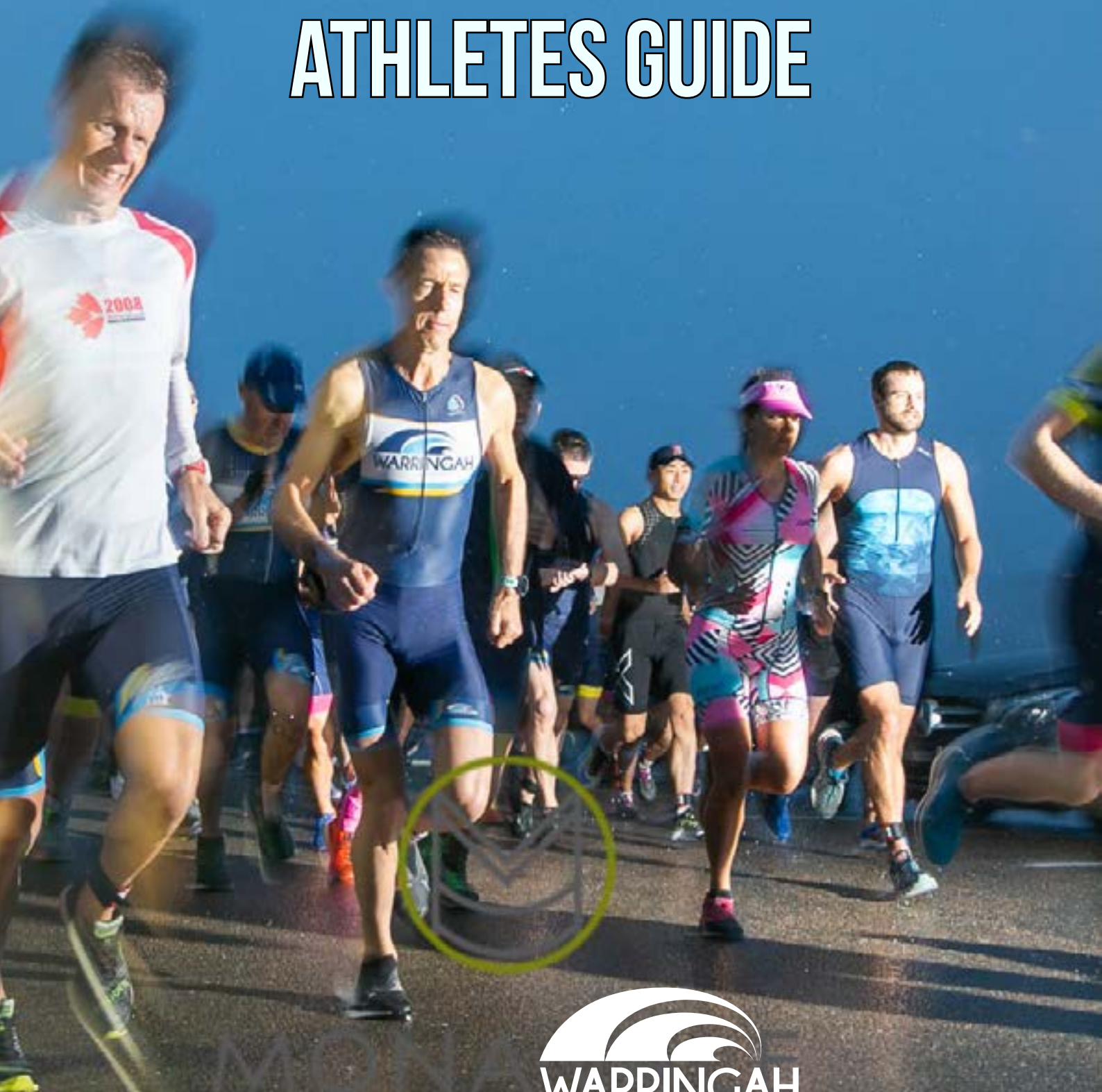


# NORTH HEAD DUATHLON ATHLETES GUIDE



Proudly presented by





### A message from our race directors

Thank you for choosing to race with Warringah Triathlon Club.

Our team remains committed to providing a high quality, safe, fun and fair race and ask that you remain respectful of volunteers, fellow competitors and spectators throughout the race.

It is also a privilege to race within the North Head sanctuary so respect the road rules and if you drop any items or litter please collect and dispose of appropriately as soon as is safe to do so.

Please read the athlete's information guide and know the course. Any updates will be published on Warringah Triathlon Club's social media.

If you have any questions please feel free to ask any of our club members (just look for the Warringah kit).

Thanks again and enjoy your race

Luke Walker and Deanna Waters  
Warringah Triathlon Club Race Directors

### Schedule of events

Time	Event
5:30 am	Registration and transition opens (North Fort compound)
6:30 am	RACE START – Short Course at North Fort
6:35 am	RACE START – Long Course at North Fort
8:15 am	BIKE COURSE CLOSED/ RACE FINISH
8:30 am	Prizegiving and raffles

### Arrival

Our events are held within the North Scenic Reserve and North Fort area with registration located at North Fort, behind the Bella Vista Cafe.

There is ample free parking within the North Fort area. Any competitor parking within the National Park area (on North Scenic Road) must display a valid National Parks parking permit or purchase one from the machines located in the parking bays.

*Photos courtesy of Freshie Photography*





### **North Head Scenic Drive**

This road is OPEN to normal traffic during the race. Please remember that we DO NOT have right of way on the bike course and normal road rules will apply. Cars may be on the course (although it is usually very quiet at this time of the morning) and have every right to be there. If you are a spectator, we suggest you arrive before the bikes are out on the bike course – 6:30am. Remember members of the public have the right to be in the park so any verbal abuse will result in instant disqualification.

Authorised traffic controllers will be located at the roundabout and will ask motorists to reconsider their need to enter the area during the race, but we are unable to prevent them from entering should they chose to do so.

### **Registration**

Registration and chip collection will be open from 5:30am – 6:15am on race day at the transition in the North Fort area. Our events remain very popular. As there is a limit to the number of competitors allowed on the course our events do sell out so the only

way to guarantee your entry is by registering at [warringahtriathlonclub.com](http://warringahtriathlonclub.com) in the week leading up to the race, note the standard entry fee is available up to the Friday before each race.

Limited race day entries may be offered if capacity allows.

At registration you will be crossed checked against the registered competitor list and you will be given your numbered race timing chip to be worn on your left ankle.

Please remember to return your chip at the end of the race

### **Aid stations**

Due to the short nature of the event, aid stations are not provided during the race and competitors are required to be self-sufficient. It is recommended that all competitors carry at least one bidon with them on the cycle course.

The club provides light food and refreshments following the race and during non fire-season complementary barbecue is also available.

### **Toilets**

There are NO toilets at transition. The nearest toilets are located at the back of the building at the Q Station roundabout or near Bella Vista cafe.



## Race rules

The Warringah Triathlon Club races are sanctioned by Triathlon Australia and therefore all Triathlon Australia rules apply during the race. They can be viewed here: [triathlon.org.au/technical/race\\_competition\\_rules.htm](http://triathlon.org.au/technical/race_competition_rules.htm)

Some important rules to be aware of:

- Footwear must be worn at all times (other than when in transition)
- The torso of competitors must be covered at all times (i.e. no shirtless running/riding)
- The race is NON-DRAFTING. You must remain the legal distance of 7m behind the cyclist in front, except for 15 seconds allowed for overtaking. This will be policed on-course by the race director and penalties for infringements will be issued as deemed necessary.
- Helmets must be fastened before you remove your bike from its rack and must remain fastened until it is re-racked.
- Obey all road rules including keeping on the correct side of the road at all times.
- You must obey the instruction of any race official. Failure to do so can result in disqualification

## Environmental respect

We are incredibly lucky to be able to race in a national park and Harbour Trust land, and must do everything we can to preserve the area. DO NOT discard any rubbish (gel wrappers, packets, bidons) on any part of the course. Competitors seen littering will receive an immediate disqualification from the race.

Upon completion of the race, please take all rubbish and personal belongings with you.

If you notice rubbish or a bidon dropped or discarded accidentally during the race please pick it up and discard it appropriately. If we leave the area as we found it, we will have a great race venue for many years to come.

## Rules for family, friends and supporters

Family, friends and supporters are most welcome to come and support you during the race.

Supporters SHOULD NOT bike, drive or run beside a competitor on any part of the course. It is a safety hazard and could get the competitor disqualified.

DO make sure your competitor thoroughly reads this manual.

DO enjoy the race and have a great time

If you are willing, PLEASE DO offer to volunteer at the race.

The club is always in need of marshals, timing officials, people to run the BBQ etc. All volunteers are eligible for the lucky draw prizes.

When supporting cheer loudly and encourage everyone!!



## Transition set-up

Bikes are to be racked in the transition area before 6.15am on the bike racks provided.

Please be mindful of other competitors and be conservative with your width between bikes and the layout of your transition gear to ensure that everyone can be accommodated.

Please remove all bags from the transition area after you have set up as they can become a hazard to other competitors.

You must ensure your bike is in safe working order before entering transition. Check the general condition of your bike, paying particular attention to the brakes and tyres, and ensuring that your handlebars have bar ends.

Helmets must meet AS/NZ Standards.

It is recommended that you have a drink bottle on your bike as there are no aid stations on the course.





## Run 1 2.5km

Starting at transition, competitors turn left onto Old Fort Road, making a U-turn at the cone adjacent to the Barracks.

Competitors then run back along Old Fort Road, past transition and down the hill, turning left before Bella Vista Cafe and follow the path behind the cafe.

Athletes will make a U-turn at the cone on the path before returning along the same path to transition.





## Transition 1

Upon entering T1, competitors proceed to their rack, helmets must be on before uncracking the bike, then proceed towards to exit and mount line. Competitors must NOT mount their bike until they have crossed the marked mount line.





## **Bike leg 7x laps, ~21km (long course), 4x laps, ~12km (short course)**

Competitors ride down the hill towards Bella Vista Cafe, turning left onto North Head Scenic Drive, being mindful of other competitors and vehicles that may be coming past.

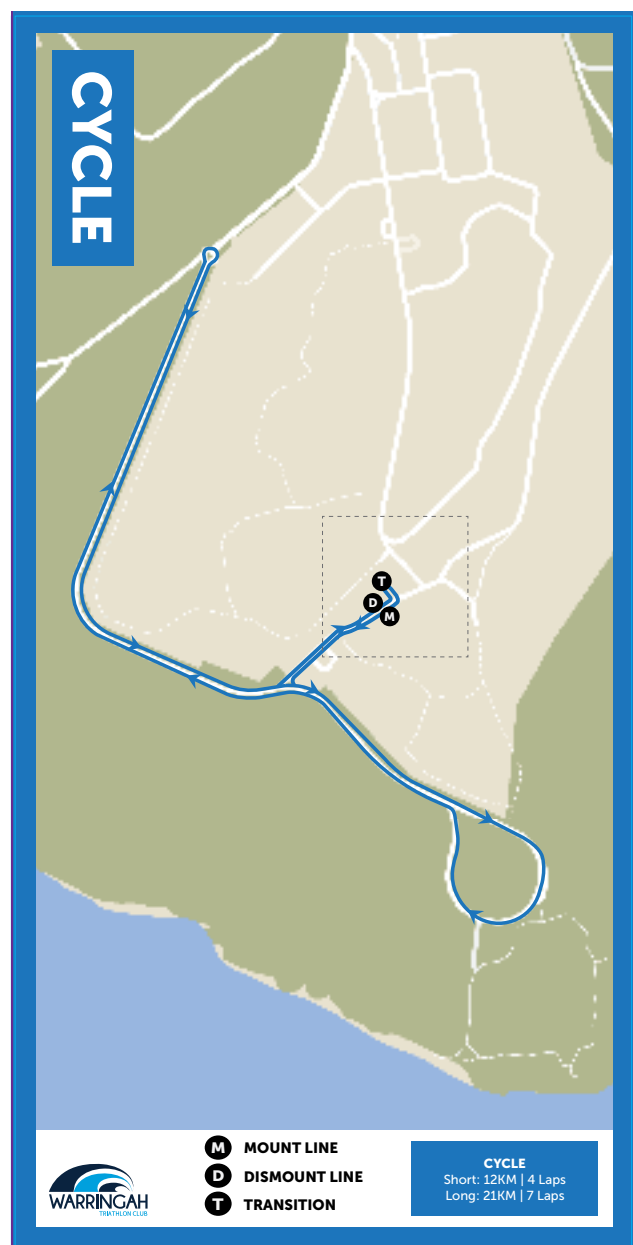
Ride in a clockwise direction around the loop along North Scenic Drive back along to the roundabout, making a U turn before heading south back past Bella Vista Cafe.

Competitors complete a total of seven (7) laps (long course) or four (4) laps (short course).

On your final lap turn left at North Fort besdie Bella Vista Cafe, riding up the hill back to transition.

Things to be aware of during the bike leg:

- Safety first at all times
- Keep left unless overtaking
- No drafting
- When passing a competitor, simply say “on your right” to let them know you are there.
- The roundabout is off-camber and is sometimes covered in sand. Although race volunteers will clear most debris, it is the competitors’ responsibility to slow down adequately and safely negotiate the roundabout.
- Be aware the road is not closed, but will be traffic managed, be respectful to any other vehicles on course.







## Transition 2

Starting at transition, competitors turn left onto Old Fort Road, making a U-turn at the cone adjacent to the Barracks.

Competitors then run back along Old Fort Road, past transition and down the hill, turning left at the path before Bella Vista Cafe and follow the path behind the cafe.

Short course athletes will make a U-turn at the cone signposted on the path while long course athletes continue to run and rejoin North Head Scenic Drive. At Fairfax Track complete two laps of the track in a clockwise direction before returning on North Scenic Drive and on the path that leads you back behind Bella Vista Cafe turn right with a short uphill run to the finish line.





## Finish

As you enter the finish chute pass through the timing finish gate. After you cross the finish line please place your timing chip in the bucket provided.

You will receive congratulations for finishing and a raffle ticket for the “lucky prizes” generously provided by our sponsors. The raffle will be drawn following the event so hang around to cheer on your fellow competitors and hear the latest news from Warringah Triathlon Club.

## Race results

The top three male and female for both the short course and long course will be recognised for their performance during the presentation. Formal race results will be posted on the Warringah Triathlon Club website following the race. The club also runs a handicap championship to encourage competition amongst all competitors. Handicap results and the handicap point score is posted on the WTC website in the week following the race.

## Lost property

If you leave something behind after the race, all lost property will be posted on the club Facebook page, or post a note on the facebook page yourself.

## Contingency plan

Should there be extreme circumstances on the day, e.g. weather, physical obstruction or safety threat, that necessitate the cancelling of any leg the following will apply: In the event the swim is cancelled a short or long course duathlon will be held starting in transition and replacing the swim and initial run with a 3km run around the bike course for all athletes. Should the swim and bike leg of the race need to be cancelled we will proceed with a 6km or 12km run.

## Finally

Please enjoy yourselves, have a safe race and hopefully meet some of the people that make WTC such a great club. If you have any further questions, please do not hesitate to approach any of the WTC officials before or after the race.