



Bendigo Community Bank Agnes Water Sprint Triathlon & JMT Agnes Water Enticer Triathlon

Sunday 5th October 2025

Athlete Information Guide

Introduction

Thank you for choosing to participate in the annual Agnes Water Triathlon. We hope you enjoy the event and have enough time to stay for a few days to explore our little piece of paradise.

Please print this guide and read it carefully. It contains everything you need to know for the race. The triathlon has been sanctioned by Triathlon Australia and a TA technical official will be in attendance to help ensure fair play and adherence to race rules.

Please support all of the sponsors listed at the end of this briefing, as they help make our event possible. Special thanks to Agnes Water/1770 Bendigo Community Bank for being our major sponsor for eight years running, they have been awesome in their support, and to JMT Agnes Water for joining us again this year as the sponsor for our Enticer event. Big thanks also to Terry White Chemmart Agnes Water as the major sponsor of the Junior Aquathlon which is such an important event for our future champions.

Community Bank
Agnes Water/1770

 **Bendigo Bank**



 **TerryWhite
Chemmart**
Agnes Water

Venue

Tom Jeffery Park, Agnes Water, at the beach end of Agnes Street, off Springs Road.

Schedule of events

Saturday 4th October

- 1.00pm till 2.00pm – Check in. This is the preferred check in time for those who are able.
- 2.15pm – Stick around to cheer our young athletes taking part in the Aquathlon on Main Beach.

Sunday 5th October

- 6.00am till 7.00am – Check in, bike racking and transition set up.
- 7.05am – Final race update and Q & A's
- 7.10am – Move down to beach for swim warm up
- 7.30am – Enticer event starts. Based on entry numbers, wave starts or a mass start.
- 7.45am – Sprint distance event starts. There will be wave starts. Wave start times will be advised on race day morning.
- 10.00am approx. – Presentations to be held as soon as possible after the last athlete has finished and results are checked for accuracy.

Parking

The preferred parking area is Endeavour Plaza Shopping Centre car park, approx. 200m from transition.

If your accommodation is close by, please consider riding your bike to the race venue.

Please **DO NOT** park anywhere along Agnes Street or Jeffery Court as this is part of the bike course. Parking along here creates a hazard for cyclists and we may have to delay the race start whilst owners are tracked down and cars are moved.

Baggage

Your bags can be left in the bag check Gazebo (where you check in). This area is available for the items you want to access after the race, keeping in mind the transition area is off limits until after all cyclists have returned from the cycle leg. While this marquee will be manned it is an unsecured area so leave your belongings at your own risk.

Venue facilities

Tom Jeffery Park is a beautiful, shaded park with toilet and shower facilities. There will be a BBQ put on by the 1770 Dragon Boat Club, Mr Booch our local creator of Kombucha Gelato will also be in the park serving up delicious refreshing treats after the race in Tom Jeffery Park or there are a number of nearby cafes.

Reflect Mobile Day Spa is also going to be in attendance for any post race niggles or cool down massages.

We will have personnel from Qld Ambulance Service in attendance, to treat any medical issues.

Bike mechanic

If you're in town prior to the event, Rushy's Bicycle Service has now got a permanent home at Shop 1/303 Bicentennial Drive. In the lead up to the Tri, Rushy will be available to assist with any bike problems and maintenance. Contact him for a pre-race safety inspection on 0402 244 071. Rushy has been servicing bikes for 25 years and does a great job.

Race morning – Bike and transition set up

As you enter transition on race morning, an official from Triathlon Australia will do a brief helmet and bike check. Please ensure you have your helmet on and fastened as you enter transition.

Please vacate the transition area as soon as you finish setting up. Bike racks will not be numbered. Solo competitors can rack wherever there is space available. Team cyclists will need to rack their bikes in the racks closest to Agnes Street.

The Course

Our course maps have been updated this year and are attached at the end of this guide. Please note there is a brand new location for transition. Please check the bike leg map for more details.

The actual course distance is:

Sprint distance: the swim will be as close as possible to 750M, the bike is about 18.5 klms and the run is 4.8 klms.

Enticer distance is half of the sprint distance.

Swim Leg

The swim will start close to water's edge.

There is almost always a surf break to negotiate before getting into deeper water. If you are not a strong swimmer, take your time getting out through the break, keep your breathing under control and let a SLSQ member know prior to entering the water.

SLSQ lifesavers will provide water safety. If you need assistance for whatever reason, shout out or raise your arm to attract attention.

As per Triathlon Australia rules, wetsuits may be worn if the water temperature is below 22 degrees Celsius. It is highly unlikely that wetsuits will be allowed, as water temp in early October is usually 23 - 24C.

Please respect your fellow competitors during the swim. No argy bargy!

If the water conditions are too dangerous to allow for a safe swim, the event will become a duathlon (run/bike/run). Further details below. A final decision will be made at 6.30am and communicated to competitors.

Transition to Bike Leg

The transition to the bike leg will run across the bridge back to Tom Jeffery Park. All competitors will need to run through the centre of the carpark to cross the timing pad.

Bike Leg

Roads will be closed to normal traffic for the duration of the bike leg.

Roads are mostly flat, except for a small hill at around the 1 km mark.

It is an out and back course along Springs Road, with the turnaround at the Deepwater National Park turnoff. Sprint athletes do two laps, Enticer athletes do one lap. The turnaround point for the second lap will be clearly marked on Agnes Street at the first entrance to Jeffery Crt.

The bike ride is on an ordinary rural road with a coarse bitumen surface. It is NOT a fast bike course. And due to the nature of the road, light weight, race tyres are not recommended due to the increased risk of punctures.

BIKE RULES:

Your torso must be covered for the duration of the bike and run legs of the event.

After entering transition from the swim you must put your helmet on and secure it BEFORE you remove your bike from the rack. And upon finishing the bike leg, you must leave your helmet on until you have racked your bike in transition.

Always ride to the far left hand side of the road.

If passing another rider, call out so they know you are approaching and always pass on the right hand side (never on the left).

This is a non-drafting race. Always stay at least 10 metres behind a rider in front. And if you decide to pass, do so as quickly as possible. Ours is a small regional event and we will not have people on course to police the drafting rule. It is up to each individual to ride safely and fairly and entirely under their own steam.

The Run

The run is mostly flat, with a couple of undulations near the turnaround point. There are a couple of narrow sections on the run course.

Sprint athletes do two laps of the run course. Enticer athletes will do one lap.

It is likely to be hot on the run. Make sure you are well hydrated before the race starts. And drink whilst on the bike. There will be one water station on the run, at about the half way point to the turnaround. So you will pass it twice in order to complete a lap. Water will be in disposable cups. The finish line is in Tom Jeffery Park close to transition.

Teams Information

Team swimmers, upon exiting the water, you run up to the transition area where the team cyclists will be waiting at the racks closest to the entrance to transition. Swimmer tags cyclist who then walks bike to mount/dismount line and heads out for the bike ride. At the completion of the bike, the cyclist tags the team runner, who then heads out onto the run leg.

Duathlon Contingency Plan

If water conditions are too rough to allow for a safe swim (SLSQ will make this call, in conjunction with organisers), the race will change to a duathlon.

The call on this will be made at 6.30am, to allow competitors enough time to rearrange their equipment. And the course will be advised in the gather round.

Adjusted race distances will be:

Enticer: 700m run (beach run) / same bike ride (apx. 9.25klm / same run 2.4 klm

Sprint: 2.4 klm run (one lap of run course) / same bike ride 18.5 klm / same run 4.8 klm

Timing and results

We will have electronic timing, with swim, bike & run splits, courtesy of Event Wizards. Results will be accessible via a link on our Facebook page a few hours after the event, and later, via the website.

At check in, you will be issued a timing chip, which is programmed to your race number. Place securely, but not tight, around your left ankle. You should be able to fit a finger between the band and your ankle. Do not alter or modify it in any way. Please notify timing official if you lose the chip, or withdraw from the event. Please note, no timing band/chip = no race time and placing.

Spectators

We welcome all spectators, friends and families of competitors. Feel free to move around and cheer on the athletes, each time they pass through the transition area. Just a couple of no go areas for spectators, being:

- No one is allowed in the transition area, except for athletes and race officials; and
- Please stay well clear of the pathway from the beach whilst competitors are exiting the swim and running up to transition.

Keep up to date

Regular event updates will be posted on the Agnes Water Triathlon Facebook page. This will be the primary means of communication to competitors. But any important race information will also be communicated by email, to all competitors.

This event can't run without the support of our wonderful sponsors and volunteers:

Bendigo Community Bank Agnes Water/1770

JMT Agnes Water

Terry White Chemmart Agnes Water

Agnes Water 1770 Concrete

Mike Murry Homes

Maiden Homes

Agnes Water Tavern

Poke Pokay

Rushy's Bicycle Garage

Foodworks Agnes Water

Event Wizards

Reflect Mobile Day Spa

DCTC

Sandcastles Resort

Agnes Water Beach Club

Agnes Water Realty

NRG

Drift and Wood

Mr Booch

Amity Blue

1770 Gelato Co

M1 Cycles Gladstone

Agnes Water Post Office

The Coastal Rag

Round Hill Road Pizza Bar

1770 Dragon Boat Club