



# WINTER RACE SERIES

LEMANS DUATHLON 23RD JULY

Presented Triathlon ACT events

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# WELCOME TO THE WINTER SERIES

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We are thrilled to kick off another exciting season of triathlon and multisport events in Canberra. As the premier triathlon organisation in the region, Triathlon ACT is dedicated to creating a dynamic and inclusive environment where athletes of all levels can challenge themselves, connect with fellow enthusiasts, and embrace the spirit of multisport.

This race guide is your essential companion throughout the Winter Series, providing important information, course details, and valuable resources to ensure a seamless and enjoyable experience. Whether you're a seasoned triathlete or new to the sport, we encourage you to make the most of this guide and dive into the excitement that awaits.

Our Winter Series caters to a diverse range of athletes, from those seeking intense competition to individuals focused on personal growth and fitness. With a varied calendar of events and a supportive community, there are abundant opportunities to push your limits, achieve your goals, and create lifelong memories.

We extend our deepest gratitude to our dedicated triathlon clubs, valued sponsors, and passionate volunteers who make these events possible. Their unwavering support and commitment to the triathlon community are truly invaluable.

So, get ready to embrace the challenges, celebrate the triumphs, and experience the joy of multisport. On behalf of the Triathlon ACT team, we welcome you to the Winter Series and wish you a memorable season filled with thrilling races, personal achievements, and enduring connections.

Let the journey begin!

Warm regards,

Steve Bingley  
Executive Director, Triathlon ACT

## EVENT PROGRAM & WAVE STARTS

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6:00am	Transition opens
6:45am	Transition closes
6:50am	Event briefing
7:00am	Male competitive wave
7:20am	Female competitive wave
7:40am	Male training wave
8:00am	Female training wave
8:20am	Spare wave
9:00am	Pack up

Schedule above is a draft and subject to change as entry numbers are finalised, there may be a need for additional waves.

# GENERAL RULES

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Please note that the duathlon is not sanctioned and is conducted as a training event following Triathlon Australia guidelines. For a comprehensive overview of the rules and regulations, please visit [www.triathlon.org.au](http://www.triathlon.org.au). Here are some basic rules to keep in mind for this duathlon:

1. **Helmet Safety:** Ensure that your helmet is securely fastened before you touch your bike.
2. **Transition Etiquette:** After completing the bike leg, place your bike back on the rack before removing your helmet.
3. **Sharing the Course:** Although the crit track and cross-country track will be closed for the event, be aware that members of the public may still use it. Please exercise caution and give non-participants ample space.
4. **Course Familiarisation:** It is your responsibility to familiarise yourself with the designated courses. Detailed maps can be found online, in your competitor program, and on competitor information boards.
5. **No Personal Audio Devices:** For safety reasons, the use of headphones, headsets, Walkmans, iPods, mp3 players, or any other personal audio devices is strictly prohibited during the race.
6. **Official Assistance Only:** Competitors may only seek assistance from authorised event officials and not from any other individuals.

Please adhere to these rules to ensure a safe and fair duathlon experience.



# TRANSITION

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Located on the Stromlo Forest Park Criterium Track, transition serves as a vital area for athletes to prepare for different legs of the race. To ensure a smooth experience, please keep the following guidelines in mind:

- **Arrival Time:** It's important to arrive at transition with ample time before it closes. Be sure to plan accordingly.
- **Category Placement:** Find your designated category area within transition based on whether you are participating in the competitive or training wave.
- **Bike Racking:** Once you've located your area, securely rack your bike in the designated spot provided.
- **Setup:** Organize your gear and equipment in your designated space to ensure a seamless transition between disciplines.
- **Transition Flow:** Please follow the designated flow of transition, as indicated in the image below. Enter from the southern end after the first run, exit at the northern end for the bike leg, and re-enter at the southern end after the bike to continue onto the running track.



# LEMANS COURSE MAP

- 200m Run: Athletes will line up on the crit track and sprint in a 200m run to reach the transition area.
- 7.5km Ride: After the run, participants will transition to their bikes and complete 6 laps of the crit track.
- 1.5km Run: Once the bike leg is finished, competitors will re-enter transition and head out for a single lap on the 1.5km grass track course.



# GENERAL INFO

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**Check in:** Upon arrival, move down to transition and get your name marked off the manifest between 6am-6.45am.

**Recovery:** There will not be a designated recovery station, so we encourage participants to bring their own post-event nutrition or support the local Handlebar Café near the pavilion. Water is available at the pavilion.

**Timing:** Official timing will not be provided for this training event. Participants are welcome to self-time if desired or simply enjoy the experience.

**Results:** No official results will be provided as this is a training event.

**First Aid & Safety:** Basic first aid will be provided by TACT and will be located at the Criterium Circuit/Finish Line area.

**Lost & Found, Bag Storage:** Lost and found items can be handed to event officials and will be sent to the Triathlon ACT tent. We highly recommend marking your gear with your name, as Triathlon ACT is not responsible for any lost items.

**Volunteers:** Volunteers will be provided by TACT to support the event.

**Parking:** Parking is available in the dirt car park at Stromlo Forest Park.

**Spectating:** Spectators are welcome at the event but must remain on the Pavilion side of the track behind the black fence or on the grass running track, avoiding the area in between on the Crit track.

**Toilets:** Toilets are conveniently located at Stromlo Forest Park.

**Photography:** Feel free to take photos during the event and share them with TACT. Our TACT photographer will also be capturing moments throughout the race and will be shared on our Facebook post event.



**For more  
information,  
contact us.**

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