

Karrargup Nature Reserve, Leschenault Race dates – August 11th, September 8th, October 6th 2024

Welcome to the Bunbury Tri Club 2024 Hastie Shield Duathlon Series. We are fortunate once again to have this Series sponsored by Battery All Types – Bunbury and Busselton and thank Tony Gilfuis for his support over many years.

The Bunbury Triathlon Club will once again have three events for the Duathlon Series in August, September and October 2024. All three events will occur in Leschenault using the Karrargup Nature Reserve carpark as our transition point. Access is via Cathedral Avenue.

Points are awarded to Club Members with points being allocated per finisher position for each event with a maximum 20 points through to 1 point. Points will be cumulative for individual distance not combined – i.e. Sprint and Enticer are awarded separately. To be eligible to earn points for each event you need to have competed in 2 of the 3 races of the same distance and adhere to the **Volunteer Policy** below.

The course is a Run, Cycle, Run

The Run is a combination of light trail run on a flat dirt track and footpath.

The long course run is 3km circuit which is run twice for the first leg and once for the second leg.

The short course is also a circuit using a 1.6km loop.

The Cycle course is along Cathedral Avenue. The road will stay open to traffic, and traffic marshals will be in place. Being an early start and reasonably quiet location, we expect road traffic will be minimal. However, when competing on the cycle course, **participants must obey the roads rules at all times**. Sprint participants will do 2 laps, Enticer participants will do 1 lap

Events will be timed.

Course maps are available on club website Bunbury Triathlon Club

[Covid Safe Essential Information – please read](#)

- All participants must bring their own filled water bottles for use during the event. A table will be set up for you to access on the run course if you require. It is your responsibility to place your bottle on the designated table.
- We will provide hand sanitiser outside toilet – please sanitise on entry and exit if utilising the portable toilet.
- Rack your bikes as indicated on bike rack markings alternating either side of the racking (top & tail).
- Please remove your allocated timing chip and place in the sanitising bucket for cleaning post race.

[Location](#)

- Leschenault using the Karrargup Nature Reserve carpark as our transition point. Access is via Cathedral Avenue. Look for Dawes Channel parking area on digital maps.

[Course Distances](#)

- Enticer Course Run 1.6km, ride 11km, run 1.6km
- Sprint Course Run 6km, ride 22km, run 3km
- ** Distances are approximate and susceptible to change pending conditions**

Key Event Times

- 6:30am Setup
- 7.00 – 7.30am Check-in
- 7.30am Transition area closes and Trystars race briefing occurs
- 7.45am / once Trystars completed- Enticer and Sprint race briefing
- 8.00am Sprint and Enticer Distance commence

Participant Age Considerations

- Juniors are aged 19 and below on the 31st of December 2024.
- Seniors are 20 and above on this date.
- Children must be 12 years of age as of 31st December 2024 to compete in the Enticer Distance
- Participants must be 15 years of age as of 31st December 2024 to compete in the Sprint Course.

Registrations

- Online registrations will close at midnight on the Thursday prior to each event.
- Please collect your timing chip at the check-in desk at event.
- Registration on the day of the event will not be possible.

Entry Fee

- All three events are free for Bunbury Triathlon Club members, so please remember to renew your TWA registration for 2024/25 season.
- A one-day membership fee will apply for non-club members being \$40 for the Sprint distance and \$30 for Enticer distance. This is inclusive of the mandatory AusTri one-day-license.
- Trystars will be \$10.00/ event.
- Refunds are not available.

To become a member of the Bunbury Triathlon Club and obtain the benefit of completing all club events for free as well as much more, sign up via <https://www.triathlon.org.au/join/> and select Bunbury Triathlon Club

Parking

The carpark being used for transition is large and should accommodate some athlete's vehicles and support crew. There is also additional parking available on the grass verge prior to the carpark. If parking on the verge please be conscious of other athletes and ensure your car is not sticking out onto the road. We simply ask that once you have completed your event, please refrain from leaving until all athletes are off the cycle course to minimise and crossover with people leaving the carpark as bikes are still entering.

Trystar Event

There will be a Trystar event held prior to the main events. Both the run and cycle course will occur on the footpath/cycle path adjacent to Cathedral Avenue. The Trystars will not be on the main road and will not be exposed to cars/traffic. **Please note this footpath will remain open to public so normal road rules apply (stay left).** There are also a few speed bumps along this path. Trystar parents are required to assist with marshalling. The race will not be timed.

Trystar Event distance –we will offer 2 distances for our Trystar participants to allow our older kids to race slightly further as per TWA rules. The distances will be approximate and open to change pending conditions and Trystar athletes on the day.

- ❖ Short: 500m, 3km, 500m (Minimum age 7)
- ❖ Long: 1km, 6km, 1km (Minimum age 10)



Volunteer Policy – Duathlon

To qualify to compete for the Bunbury Triathlon Club 2024 Winter Series Hastie's Duathlon placings, athletes must compete in two events of the same distance and pre-register to volunteer at one event per series for set-up/pack-up or register a family member as an Event Marshal. You may still compete in the events if you do not meet these criteria, however you will not be able to claim a podium finish for Club awards.

Duathlon Volunteer Positions

- First Aid
- Run turn Marshall
- Bike mount/dismount Marshall
- Trystar Marshalls - several
- Set Up/Set Down of Event Course/Transition
- Pre- register – a family member can complete the volunteer role on behalf of an athlete.
- Pre- register means to register online through the registration link provided for each race.

****Volunteer Roles must be filled by Tuesday the week preceding each event. Key Roles must be filled to facilitate the start of a Club event. ****

We are really excited to be able to offer our club events.

We look forward to seeing you on race day

Bunbury Triathlon Club Committee.



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