

State Interclub Championship



GIANT

MANDURAH

Giant Mandurah

29th State Interclub Championship

Sunday 9 January 2022

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

Race Start: 7.10am



Enquiries:

Email: interclub@trimandurah.com

Contents

Race Day Information.....	3
Race Rules	4
Registration and race pack collection	6
Wave Starts	6
Race Sponsors	7
Event COVID Safety Plans.....	8
Club Alley	8
Spot prizes.....	8
Course Map.....	9
Run Course Map	10
Transition Map.....	11
Parking Map.....	12

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
Anthony Powe
Race Director

The logo for Giant, featuring the word "GIANT" in a bold, italicized, blue sans-serif font.

MANDURAH

Giant Mandurah
Shop 2/10 Rutland Drive, Halls Head WA 6210
(08) 9535 8854
www.giantmandurah.com.au/au

Race Day Information

Date:	Sunday 9 January 2022
Venue:	Halls Head Parade Community and Sports Facility Halls Head Parade, Mandurah
Distance:	750m Terry White Chemmart Halls Head Swim, 20km Giant Mandurah Cycle, 5km The Running Centre Run
Registration:	6.00am – 6:45am
Transition open:	6.00am
Transition closes:	6.45am
Briefing:	6:50am at Car Park area
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 in Club Alley

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.
- Competitors must treat race and 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/Assets/Triathlon+Australia+Digital+Assets/2021+T+A+Race+Competition+Rules.pdf> .



TERRY WHITE CHEMMART HALLS HEAD SWIM 750m – 1 lap

- Wearing of wetsuits - ruling to be made by technical delegate on the day. The water temperature today (Thursday 6th January 2022) is 23°C. It is unlikely that wetsuits will be allowed, however the final decision will be made on the day.

Swim Distance	Forbidden Above	Mandatory Below	Maximum Time
Up to 1500m	22° C	14° C	1 hour 10 minutes
1501m – 3000m	24.5° C	15° C	1 hour 40 minutes
3001m and above	24.5° C	16° C	2 hours 15 minutes

- No fins, paddles, or flotation devices (including buoyancy shorts) etc.



MANDURAH

GIANT MANDURAH CYCLE

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.



THE RUNNING CENTRE RUN

5km – 1 lap

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

A full copy of the race competition rules are available from Triathlon Australia at https://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

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 this year so you will need to bring a race belt.

As registration and pack collection is held indoors there is a chance that masks may be required for this. Please check <https://www.wa.gov.au/government/covid-19-coronavirus> for details on the day.

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

Wave Starts

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

Wave 1:	Female 25-34	Orange Cap	7:10
Wave 2:	Female 50-74	Yellow Cap	7:13
Wave 3:	Female 40-49	Pink Cap	7:16
Wave 4:	Female 14-24 & 35-39	Orange Cap	7:19
Wave 5:	Male 25-34	Yellow Cap	7:25
Wave 6:	Male 50-54 & 60-74	Orange Cap	7:28
Wave 7:	Male 45-49 & 55-59	White Cap	7:31
Wave 8:	Male 40-44	Yellow Cap	7:34
Wave 9:	Male 14-24 & 35-39	Orange Cap	7:37

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: Giant Mandurah

Giant Mandurah is a bicycle store located in the beautiful coastal town of Mandurah, where cycling of all styles is popular activity. Giant Mandurah offers over 100 bikes on display, as well as an extensive range of the best global brands in parts, accessories and cycling apparel, to cater to all your cycling requirements.

The team at Giant Mandurah pride themselves on providing friendly and personalised service for riders of all abilities and styles. Our extensive range of Giant and Liv bikes covers Children's bikes, Cruisers, Hybrids through to the latest E-Bikes, Road, Triathlon and Mountain bikes.

<https://www.giantmandurah.com.au/au>

Swim sponsor: Terry White Chemmart Halls Head Pharmacy

Providing all your pharmacy requirements in a local and convenient store, Terry White Chemmart Halls Head Pharmacy has you covered.

<https://terrywhitechemmart.com.au/stores/terrywhite-chemmart-mandurah>

Bike sponsor: Giant Mandurah

<https://www.giantmandurah.com.au/au>

Run sponsor: The Running Centre/Front Runner

At TRC, We are proud to have been part of the Perth Health, Fitness and Performance community since 2009.

Everyday, our expert team help fitness enthusiasts, gym goers, walkers, runners and triathletes achieve their personal goals with evidence based advice and a curated range of products. We welcome you to join us in store or online.

All participants of this year's State Interclub Event will receive 20% off all online sales at The Running Centre until 31 January 2022. Your code and discount link are in the email sent out in race week.

Other major Sponsors are:

- City of Mandurah
- Triathlon Western Australia
- 4Life Physiotherapy
- Mandurah Surf Life Saving
- SES Mandurah
- Woolworths
- Vincent the Van (coffee)

Giant Mandurah will have a stand showcasing the best Giant have to offer, they will also have some bits and pieces for sale just in case.

Event COVID Safety Plans

- Please check <https://www.wa.gov.au/government/covid-19-coronavirus> for the latest information regarding any restrictions prior to arriving at the event.
- **As registration and pack collection is held indoors there is a chance that masks may be required for this. Please check <https://www.wa.gov.au/government/covid-19-coronavirus> for details on the day.**
- **Contact tracing/ Safe WA app – We encourage all competitors and spectators to check in using the Safe WA app by scanning the QR codes we will have displayed on and around the registration building.**
- Hygiene – if you're feeling unwell or experiencing COVID like symptoms, please stay home.
- Please make use of the hand sanitizer stations located around the venue.
- Run aid stations and the finish zone will be self-serve. Volunteers will be there to assist, but collection is to be touchless. Hydration (aid stations) and nutrition (finish zone) shall be laid out on the table to collect.
- Encourage and support your fellow athletes throughout the event, but please avoid direct contact; no handshakes, hi-fives and hugs.

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 lots of spot prizes after presentations. All participants will be entered into the draw and you must be present to claim a prize.

Course Map

Bike course: Turn left onto Halls Head Parade and ride until turnaround (just before Lake St), turn 180 degrees and ride back up Halls Head Parade, continuing along the front and up until Leighton Road. Turn left at Leighton Road and continue through the roundabouts until almost Hill Street and turn 180 degrees, then go back up Leighton Road. Continue along Leighton Road, turning left onto Halls Head Parade then follow Halls Head Parade as it turns into Clipper Way. Turn right onto McLarty Road and continue along McLarty Road until just before Darter Street and turn 180 degrees, returning along McLarty Road, Clipper Road and onto Halls Head Parade. Continue along Halls Head parade until you pass transition and keep going for a 2nd lap.

On your second (last) lap, as you approach transition, turn left into the car park and complete the cycle course.

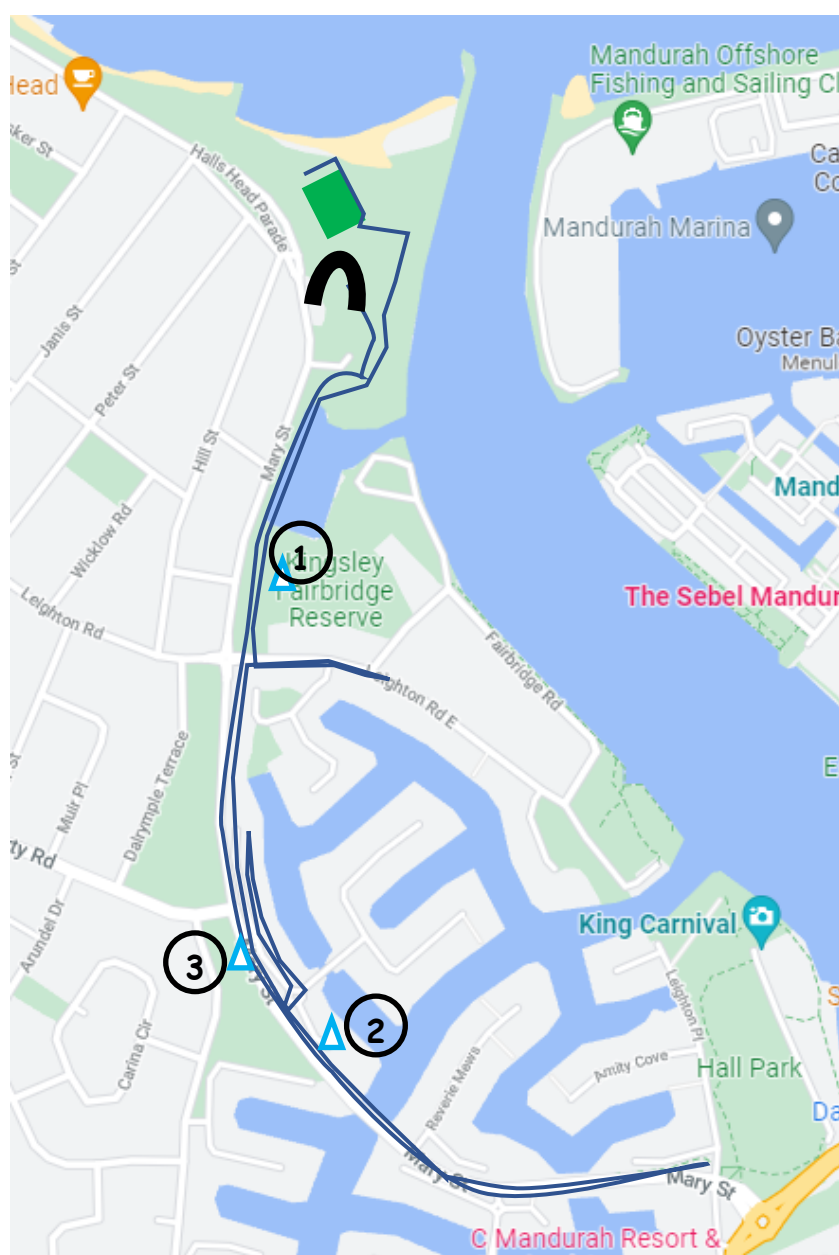


Run Course Map

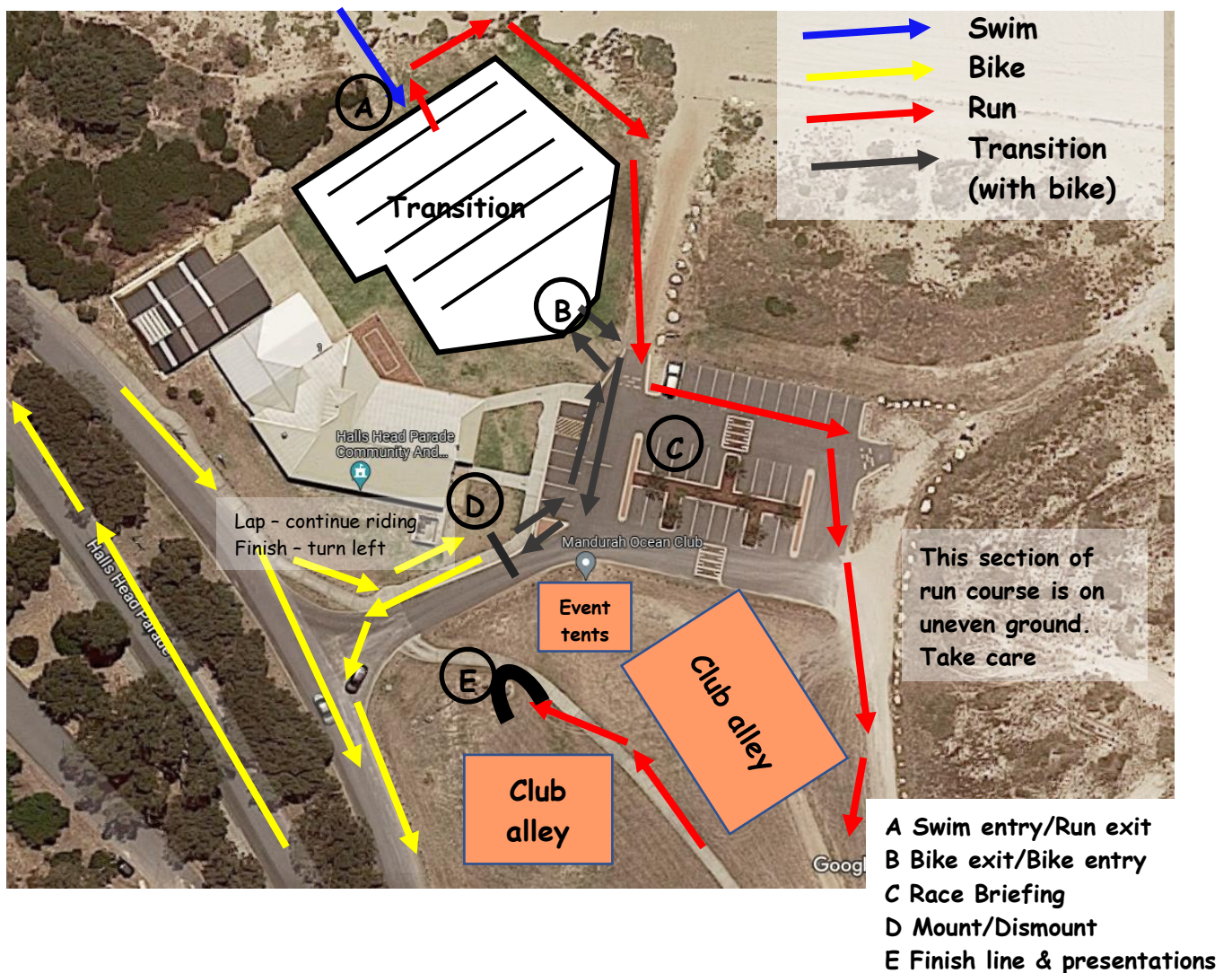
Run course: Exit transition and run around the outside, following the markers. Run around the car park, then head towards the footpath. Follow the footpath past the Mary St Lagoon and cross Leighton Rd East. Immediately turn left and run down Leighton Rd East for approximately 200m, turning around at the cone and returning back towards the roundabout. Continue running along Mary Street until about 1.7km, then follow the cones into Baruna Court. Run to the end of Baruna Court and turnaround, running back up Baruna Court and back onto the footpath along Mary Street. Now you run towards town and when you get to Leighton Place (3.0km) turnaround and head straight back to the finish line.

The 3 aid stations are at 0.6km, 2.3km, 3.6km

Please be aware that there is very little shade on the run course, please be SunSmart and wear sunscreen and a hat.



Transition Map



Club alley: Club alley is on now where the parking used to be. This is so that tents can be spread out to encourage social distancing and reduce congestion. The ground is mowed but dry, and we recommend bringing chairs and/or plastic backed picnic rugs to sit on.

Parking Map

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

Parking is available at the Doddis carpark (350m from event), around the Gallop Street Reserve (400m from event) and at the Mary street boat ramp (600m from event).

