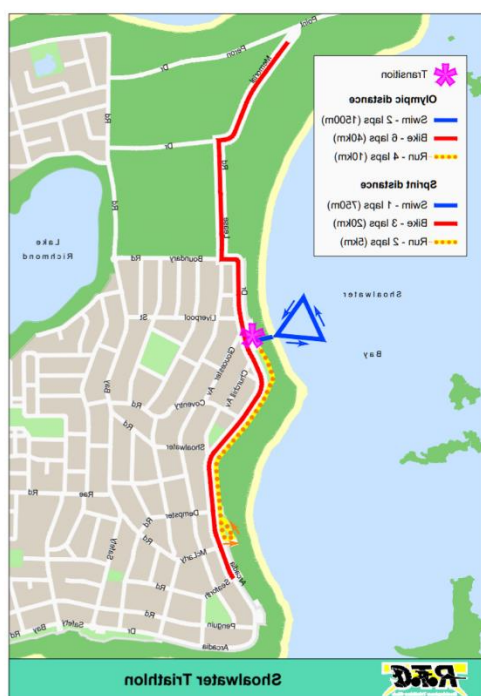
AquaBike

AquaBike competitors once they have completed their bike leg, will have to put shoes on and run/walk to the finish line to complete their race. Exit transition via the RUN exit and then run/walk around 200m to the finish line, as shown in the Event site image above.

Run Course

The run course is 2.5km long, with competitors completing 4 laps (10kms) or 2 laps (5km).

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 near the toilet block and begin their next lap. Competitors must complete the full laps prior to entering the finishing chute (go around run turn around near transition twice for Sprint competitors and four times for Olympic competitors)





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, 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 whatever reason you are unable to complete the race, please go to the finish line Volunteers, let them know and hand in your timing chip. This is important for the event staff to account for competitors.

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 SBR Collective Shoalwater Classic Triathlon.