



2009 Women's Only Triathlon

Sunday the 29th of November.

The event is 200m swim /10km ride / 2km run.

This is a great way to get your summer started. The aim of this event is encourage women back into fitness. It is non competitive but it will be timed for your own personal interest.

Information Day

Saturday, 17th October 2009.

Time: 3pm start.

Venue: Bunbury Runner's Club, Recreation Oval, Cnr Symmons Street & Ocean Drive, Bunbury.

All welcome to come – no charge

Information day covers

- Event day
- What to wear
- Training programme
- Nutrition advice
- Stretching
- Question and Answer time
- Afternoon tea provided

The Course

The course is held at the South West Sports Centre, Parade Rd, Bunbury. Transition is on the lawn area beside the swimming pool.

Free parking is available in their car park near the Sports Centre. The main car park will be closed during the event.

The **swim** is held in the heated 50m pool. On the day you will be allocated a swim start time and you will started by an official.

Triathlon Club has organised partial road closure for the event. This means that cyclists have right of way throughout. Each lap is 2.5 kilometres.

The **run** is on Hay Park. One drink stations will be set up.

Maps of the course will be available on the Bunbury Triathlon Club website:-

www.bunburytriclub.asn.au

Race Timing

The event will be accurately timed using electronic equipment. All competitors will wear an ankle transponder. Overall times will be available through the website as soon as possible.

Entries

Entries are to be done through the Internet using a credit card. Entries close on Monday, the 23rd of November at 8pm or when places are filled. Numbers are limited to 200 'Have a Go' entrants and 200 'Race Day Only' entrants.

Use link below to register

<https://www.registernow.com.au/secure/Register.aspx?ID=2093&M=AT&ST=WA>

'Have a Go' Programme

\$100 for senior (18+) and \$85 for juniors (12yrs – 17yrs)

This includes:

- Information Day
- 6 week training programme
- Training jumper
- Information pack including diary
- Race Day entry
- Race Day T-shirt **OR** singlet
- Free bike check before event at Fitzroys Cycles

Race Day Only

\$35 for senior (18+) and \$20 for juniors (12yrs – 17yrs)

This includes:

- Information Day
- Race Day entry
- Free bike check before event at Fitzroys Cycles

Schedule

All competitors must register on the day between 6:30am and 7:30am.

Race Briefing will be done at 7:35 am.

The Women's Only Triathlon will start at 8:00 am. It is anticipated that there will be wave starts at approx 1-2 minute intervals.

Race Rules

Flotation devices will not be allowed.

Road rules must be obeyed.

All athletes must wear an approved helmet throughout the ride leg. The helmets must meet Australian Standard AS20631.1

Age (Juniors)

All ages are taken from the 29th November 2009. Juniors must be 12 years of age on the day.

Presentations

Presentations will be held at approx 10am on the lawn area beside the pool at the South West Sports Centre.

Spot Prizes and Raffle

Prizes will be drawn at random on the day and you will need to be present to be eligible. Tickets for a raffle will be sold on the day. First prize will be a bike donated by Fitzroys Cycles to the value of \$500. Second prize running shoes donated by Sports First, Third

prize will be a swim pack to the value of \$150 donated by Sports First. Tickets will be \$2 each or 3 for \$5.

Sponsors

The Bunbury Triathlon club thanks the following organisations:

Fitzroys Cycles

Worsley Alumina

Marg Rhodes

Sportsfirst

Ascot Aluminium

Contacts

Donna Gellard: MOB: 0438 218600

EMAIL: gellardgirls@westnet.com.au

Lorrie Morrison: MOB: 0428 910936

EMAIL: morrison99@westnet.com.au

Amanda Hickman: MOB: 0417 906106

EMAIL: denham@iinet.net.au