



Mandurah Triathlon Club



17th State Interclub Championship
2009/2010 Season

*Sunday 13th December 2009
Halls Head Beach Reserve
Halls Head Parade MANDURAH*

**750m Swim
17km Cycle
5km Run**

Start: 7.30am



TRIATHLON
WESTERN AUSTRALIA

Sanctioned Event

Enquiries:

Email: GrantTomlinson1@bigpond.com

Phone: 95861472 or 0427 770 307

RACE INFORMATION

- Date:** Sunday 13th December 2009
- Venue:** Halls Head Beach, Halls Head Pde, Mandurah
- Distance:** 750m Swim, 17km cycle, 5km run
- Entries:** Individuals only. Entry fee \$45
Enter online at www.trimandurah.com
- Registration:** 6.15am - 7.00am
- Briefing:** 7.10am
- Competitors:** Limit of 240. Register early
- Course Maps:** These are available for viewing at www.trimandurah.com
- Race Start:** 7.30am Sharp (females) and 7.45am (males)
- Transition:** Halls Head Beach Car Park
- Enquiries:** 9586 1472 or 0427 770 307, GrantTomlinson1@bigpond.com
- Trophies:** Rob Pickard Trophy (Champion Club)
Presidents Cup (Most Consistent Club)
Draw Prizes
- Presentation:** Adjacent to Transition approximately 9.30am



RACE RULES

- All competitors must be a financial member of a Triathlon Club which is affiliated with Triathlon WA and race for that club
- All competitors to comply with Triathlon Australia race competition rules.
- Decisions by the race committee will be final
- Competitors are responsible for all their own equipment.

SWIM **750m**

- Wearing of wetsuits - ruling to be made by technical delegate on the day
- No fins, paddles, or flotation devices etc.

CYCLE **17km**

- NO DRAFTING or BLOCKING
- Keep left where possible
- Helmets must be approved by a nationally accredited testing authority recognised by a national federation that is an affiliate of the International Triathlon Union
- 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**

- No escort runners or support vehicles
- No locomotion other than walking or running permitted.

EVENT SPONSORS

This year there will be more spot prizes than ever before so get your entry in and take your 1 in 5 chance of taking home a prize from one of the valued sponsors below.

