



*presents*



**2024**

*Our sponsors:*



**AUS  
TRIATHLON**

## Welcome

Townsville Triathlon Club (TTC) welcomes you to the eleventh anniversary, Sue Bell Memorial – Saunders Beach Triathlon, 2024.

TTC acknowledges the traditional custodians of the land that we are racing on today the Wulgurukaba people and pay our respects to their elders past and present. TTC also extends our acknowledgment and respect to the neighbouring Nywaigi and Bindal people whose land many of us live or work on.

The first Europeans to settle on what is now Saunders Beach were George Saunders and his family who by 1883 had built a substantial residence at the base of Mount Saunders. Included on the property were stables, stockyards, a men's hut, milking yards, calf pen and four acres of garden and orchard. These landholdings became part of the now-mothballed Yabulu nickel refinery in the 1970s and unfortunately there remains little evidence of the original homestead today. Originally known as Jalloonda, the little town was later named after George Saunders as a pioneer of the area. Saunders Beach reached some notoriety as a smuggling port for native birds in the 1960s however despite its dodgy past, it is considered to be one of the finest beaches in the Townsville area.

The Sue Bell Memorial – Saunders Beach Triathlon is named after the late Sue Bell. Sue had a close connection with triathlon, being Kate's mum and was always an unofficial committee member. Sue would generously give her time to help organise races, pack bags, hand out water or stand on a corner and give directions. Sue was tragically killed on a training ride the day before the 2013 Saunders Beach Triathlon. Sue has left a lasting impact on people with her positivity and generosity. The Townsville Tri Club renamed the race in Sue's honor from 2014 onwards.



## Registration

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

**Long** (ages 16+) – 1 km swim | 30 km ride | 8 km run. \$70 + \$20 ODL\*

**Aquabike** (ages 16+) – 1 km swim | 30 km ride. \$50 + \$10 ODL\*

**Long Team** (ages 15+) – 1 km swim | 30 km ride | 8 km run. \$90

**Short** (ages 15+) – 500 m swim | 15 km ride | 4 km run. \$50 + \$10 ODL\*

**Senior kids** (ages 12-14) – 300 m swim | 10 km ride | 2 km run. \$20 + \$10 ODL\*

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 2024.

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

\*\$80 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 for 2 June 2024:

All efforts will be made to adhere to the timings detailed below, based on current high tide timings. Please arrive early. Once registered, use the remaining time to setup your transition space (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 if you need to 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 and timing chip collection	05:30 am
Transition opens	05:30 am
High Tide	05:48 am
Safety brief / Race brief	06:15 am
Registration and Transition closes	06:15 am
Long walk to start locations	06:30 am
Sun rise	06:40 am
Senior kids race start	06:40 am
Long course and Aquabike race start	07:00 am
Short course race start	07:05 am
Transition reopens	08:00 am approx
Awards	08:30 am approx

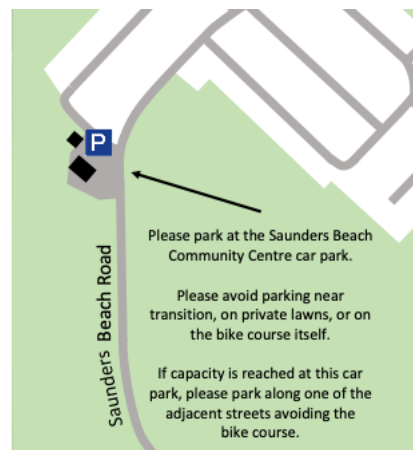
## Triathlon Australia Membership

[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.

## Parking

The Saunders Beach Community Centre car park, located on the corner of Saunders Beach Rd and Atoll St (left-hand side of the road as you enter the township of Saunders Beach) is the designated area for parking. Please avoid parking near transition, on private lawns or on the bike course itself (refer maps below), **especially near blind corners (30 m from an intersection), as this obstructs visibility and increases the risk of a traffic incident.** Please give yourself plenty of time to secure a carpark and walk the short distance to transition. If capacity is reached at this car park, please find a park along one of the many streets adjacent to the bike course (please, avoid the bike course as much as possible).





## Swim Leg

Competitors will make their way south-east towards their respective race start lines on bare foot as depicted below. Please use this opportunity to conduct a beach warm up utilising the sand or water adjacent to your start line. Arcadian SLSC will be on site to provide water safety. A five-minute warning and countdown will be given by the race director before the hooter indicates the start of the race. Don't forget your swim cap and goggles. Keep all swim buoys to your left, turn at the last swim buoy and exit the water gracefully then make your way on foot to transition.



## **Bike Leg**

**Senior kids.** After exiting transition, make your way south-east along Reef St then before completing a full lap of the township of Saunders Beach, turn left onto Saunders Beach Rd. Head south for approximately 5 km then conduct a U turn at the marker depicted below. A marshal will be stationed here to remind you to slow down before making the turn. After completing the U turn, head north turning left at Reef St into transition. Don't forget to dismount before the dismount line.

**Short Course.** After exiting transition, make your way south-east along Reef St then before completing a full lap of the township of Saunders Beach, turn left onto Saunders Beach Rd. Head south for approximately 7.5 km then conduct a U turn at the marker depicted below (just before the rail crossing). A marshal will be stationed here to remind you to slow down before making the turn. After completing the U turn, head north turning left at Reef St into transition. Don't forget to hydrate.

**Long Course and Teams.** After exiting transition (and passing the baton (timing chip) to your teammate if you are in a team), make your way south-east along Reef St then before completing a full lap of the township of Saunders Beach, turn left onto Saunders Beach Rd. Head south for approximately 7.5 km then conduct a U turn at the marker depicted below (just before the rail crossing). A marshal will be stationed here to remind you to slow down before making the turn. After completing the U turn, head north turning right at Reef St, then complete a second lap. On your final lap, turn left at Reef St into transition. Don't forget to keep left.

**Aquabike.** After exiting transition, make your way south-east along Reef St then before completing a full lap of the township of Saunders Beach, turn left onto Saunders Beach Rd. Head south for approximately 7.5 km then conduct a U turn at the marker depicted below (just before the rail crossing). A marshal will be stationed here to remind you to slow down before making the turn. After completing the U turn, head north turning right at Reef St, then complete a second lap. On your final lap, turn left at Reef St into transition. Your race is finished as soon as you cross the timing string into transition. Please rack your bike and make your way to the finish chute via the run exit from transition and along the beach. Well done, keep moving forward, past the photographer, to the timing chip collectors then onto the athletes cool down and refreshments area.





SEE  
INSET

P

Saunders Beach

Saunders  
Beach Road

Purono Parkway

Bruce Highway

**BIKE COURSE:**



Long: 30km (2 laps)

Aquabike: 30km (2 laps)

Short: 15km (1 lap)

Senior Kids: 10km (1 lap)

Bike turnaround

Kids turnaround

Marshal

SAUNDERS BEACH  
BIKE COURSE INSET



## Run Leg

After exiting transition, competitors will make their way south-east on the soft (or firm) sands of Saunders Beach towards their respective markers and complete the required number of laps as depicted below. Competitors may pick up a small rock or twig after each lap to assist with counting. After your final lap, continue straight, in a north-west direction following the signs, and enter the finish chute on the other side of the embankment. Well done, keep moving forward, past the photographer, to the timing chip collectors then onto the athletes cool down and refreshments area.



## **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 optional.
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 not 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 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.

5. If you withdraw from the race, please notify a race marshal or technical official.

## 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 ocean 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, as roads will not be closed. 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.
  - 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, crocodiles are usually dormant in creeks during the cooler months of the year, but just to be sure, and to reduce the risk as low as possible, Ian Bell, department of the environment and science, conducts a croc sweep in the days leading up to the event and on the morning of the event and keeps us informed if there are any sightings. Arcadia SLSC provides water safety and keeps 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 race 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 on Rob's [Facebook page](#) shortly after the event - free of charge! If you or your child do not want your photo posted on social media, please advise Rob on the day.

## Presentations

Presentations and awards are brought to you by our sponsors detailed below and will be presented to first, second and third place getters in each category, male and female. 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 after the last competitor has crossed the finish line.



### *Long Distance Tri:*

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

Teams: 1st, 2nd, 3rd

### *Aquabike:*

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd



### *Short Distance Tri*

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd



### *Senior Kids*

Senior kids male: 1st, 2nd, 3rd

Senior kids female: 1st, 2nd, 3rd

## Merchandise

Please check out the [online shop](#) for great prices on club merchandise and clothing.

## Volunteers

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

1. The day prior to the event:
  - a. Establish transition: fencing, bike racks, timing mats
  - b. Establish finish chute
  - c. Recon the bike leg and chalk/place traffic cones near potholes
  - d. Remove debris and sand from prominent areas
  - e. Remove weeds and seeds at beach access points
  - f. Identify other hazards and mitigate accordingly
  
2. On the morning of the event:
  - a. Place beach signage and cones for finish, and swim entry
  - b. Mark run course with GPS and place flags at 0k, 500m and 1k
  - c. Establish a water point at 500m and near the finish chute
  - d. Attach anchors and inflate 5X swim buoys from TOWSA
  - e. Brief ASLSC of buoy placement and confirm evac procedures
  - f. Confirm marine hazards with Ian Bell
  - g. Place road signage at critical junctions on the bike course
  - h. Establish the mount/dismount line
  - i. Establish the registration area, bag drop, FA station and merch store
  - j. Establish the timing system and placement of timing strings
  - k. Establish the MC and presentations tent
  - l. Staff the registration tent and process registrations
  - m. Assign volunteers to marshalling stations (refer map)

## Special Thanks

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

1. Austriathlon
2. Townsville City Council
3. Queensland Police Service
4. Arcadian Surf Life Saving Club
5. The local rural fire brigade
6. Ian Bell, department of the environment and science.
7. Food and coffee provider
8. TOWSA
9. Brady Ellis (MC)
10. Technical officials and Marshals
11. Volunteers and committee members
12. All sponsors of the event