

State Interclub Championship



ALCOA

32nd State Interclub Championship

Sunday 12th January 2025

Halls Head Parade Community and Sports Facility
(The Old Yacht Club)
Halls Head Parade, MANDURAH

Race Start: 7.10am



Enquiries:

Email: interclub@trimandurah.com

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On behalf of the Mandurah Triathlon Club we look forward to welcoming you on Sunday and would like to wish you all a safe and enjoyable race.

Warm regards

Alan Clark

President

Race Day Information

- Date:** Sunday 12th January 2025
- Venue:** Halls Head Parade Community and Sports Facility
Halls Head Parade, Mandurah
- Distance:** 750m Swim,
20km Cycle,
5km Run
- Registration:** 6.00am – 6:45am
- Transition open:** 6.00am
Transition closes: 6.45am
- Briefing:** 6:50am
- Course Maps:** See below
- Race Start:** Wave starts 7.10am onwards.
- Location:** Halls Head Parade Community and Sports Facility
<https://goo.gl/maps/L1Ye33Aem4f8qCvB8>
- Enquiries:** interclub@trimandurah.com
- Trophies:** Rob Pickard Trophy (Champion Club)
Presidents Cup (Most Consistent Club)
Clive Choate Regional Shield (Regional Clubs Only)
- Presentation:** Adjacent to Transition approximately 9.30am

Race Rules

- All competitors to comply with Triathlon Australia race competition rules.
- To earn Interclub points competitors must be a financial member of a Triathlon Club which is affiliated with Triathlon WA and race for that club. Non-members will not earn points towards a club.
- Decisions by the race committee will be final.
- Competitors are responsible for all their own equipment.
- Competitors must treat race, technical officials, and volunteers with respect at all times.
- TWA Tech Officials will conduct helmet checks on entry into transition. Please do not try and sneak in - it only upsets them.
- A copy of the race competition rules are available on the Triathlon Australia website at:
<https://www.triathlon.org.au/wp-content/uploads/2024/07/AusTriathlon-Race-Competition-Rules-August-2024.pdf>

SWIM 750m – 1 lap

- Wearing of wetsuits - ruling to be made by technical delegate on the day. Due to recent changes in the Triathlon Australia rules wetsuits are likely to be optional.

d. Age Group Competition – all other races, all age categories

Swim Distance	Forbidden	Mandatory
All distances	24.6 °C and above	15.9 °C and below

- No fins, paddles, or flotation devices (including buoyancy shorts) etc.
- Please note, the water temperature in January is usually about 22-23 degrees. We endeavour to select a cold part of the bay however please come with swim skins in the unfortunate event Wet Suits are not allowed.

CYCLE 20km - 2 laps

- There are a couple of "Caution" sections on the course created through traffic calming measures. These are clearly identified on the course map and will be signposted on the day. Please take care through these sections.
- NO DRAFTING or BLOCKING – Keep left where possible.
- Helmets must be approved by a nationally accredited testing authority recognised by a national federation.
- Helmets must be securely fastened before riding and until bike is racked.
- Bikes must be correctly racked in your starting position before commencing the run.
- No support crews or outside assistance.
- Road rules must be obeyed.

RUN 5km – 1 lap

- Single Lap with a scenic uphill stretch for good fun
- No escort runners or support vehicles allowed.
- No locomotion other than walking or running permitted.

Registration and race pack collection

Registration and race pack collection will take place inside the Old Yacht Club from 6:00am to 6:45am where you will be issued with your timing chip, swim cap and race number.

Please note that we are using race numbers again this year so you will need to bring a race belt.

You will need to **produce photo identification when registering**, i.e. a driver's license or similar.

Provisional Wave Starts

These will be confirmed on the morning of the race however **provisional** Wave Start Times are as follows:

Category	Swim Cap	Wave	Start Time
Female-16-19	Orange	1	7:10
Female-20-24	Orange	1	
Female-25-29	Orange	1	
Female-50-54	Pink	2	7:13
Female-55-59	Pink	2	
Female-60-64	Pink	2	
Female-65-69	Pink	2	
Female-40-44	Blue	3	7:17
Female-45-49	Blue	3	
Female-30-34	Green	4	7:20
Female-35-39	Green	4	

Male-14-15	Orange	5	7:25
Male-16-19	Orange	5	
Male-20-24	Orange	5	
Male-25-29	Orange	5	
Male-60-64	Orange	5	
Male-65-69	Orange	5	
Male-50-54	Pink	6	7:28
Male-55-59	Pink	6	
Male-40-44	Blue	7	7:32
Male-45-49	Blue	7	
Male-30-34	Green	8	7:35
Male-35-39	Green	8	

Race Sponsors

The event is fortunate to be supported by some top tier local businesses. It essential that we support these businesses as without their backing many aspects of the race day program would be affected.

Naming sponsor: Alcoa

Alcoa have been a huge supporter of the club over a number of years and it is with great pleasure that they are this year's naming sponsor.

Major Sponsor

City of Mandurah

As with Alcoa the City of Mandurah have continually supported the club and this race in particular, supplying assistance with organisation, provision of equipment for race day set up and sponsorship to assist with the engagement of Traffic Management Personnel

Other major Sponsors are:

- 4Life Physiotherapy
- Mandurah Surf Life Saving
- SES Mandurah
- Woolworths
- Kennards Hire

Club Alley

- We encourage all clubs to bring a tent and create their own cheer zones. Bookings are not essential as we have assumed most clubs will be bringing a tent and are confident that everyone will fit. The tents will be on mowed but dry grass, we suggest bringing chairs and/or plastic backed picnic rugs to sit on.

Spot prizes

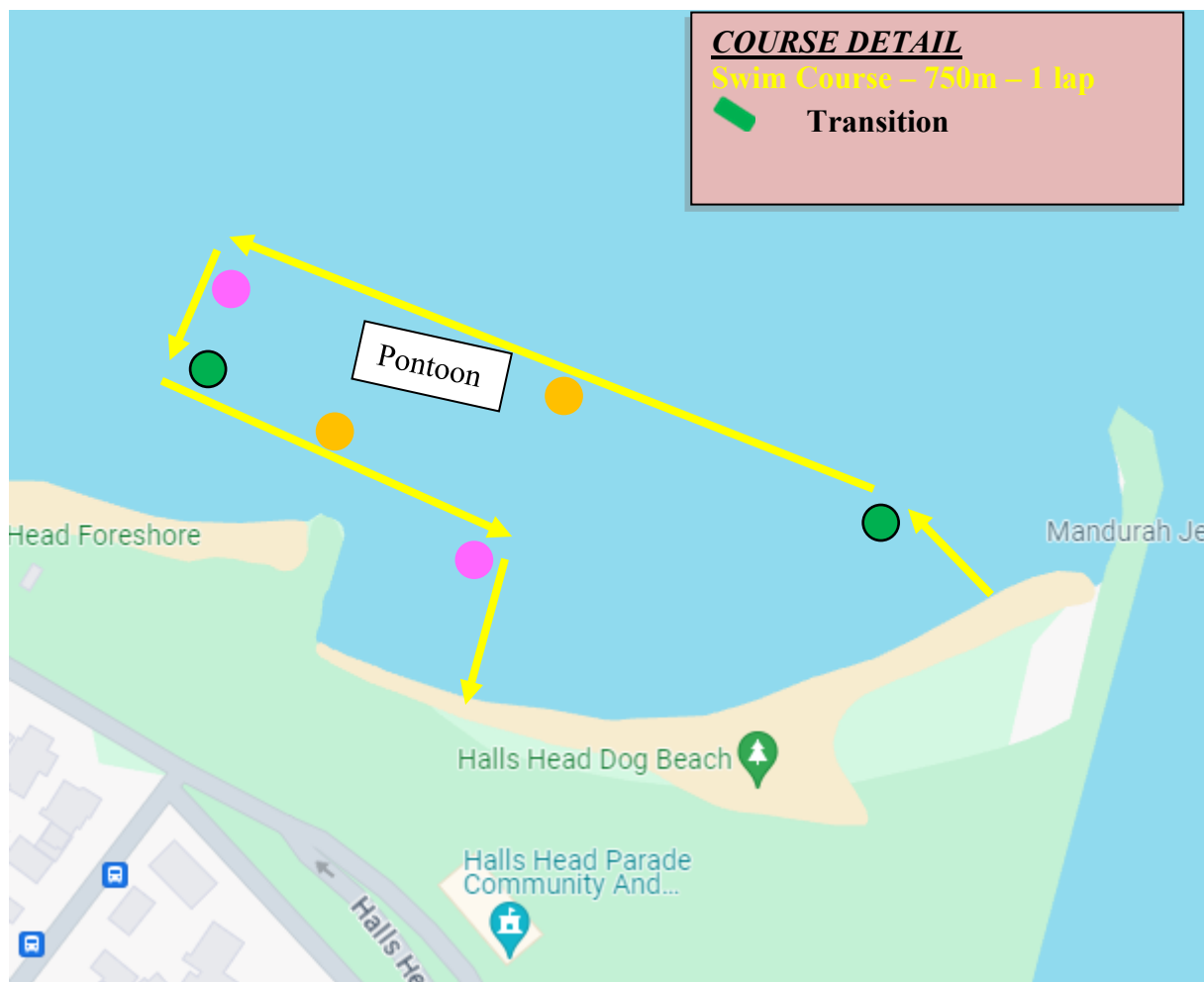
- We will be drawing spot prizes after presentations. All participants will be entered into the draw however you must be present to claim a prize.

Swim Course

1 Lap

The swim course will start on the beach. Head out and take a left turn around the first green swim Buoy. Head towards the Pink Buoy using the orange Buoy as a sighter. Turn Left around the Pink Buoy and head towards the second Green Buoy. Turn Left around the green Buoy and head towards the second Pink Buoy again using the orange Buoy as a sighter only. Turn right around the second Pink Buoy and head direct to shore.

The swim course measured 750m, however if there are boats in the bay we may need to adjust it slightly on race day.



Cycle Course

2 Laps

Please note due to Traffic calming initiatives there are 2 caution zones within the course. Both will be signposted on the day of the race. Please do not overtake during these zones. The mount/dismount line will be below the main inflatable arch to avoid confusion. Please as with all Triathlons mount after the line and dismount prior to it.

On your first lap please stay to the right hand side of the road as you pass transition to allow for athletes to safely join the course.

On the second lap, as you approach transition, please stay to the left of the road and filter into the car park and complete the cycle course.

About 3.5km (and 13.5km) there is a speed bump on the road. Please ride with caution here. There is a small amount of room on the left and right, but no room for overtaking on the speed bump.

COURSE DETAIL

Bike Course – 20km – 2 laps



Transition



Run Course

1 Lap

The run is out and back.

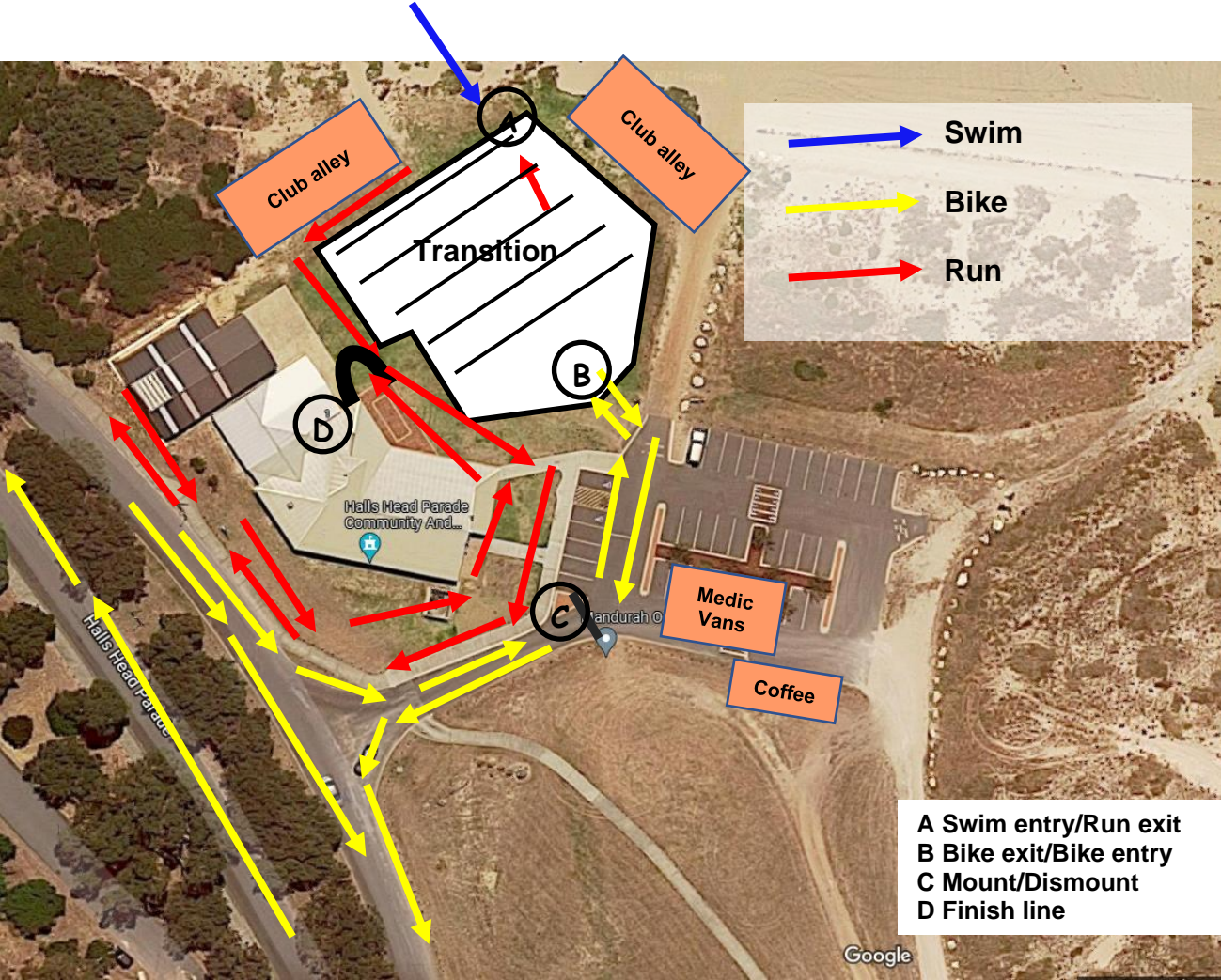
Exit transition by heading towards the swim entrance and turn LEFT to run around the outside of transition. Turn right onto the footpath and follow this towards Doddies beach and up the hill keeping the ocean on your right. Stay on the path, after Clipper Road car park you leave the road and follow the coastal path all the way to 2.5km. At 2.5km you turn around and start heading back down the hill, the ocean will now be on your left. Return the way you came towards transition and the finish line.

There will be 3 Aid stations on route, please look to discard the used cups as close to the waste bins as possible.

Please be aware that there is very little shade on the run course.



Transition Map



Parking Map

There will be **some car parking at the pavilion**, also you can drive in and drop off tents, bbq's and eskies before 6am. There is to be **no parking on Mary Street** as the cars impinge onto the bike course.

Parking is available at the Doddi's carpark (350m from event) and around the Gallop Street Reserve (400m from event).

