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Sue Bell

MEMORIAL

RIVERWAY TRIATHLON

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**THANK YOU, BIKE FIX, FOR YOUR SUPPORT
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Sue Bell[✈] MEMORIAL RIVERWAY TRIATHLON

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WE ARE PROUD TO RECOGNISE ODYSSEY ON THE STRAND AS A MAJOR SPONSOR OF THE SUE BELL MEMORIAL RIVERWAY TRIATHLON.

Located right on the beautiful Townsville Strand, Odyssey on the Strand offers locals and visitors a relaxed coastal experience with stunning views, delicious food, great coffee and warm, welcoming service.

Odyssey is more than just a café – it's a place to connect, unwind and be part of the community.

**THANK YOU, ODYSSEY ON THE STRAND,
FOR YOUR SUPPORT OF SPORT,
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WHY WE APPRECIATE THEIR SUPPORT



Supporting local events and community initiatives



Creating a welcoming space for athletes, families and supporters



Proudly showcasing Townsville as a great place to live, work and play



Backing healthy, active lifestyles in North Queensland



GREAT COFFEE
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RIGHT ON THE
TOWNSVILLE STRAND



PROUD TO SUPPORT
OUR COMMUNITY



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GOOD FOOD. GREAT COFFEE. BETTER TOGETHER.

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Welcome

Welcome to the **2026 Sue Bell Memorial Riverway Triathlon**, proudly presented by the Townsville Triathlon Club. We are delighted to have you join us for this community-focused event, held in honour of Sue Bell, a much-loved supporter of triathlon and an enduring symbol of generosity, encouragement, and care within our sport. Whether this is your first triathlon or one of many, we thank you for being part of a race that celebrates participation, resilience, and the spirit of looking out for one another—both on and off the course.

This document serves as your official **race brief and safety guide** for event day. It has been designed to provide competitors with all essential information relating to race logistics, timings, course details, rules, and safety considerations. Please take the time to read it carefully and familiarise yourself with the procedures and expectations outlined within. A clear understanding of the race format, course layout, and safety requirements helps ensure a safe, fair, and enjoyable experience for all competitors, volunteers, officials, and members of the public sharing the event environment.

Acknowledgement of Country

The Townsville Triathlon Club acknowledges the Traditional Custodians of the land and waters on which this event takes place, the Wulgurukaba and Bindal peoples, who are the Traditional Owners of the Townsville region, including the Ross River and Riverway Precinct. We recognise their ongoing connection to land, sea and community, and pay our respects to Elders past and present. We also extend that respect to all Aboriginal and Torres Strait Islander peoples participating in or supporting this event today.

History of Riverway Precinct

The Riverway Precinct has evolved from a former military camping reserve into one of the city's most significant recreational and cultural destinations. Prior to its redevelopment, the land along the Ross River was retained by the then Thuringowa Shire Council for community use, reflecting growing demand for open space as the Upper Ross area expanded. During the 1970s, the site was developed as the Pioneer Sporting Complex, supporting local sporting clubs and community activities. Following extensive planning, the Riverway Precinct officially opened in July 2006, transforming the riverfront through staged development into a contemporary parkland featuring walking paths, sporting facilities, arts and cultural venues, and lagoons, while preserving its longstanding role as a place for community gathering and recreation.

Townsville City Council Support

The Townsville Triathlon Club gratefully acknowledges the support of **Townsville City Council**, whose commitment to community sport and active lifestyles helps make events such as the Sue Bell Memorial Riverway Triathlon possible. Council's assistance includes the approval of a **\$25,000 grant** to support essential event requirements such as partial road closures, permits and temporary fencing, enabling the safe and effective delivery of the race. Through this support, along with the provision and maintenance of high-quality public spaces like the Riverway Precinct, Council plays a vital role in fostering inclusive community events that promote participation, safety and connection while showcasing Townsville as a premier destination for outdoor sport and recreation.

In memory of Sue Bell

The Sue Bell Memorial Triathlon is named in honour of the late Sue Bell, a much-loved member of the triathlon and wider cycling community. Sue had a close connection with the sport, not only as Kate's mum but as an ever-present and deeply valued supporter of the Townsville Tri Club. While never officially on the committee, Sue was very much an integral part of the team—generously giving her time to help organise races, prepare race packs, hand out water, marshal courses, and stand on corners to guide and encourage participants.

Sue was an active member of the cycling community and a passionate supporter of triathletes of all abilities. She was known for her warm encouragement, always offering a kind word, a smile, or reassurance to those both new to the sport and those chasing personal bests. Her positivity and genuine interest in others helped create a welcoming and inclusive environment, making people feel supported, capable and connected.

Tragically, Sue was killed during a training ride the day before the 2013 Saunders Beach Triathlon. Her passing was felt deeply across the community and serves as a powerful reminder of the importance of road safety for cyclists and all road users. Cycling is a key component of triathlon, and many athletes spend countless hours training on open roads. This reality highlights the need for mutual awareness, patience, and respect between motorists and cyclists. Every rider, driver, and pedestrian plays a role in creating a safer environment—whether that be allowing adequate space when passing, remaining alert, or following road rules designed to protect everyone.

Sue's legacy extends far beyond her contributions on race day. She represents the spirit of community, generosity, and care that underpins triathlon. Her story continues to reinforce the importance of looking out for one another, both on and off the road and ensuring that safety remains a shared responsibility.

In recognition of her lasting impact and the values she embodied, the Townsville Tri Club renamed the race in Sue's honour from 2014 onwards. The Sue Bell Memorial Triathlon stands not only as a tribute to Sue's life, but also as an enduring reminder of community, kindness, and the importance of keeping each other safe.



Registration

The individual and team races on offer this year are as follows:

Category	Ages*	Member Fee	Non-Member add ODL Fee*			
Long	15-75	\$90	\$22.50	1 km (river swim)	30 km (3 laps)	8 km (2 laps)
Long Team	15-75	\$90	\$22.50	1 km (river swim)	30 km (3 laps)	8 km (2 laps)
Short	14-75	\$70	\$12.50	350 m (5 pool laps)	10 km (1 lap)	4 km (1 lap)
Short Team	14-75	\$70	\$12.50	350 m (5 pool laps)	10 km (1 lap)	4 km (1 lap)
Big Kids	11-13	\$20	\$4.50	210 m (3 pool laps)	6 km (2 bike path laps)	1.6 km
Little Kids	7-10	Free	Free	70 m (1 pool lap)	3 km (1 bike path lap)	1 km

To enter in any one of the categories above, simply visit [my race results](#), or follow the link to the event registration via our [Facebook page](#) or [website](#).

Registrations do not close, so there is plenty of time to consider your involvement before the start of the race. Do not approach the registration tent to collect your timing chip until you have registered online first. The friendly staff at the registration tent will check you in, issue a timing chip, swim cap, and write your number on your upper left arm to help with identification. The timing chip should be secured on your left ankle facing outward, so as not to interfere with the bike chain.

Your timing chip is how we account for people in the water and on the bike and run course. If you retire early, or lose your timing chip, please inform the friendly staff at the registration tent as soon as possible*.

Technical Officials will be stationed at the entrance to the transition area and will be conducting bike and helmet safety checks. Please ensure your bike and helmet is in a road-worthy condition (brakes operational and end caps on handlebars) prior to arrival to avoid any disappointment.

Please keep the transition area tidy. We recommend storing only a small towel (to dry your feet), bike, helmet, water, nutrition, runners, visor, sunglasses, and any personal medication as subscribed by your doctor. No bags or bike pumps are allowed in transition.

There will be an area for bags inside the registration tent to provide some supervision, but we cannot guarantee against theft or damage. We strongly suggest not bringing anything of value to the event site.

*Ages as at 31 Dec 2026.

*A One Day Licence (ODL) fee is payable to non-Austriathlon members (insurance cover).

*\$100 will be charged to competitors for lost timing chips, so please secure it properly before competing and return it to the designated timing box near the finish line at the completion of your race.

Timings

All efforts will be made to adhere to the timings detailed below. Please arrive early. Once registered, use the remaining time to setup your transition (make final adjustments to your bike: easy gear for a hasty departure, helmet placement, running gear placement, etc). Familiarise yourself with the direction of travel. Know the entry and exits points into transition. Use the facilities and conduct a warmup. If you have any questions, feel free to ask any one of our friendly staff, or refer to the race brief and maps. If you need to top up the fuel tank before the race, coffee and food will be available from the food and coffee provider on site.

Volunteers arrive / Set up	04:30 am
Registration opens	05:30 am
Transition opens	05:30 am
Brief to Volunteer Marshals	05:45 am
Registration and Transition closes	06:15 am
Brief to Competitors	06:15 am
Move to start locations	06:25 am
Sunrise	06:37 am
Individual and Teams Long course start	06:40 am
Individual and Teams Short course start	07:30 am
Little Kids course starts	08:00 am
Big Kids course starts	08:15 am
Transition reopens	After last cyclist dismounts
Awards	As soon as practicable



Triathlon Australia Membership

[Austriathlon](#) offers five different triathlon membership options. Select a membership that suits your level of involvement in the sport and enjoy the many benefits that comes from being a Austriathlon member including insurance cover, free training sessions, cheaper racing, and improved health and wellbeing from exercising and socializing with like-minded people.

To join our club, visit [Austriathlon](#) and follow the prompts to complete your membership with the Townsville Triathlon Club.



Traffic and Parking

Competitors, supporters and spectators are asked to park only in **designated car parks within the Riverway Precinct** and surrounding approved parking areas. Please allow plenty of time to arrive, park and walk to the event site, as traffic management measures and partial road closures will be in place. Late arrival increases the risk of vehicles entering areas shared with athletes, officials and volunteers. For everyone's safety, do not attempt to drive through transition zones, course areas, or pedestrian-only spaces. Following parking signage and the directions of traffic marshals will help ensure a safe environment for all participants and allow the event to run smoothly.

Please note entry to the Riverway precinct will be through the normal entry via Village Boulevard. Exit from the Riverway precinct will be through the alternative exit behind the stadium directly onto Ross River Road. Traffic control will be in place until the last competitor has completed the bike leg.

Two lanes of Riverway Drive between transition and Allambie Lane will be closed to traffic and will have traffic control to provide a safe environment for the bike leg of the course. Please keep left when riding, ride courteously, and stay safe.

Swim Course

Long Course: The long course swim will be a single 1km lap in the Ross River. This will commence with a deepwater start facing downstream - then follow the buoys around the course in a clockwise direction. The swim exit will be adjacent to a small platform and competitors will then run up the mats and into transition via the swim entry gate. Arcadian SLSC will be on site to provide water safety.

Short Course: The short course swim will commence with a *le mans* start and run to the pool entry point closest to the library. The swim will be **FIVE laps** (about 350m – each lap is 70m) of the upper lagoon exiting at the opposite end of the pool and competitors will enter transition via the swim entry gate.

Big Kids Course: The big kids course swim will commence with a *le mans* start and run to the pool entry point closest to the library. The swim will be **THREE laps** (about 210m – each lap is 70m) of the upper lagoon exiting at the opposite end of the pool and competitors will enter transition via the swim entry gate.

Little Kids Course: The little kids course swim will commence with a *le mans* start and run to the pool entry point closest to the library. The swim will be **ONE lap** (about 70m) of the upper lagoon exiting at the opposite end of the pool and competitors will enter transition via the swim entry gate.

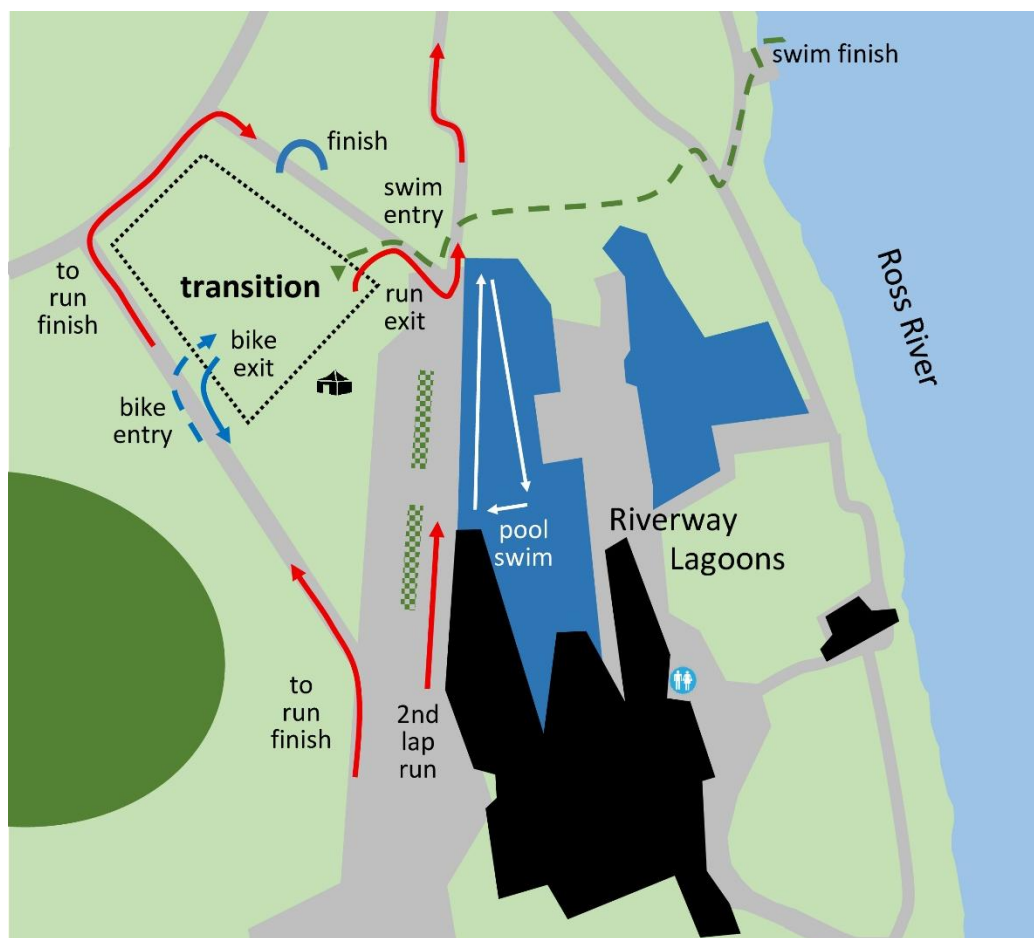


Bike Course

Long Course. After exiting transition, competitors will run their bike through the bike exit / entry gate to the mount / dismount line on the road at Village Boulevard, ride approximately 200m to Riverway Drive, turn left at the traffic lights, then ride 5km along Riverway Drive to the turn-around point and back to just short of Village Boulevard, U turn, and complete another lap. Long course will complete **THREE laps** totaling 30km. On the third and final lap competitors will turn right onto Village Boulevard and to the dismount line, then run into transition through the same bike exit / entry gate.

Short Course. After exiting transition, competitors will run their bike through the bike exit / entry gate to the mount / dismount line on the road at Village Boulevard, ride approximately 200m to Riverway Drive, turn left at the traffic lights, then ride 5km along Riverway Drive to the turn-around point and back to just short of Village Boulevard. Short course will complete **ONE lap** totaling 10km. On the completion of one lap, competitors will turn right onto Village Boulevard and to the dismount line, then run into transition through the same bike exit / entry gate.

Kids Course. After exiting transition, competitors will run their bike out through the bike exit / entry gate to the mount / dismount line at the edge of the library then ride along the Riverway bike / pedestrian path upstream to the turn-around point opposite Gouldian Avenue, and return back along the same path back to the mount / dismount line. Big kids will complete **TWO laps**. Small kids will complete **ONE lap**. Dismount then run their bike back into transition through the same bike exit / entry gate.





Run Course

Long and short course: After exiting transition, competitors will run north (or downstream) following the bike path and cross the pedestrian bridge downstream of the weir. Competitors will then turn upstream and follow the bike path over two small bridges all the way to the pedestrian bridge under the Ring Road, turn right to cross the river, then turn right again to return to the Riverway area. Long course competitors will run past transition and complete a second lap before returning to run under the finish arch.

Kids courses: After exiting transition, competitors will run north (or downstream) following the bike path to the large rainbow serpent statue. Small kids will then turn around and return towards transition. Big kids will continue down the ramp and across the bridge, run clockwise around the pedestrian roundabout, and return the same way. All kids will return along the same path and run under the finish arch.



Race Rules and Regulations

All competitors shall comply with [AusTriathlon Race Competition Rules](#) during the race. The main points to remember are as follows:

Swim

1. No fins, paddles or flotation devices such as life jackets may be worn.
2. Wetsuits are at the discretion of the Technical Director. Generally, wetsuits are not allowed if the water temperature is above 22 degrees Celsius.
3. Swim caps must be worn (so we can see you!).

Ride

1. Your bike must be roadworthy.
2. Bike helmets must be worn (including in transition whilst the bike is in motion).
3. No drafting.
4. Keep left unless overtaking.
5. Obey road laws (the roads will be closed to vehicle traffic)
6. Upper torso must be covered, and shoes must be worn.

Run

1. No form of locomotion other than running or walking is allowed.
2. No individual support vehicles or escort runners allowed.
3. Upper torso must be covered, and shoes must be worn.

Transition Area

1. Keep the transition area clear and consider other athletes.
2. Mount your bike only after you have crossed the mount line.
3. Dismount your bike before you cross the dismount line.

General

1. Competitors must follow the directions of ALL course marshals and technical officials.
2. Race referees have the authority to disqualify any competitor.
3. Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
4. Good sportsman like conduct is demanded of all competitors.

Safety

1. Stay hydrated.
2. Be sun smart.
3. Acknowledge that participation in the race comes with potential hazards such as drowning, traffic accidents and slips, trips and falls:
 - ☐ All swims in the river will be supervised by Arcadian SLSC from various watercraft available to them. Please assist them by wearing your high vis swim cap and waving one hand in the air if you get into any trouble. In case of an emergency, Arcadian SLSC will sound three horn blasts. On this signal, all competitors must exit the water immediately.
 - ☐ Obey road laws, marshals and officials. Be mindful of the public sharing the same space, especially on bike and pedestrian paths. Take care around blind corners – Do not cut corners and always keep left. Potholes may be present on the course, so remain vigilant. TTC will chalk and place traffic cones in known hazardous areas. If you get a flat tyre, move completely off the road before attempting to repair it. If you are first at the scene of a bike crash, please render assistance and send for help by informing a volunteer marshal stationed at one of the critical road intersections or turn around points.
 - ☐ Shoes must be worn during the run leg. Remain vigilant for uneven ground, tree roots and debris.
4. As this is not an event for the casual jogger or swimmer it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.
5. **Marine Hazard Advice.** TTC often gets questions about marine hazards such as crocodiles during the event. Please be advised, only freshwater crocodiles have been found to inhabit this upstream area of the Ross River, and are usually dormant during the cooler months of the year. Arcadia SLSC will also provide water safety and will maintain a constant watch for all marine hazards using technology available to them such as IRBs, surf rescue boards and drones during the race. If a marine hazard is identified before the commencement of the race, the swim course may be adjusted or cancelled. If a marine hazard is identified during the race, the emergency evacuation procedure will be enacted (three horn blasts). If you hear this, immediately turn towards the shore, and continue the rest of the swim leg on foot.

Photography

We are very fortunate to have Robert Ellershaw on the course who will be snapping up some fantastic photos. The photos will be available for download from his Website shortly after the event – free of charge!



If you or your child do not want your photo posted on social media, please inform Robert on the day.



Club Merchandise

Please check out the [online shop](#) for great prices on club merchandise. If we do not have your size available, please email the club, and we'll add it to our next order.



Presentations

Presentations and awards will be brought to you by our sponsors and will be presented to first, second and third place getters in each category, male and female (except for teams). We acknowledge that some athletes will still be competing when we hand out the awards, but we do this so people can get home and attend to their busy lives. Random door prizes may be awarded.

Long Distance Tri:

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

Teams: 1st, 2nd, 3rd

Short Distance Tri:

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

Teams: 1st, 2nd, 3rd

Big Kids Tri

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

Little Kids Tri

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd



Volunteers

Committee members, volunteers and technical officials are invited to enjoy a free coffee, on us, from the Riverway Cafe. If this has sparked your interest, good! We need you to volunteer. Please [contact](#) us. Tasks include the following:

1. The day prior to the event:
 - a. Establish transition: fencing, bike racks, timing mats
 - b. Establish finish chute
 - c. Clean and tidy prominent areas
 - d. Recon, identify hazards and mitigate accordingly
2. On the morning prior to the event:
 - a. Establish signage and traffic cones along swim start, transition, bike mount/dismount, run route and finish chute
 - b. Mark critical junctions along run route
 - c. Establish a water point near transition
 - d. Attach anchors and inflate 4X swim buoys from TOWSA
 - e. Brief ASLSC of buoy placement and confirm evac procedures
 - f. Confirm river hazards with QLD parks and wildlife and ASLSC
 - g. Establish the mount/dismount line
 - h. Establish the registration area, bag drop, FA station and merch store
 - i. Establish the timing system and placement of timing strings
 - j. Establish the MC and presentations tent
 - k. Staff the registration tent and process registrations
3. During the event:
 - a. Attend the marshalling brief and get issued a radio and high vis vest.
 - b. Move to your designated area on the map and be prepared to guide athletes around the course.

Special Thanks

The Townsville Triathlon Club would like to give special thanks to the following organisations and people who provided support to this event:

1. Townsville City Council
2. Avada Traffic Pty Ltd
3. Aus Triathlon
4. Queensland Police Service
5. Arcadian Surf Life Saving Club
6. Queensland Parks and Wildlife Service
7. The local rural fire brigade
8. Timing Crew (Stephen Tetley and Andrew Schubert)
9. Urban Maker
10. Riverway Cafe
11. Lamberts Fresh Food Produce
12. TOWSA
13. Wayde Chiesa MP Member for Hinchinbrook
14. Townsville City Council Mayor Nick Dametto
15. Robert Ellershaw Photography
16. Technical Officials
17. Volunteers, Marshalls and committee members
18. All sponsors of the event
19. Kate Giorgas for keeping Sue Bell alive in our hearts