



SUE BELL MEMORIAL TRIATHLON

SAUNDERS BEACH, 4th July 2021

Thanks to our major race sponsors



[HTTPS://TOWNSVILLETRIATHLONCLUB.COM.AU](https://townsvilletriathlonclub.com.au)

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Important Competitor Information - Sue Bell Memorial Saunders Beach Triathlon - Sunday 4 July 2021

Townsville Tri Club hope you are all looking forward to the race this Sunday - we certainly are!

Covid-19 Smart Racing

Presently, there is no limit on the number of people that can gather in outdoor public spaces. For the latest advice, visit <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>.

You must practice physical distancing as much as possible (definitely no drafting!) and:

1. wash your hands regularly with soap and water, and use alcohol-based sanitizer (If you don't have this, proceed towards the ocean)
2. avoid hugs, kisses and handshakes (Smiling is OK!)
3. wherever possible keep at least 1.5 metres away from people you don't live with (move towards wide open spaces along the beach front).
4. Stay home if sick (butterflies not included)
5. Get tested if you have [COVID-19 symptoms](#)
6. Cover coughs and sneezes (throwing up after a hard race is OK)
7. Immediately shower or bathe the body in the ocean after working a sweat (flexing your muscles after the race is totally OK)

IMPORTANT TIMES

Transition opens: 6:00am

High Tide: 06:09am

Transition closes: 6:45am

Sun Rise: 06:48am

Timing chip/Race pack collection and numbering: 6:00–6:45am

WALK beach to start: 6:45am

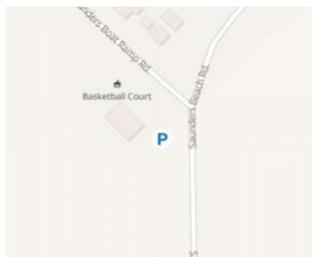
START Senior Kids: 6:50am

START Junior Kids: 6:55am

START Long course, aquabike and teams: 7:00am

START Short course: 7:05am

PARKING



Please do not park on Reef St. Instead, consider Saunders Beach Community Centre car park or streets adjacent the bike course (refer maps below). The community centre is located on the corner of Saunders Beach Rd and Atoll St (You'll see it on the left-hand side of the road as you enter the township of Saunders Beach. It's within walking distance from transition).

VALUABLES

There will be an area for bags however we strongly suggest not bringing anything of value to the race site if you are leaving your bag unattended. Bags will not be allowed to be left in transition area.

VOLUNTEERS

Thank you for those who have volunteered. We ask all volunteers to arrive no later than 5:30am. We could still do with more volunteers if anyone would like to help! [Register here.](#)

MAPS

It is expected that competitors are familiar with the course prior to the race. The Course maps are detailed below and will be posted on our Facebook page and website.

Please conduct a tour of the transition area prior to the race and note the following:

1. Swim entrance
2. Bike exit and mount line
3. Dismount line and bike entry
4. Run exit
5. Direction of travel within transition including the location of your bike.

RACE RULES AND REGULATIONS

All competitors should be familiar with Triathlon Australia Race Competition Rules prior to Sunday. If not, follow the link below and read all about it:

https://www.triathlon.org.au/Technical/Race_Compensation_Rules.htm

Timing chips will be provided to all competitors (one per team). Fees will be charged to competitors for lost timing bands/chips, so please secure properly before competing and return to the designated timing box at the finish line. Thank you.

Some important points to remember:

SWIM

1. No fins, paddles or flotation devices life jackets may be worn.
2. Wetsuits are optional.
3. Swim caps (provided to you) must be worn.

RIDE

1. All bikes must be in roadworthy condition.
2. All competitors will be required to wear a bike helmet throughout the bike race.
3. Pumps and other items not required in the race must be removed from transition.
4. Drafting of other bicycles or any other vehicle is prohibited. A space of four bike lengths must be left between riders at all times. Draft Busters may be operating.
5. Keep left and allow faster competitors to overtake from the right. Never overtake from the left.
6. The bike course will be open to traffic during the race. Competitors must abide by all road laws.
7. Torso must be covered, and shoes worn.
8. Adhere to mount and dis-mount lines rules.

RUN

1. No form of locomotion other than running or walking is allowed.
2. No individual support vehicles or escort runners allowed.
3. Runners must follow the directions of ALL course Marshalls or officials.
4. Torso must be covered, and shoes worn.

TRANSITION AREA

1. Helmets must be fastened at ALL times the bike is unracked.
2. Bikes must be walked/run through the transition area and past the timers/timing mat.
3. Do not throw goggles, running and cycling gear during transition. Leave all gear in designated area at bike rack so it does not cause a trip hazard to other competitors.
4. After race – your bike is to remain in transition until advised by an official.

GENERAL RULES

1. Race referees have the authority to disqualify any competitor.
2. Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
3. Good sportsman like conduct is demanded of all competitors.
4. If you withdraw from the race, please notify a race Marshall or official.

SAFETY ADVICE

1. Drink plenty of fluid before and during the event.
2. Be sun smart.
3. Be COVID Safe.
4. Obey road laws, marshals and all instructions on this form.
5. Competitors acknowledge that participation in the event comes with its potential hazards.

6. As this is not an event for the casual jogger, swimmer or cyclist it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.

PRESENTATIONS

Every athlete will receive a limited-edition Sue Bell Memorial Saunders Beach Triathlon race towel as they cross the line.

Directly following the final race, we will conduct race presentations.



Bike Fix Townsville Long Distance Tri

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

Teams: 1st, 2nd, 3rd

Aquabike: 1st, 2nd, 3rd



Townsville Swimming Academy Short Distance Tri

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd



Odyssey on The Strand Kids Events

Junior: 1st, 2nd, 3rd

Senior: 1st, 2nd, 3rd

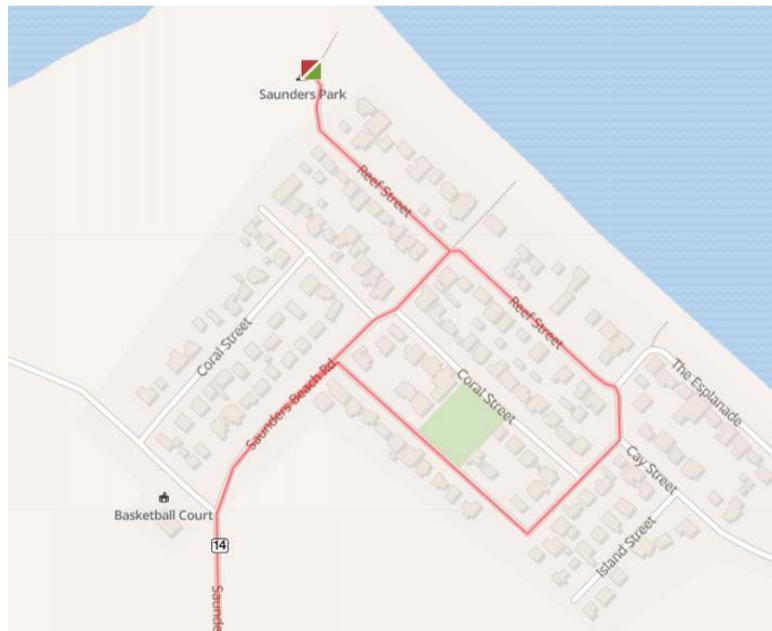
RACE MAPS

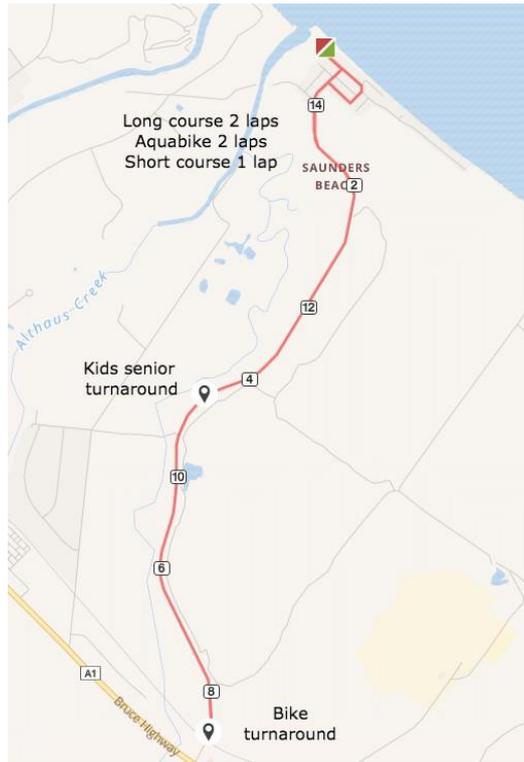
SWIM COURSE – SAUNDERS BEACH



BIKE COURSE – TOWN LOOP

Kids Junior - 2 x laps of the town loop
All other races include the town loop





Short course 15km, 1 lap
 Long course, aquabike 30km, 2 laps

RUN COURSE – BEACH RUN



MERCHANDISE AVAILABLE FOR PURCHASE

ITEM	PRICE
Club Visors	\$15
Club Waterbottles	\$10
Running Singlets	\$25
Tech Shirts	\$25
Club Polo	\$29
Saunders Beach Towel	\$20