

SENIOR CLUB CHAMPIONSIPS

WINBI TRIATHLON COURSE

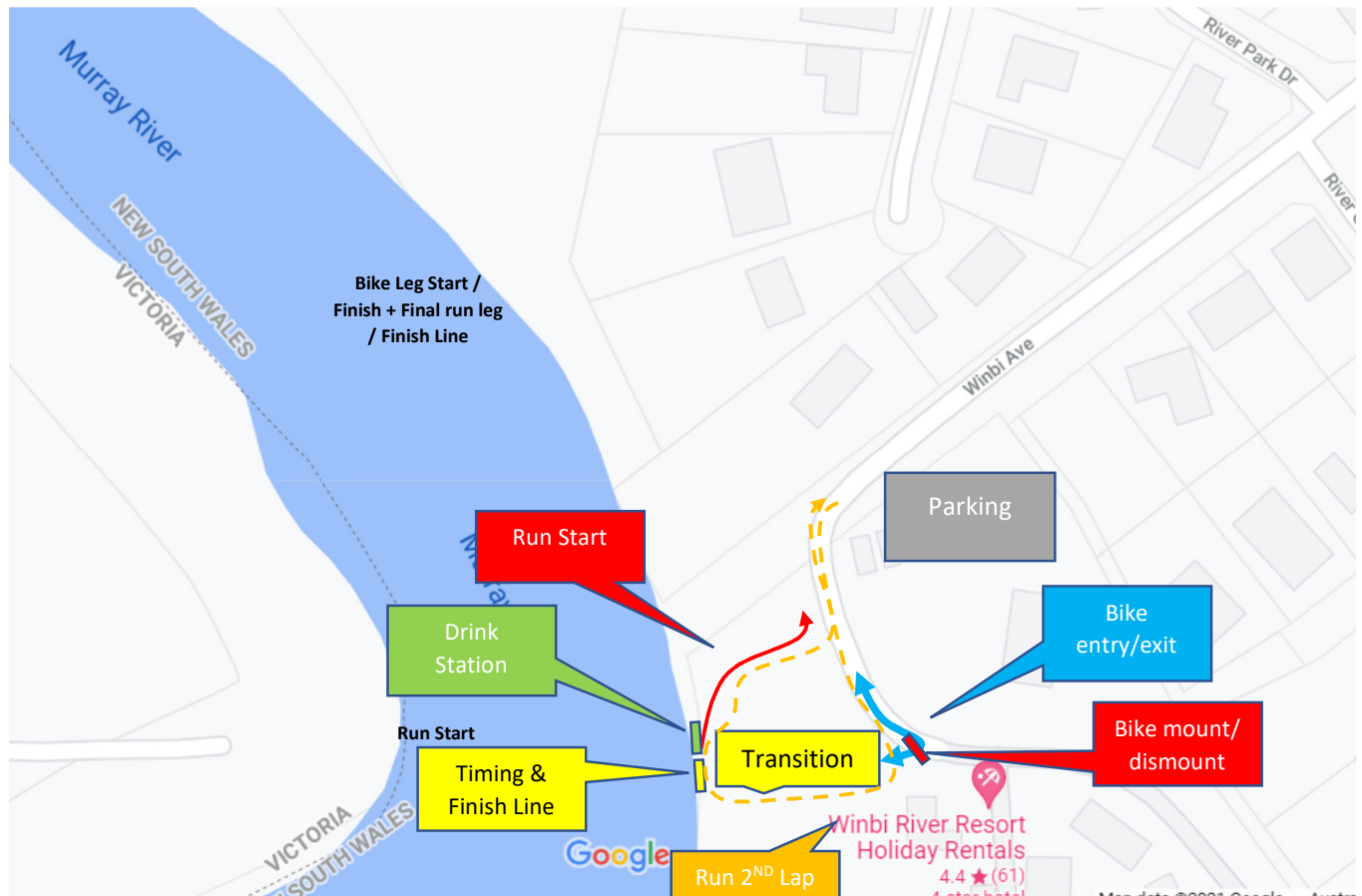
~600m River Swim
20km Road Ride
4.5km Road & Trail Run

TRANSITION / RACE VENUE

The Club is privileged to be able to utilise the area in WINBI and thank WINBI for their continued support to allow our members and the community to race in this location. As such, we request that you are courteous and respectful when on site and racing, including parking in the designated areas, taking any rubbish away with you, being mindful of those living / staying in the homes and rentals, and giving way to vehicles and pedestrians as required.

The venue has ample parking, a large, grassed area for transition, and overlooks the Mighty Murray River. A beautiful spot for our weekly events. *Note: There are no onsite toilet facilities.*

DRINK STATION: We will have a table set up near transition / timing that you can leave a hydration bottle on that you can use / collect on your second lap of the run. Make sure your bottle is distinguishable or labelled so you can easily spot it out as you come past and head out for your second run lap. Note this will not be manned, simply a self self.

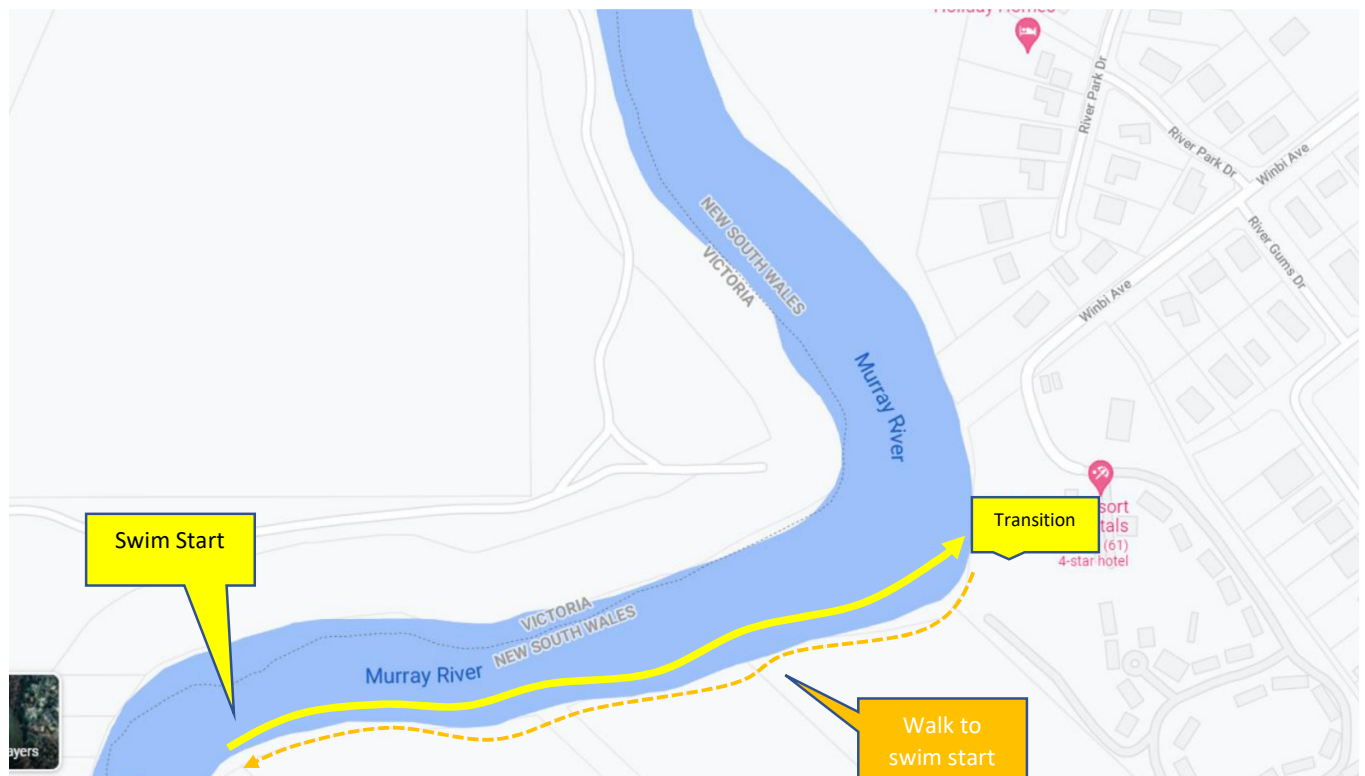


SWIM LEG – 600m

The swim leg involves a leisurely walk-up stream to the start of our swim leg. Participants will then walk down the riverbank and into the water where it will be a deep water swim start. All swimmers will go off at the same time – so a traditional ‘mass start’.

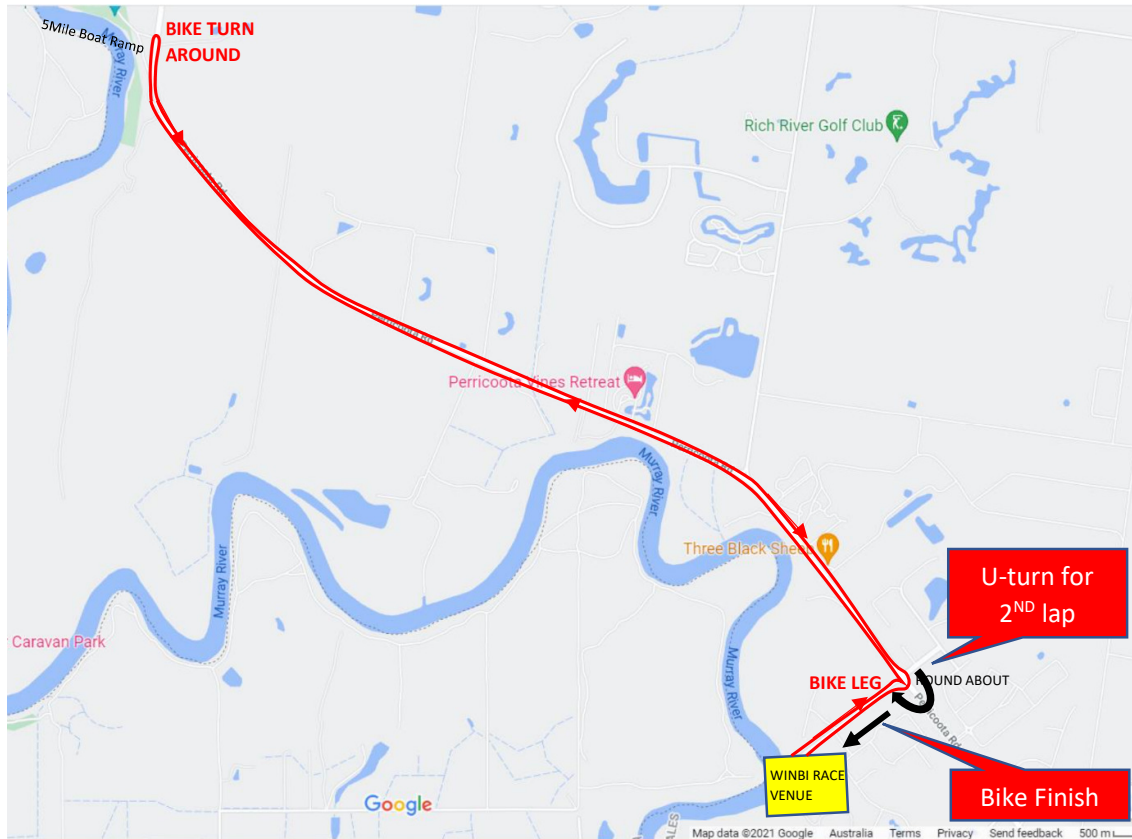
You will be swimming downstream. Please remember that the river is open to vessels. You must wear a bright / visible swim cap and stay to the right of the river. The Club has available a number of Swim Tow Floats should anyone like to swim with one. Please contact us prior to the night so we can ensure we have one for you.

As you come back to the swim exit, you will exit the water at the boat ramp past ‘Brett Sands Watersports’ – the same exit as our splash & dash events. The bottom of the river where you will exit the water will go from mud to the concrete boat ramp. Be mindful of your footing. As you exit up the boat ramp, turn left and head up the riverbank and up the short hill back to transition. Again be mindful of your footing. When dry it can be hard underfoot and small debris such as gum nuts. When wet it can be a little slippery so take care. Once you make it up the riverbank you are into transition, ensure you clock your swim time at the timing station and then you are onto your bike!



BIKE LEG – 20km (2 x laps)

The ride heads out Winbi Ave, turns left at the roundabout onto Perricoota Road and you complete a u-turn (approx 5.5km) at the turnoff to 5Mile Boat Ramp. There will be a bike marshal here, as you will be required to turn around on Perricoota Road. All cyclists must giveaway to traffic and abide by any directions from the bike marshals on course. You then head back the same way you came. When you return to the Round about at Winbi Ave, complete a u-turn around the round about and head back out for your second lap. Once you complete your second lap, you will then turn right at the roundabout into Winbi Ave back to transition. Don't forget to touch on at the timing station before heading out on the run!



RUN LEG – 4.5km (2 x laps)

The run heads out onto Winbi Ave, staying to the LEFT of the road. You will then turn left into Riverpark Drive and cross over into the 'bush track' where you will turn left at the large tree and take the 2nd trail / path to the left (the most distinguishable trail / path) and complete a clockwise loop of the bush track and then back up River Park Drive, turn right back down Winbi Ave and return to the transition area. To complete your second lap, you will head past transition, past timing (but do not touch on for the second lap) and the drink station (make sure you put something here before the race it you want to utilise the drink station) and back out into the bush track for your second lap.

Once you have completed your second lap you are done! Fly down to the finish line and touch on the timing station to finish your race! Your race is complete once your timing chip is touched on after the run. Well done !

