

# State Interclub Championship



## **26<sup>th</sup> State Interclub Championship** *Peninsular Personal Injury Lawyers*

*Sunday 25<sup>th</sup> November 2018*

*The Old Yacht Club  
Halls Head Parade MANDURAH*

**750m Mandurah SLS Swim**  
**20km Cycles Mandurah Bike**  
**5km The Running Centre Run**  
**Gilberts Fresh Markets Recovery**  
Race Start: 7.30am



**TRIATHLON**  
WESTERN AUSTRALIA

Sanctioned Event

**Enquiries:**

Email: [interclub@trimandurah.com](mailto:interclub@trimandurah.com)

## RACE INFORMATION

- Date:** Sunday 25<sup>th</sup> November 2018
- Venue:** The Old Yacht Club, Halls Head Pde, Mandurah
- Distance:** 750m Swim, 20km cycle, 5km run
- Registration:** 6.15am - 7.00am
- Briefing:** 7.10am
- Competitors:** Limit of 350
- Course Maps:** See below
- Race Start:** Wave starts 7.30am onwards.
- Transition:** The Old Yacht Club
- Enquiries:** [interclub@trimandurah.com](mailto: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 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 Mandurah Surf Life Saving Club 750m – 1 lap**

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

### **CYCLE Cycles Mandurah 20km - 2 laps**

- 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 The Running Centre 5km – 2 laps**

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

## **Transition:**

Transition will again be in the Old Yacht Club on Halls Head Parade. There will be limited parking on the grass in this area however the car park where the transition used to be is only 100m up the road. To enter the Yacht Club by car you need to continue up the road past the Club and do a U Turn and head back down the hill.

## **Registration:**

Race packs will be issued at registration which will include your Swim Cap and Timing Chip. Once you have received your race pack you must then have your number written onto your right arm.

Entrance Into transition will be manned by TWA technical officials to carry out the usual helmet/bike checks.

## **Wave Starts:**

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

Wave 1:	Female	14-39	Pink Caps	7:30
Wave 2:	Female	40+	Yellow Caps	7:33
Wave 3:	Male	50+	Orange Caps	7:36
Wave 4:	Male	14-29	Pink Caps	7:44
Wave 5:	Male	30-39	Yellow Caps	7:47
Wave 6:	Male	40-49	Orange Caps	7:50

## **Race Sponsors:**

The event is fortunate to be supported by some first-class businesses both local and city based. It essential that we support these companies as without their backing many aspects of the race day program would be affected.

This year's Sponsors are:

- Peninsula Personal Injury Lawyers (Mandurah Gold Sponsor for the Season)
- Cycles Mandurah
- The Running Centre Perth
- 4Life Physiotherapy, Cachet Homes, The Dome, Gilberts Wholesale, EOS IT, Triathlon WA, SES Mandurah, Mandurah Surf Life Support.

This year's race is again proudly supported by the City of Mandurah who have continued to support the event to ensure the delivery is maintained at the highest standard.

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.

Yours

Alan Clark

# Course Map

**COURSE DETAIL**  
**S**WIM Course - 750m - 1 lap  
**B**IKE Course - 20km - 2 lap  
**R**UN Course - 5km - 2 lap  
▲ Water Station  
■ Transition

