

**NORTHERN BEACHES  
TRIATHLON SERIES**

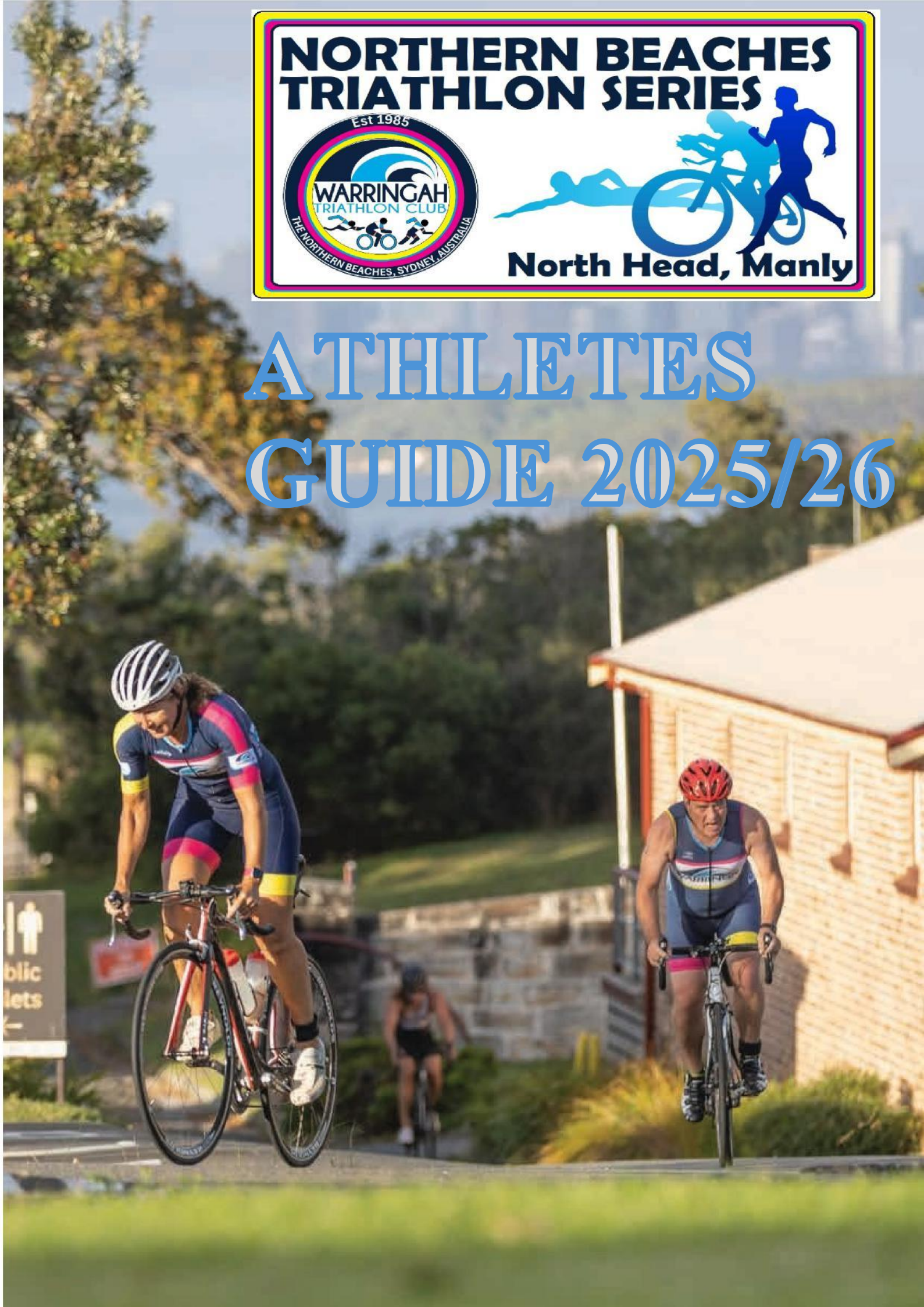


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**WARRINGAH  
TRIATHLON CLUB**  
THE NORTHERN BEACHES, SYDNEY, AUSTRALIA

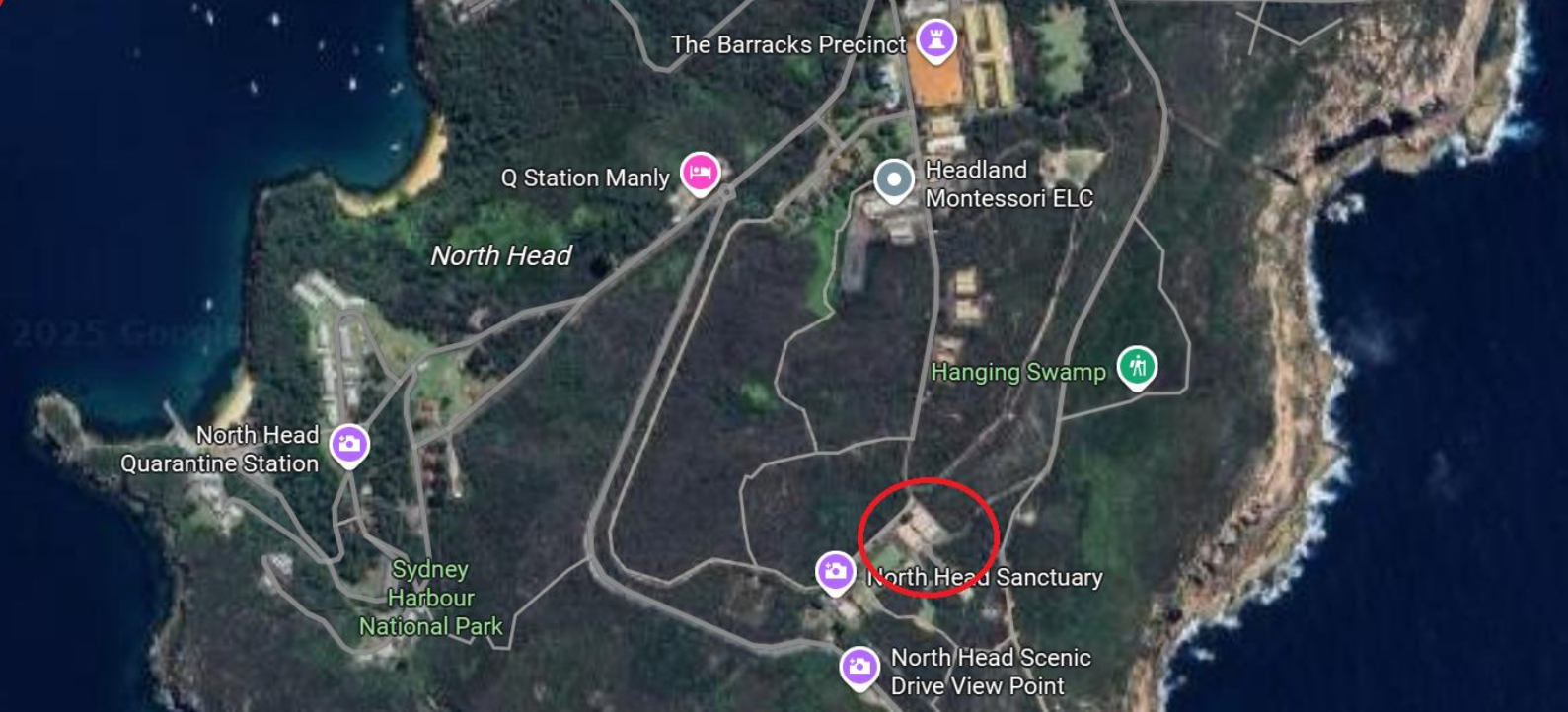


**North Head, Manly**

# ATHLETES GUIDE 2025/26



Public  
Toilets  
←



## Schedule of events

**5.30am** Event Registration and transition opens (North Fort compound)

**5.55am** Race Briefing at Transition

**6.00am** Once registered, racked and set up your bike / transition gear please start to walk down to Collins Beach. Our races will start on time so allow enough time to prepare and be ready to go. It is a 20-minute walk

**6.30am** RACE START – Short Course at Collins Beach.

**6.35am** RACE START – Long Course at Collins Beach

**8.30am** BIKE COURSE CLOSED/

**8.30am** RACE FINISH

**8.35am** Prize giving and raffles!

## Arrival

Our events are held within the North Scenic Reserve and North Fort are a with registration located at North Fort, behind the Bella Vista Café, see map above.

Enter via the North Fort gates



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.

If you are a regular visit to NPW areas, we suggest purchasing an annual pass which gives you access to 45 parks in NSW where an entry fee is charged.

More information is available by visiting [nationalparks.nsw.gov.au/passesandfees/annual-passes](http://nationalparks.nsw.gov.au/passesandfees/annual-passes)



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## A message from our race director

*Thank you for choosing to race with Warringah Triathlon Club in the 2025/26 season.*

*As a club we are excited to be back to racing on our preferred improved course.*

*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 with in 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*

Michael Smith

Warringah Triathlon Club - Race Director



## North Head Scenic Drive

The road is OPEN to normal traffic during the race, noting vehicles entering North Head are made aware that event is in progress.

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 – 6:50 a.m.

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 choose to do so.

## Registration

Registration and chip collection will be open from 5:30 a.m. – 6:15 a.m. 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 Warringah triathlon club .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 on course 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 a complementary post-race barbecue is provided.

## Toilets

There are toilets at transition down towards the café at the lower end of North Fort.

## Race rules

The Warringah Triathlon Club races area sanctioned by AUS Triathlon and therefore all AUS Triathlon rules apply during the race. The AUS Triathlon rules can be viewed here: [triathlon.org.au/technical/racecompetitionrules.htm](http://triathlon.org.au/technical/racecompetitionrules.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 always covered (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 officials, race marshals and authorised traffic controllers. Failure to do so can result in disqualification.

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 !!

## Environmental respect

We are incredibly lucky to be able to race in a national park and Harbour Trust land, as such we all 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 .



## Transition set-up

**At the Bike** - Bikes are to be racked in the transition area before 6.00.am 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.

We recommend putting down a transition towel with your gear laid out, in the order that you will want to put them on.

At your bike you should have your helmet, (that must meet AS/NZ Standards), bike shoes, a bidon with water or electrolyte.

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 fitted. Prior to the race make sure your chain is oiled and your bike is clean! (A clean bike is faster!!).

Put your bike into the gear that you expect to start in, so it's ready to go as soon as you jump on it.

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

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

Before you head off to the swim, we recommend that you walk through transition as if in the race, ensuring you are familiar with where your bike is racked and the route you will take to your bike and out of transition to start the bike leg. More importantly, walk the route off the bike back to your spot at the rack, visualizing what that will look like when your bike is not there, for when you come in for the bike to run transition.

**Swim Transition** – After exiting the swim there is a 1.8km transition run, as such you must take your runners and socks down to the swim start, normally you are wearing them on the walk down there. It is also recommended you have a towel to brush the sand off your feet post swim. Set them up on the beach ready for the swim finish.



## Swim:

**1 lap (375m short course)  
2 laps (750m long course)**

The short course athletes are set off first with a 5 min head start on the long course athletes, which ensures short course athletes are not swimming in the bigger pack.

From Collins Beach competitors will swim in anticlockwise direction keeping the WTC pink buoys on your left.

Once returning to the shore run all competitors need to run between the flags and over the timing sensors.

Short course athletes will have completed their swim, whilst long course athletes then re-enter the water for a second lap.

At the conclusion of the swim, competitors should put on their runners, (that they left on their towel) grab their goggles, cap, wetsuit and anything else that needs to be returned to transition and take with them to the WTC trailer, which is located at the top of the Collins Beach trail, approximately 100m from the beach.

Throw / place you swim gear (ideally in a bag) into the trailer and start the run.

Items will be available for collection at Transition at the conclusion of the race.





## Run to Transition

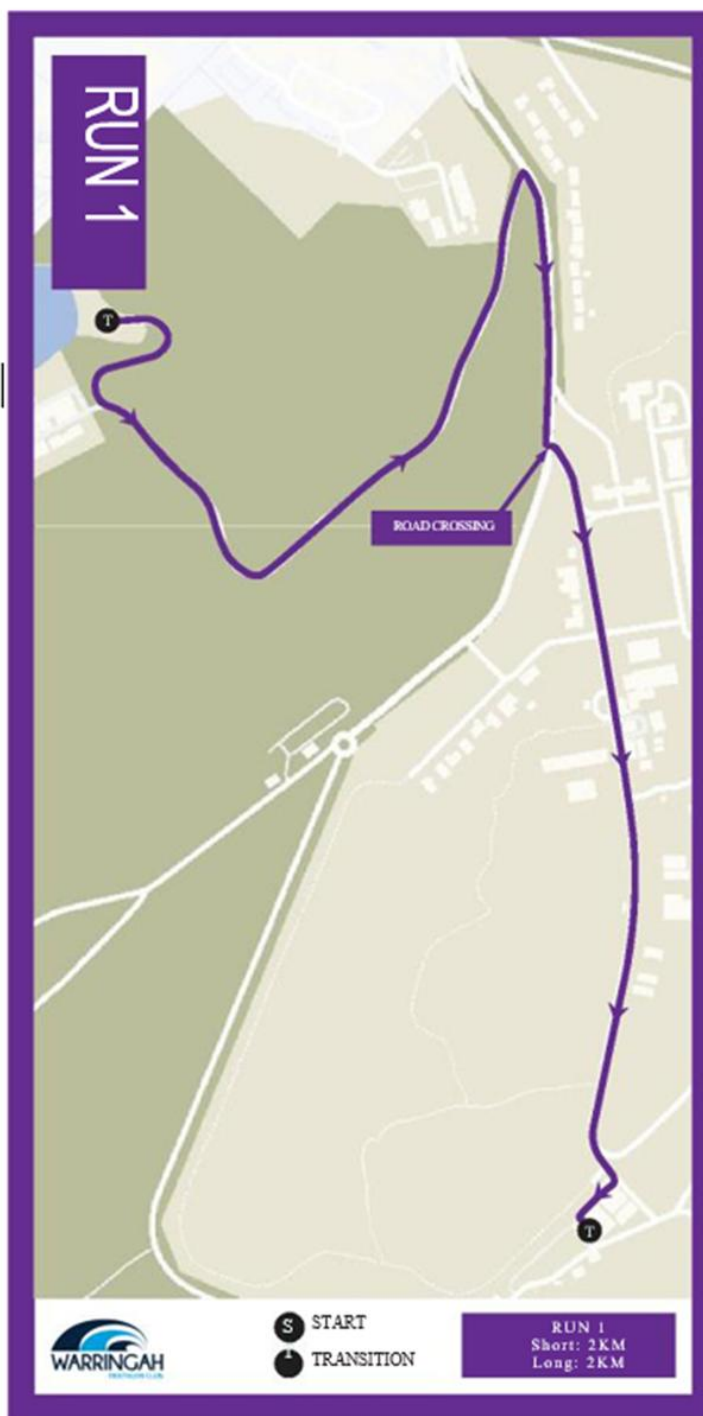
It is approximately a 1.8km run from the swim to transition 1. There is also approximately 70m of vertical climbing.

The run-up Collins Beach Road is a steady climb of about 4% for the first km, before you take a right at the junction on North Head Scenic Drive. Keep **right** on the gravel path adjacent to road, until you get to the junction for the driveway to the North Head Barracks, where a run marshal will be sited.

Competitors will turn left at Old Fort Road and run past the Barracks, straight up Old Fort Road to the transition.

You will crest over the top of the climb just before you reach transition.

When approaching the transition competitors will pass the stone wall of North Fort and turn immediately right into the transition area at the cones.





## Transition 1

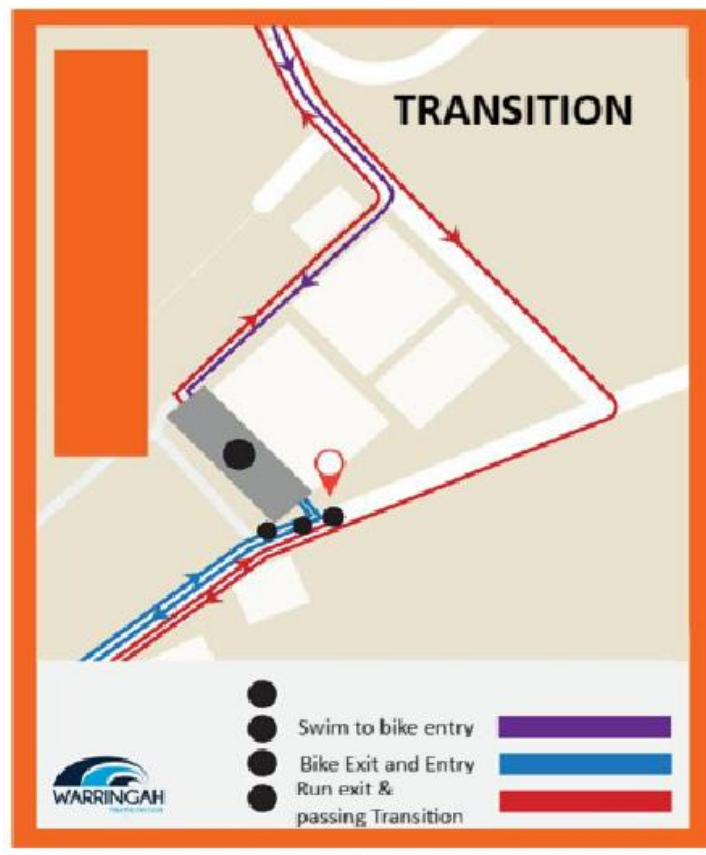
Refer to the purple line on the transition map below, entering transition from the north.

Upon entering T1, competitors proceed to their bike on the rack. Please note that helmets must be on before unranking the bike.

Put on your helmet, bike shoes, etc. and leave your runners neatly at your transition slot, then proceed towards to exit and mount line only after you have passed the mount line.

There will be a marshal to direct you at the mount line.

Competitors must NOT mount their bike until they have crossed the marked mount line.





## Bike leg 7x laps ~21km (long course)

### 4 x laps ~12km (short course)

Competitors ride down the hill towards Bella Vista Cafe, turning left on to 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 beside Bella Vista Cafe, riding up the hill back to transition.

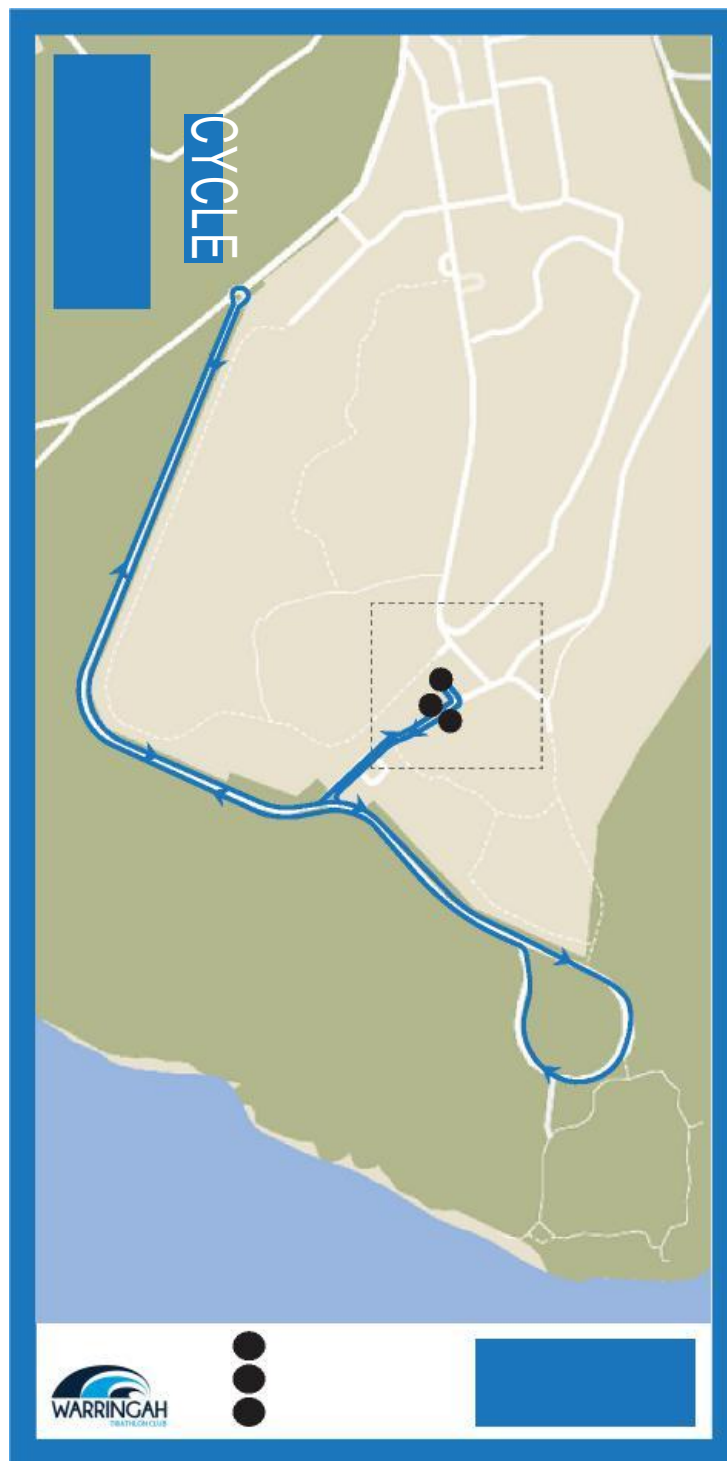
Things to be aware of during the bike leg:

- Safety first at all times
- Keep left unless you overtake.
- 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

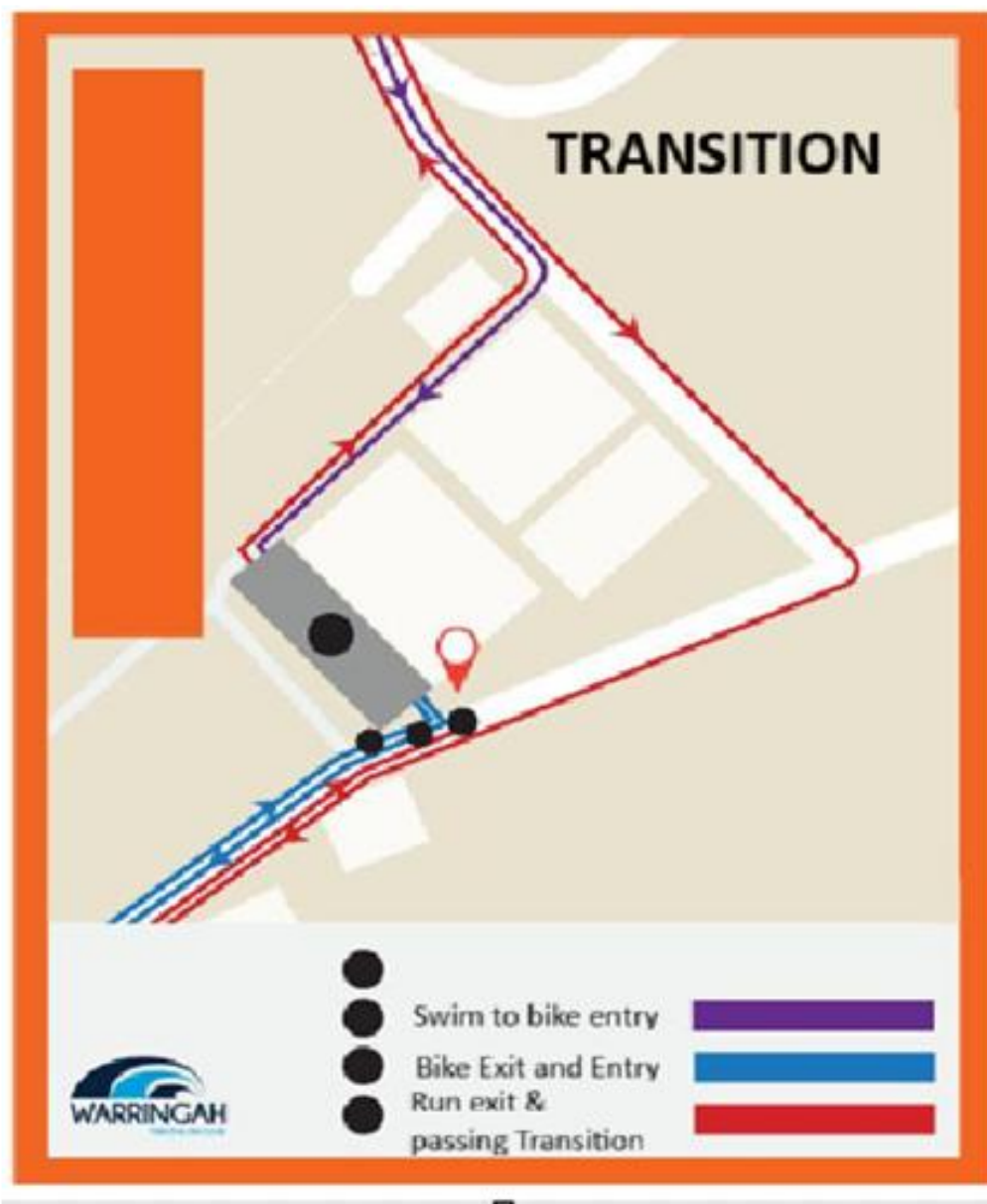
After completing the bike leg, competitors approach transition coming up the hill from the café.

As competitors reach transition zone they will dismount their bike before entering T2 from the south.

Bikes must be racked before removing your helmet.

After racking, competitors should remove their helmets and put on their runners again and exit the transition to the north.

Proceed to exit transition by continuing through transition, turning right and then left on to Old Fort Road for the final run leg.







## 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.

Collect your gear that you left in the trailer, which will now be on the grass next to the bike transition.

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 web site 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 web site in the week following the race.

## Contingency plan

Should there be extreme circumstances on the day, e.g. extreme 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 North Fort 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 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

## 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.

Anything we find left behind will be put into the club trailer and available at the next race for collection