



TOWNSVILLE
TRIATHLON CLUB

LEGACY 100 

SWIM 1KM RIDE 90KM RUN 9KM

AUS
TRIATHLON

Welcome

Townsville Triathlon Club (TTC) welcomes you to Legacy 100, 2025

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 neighboring Nywaigi and Bindal people whose land many of us live or work on.

TTC is proud to reintroduce the Legacy 100 on 27th of April! This important local charity event raises much needed funds for Legacy with 100% of competitor fees being donated to Northern Queensland Legacy. On Sunday morning, as the sun rises over the Ross River, participants will undertake a 1km swim | 90km ride | 9km run to complete the 100km course. In 2025, the event returns to Riverway including a challenging ride up Hervey's Range and a swim in the Ross River. This hotly contested local event is offering a Legacy 50 as well, so those of you not ready for the full distance can still compete and raise money for Legacy! Also, kids ages 12-17 are welcome to give the Legacy 10 a hot crack. At a tenth of the distance, it's sure to be achievable for the little ones. Will you accept the Legacy 100, 50 or 10 challenge and raise funds for Northern Queensland Legacy?

Legacy has been caring for the partners and children of veterans who have given their lives or health during or because of their military service for almost a century. Currently, Northern Queensland Legacy supports almost 600 beneficiaries aged between four and one hundred and four years. Money raised by the event will support education for children, financial and social support for widows and will help free up critical volunteers so that they can spend more time helping people in our community.

Registration

The categories on offer are as follows:

Legacy 100 (ages 18+) – 1 km swim | 90 km ride | 9 km run.

Legacy 50 (ages 18+) – 500 m swim | 45 km ride | 4.5 km run.

Legacy 10 (ages 12-17) – 100 m swim | 9 km ride | 900 m run.

Each category can be completed as a team or as an individual.

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 track 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 2025 and IAW AusTriathlon Race Competition Rules (refer [appendix E](#)) for maximum allowable race distances for each age group.

*\$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, 27 April 2025:

All efforts will be made to adhere to the timings detailed below. Please arrive early. Once you have checked in, 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 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, the water station is available, otherwise head on down to the Café at Riverway.

Volunteers arrive / Set up	04:30 am
Registration and timing chip collection	05:30 am
Transition opens	05:30 am
Registration and Transition closes	06:15 am
Safety brief	06:15 am
Sun rise	06:27 am
Legacy 100 Start	06:30 am
Legacy 50 Start	06:35 am
Legacy 10 Start	07:00 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 socialising with like-minded people.

To join our club, visit [AusTriathlon](#) and follow the prompts to complete your membership with the Townsville Triathlon Club. Prices are apportioned per quarter for the remaining FY.

Parking

Riverway offers plenty of parking along Sporting Dr.

Maps

Swim Leg

Competitors will make their way into the water from the boat ramp and line up between the two orange swim buoys for an open water start. On the hooter, competitors will swim the required number of laps in a clockwise direction keeping all swim buoys on their right. Competitors will exit via the boat ramp and make their way on foot to the transition area.



Bike Leg

After exiting transition, competitors will mount their bikes on Sporting Dr after crossing the mount/dismount line from the pavement. Competitors will then exit the Riverway complex, crossing the traffic lights at Riverway Dr then following High Range Dr past Reading Cinemas. Competitors will then turn right at the roundabout onto Black Hawk Blvd before turning left onto Hervey Range Rd. Do not turn right at Pioneer Dr. From there, competitors will continue straight along Hervey Range Rd until they get to their turnaround point ensuring they keep left, give way to traffic at roundabouts and stop at red traffic light signals. Before conducting a U turn at the relevant turnaround point, competitors must slow down and check behind their shoulder before executing the turn. Competitors will then make their way back to transition in reverse order. TTC will endeavor to have a turnaround sign and marshal at each turnaround point (subject to volunteers). It is recommended all competitors carry a mobile phone during the bike leg and familiarise themselves with the map, as well as carry a bike computer to advise distance travelled.

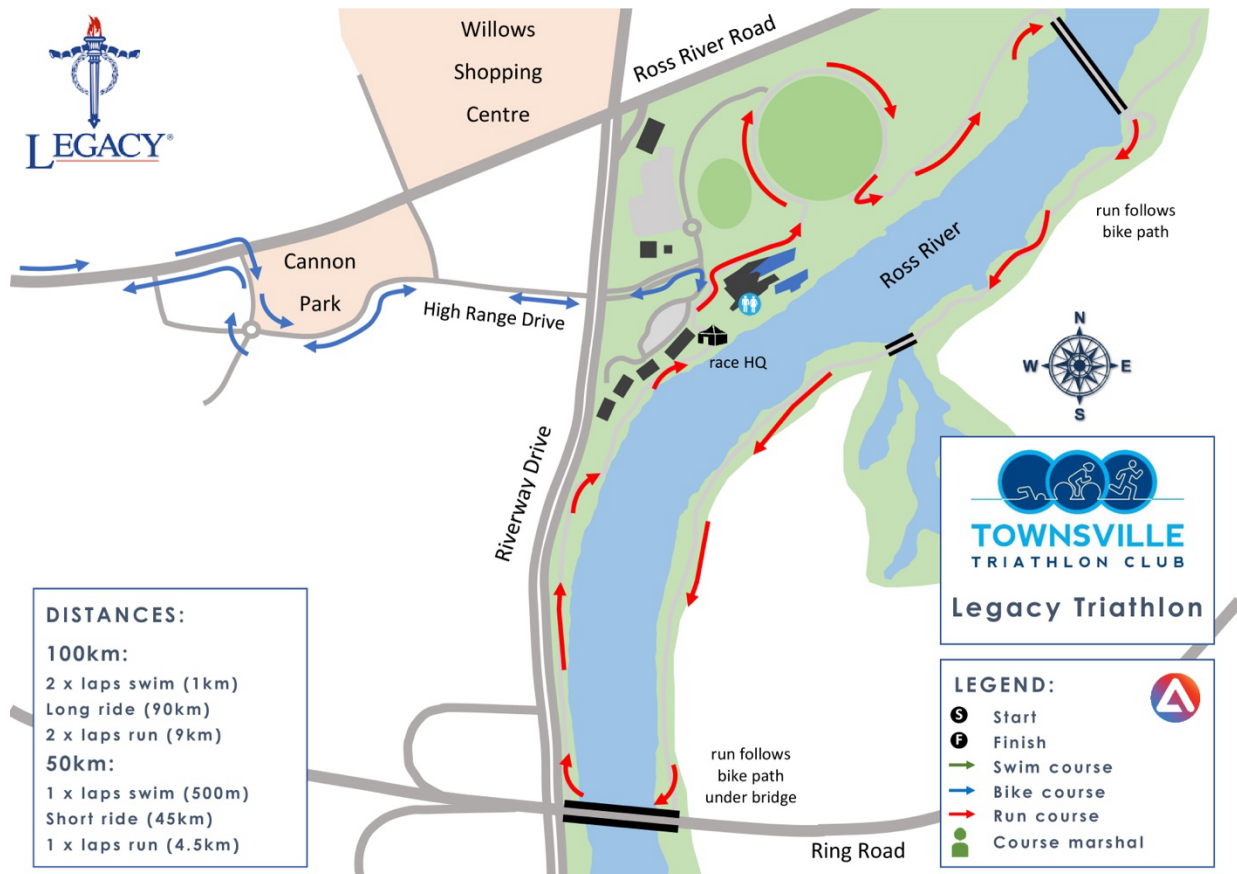
Legacy 100 competitors shall turn around at the Townsville Field Training Area (TFTA) de-seeder opposite range control at the 45 km turnaround point. Please take care descending Hervey's range on the way back.

Legacy 50 competitors shall turn around at the 22.5 km turnaround point just before the truck parking spot.



Run Leg

After exiting transition, competitors will run the required number of laps around the lagoons, the riverway stadium and Ross River and in a clockwise direction crossing at Federation Footbridge and Vickers Bridge. Multiple paths intersect at various locations. Competitors shall remain cognisant of any chalk markings, traffic cones and signage along the way.



Kids course (Legacy 10)

Kids (ages 12-17) will make their way into the water from the boat ramp and line up in front of the first orange swim buoys for an open water start. On the hooter, the kids will swim one lap towards the second closest swim buoy in a clockwise direction keeping all swim buoys on their right. Kids will then exit via the boat ramp and make their way on foot to the transition area.

After exiting transition, kids will head south-west along the bike path paralleling Ross River, under the ring road (Vickers Bridge) then south between Riverway Drive and The Ross River for 4.5 km. At no stage should any kid deviate from this path or cross any roads. At the turnaround point, vicinity of Bluewattle Blvd, kids will conduct a U turn and head back to transition in reverse order.

After exiting transition a second time, kids will head north then east around the lagoons towards Riverway Stadium then right towards the turnaround point for kids. Kids will then conduct a U turn and sprint towards the finish in reverse order.



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

No fins, paddles or flotation devices such as life jackets may be worn.

Wetsuits are optional.

Swim caps must be worn (so we can see you!).

Ride

Your bike must be roadworthy.

Bike helmets must be worn (including in transition whilst the bike is in motion).

No drafting.

Keep left unless overtaking.

Obey road laws (the roads will not be closed to vehicle traffic)

Upper torso must be covered, and shoes must be worn.

Run

No form of locomotion other than running or walking is allowed.

No individual support vehicles or escort runners allowed.

Upper torso must be covered, and shoes must be worn.

Transition Area

Keep the transition area clear and consider other athletes.

Mount your bike after you have crossed the mount line.

Dismount your bike before you cross the dismount line.

General

Competitors must follow the directions of ALL course marshals and technical officials.

Race referees have the authority to disqualify any competitor.

Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.

Good sportsman like conduct is demanded of all competitors. Please render assistance to you fellow competitors if they get into strife.

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

Safety

Stay hydrated.

Be sun smart.

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 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 (crocodile, vessel, or foreign object), 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. Obey all traffic Lights and give way to traffic at roundabouts. Potholes may be present on the course, so remain vigilant. TTC will try to mark these with traffic cones. If you get a flat tyre, move completely off the road before attempting to repair it. If you own one, use your bike computer to track progress and to inform you of upcoming turns.
- Shoes must be worn during the run leg. Remain vigilant for uneven ground, tree roots and debris.

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.

Signals

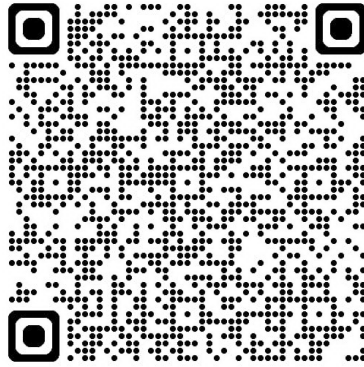
Competitors are encouraged to carry a mobile phone during the bike leg in case of emergency. If urgent, competitors should phone 000 for assistance, if less urgent (bumps and bruises / mechanical) competitors may contact the race director on 0409991621. A sad wagon will be on call to aid as required (secondary contact - 0427459179).



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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.



Presentations

Participation medals will be presented to all competitors who sacrificed their time and money towards the race.

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.



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 contacting us on admin@townsvilletriclub.com.au. Tasks include the following:

1. Establish the bike racks in transition (one rack per 5 registrations).
2. Establish a water point near transition (table, water jerries, fruit, bins, marquee).
3. Establish the finish chute (generator, cabling, chute and weights).
4. Establish the mount/dismount line (chalk and 2 x signs).
5. Establish the timing system and placement of timing strings (see timing coordinator).
6. Establish the MC (table, chair, boom box, microphone, music streaming app).
7. Establish the registration area (marquee, tables, chairs, stores, ipad, timing chip blanket).
8. Establish First Aid Station at the registration area (FA kit, Defib).
9. Staff the registration tent and process registrations from 0530.
10. Brief SLSC of buoy placement and confirm evac procedures (4 x swim buoys).
11. Confirm water hazards with Department of Environment and Science.
12. Mark all run courses with chalk, cones and signage.
13. Mark the swim course entry and exit (beech mats, cones and signage).
14. Precisely mark kids run course with GPS and place a turn-around sign at 450m from the start point (refer maps).
15. Precisely mark kids bike course with GPS and place a turn-around sign at 4.5 km from the start point (refer maps).
16. Precisely mark adults bike course with GPS and place a turn-around sign at 45 km and 90km from the start point (refer maps).
17. Brief and assign volunteers to marshalling stations (refer map):
 - Recon course and identify hazards and mitigate/report to Race Director.
 - Mark critical junctions/hazards with cones, chalk or signage.
 - Maintain comms with Race Director (0409991621) / Emergency Services (000)
 - Carry a FA kit, if available.
 - Do not impede traffic.

- Guide competitors around the course.

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. Riverway Management
4. Queensland Police Service
5. Arcadian Surf Life Saving Club
6. Department of the Environment and Science.
7. Technical officials and Marshals
8. Volunteers and committee members