

State Interclub Championship



GIANT

MANDURAH

31st State Interclub Championship

Sunday 7 January 2024

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

Anthony Powe

Race Director



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 7 th January 2024
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
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 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/wp-content/uploads/2023/10/AusTriathlon_Race-Competition-Rules_2023_Version-1.0-Oct_Final-OCT-2023-9am.pdf



TERRY WHITE CHEMMART HALLS HEAD 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.



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.

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.

As registration and pack collection is held indoors 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	Age Group	Cap colour	Time
1	F20-39	green	7:10
2	F14-19 & F40-44 & F55+	orange	7:13
3	F45-54	pink	7:16
4	M20-29 & M35-39	blue	7:22
5	M30-34 & M40-44	yellow	7:25
6	M14-19 & M55+	green	7:28
7	M45-54	orange	7:31

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>

Other major Sponsors are:

- City of Mandurah
- Triathlon Western Australia
- 4Life Physiotherapy
- Mandurah Surf Life Saving
- SES Mandurah
- Woolworths
- Perene
- Coles Secret Harbour
- Kennards Hire

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.
- 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.

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

Swim Course Map

Swim course: The swim course will start on the beach with athletes heading out with sighting buoys. Swim out, keeping the buoys on your left shoulder, turn 90 degrees at the furthest buoy, swim approx. 50m then turn 90 degrees again and return to shore. When returning to shore you pass the orange buoy on your right shoulder and then pass the pink buoy on your right shoulder, turning towards the shore at the pink buoy.

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 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 left 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.

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 Map – NEW RUN COURSE

We are very excited to introduce our new run course, showcasing some of the best views Mandurah offers.

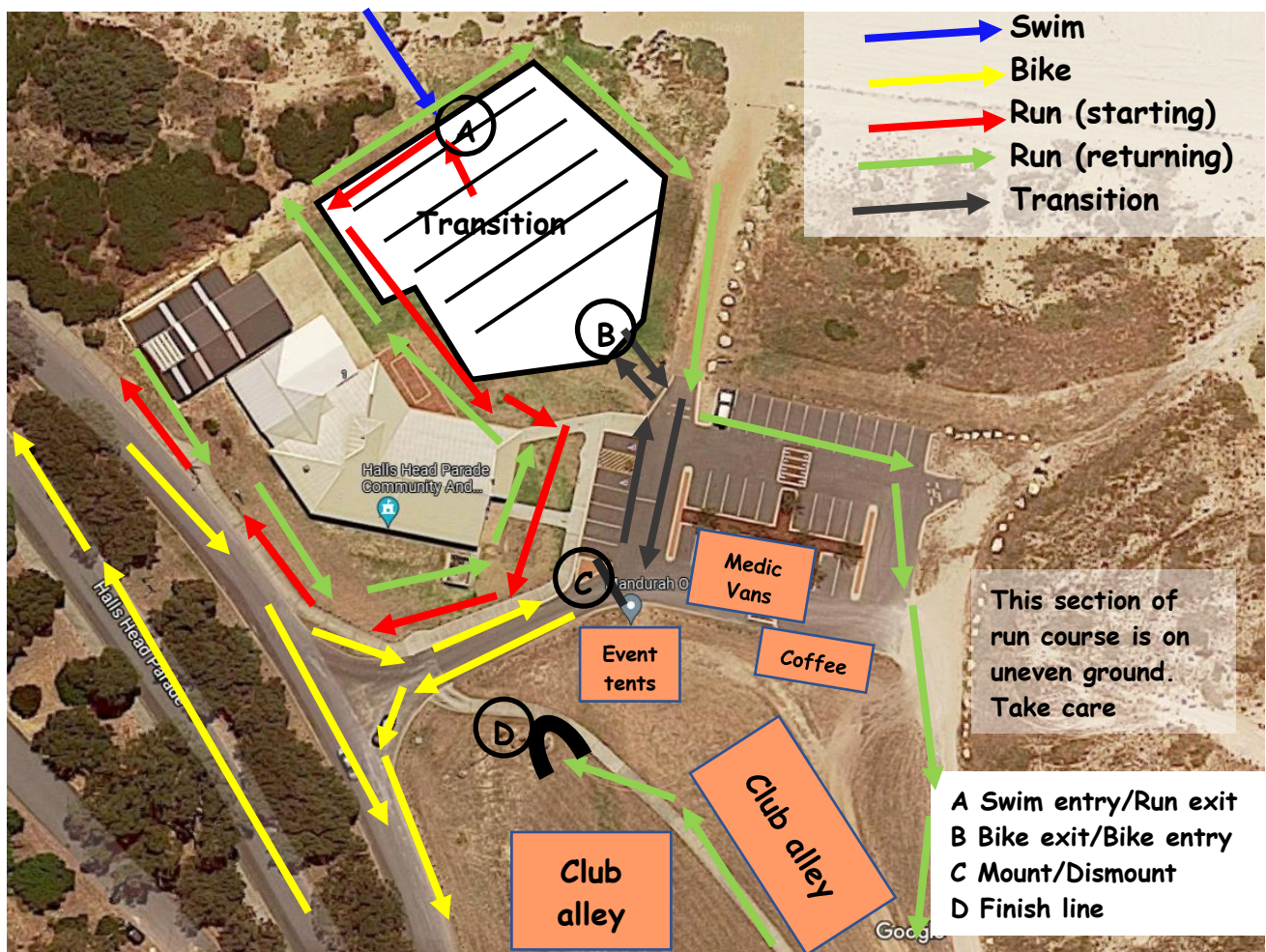
Run course: Exit transition by heading towards the swim and turn LEFT to run around the outside through the chute around the left of transition, turning left staying on the path. Run towards Doddies beach and along the coastal path, up the hill towards Blue Bay car park. You will be running in the same direction as the bike course at this point. At about 1.8km you turn around and start heading back down the hill, back towards transition. Run around transition, keeping left, then through the car park and down the track towards Leighton Road East. Stay on the path and turn around before the road at about 3.3km. You now have your last 700m to run so prepare your legs and run straight back towards the finish line giving high fives and smiles to everyone you see.

The Doddies beach aid station is double sided so will be at approximately 0.5km, 3km. Please be aware that there is very little shade on the run course, be SunSmart and wear sunscreen and a hat.

The run course distance should be 5km.



Transition Map



Club alley: Club alley is in the same place as last year. 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 **no car parking at the pavilion**, however 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).

