

State Interclub Championship



ALCOA

33rd State Interclub Championship

Sunday 11 January 2026

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.....	5
Wave Starts.....	5
Race Sponsors	6
Club Alley	8
Spot prizes	8
Course Map	9
Swim Course Map	9
Cycle Course Map	10
Run Course Map	11
Transition Map.....	12
Parking Map	13

On behalf of the Mandurah Triathlon Club I would like to take this opportunity to thank you for your support of the race and look forward to welcoming you to sunny Mandurah on Sunday. We will as always do our very best to provide a venue and race day experience like no other and would finally like to wish you all a safe and enjoyable race.

Warm regards

Alan Clark

Race Director

Race Day Information

Date:	Sunday 11 th January 2026
Venue:	Halls Head Parade Community and Sports Facility Halls Head Parade, Mandurah
Distance:	750m TODS Swim, 20km Giant Mandurah Cycle, 5km The Running Centre Run
Registration:	6.00am – 6:45am
Transition open:	6.00am
Transition closes:	6.40am
Briefing:	6:45am
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/2025/09/AusTriathlon_Race-Competition-Rules_Aug2025_web.pdf

TODS 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.

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 6:40am 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.

Wave Starts

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

Wave	Cap	Start Time
FEMALES		
Wave 1 F16-29, F70+	Yellow	7:10
Wave 2 F50-69	Pink	7:13
Wave 3 F40-49	Green	7:16
Wave 4 F30-39	Orange	7:19
MALES		
Wave 5 M14-29, M60+	Yellow	7:23
Wave 6 M50-59	Pink	7:26
Wave 7 M40-49	Green	7:29
Wave 8 M30-39	Orange	7:32

Race Sponsors

The Club and event are fortunate to be supported by a number of top tier local businesses. Many who have been associated for the club over multiple seasons. It essential that we support these businesses as without their backing many aspects of the race day program would be affected.

Naming sponsor:



Alcoa Pinjarra Refinery

Alcoa Australia has been part of Western Australia for more than six decades, and our Pinjarra Refinery has been transforming bauxite into alumina since 1972. Alumina is the essential raw material for aluminium – a lightweight, infinitely recyclable metal used in industries from automotive and aerospace to construction. Responsible production is embedded in our values and processes, and we are recognised in Australia and around the world for our strong approach to sustainability.

Our commitment goes beyond producing responsibly. We're proud to create shared value in the communities where we operate, and for Pinjarra Refinery that includes the Shire of Murray and City of Mandurah regions. Through local employment, procurement, and community investment initiatives such as volunteering, donations, and partnerships, we strive to make a positive impact.

Alcoa Australia - Pinjarra Refinery is excited to support the Mandurah Triathlon Club as Major Sponsor for the 2026 season. We wish all members and the local community a fantastic year of racing!

Recovery:



A new sponsor to the club and Interclub races the team at Nutrition Warehouse Mandurah have gone above and beyond to make sure our athletes have everything they need to help them, train, race and recover. With over 120+ supplements and vitamins stores across Australia, there will be a location near you. Explore their full range of sports nutrition, vitamins, and health products in-store.

Swim sponsor:

ToDS Café



Located on the bike course close to transition why not pop along for that morning Kick Starter or post race nutrition.

Since 1998, the team at TODS café have been serving the Mandurah community from our Boardwalk location, with our second café opening in Halls Head in 2008. We pride ourselves on offering award winning coffee, roasted right here in WA with a wide range of popular breakfast and lunch dishes and savoury and sweet snacks in a casual, modern setting. We look forward to welcoming you at one of our two beautiful locations overlooking the waterways of Mandurah and making your next visit an enjoyable one! Halls Head

<https://todscafehallshead.yourorder.io/#!/home>

Overlooking one of Mandurah's best beaches, Doddi's Beach. Enjoy a sumptuous breakfast, lunch, or just our award winning coffee, gazing out over the Indian Ocean.

Mandurah

<https://todscafemandurah.yourorder.io/#!/home>

Mandurah's premier café location since 1998 located on the Boardwalk over Mandjar Bay where you will often see the local dolphins swimming out front. Sit back and enjoy the tranquil views of this beautiful waterway.

Please use the hyper links above as it takes you straight to our Online ordering platform for each store.

Bike sponsor: Giant Mandurah



Another long term supporter of the club and previous Naming Sponsor of the Interclub race, Giant Mandurah are well placed to provide everything necessary for the two wheeled section of the race.

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>

Run sponsor: The Running Centre

Situated in Perth we are again delighted to welcome Raaf and his team at the run centre as our run leg naming sponsor. Providing everything from sun protection to the fastest carbon footwear available please call in and give them the chance to kit you out

Other major Sponsors are:

- City of Mandurah
- Triathlon Western Australia
- 4Life Physiotherapy
- Lakeland Health & Performance
- APMS Engineering
- Sports Power & Plus Fitness Pinjarra
- Matthew McKay Earthmoving
- Bru's House
- DC Decorating
- Coastal Realty
- Mandurah Surf Life Saving
- SES Mandurah

Club Tents

- 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 grass with reticulation, so no pegs for tents. Please bring weights to hold them down.

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.

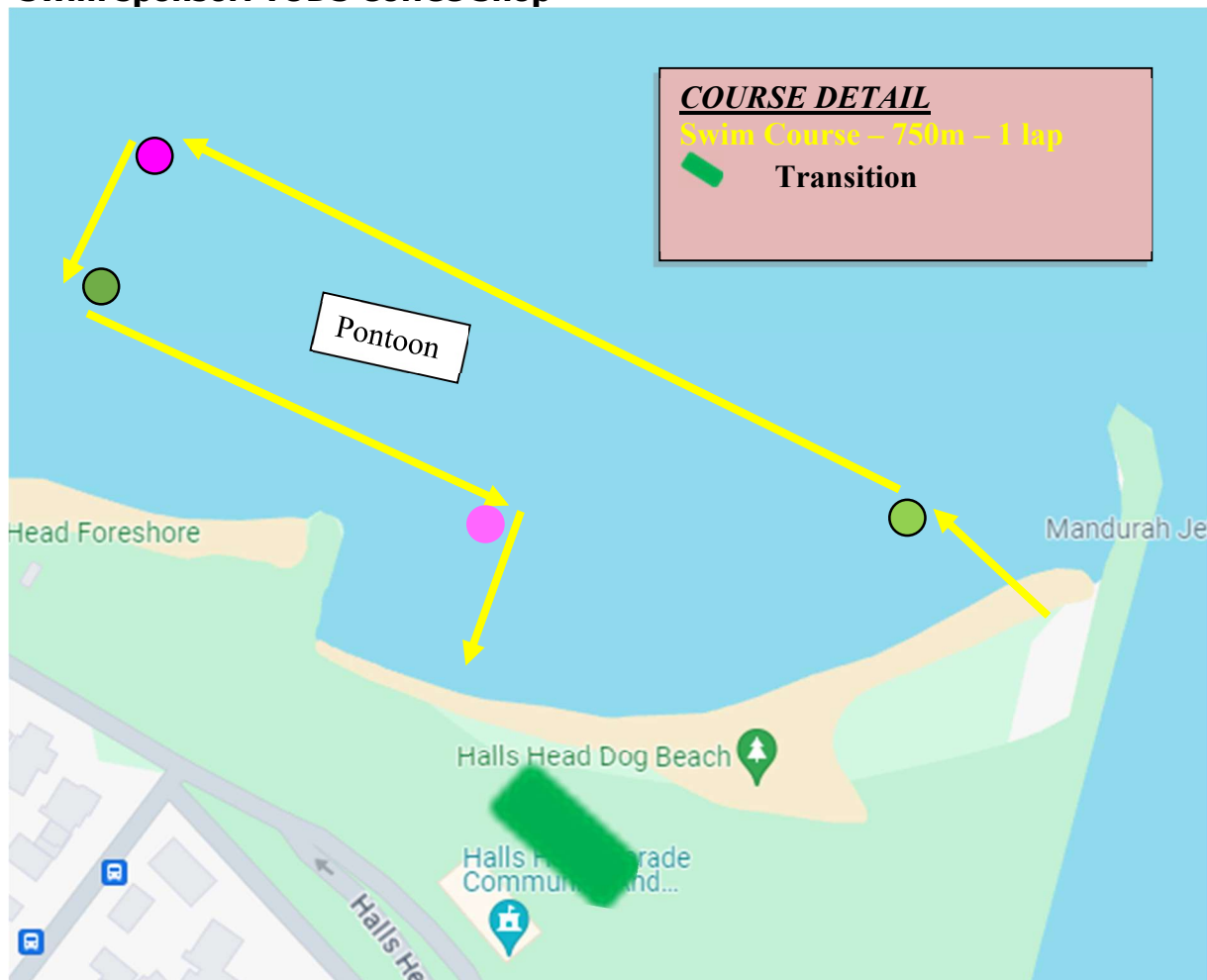
Course Map

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.

Swim sponsor: TODS Coffee Shop



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 run course, showcasing some of the best views Mandurah offers.

Run course: Exit transition and turn LEFT, run around the outside of transition turning right prior to the carpark and onto the main path. Stay Left at all times on the run. Follow the path towards Doddies beach, along the coastal path, up the hill towards Blue Bay car park. You will be running alongside the bike course at this point. Keep following the coast and running up the path. Just after the 3rd Aid Station the run continues through the small car park and turns right up the path for a short distance to the turn around point. At 2.5km (R4) turnaround and start the lovely downhill run back to the finish.

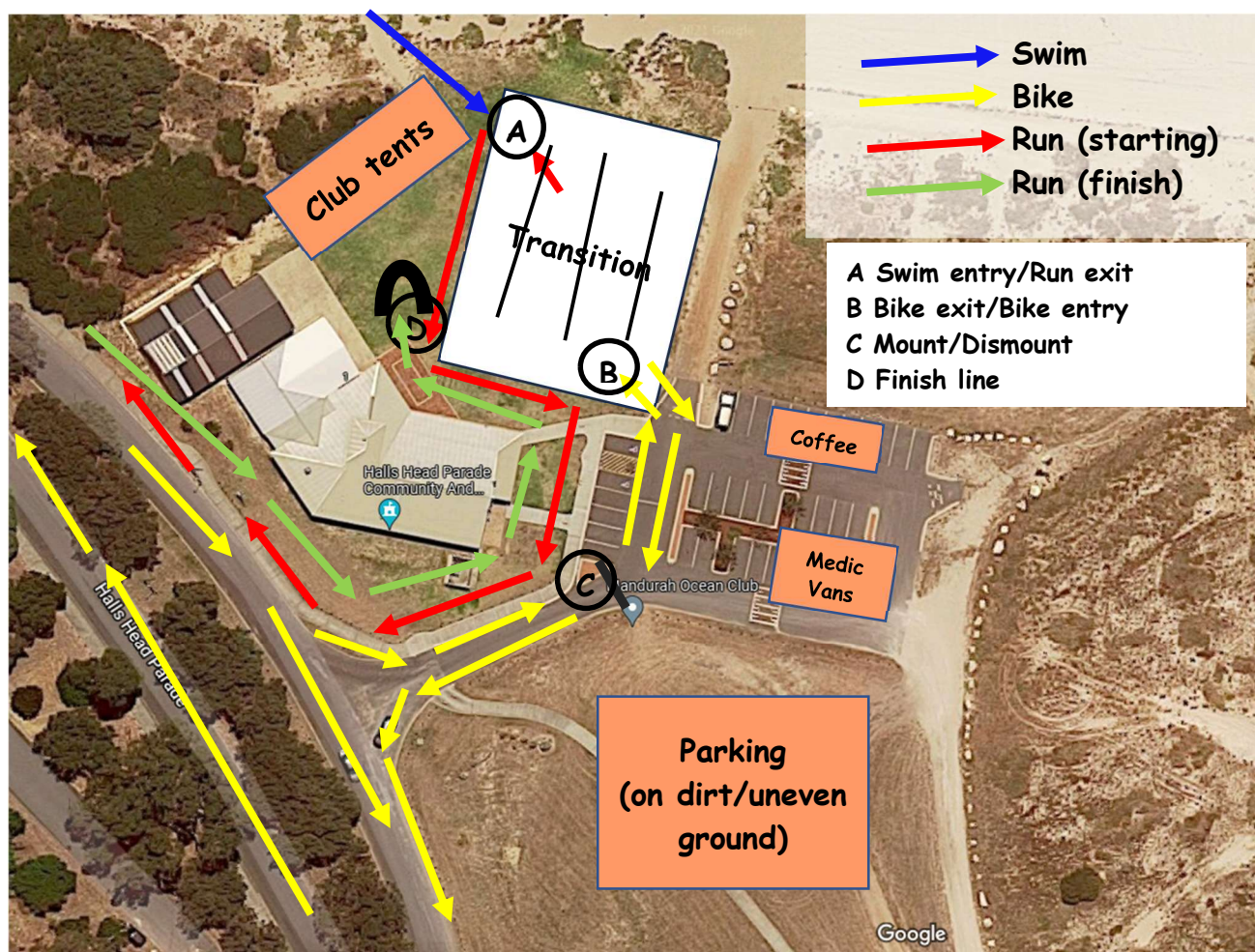
There will be 3 aid stations (R1, R2, R3) on the run course that you will pass at 500m, 1.5km, 2km, 3km, 3.5km, 4.5km.

Please be aware that there is no shade on the run course, be SunSmart and wear sunscreen and a hat.

The run course distance is 5km.



Transition Map



Club alley: Club alley is next to transition and the finish zone. Everyone should be able to squeeze in, but we ask that clubs bring 1 tent only. No need to book tent spaces.

Parking Map

There will be parking available on the dirt/grassed area near transition. **No cars to park in the bitumen car park as this area is reserved for medical personnel** (and the coffee van). There is to be **no parking on Mary Street** as the cars impinge onto the bike course.

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

