



Race addendum: effective until 31 January 2022

With construction work currently underway in North Head Scenic Reserve please note the following changes to our regular triathlon course:

Transition and Registration

Transition and registration for races up to 31 January 2022 will be located in the North Fort complex behind the Bella Vista Cafe.

Please note there is limited parking available. We recommend you park outside of North Head and ride to transition.

Swim course

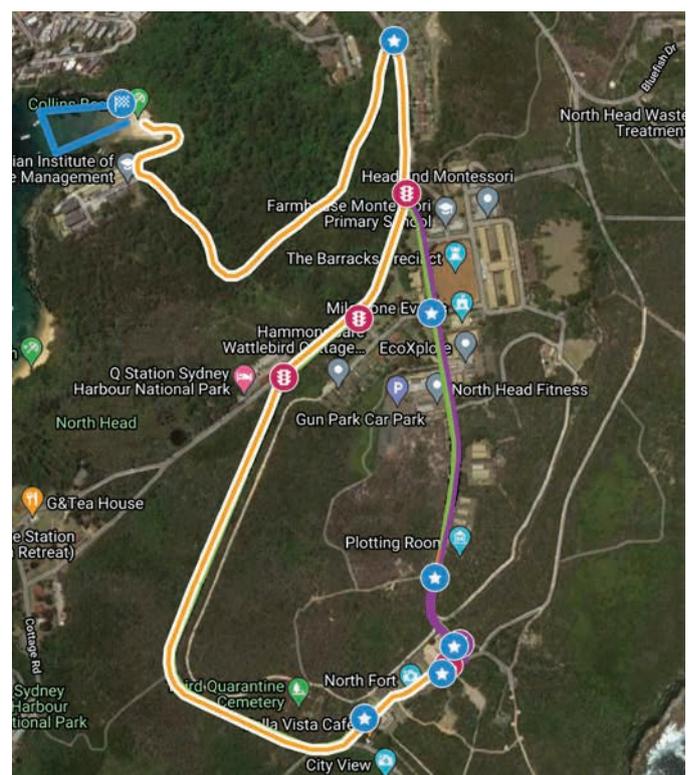
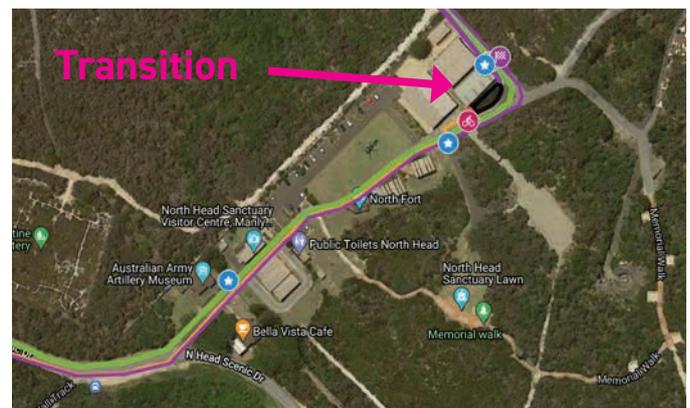
No changes.

Run 1

Competitors leave T1 and follow the bush track to the bottom of Collins Beach Road where they drop off swim gear into the trailer driven by a WTC volunteer. They then turn left and climb "The Snake" (Collins Beach Road), a steady 1km climb. At the top T junction competitors turn RIGHT onto North Head Scenic Drive keeping to the right side of the road and continue past the roundabout.

For the November, December and January races (first set of races) competitors will turn left at the cones near Bella Vista Café and run into transition on the right side of the road.

When safe to do so competitors can move to the left side of the road and into transition.



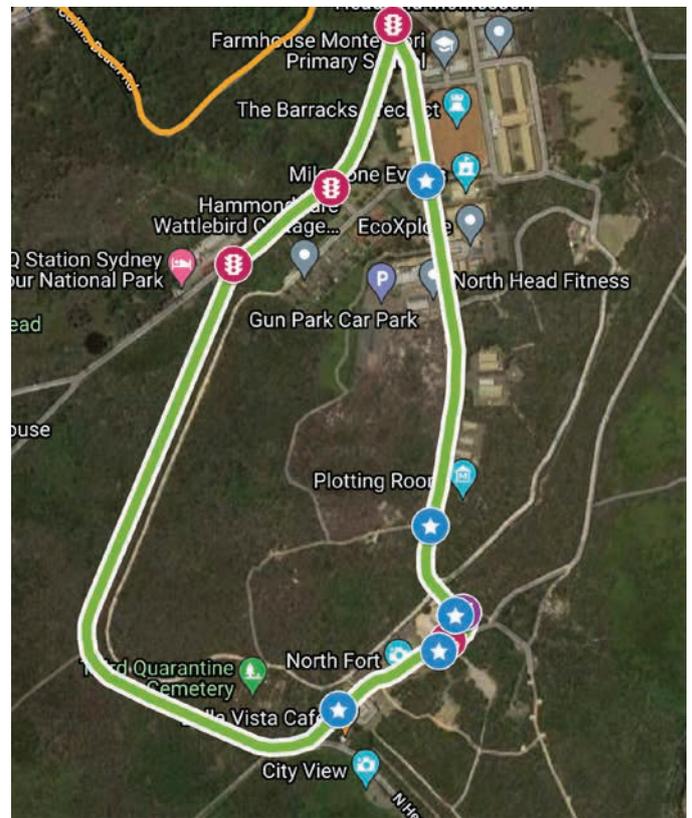
Cycle leg

Competitors mount their bikes in Old Fort Road and head north towards Manly, turning left at the North Head Scenic Drive intersection. There is a small area of road near the transition area where the road surface is unsuitable for passing. This area will be marked by road cones and competitors will be informed this is a no-passing zone.

Cyclists continue to the roundabout at Old Quarantine Station, continuing to the entry of North Fort near Bella Vista Café where they turn left and cycle past the transition area.

One lap of this course is approx. 2.5km. Short course athletes will complete 4 laps while long course athletes will compete 7 laps.

Competitors are reminded that roads are not closed during the race but traffic marshalls and volunteers will be located at all junctions to help ensure a safe race.



Run leg 2

Starting at transition competitors stay on the left side of the road until the coned area in Old Fort Road where competitors will cross to the right side of the road.

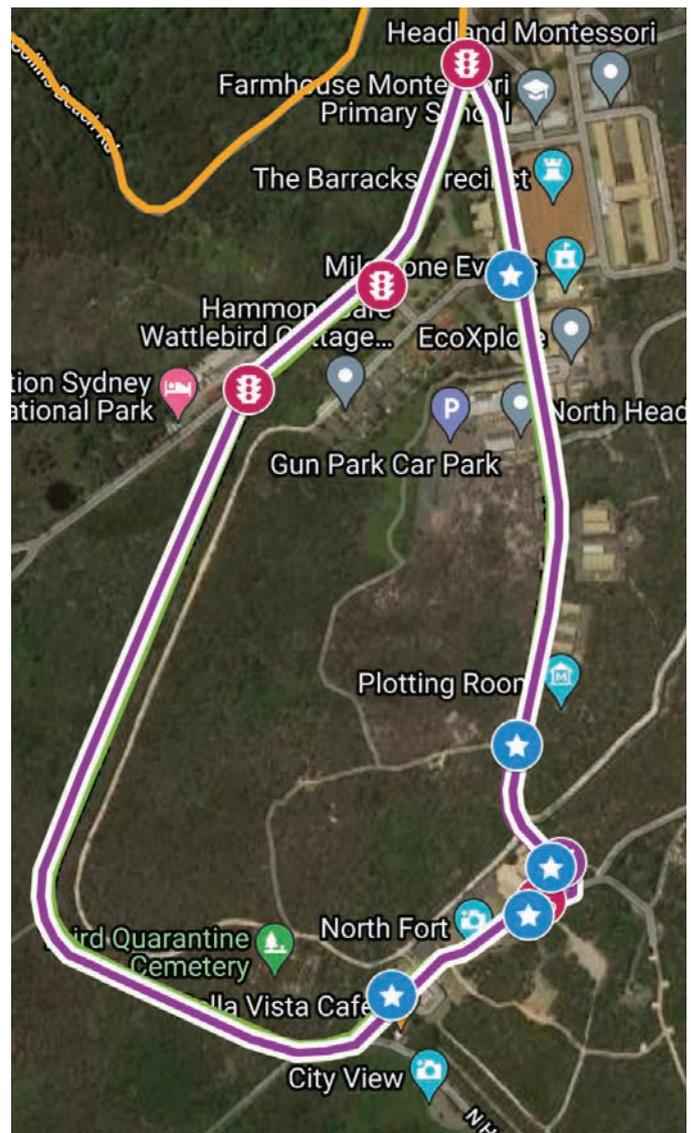
Keeping cyclists on their left, competitors will run north to the intersection of North Head Scenic Drive.

At North Head Scenic Drive competitors will turn left, crossing the road at or about the roundabout when safe to do so, continuing along North Head Scenic Drive turning left at Bella Vista Café keeping the cone on your left.

Short course competitors will finish their race near the transition area while long course athletes will complete a second lap of the course, keeping to the right side of the road at all times.

Please stay after your race and enjoy a BBQ with thanks to our sponsors at PT Precision. An awards ceremony will also be held with random raffle prizes on offer.

Thanks for your cooperation to keep our races safe. These amendments are temporary while construction work continues near Farifax Track.



2021/22 Triathlon Athlete Information Guide



14 November 2021 |
13 February 2022

12 December 2021 |
13 & 27 March 2022

16 January 2022 |
10 April 2022



Images courtesy of Freshie Photography

Contents

A message from our race director	2
Schedule of events	3
Arrival	3
North Head Scenic Drive	4
Registration	4
Aid station	4
Toilets	4
Race rules	5
Environmental respect	5
Rules for family, friends and supporters	5
Transition set-up	6
Run 1	7
Transition 1	7
Bike leg	8
Transition 2	9
Run 2	10
Finish	11
Race results	11
Lost property	11
Contingency plan	11
Finally	11

A message from our race director

Thank you for choosing to race with Warringah Triathlon Club in the 2021/22 season.

We appreciate it has been a difficult year with many events being cancelled or significantly impacted by restrictions this season.

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

There is no briefing prior to the start of the race but our friendly team is available if you are unsure of anything.

Thanks again and enjoy your race

Deanna Waters

Warringah Triathlon Club
Race Director



Schedule of events

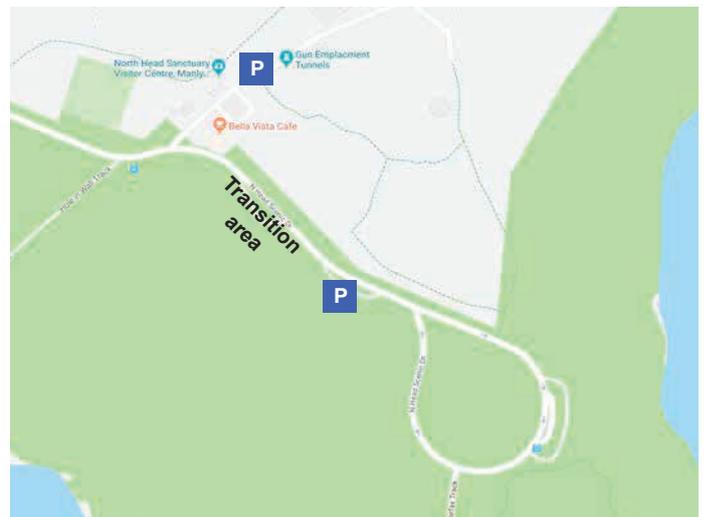
Time	Event
5:30 am	Registration and transition opens Once registered please proceed to Collins Beach. Our races will start on time so allow enough time to prepare and be ready to go.
6:30 am	RACE START – Short Course at Collins Beach
6:35 am	RACE START – Long Course at Collins Beach
8:30 am	BIKE COURSE CLOSED/RACE FINISH Results available following the race Raffle prizewinners and race winners announced online

Arrival

Parking is available at North Head in the second NPW carpark as you head towards North Head. A valid parking permit must be displayed on your vehicle dashboard, visible from outside of the vehicle. This permit is complementary as part of your registration and can be collected from the registration tent at each race. Failure to display the permit could result in a parking infringement notice being issued. Alternatively, 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

<http://www.nationalparks.nsw.gov.au/passesand-fees/annual-passes>

Please park only within marked parking spaces and do not park on the bike course. There are limited free parking spaces available in the North Fort Carpark behind Bella Vista Café.





North Head Scenic Drive

The 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, please arrive before the bikes are out on the bike course – 6:30am at the absolute latest. 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 will be open from 5:30am – 6:5am on race day at the transition car park. There are no race-day entries available. Registration is via <http://www.warringahtriathlonclub.com> in the week leading up to the race, note the standard entry fee is available up to the Friday before each race.

PLEASE NOTE, the field is capped at 120 competitors, with preference given to WTC members, although non members and first-timers are welcome.

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.

Because of current COVID-19 regulations no food or refreshments will be offered at transition (although this may change during the season) and competitors are encouraged to arrive, race and leave.

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:

http://www.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 must do everything we can to preserve the park. 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 North Head National Park 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 should not attend during the current health situation.

Any official or supporter should DO 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 T2/T3 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 and unfortunately we are unable to provide refreshments following the race.

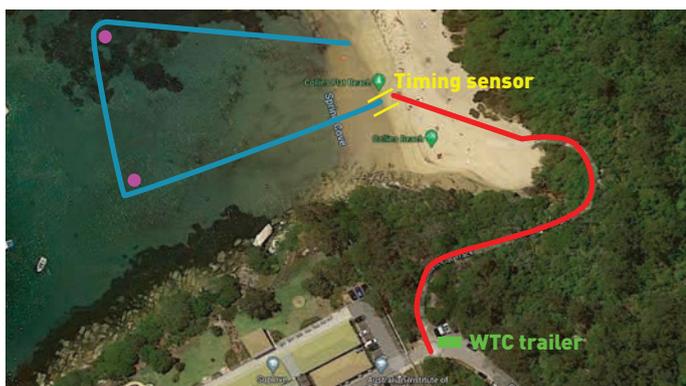


Swim: 1 lap (375m short course), 2 laps (750m long course)

From Collins Beach competitors will swim in an anti-clockwise 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.

Long course athletes then re-enter the water for a second lap.



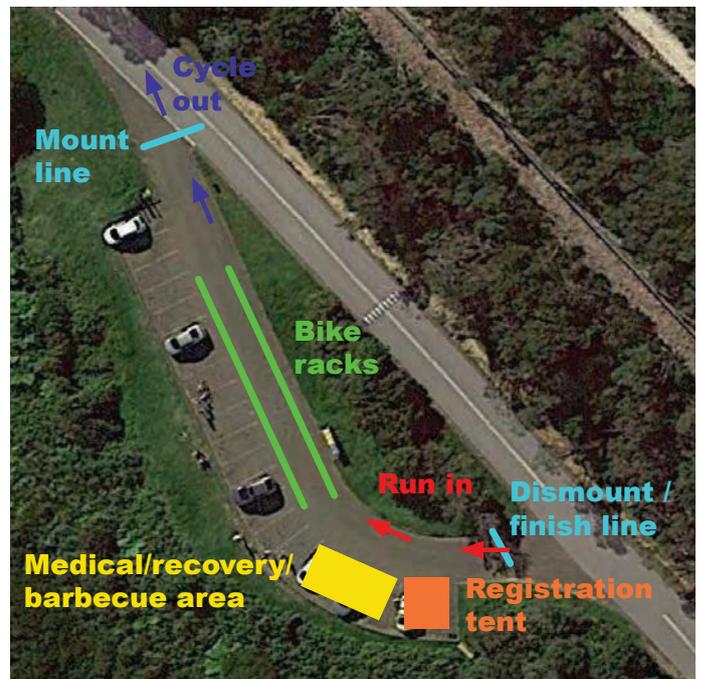
At the conclusion of the swim, competitors should put on their runners, grab their goggles, cap and anything else that needs to be returned to transition and take with them to the WTC trailer located at the top the of the Collins Beach trail.

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

After dropping off your items in the trailer proceed up the hill and turn right, staying on the right side of the road. Run through the carpark keeping the bollards and rope on your left, entering transition from near the finish arch.

Transition 1

Upon entering T1, competitors proceed to their rack, helmets must be on before unranking the bike, then proceed towards to exit and mount line. Competitors must NOT mount their bike until they have crossed the marked mount line. Proceed carefully out onto North Head Scenic Drive, being mindful of other competitors and vehicles that may be coming past transition.





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

Competitors exit T1 onto North Head Scenic Drive heading northwest and continue to the roundabout at the Old Quarantine station gates.

At the roundabout competitors U turn and head south back past transition and around the North Head Scenic Drive loop. When passing the transition area after the loop, competitors have completed one lap (3km).

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

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.

- There are speed humps consisting of shallow asphalt humps and plastic humps, be extremely careful negotiating around or over these humps. Adjust speed accordingly. Speed humps are a nonpassing zone and competitors must stay on the correct side of the road. Competitors crossing to the wrong side of the road to avoid the speed humps will be disqualified.
- Be aware the road is not closed, but will be traffic managed, be respectful to any other vehicles on course it is likely to be reciprocated.

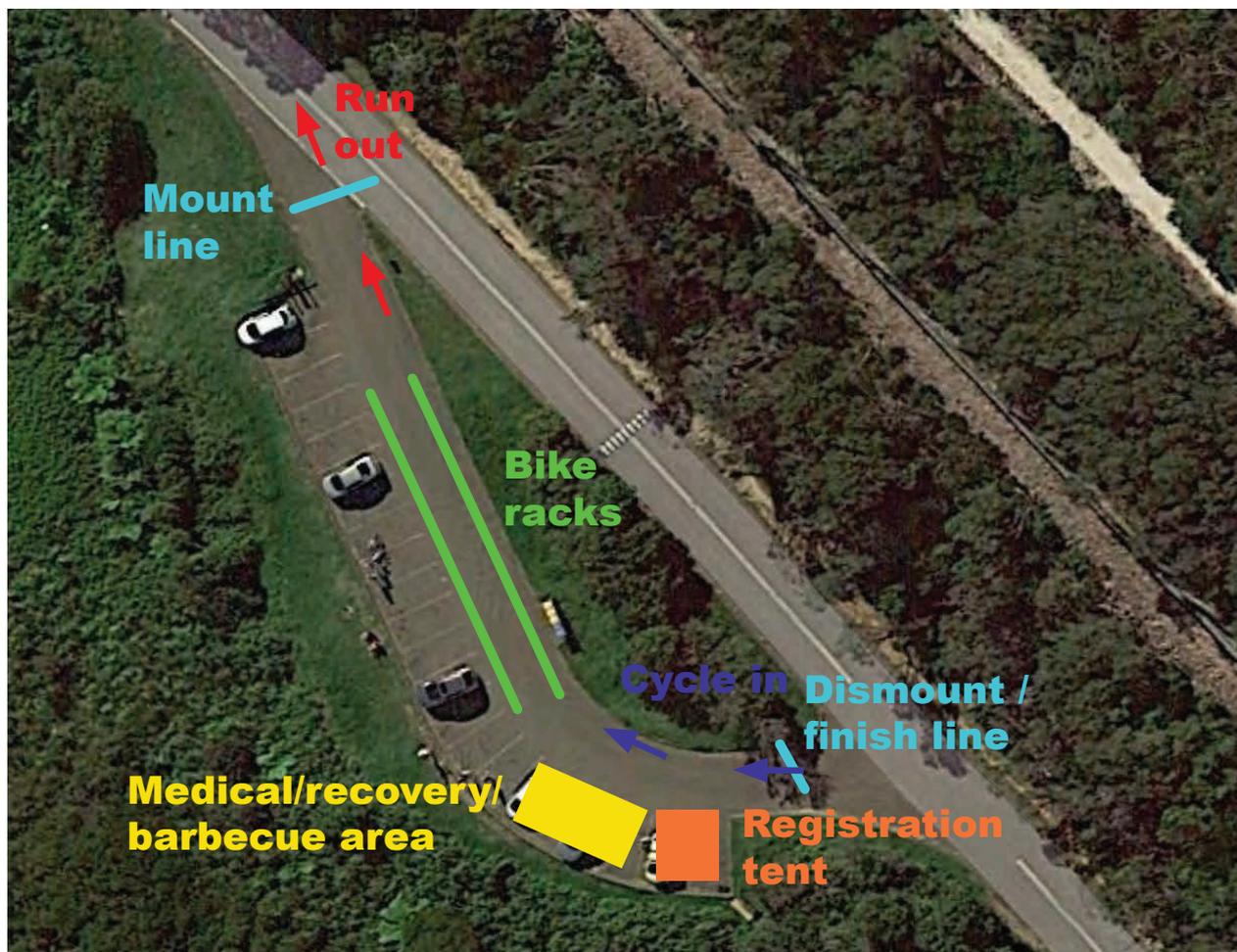




Transition 2

After completing the bike leg, competitors dismount their bike before entering T2 to rack their bike.

After racking, competitors continue through transition out onto North Head Scenic Drive for the final run leg.





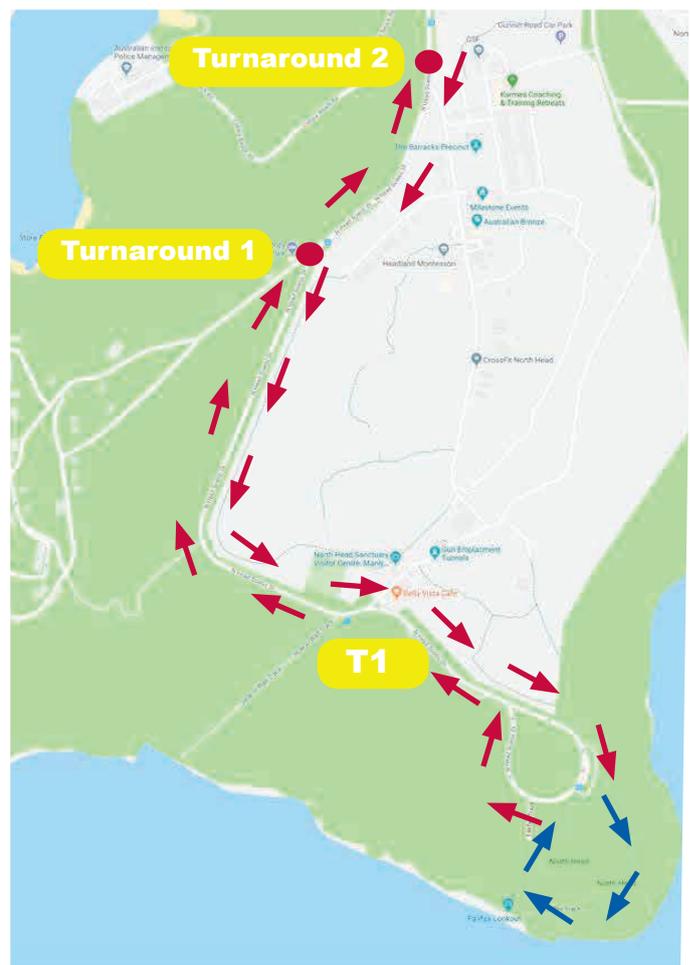
Run 2 leg – 5km (long course), 3km (short course)

Starting at transition, competitors stay on the left hand side of the road out to the roundabout. The short course turnaround (1) is at the roundabout and the long course turnaround is at a witch's hat near the top of "The Snake" (2).

Returning on other side of road, competitors pass the transition area and continue through car park at end loop of North Head Scenic Drive.

Short course competitors continue around the loop of North Head Scenic to the finish staying left.

Long course competitors must turn left onto the Fairfax Walking Trail (marked in blue on the map) and complete the trail in a clockwise direction. You have completed the trail when you come back to the same point you entered the trail. Turn left and follow the road to return into transition for the finish.





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 and awards announced online.

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, eg 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.

