



Stepahead Podiatry SuperSprint Triathlon & Kids Triathlon

A Message from Rockingham Triathlon Club

Rockingham Triathlon Club are looking forward to welcoming all competitors and spectators to the 2025/26 Rockingham Triathlon Clubs Summer series of Triathlons

The Stepahead Podiatry Triathlon and Kids Triathlon takes place on the beautiful Rockingham foreshore and boasts one of the safest swims you will find in triathlon! The swim takes place in the crystal-clear, shallow, and flat waters of Rockingham beach, where you can stand at any point throughout the swim if you need to. The multi-lap bike courses have you biking up and down the flat and fast Rockingham Beach Road with the multi-laps allowing your supporters to give you a big cheer every time you go past! The run is also a multi-lap course which has you running along the foreshore footpath with ocean views and natural bush surrounds.

Rockingham Triathlon Club is pleased to be able to invite the wider triathlon community to come along and join our members for a chance to race. The RTC Triathlons are still at their basis club events. Our races are 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 bike course as not all of us have the same level of bike handling skills.

Rockingham Triathlon Club would like to acknowledge and say thank you for the continuing support of our race naming sponsor Stepahead Podiatry. A friendly team of dedicated, experienced and professional podiatrist who are fantastic at working wonders on all things foot and leg related. They are great at getting you back out onto the training track!

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

Event Details



Event Location

The event area and transition will be located at the Alexander Street car park on Rockingham Beach road, Rockingham foreshore.

Date

14th December 2025.

Registration

Registration for all events is online only, please use the link below to EntryBoss to register for the triathlon. Entries close Friday 12th December or sooner if the event sells out.

<https://entryboss.cc/races/26596>

Kids Triathlon

The specific information for the Kids Triathlon is located on another tab of this website, please navigate to this for all required information for the kids' triathlons

Event Distances

Course	Swim (laps)	Bike (laps)	Run (laps)
Enticer (min age: 12 year old)	150m (1)	10km (3)	1.5km (1)
SuperSprint Distance (min age: 13 year old)	300m (1)	15km (5)	3km (2)

We also have a **Duathlon and AquaBike options** available

Course	Run (laps)	Bike (laps)	Run (laps)
Duathlon (min age: 13 year old)	1.5km (1)	15km (5)	3km (2)

Course	Swim (laps)	Bike (laps)
AquaBike (min age: 13 year old)	300m (1)	15km (5)

Event Fees

Category	RTC Members	Other clubs & Non-members
Enticer	\$15	\$35
SuperSprint Distance	\$15	\$40
Duathlon	\$15	\$35
AquaBike	\$15	\$35

Event Road Closures & Parking

Road closures for the RTC SuperSprint Distance Triathlon will be from 7am to 10:30am incorporating, Rockingham Beach Road from Wanliss St to Governor Rd

The event parking is available along Rockingham Beach Rd. Please note these parking spots will be subjected to the road closures between 7am-10:30am. An alternative is to park on the verge along the Rockingham beach road offshoot which is accessed via Alexander St. Please DO NOT park on private residence verges.

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

6am	Triathlon Event Set-up - event area & course
6:45-& 7:15am	Race chip collection for Kids Triathlon
7am	Volunteer Briefing (for volunteers, volunteering during the race)
7am – 10:30am	Road closures
7:15am	Kids Triathlon briefing
7:30am*	Kids Triathlon start – multiple wave/distances, starts several minutes apart
7:15-8:00am	Adults race chip collection (SuperSprint, Enticer, AquaBike & Duathlon)
8:15am	Adults race briefing
8:30am*	Adults race start, in waves
10:00am	Bike course cut Off Time
~11am	Event Pack Away - event area & course

*Start times may change

Event Area



RTC SuperSprint Triathlon event area map including locations and transition area

Race Chip collection

Race chip collection will be from 6:45am – 7:15am for the kids race and 7:15am – 8am for Adults race. Race chip collection site will be located under the main shelter marked on the event area map.

- Timing chip to be worn on your left ankle.

Volunteers

These races are completely organised and coordinated by volunteers, without volunteers we will not be able to have such fun races. If you are available to help out please let the Rockingham Triathlon club know by emailing the club on rockytri.enquiries@gmail.com or answer the call out for race helpers on Facebook prior to race day.

Transition Flow & Bike Racking

Adults Transition Area will be open from 7am – 8:15am. Competitors will flow through the transition as per the marked diagram below. **Transition will open for bike collection (to leave) after the last competitor has finished their last bike leg. Competitors are not allowed to collect their bikes prior to this due to safety reasons.**



Bag Drop Area

Bag drop area is located at First Aid area under the main shelter.

Hydration Stations

There will be one aid station on the run, located near transition. This aid station will supply water.

There will be no aid stations on the bike course.

Race Briefing

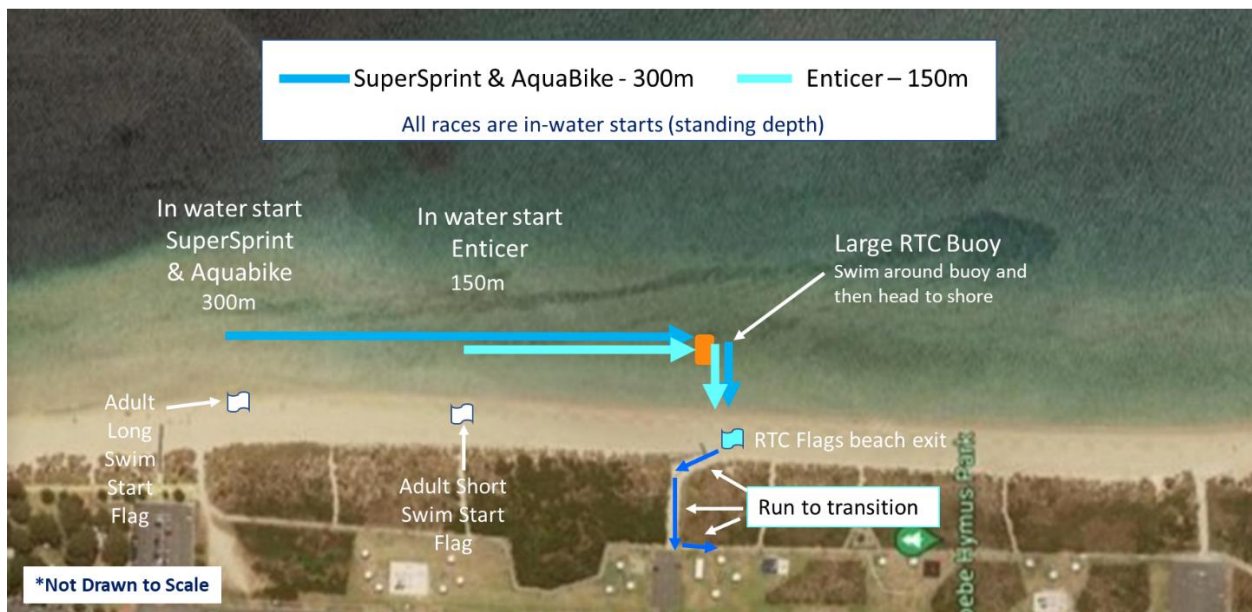
The race briefing will be held at 7:15am for the kids triathlon and 8:15am for adults (SuperSprint, Enticer, Duathlon). Race briefing will be located in between transition and the main shelter.

The RTC SuperSprint Triathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply. For more information, please visit <https://www.triathlon.org.au/rules>

Swim Course

The swim consists of an 'in water' start however competitors will be able to stand in the waist to chest deep water. Enticer distance competitors will start 150m up the beach and swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit. SuperSprint distance and Aquabike competitors will start 300m up the beach and swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit.

SuperSprint Triathlon Swim Course



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

- Swim caps are optional
- If the megaphone siren goes off, swim to the shore immediately.
- If in discomfort, stop, stand in the water and if needed, signal for assistance by raising your arm with a closed fist

Bike Course

The bike is a multi-lap course riding up and down a section of the Rockingham beach road with hair pin turns at either end. Enticer will be 3 laps (10km) and the SuperSprint, Duathlon and AquaBike distances 5 laps (15km)



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

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 to the finish line, as shown in the Event site image above.

Run Course

The run is an out and back course 1.5km long, with Enticer competitors completing 1 lap(1.5kms), Sprint competitors completing 2 laps (3kms) and Duathlon competitors completing 1 lap (1.5km) / 2 laps (3km).

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

At the completion of your run who will have to run down the finishing chute to the finish line (marked on event area map. Once you have run across the blue timing mat at the end of the finish chute you have completed your race!!

When you have finished please ensure you remove your timing chip and give it to the finish line volunteers

The recovery area will have water and bananas. 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 (DNF's)

If for whatever reason you are unable to complete the race, please go to the finishing line and return your timing chip and let the Finish line attendant know that you have drop out of the race.

First Aid

A First Aid post will be set up under the main shelter of the event area as marked on the event area map.

Results

Results will be posted up on the RTC Facebook page, on our website and emailed to participants once they have been finalised