

CHALLENGE CANBERRA

Athlete Guide



16-17 November 2024

Canberra, Australia

EVERY ATHLETE, EVERY CHALLENGE

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WELCOME FROM THE RACE DIRECTOR

Hello Athletes, Friends, and Supporters of Challenge Canberra Multisport Festival,

Canberra Multisport Events is thrilled to host the second annual Challenge Canberra, the city's premier middle-distance triathlon. Following a successful 2023 debut, we're excited to build this into a must-do event.

Event Highlights The Challenge Canberra triathlon offers top-six finishers in each age group a spot at the Challenge Family Championship in Samorin, Slovakia, in 2025. The Olympic Triathlon and Aquabike are also World Qualifying Events for the 2024/25 season, for athletes aiming to represent their country.

This year, the pro field shifts focus to Olympic and Sprint distances, welcoming short-course athletes. Age group athletes can also compete in the Pro Open category, with prize money awarded to the fastest competitor—therefore the winner can be either a Pro Athlete OR an Age Group athlete. The Pro Open crown will go to the athlete with the fastest combined time from both races, testing true endurance and skill.

Junior Pro Open New this year, the Junior Pro Open invites athletes aged 14–18 to race Super Sprint and Sprint distances in a draft-legal format, combining times to determine the winner—a fantastic opportunity for young talent.

Course Updates November in Canberra offers ideal racing conditions, with Lake Burley Griffin open for swimming (wetsuits likely recommended). We've refined the bike course for a better flow and lap management. Mostly flat, it includes a gradual climb for middle-distance athletes and a smooth closed-course road surface.

The scenic run takes middle distance athletes through Commonwealth Park and around Lennox Gardens, with flat, fast terrain for a strong finish. While all other runs will do laps of Commonwealth Park, a beautiful undulating run but quick.

We're committed to delivering an exceptional experience at Challenge Canberra and look forward to welcoming you year after year.

Thank you for your continued support. Race safe and enjoy!

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WELCOME FROM THE CHALLENGE FAMILY CEO

Dear athlete,

It's almost showtime at Challenge Canberra in which you will participate very soon: it may be one of the last Challenge Family races of the 2024 season, but certainly not the least. As always, Challenge Canberra promises to be a spectacular race and we can't wait to see you, and all those other heroes, racing in the beautiful surroundings of Canberra.

Of course, I want to thank you for your confidence in Challenge Family. That you have chosen to race Challenge Canberra is incredibly important for us. Of course, there's a reason one of our slogans is #EveryAthlete EveryChallenge and without you, it simply wouldn't be possible.

In a year in which athletes have so many races to choose from, we appreciate it even more that you've chosen to race Challenge Family. Of course I understand your choice very well, because the organizers of Challenge Canberra know how to organize an excellent race and thanks to your registration you will be a key part of the event.

For now I would like to wish you good luck with your final preparations towards your race, but most of all good luck and a lot of fun during Challenge Canberra. Enjoy the beautiful surroundings, enjoy all the encouragement along the course and try to enjoy yourself from start to finish. Challenge Canberra is magical, so take that magic fully in!

We Are Triathlon.

Jort Vlam
CEO Challenge Family



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INTRODUCTION

This Athlete Guide contains very important information regarding the preparation for your race. The most important parts are:

- The schedule
- The courses
- Registration process

(Please do NOT forget your legal identification)

- The rules and regulations
- Timing chip attachment

If you are competing in a team relay, the information in this guidebook is also applicable to you and your team.

Race Briefing for Pro Open and Junior Pro Open Athletes

The Pro Open athletes race briefing will take place at the race venue in the presentation area near registration on Friday 15 November at 5.50pm. **If any Pro or Junior Pro athlete is unable to attend they must make a time with the race director to discuss key information prior to race start on Saturday.**

Race Briefing for Age Group Athletes

This Athlete Guide is the briefings for athletes. It will be uploaded on www.challenge-canberra.com and will be emailed to all participants. A verbal briefing will be conducted on Friday 15 November at 6.15pm at the event venues transition area. The commentator will remind athletes prior to their race start to ensure they are familiar with transition flow and the racecourse.

KEY CONTACTS & EMERGENCY INFORMATION

Race personnel

Race Director: Corey Bacon, 0466 321 312

Event Manager: Belinda Bacon, 0432 808 590

Technical Delegate: Gai Webster, 0410 361 334

Head Referee: Sarah Maguire

Medical Contact: Get First Aid, Saturday – 0427 605 015, Sunday – 0422 278 544

Timing: Timit Timing: Ugo Durand – 0478 683 936

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Emergency contacts

- Dial 000 – for Police, Fire or Ambulance for any life-threatening emergency, at any time, day or night.
- Hospitals
 - Northside – 12.9km from race site
 - North Canberra Hospital
 - 5 Mary Potter Cct, Bruce ACT 2617
 - Phone: (02) 6201 6111
 - Southside – 12km from race site
 - Canberra Hospital
 - Yamba Dr, Garren ACT 2605
 - Phone: (02) 5124 0000



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EVENT TIMETABLE

FRIDAY 15 NOVEMBER 2024

TIME	ACTIVITY	LOCATION
5.00-7.00PM	Athlete Registration – All Events	Presentation Area – Rond Terrace
5.30pm	Pro Open Chit Chat	Presentation Area – Rond Terrace
5:50pm	Pro Open and Junior Pro Open Race Briefing – Compulsory	Presentation Area – Rond Terrace
6.15pm	Age Group Briefing – Super Sprint, Sprint, Olympic Tri, Olympic Aquabike, Middle Tri, Middle Aquabike	Transition Area – Rond Terrace

SATURDAY 16 NOVEMBER 2024

TIME	ACTIVITY	LOCATION
8.00-9.00am	Tips and Tricks Clinic – for those who want to be better prepared on race day	Transition
11.00am-3.00pm	Athlete Registration – All Events	Rond Terrace
11.30am-1.00pm	Bike Check-in – Pro Open, Junior Pro Open, Super Sprint, Olympic Tri/Aquabike - (Enter with helmet and timing chip on)	Entry Via Lapped Archway
1.15pm	Aqua Kids Challenge – setup transition at swim start prior to race start 1.30pm	Swim Start – Deep Water
1.30pm	Aqua Kids Challenge Start	Swim Start – Deep Water
1.32pm	Introductions – Challenge Canberra Junior Pro Open	Swim Start – Deep Water
1.40pm	Challenge Canberra Junior Pro Open Start	Swim Start – Deep Water
1.50pm	Race Start – Super Sprint Age Group	Swim Start – Deep Water
2.00pm	Introductions – Challenge Canberra Pro Open	Swim Start
2.10pm	Challenge Canberra Pro Open Start	Swim Start – Deep Water
2.30pm	Race Start – Olympic Tri/Aquabike Age Group – Refer to Wave Starts	Swim Start – Deep Water
3.15pm	Bike Check-out – Super Sprint Only	Entry / Exit via Challenge Archway
3.30pm	Super Sprint Presentation	Presentation Area
6.30pm	Bike Check-out – Olympic Tri/Aquabike	Entry/Exit via Challenge Archway

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6.30-7.30pm	Bike Check-in – Sprint, Middle Tri/Aquabike – Optional	Entry via Lapped Archway
6.45pm	Presentation Olympic / Aquabike	Presentation Area

SUNDAY 17 NOVEMBER 2024

TIME	ACTIVITY	LOCATION
4.30am	Bike Check-in – Sprint, Middle Tri / Aquabike (Enter with helmet and timing chip on)	Entry via Lapped Archway
5.40am	Marshall to Swim Start – Sprint, Middle Tri/Aquabike	Swim Start
5.50am	Introductions – Pro Open – ranked from Saturday	Swim Start
6.00am	Pro Open Start	Swim Start – Deep Water
6.01am	Introductions – Junior Pro Open – ranked from Saturday	Swim Start – Deep Water
6.05am	Junior Pro Open Start	Swim Start – Deep Water
6.15am	Race Start Sprint Age Group	Swim Start – Deep Water
6.30am	Race Start Middle Tri/Aquabike – see Wave Starts	Swim Start – Deep Water
8.30am	Bike Check-out – Sprint	Entry/Exit via Challenge Archway
9.00am	Presentation Sprint	Presentation Area
9.00am	Presentation Junior Pro Open / Pro Open	Presentation Area
1.00pm	Bike Check-out – Middle	Entry/Exit via Challenge Archway
2.00pm	Presentation Middle (including top 6 presentation for the Championship – Samorin Slovakia)	Presentation Area

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RACE VENUE MAP



RULES AND REGULATIONS

The Race is organised under the World Triathlon rules and officiated by officials from Triathlon Australia: https://triathlon.org/about/downloads/category/competition_rules

For a safe and smooth running of the event, we feel compelled to draw your attention to some important rules:

- Participation in the event is at the participant's own risk. All participants have to follow **General Terms and Conditions**.
- The participant grants indemnity to the organisation against all liability and claims possibly resulting from participation in the event.
- The officials have the right to disqualify participants for reasons of misbehaviour during or before the race.
- The race directors, technical officials and medical team have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.

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- You shall adhere to the directions, instructions and rules of the officials (who can be recognized by clothing marked 'TECHNICAL OFFICIAL') under penalty of disqualification.

These include amongst others:

<ul style="list-style-type: none">• The front of your Trisuit needs to be closed (no bare chest) at the latest 200m before the finish;
<ul style="list-style-type: none">• Music devices (iPod, phones, etc) are not allowed;
<ul style="list-style-type: none">• Action cameras (GoPro's etc) attached to your bike or helmet are not allowed;
<ul style="list-style-type: none">• Supporters and family members are not allowed to accompany you on bike on the bike- and run course; and in the finish chute and across the finish line.
<ul style="list-style-type: none">• If you are competing in a non-draft legal race and are caught drafting on the bike course, you'll receive a blue card which implies a penalty in the bike penalty box. This is a one minute for the sprint distance, two minutes for standard distance and five minutes for middle and long distances; it is the athlete's responsibility to serve the penalty. If the penalty was not served the athlete is disqualified; If you are caught drafting 2 times for sprint and standard OR 3 times for middle distance and are shown a blue card this will lead to disqualification;
<ul style="list-style-type: none">• Blocking is prohibited! Blocking violation is punished by a yellow card (30 second in bike penalty box)
<ul style="list-style-type: none">• The littering of trash during the competition outside the provided zones in transition area as well as at the beginning and ending of the aid stations of the bike and run courses will end in a disqualification.
<ul style="list-style-type: none">• It is the athlete's responsibility to serve the penalty given to him or her.

Challenge Canberra is a non-drafting race except for the athletes competing in the Junior Pro Open. Using the World Triathlon 10 metre drafting rule, 1.5m wide anti drafting zone for the races up to Standard distance. This zone is from the front wheel of the leading athlete to the front wheel of the overtaking athlete. Over taking should take place within 20 seconds. Blocking is prohibited.

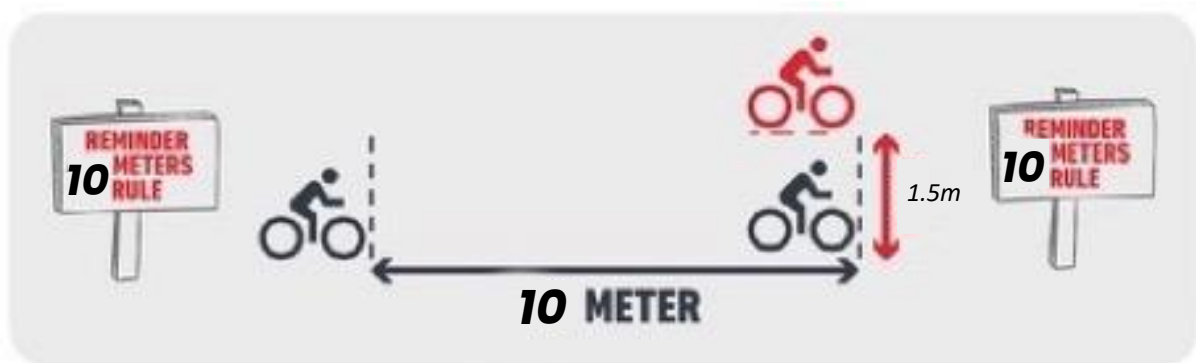
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For the Middle-distance triathlon the 12 metre drafting rule applies, 1.5m wide anti drafting zone. Over taking should take place within 25 seconds.

Middle Distance



Super Sprint, Sprint, Olympic (standard)



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ATHLETES CHECKLIST

TRANSITION

- ✔ Transition Area (opening times at information stand at athlete village)
- ✔ ID Wristband
- ✔ Nutrition to strap/secure to your bike
- ✔ Race number tattoo/decal on right upper or right lower arm

SWIM

- ✔ Race supplied Swim cap
- ✔ Timing Chip (applied to left ankle)
- ✔ Wetsuit (if applicable)
- ✔ Goggles

BIKE

- ✔ Bike seat post label
- ✔ Towel (folded to 50cmx50cm)
- ✔ Bike shoes (next to bike or clipped onto bike)
- ✔ Race Bib number (on towel)
- ✔ Helmet (on towel or on bike – NOT clipped up)
- ✔ Sunglasses (in helmet or on towel)
- ✔ Socks (on towel)
- ✔ Clothing (on towel)
- ✔ Nutrition & fluids (on towel or on bike)

RUN

- ✔ Running shoes (on towel)
- ✔ Sunglasses
- ✔ Hat (on towel)
- ✔ Socks (on towel)
- ✔ Clothing (on towel)
- ✔ Nutrition & fluids (on towel)

INFORMATION AREA

Located within the Athlete Village is an information area that will provide course maps, race schedule, cap colours by age group and other key information. Our event staff are also around to answer questions you may have.

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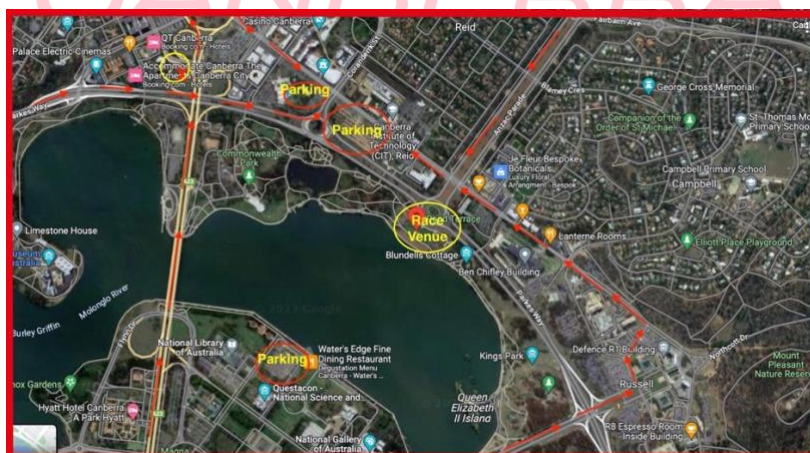
PARKING



There is plenty of parking near the race venue at Rond Terrace. Check signage for paid parking. Once you have parked, follow the red arrows through new recently built apartments. Walk through the middle and veer right down a pathway that takes you through an underground tunnel. On the other side of the tunnel turn left and make your way up to the race venue.

If arriving late please be aware a race may be in progress and access to the venue via this path is on the run course.

ROUTE TO PARKING



CUT-OFF TIMES – Middle distance only

Time limit / Cut off times

- Swim: 7.45am (Middle, Aqua)

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- Bike: 12.00pm (all athletes must be off the Tuggeranong Parkway and through Glenloch interchange)
- Run: when you finish

TRAFFIC, ROAD CLOSURES

Saturday

The Parkway (westbound) from Kings Ave Bridge to Glenloch Interchange will be closed from 12.00pm to 7.00pm.

Sunday

The Tuggeranong Parkway (southbound) from Glenloch Interchange to Hindmarsh drive will be closed from 4.00am to 12.00pm. The Parkway (westbound) from Kings Ave Bridge to Glenloch Interchange will also be closed from 4.00am to 12.00pm.

COLLECTION CAR (SAG WAGON) INFORMATION

The Tuggeranong Parkway and Parkway (westbound) will open at 12.00pm. If athletes have not entered T2 by this time they will be put in the sag wagon and taken to transition where they can finish the race but are not eligible for 'The Championship' in Samorin, Slovakia or the World Triathlon Long Distance Championships.

ATHLETE VILLAGE

The athlete village is small and will only have a few essential vendors during the event.

<ul style="list-style-type: none">• Registration and Information stand	<ul style="list-style-type: none">• Lapped Apparel – Challenge Canberra merchandise
<ul style="list-style-type: none">• Cycle Co-op – bike mechanic and stuff	<ul style="list-style-type: none">• Paragon Industri
<ul style="list-style-type: none">• Mellabella Gelato	<ul style="list-style-type: none">• Palacinke Delicious Crepes
<ul style="list-style-type: none">• Here's the Coffee	<ul style="list-style-type: none">• Challenge BBQ – Egg &. Bacon Rolls, Chicken Burger, Sausage Sandwich, Muffins, Drinks

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BAG DROP OFF

Athletes can drop their bags at the middle stairs area within transition. This will be signed with BAG DROP signs. Please ensure you have your bag tag on your bag so you can collect it after the race. Access to the bags is only from within transition.

MEDICAL

Medical aid is provided by Get First Aid. Qualified medical staff will be located at the finish line, on the bike course and the run course. If someone needs assistance they should alert any Challenge Canberra Event Crew staff member.

BIKE MECHANICS

Professional bike service with Cycle Co-op will be available at the athlete village (next to transition)

Saturday 11:00am – 6:00pm at the athletes village

Sunday 5:00am – 7:00am at the athletes village

The mechanics will also be located on the bike course up near the Kings Ave bridge (near bike turnaround) and at the other end of the course on the overpass of Tuggeranong Parkway and Hindmarsh Drive during the middle distance event only.

ATHLETES REGISTRATION

LOCATION: Rond Terrace, Acton

Don't forget to bring your personal identification. Please do not line up with your bike.

The registration process takes place according to following steps:

- Your entry information will be checked and you'll receive the necessities for racing in an envelope.
- If you haven't paid for the one-day licence (ODL) fee, then this will be taken at registration.
- Athletes will move along and collect their timing chip after you have picked up your registration pack.

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- Athletes who registered prior to 1 September will receive a Challenge Canberra event shirt.
- Athletes who registered for the Super Sprint will receive a Challenge Canberra race belt.
- Middle distance and Middle Aquabike athletes will be given a Challenge Canberra commemorative towel if registered prior to 1 September. Middle distance athletes will also receive a finisher shirt and finisher medal at the completion of your race.
- All participants will be provided with a wrist band. This will allow you to enter and exit transition and more importantly it will allow you to get your bike out of transition after the event.

In your race envelope you should have the following items:

- A. Race bib number to be worn at your front during running – not needed for bike leg.
- B. Tattoos with your bib number which need to be visibly placed either on your right upper arm or lower arm depending on what apparel you are racing in.
- C. Saddle stem label, to be placed under the saddle of your bike.
- D. Helmet race number sticker, to stick on the front of your helmet.
- E. Swimming cap, to be worn during the swim course.
- F. Timing Chip must be worn on the left ankle.
- G. Athlete wristband that gives you access to participants' areas, to be worn around the wrist.

Please check to ensure that all these items are present. In case of deviations, please report this at the Registration Desk.

TIMING INFORMATION

The timing is done by Timit Timing and has timed major events all over the world.

Live timing will be available on <https://www.challenge-family.live>

Here are other key links:

- Start Lists: [Click Here](#)
- Live Results: [Click Here](#)
- Final Results: [Click Here](#)

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WITHDRAWAL & TIMING CHIP

If you withdraw during the event, you **MUST** return the timing chip to the finish line. Below is information regarding the timing chip being used for this event.

RACE RESULT RE-USABLE TIMING BAND

The chip has been built into a soft neoprene band with a Velcro closure, so there is no requirement for any additional strap, and the band is reusable, so it **MUST** be returned at the conclusion of the event.

This is the re-usable chip: Place the chip around your left ankle. Move the band into position so that it feels comfortable and close the Velcro strap, pressing firmly to ensure proper grip.

IF WEARING A WETSUIT, ENSURE THE BAND IS UNDER THE SUIT, NOT OVER THE TOP.

The band should be tight enough so that it doesn't move but is still comfortable. Make sure the band is attached to your left leg for the duration of the event.

Please remember that the band **MUST BE RETURNED** at the conclusion of the event. Or Post to : Timit Sports Timing Pty Ltd, 3/496 South Road, Moorabbin 3189 VIC.



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RACE BRIEFING

The formal race briefing is this document as well as a verbal briefing for Pro Open and age group athletes on Friday afternoon. The age group briefing is not compulsory if you have read this document. Key officials, mainly the race director is happy to answer any questions you may have.

Friday – 5.50pm – at the presentation area over near registration

Age Group

Friday – 6.15pm – at the transition area over near registration

Hopefully you will learn everything you need to know in this document, and it is your responsibility to know the course and abide by the rules.



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BIKE CHECK-IN

Saturday

OLYMPIC | SUPER SPRINT DISTANCES:

Bike check-in is from 11.30am to 1.00pm on Saturday 16 November during registration.

Prior to entering transition, please ensure you have your seat post sticker on your bike and your wristband with your race number on it. Please rack your bikes by either the handlebars or seat at your race number which is located on the bike racks.

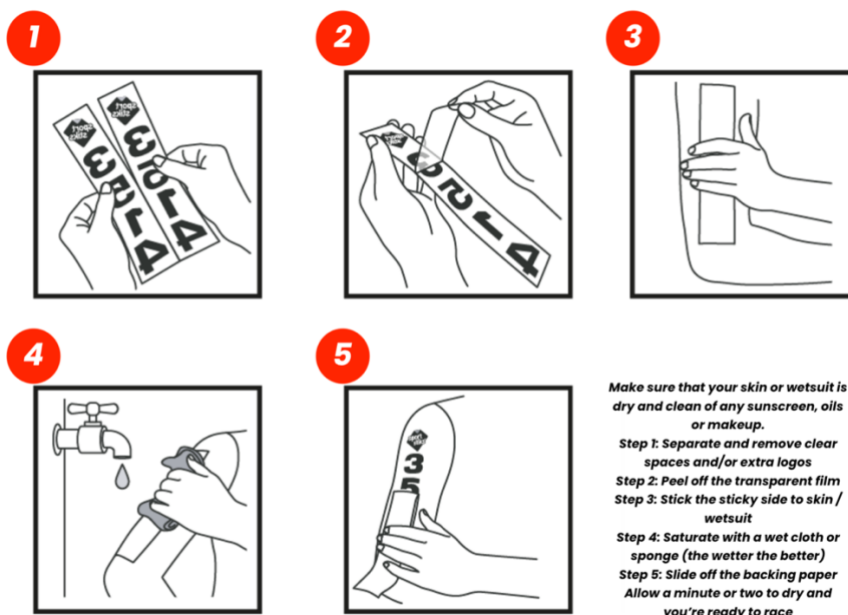
If leaving your bike overnight on Saturday for Sunday's event, ensure nothing else is left in transition and you rack your bike by the handlebars. Your transition setup – bike shoes, helmet, runners etc should all be set up on Sunday morning. There is security on Saturday night.

The helmet will be checked in on Saturday and Sunday morning and needs to be on your head and done up before entering transition. The helmet sticker needs to be on the front of your helmet.

Race tattoos need to be put on prior to entering transition. This can be done at registration on the Saturday or Sunday morning before entering transition. Race numbers must be on both arms either on the upper or lower depending on your racing apparel. A third tattoo can be put on your calf, not compulsory.



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The bike check-in is located at the race venue. At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the World Triathlon.

Entry to transition is via the Lapped Archway and the exit to transition is via the Challenge Canberra archway only.

SWIM START PROCEDURE

The Pro Open and Junior Pro Open swim procedure for this event will be a mass start for both male and female athletes. Athletes will be announced and then they will make their way out to the start line. Athletes line up within the inflatable archway. A short 30sec music intro will be played with the start siren sounded immediately after this.

Age group athletes will also commence their race as a mass start in their appropriate age category and gender. Athletes are encouraged to self-seed on the start line, faster swimmers up the front slower swimmers at the back. This is for safety reasons and ensure you have a pleasant swim experience. The race starter will ensure everyone is at the archway start line and will announce 'On Your Marks' and start siren sounded. This is the process for each wave.

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SWIM WAVES

Start Time	Category	Cap Colour
Saturday		
Super Sprint		
1.30pm	Aquakids	Various
1.40pm	Junior Pro Open Male	White
1.42pm	Junior Pro Open Female	Red
1.45pm	Age Group Male/Female	White
Olympic Tri / Aquabike		
2.10pm	Pro Open Male	White
2.12pm	Pro Open Female	Red
2.30pm	U19, 20-24, 25-29 Male	White
2.33pm	40-44 Male	Blue
2.36pm	45-49 Male	Green
2.42pm	Aquabike Male	White
2.45pm	Aquabike Female	White
2.47pm	50-54, 55-59, 60-64, 65-69, 70+ Female	Blue
8min Break		
2.55pm	30-34, 35-39 Male	White
2.55pm	U19, 20-24, 25-29 Female	Blue
3.00pm	30-34, 35-39, 40-44, 45-49 Female	White
5min Break		
3.05pm	60-64, 65-69, 70+ Male	Green
3.07pm	50-54, 55-59 Male	White

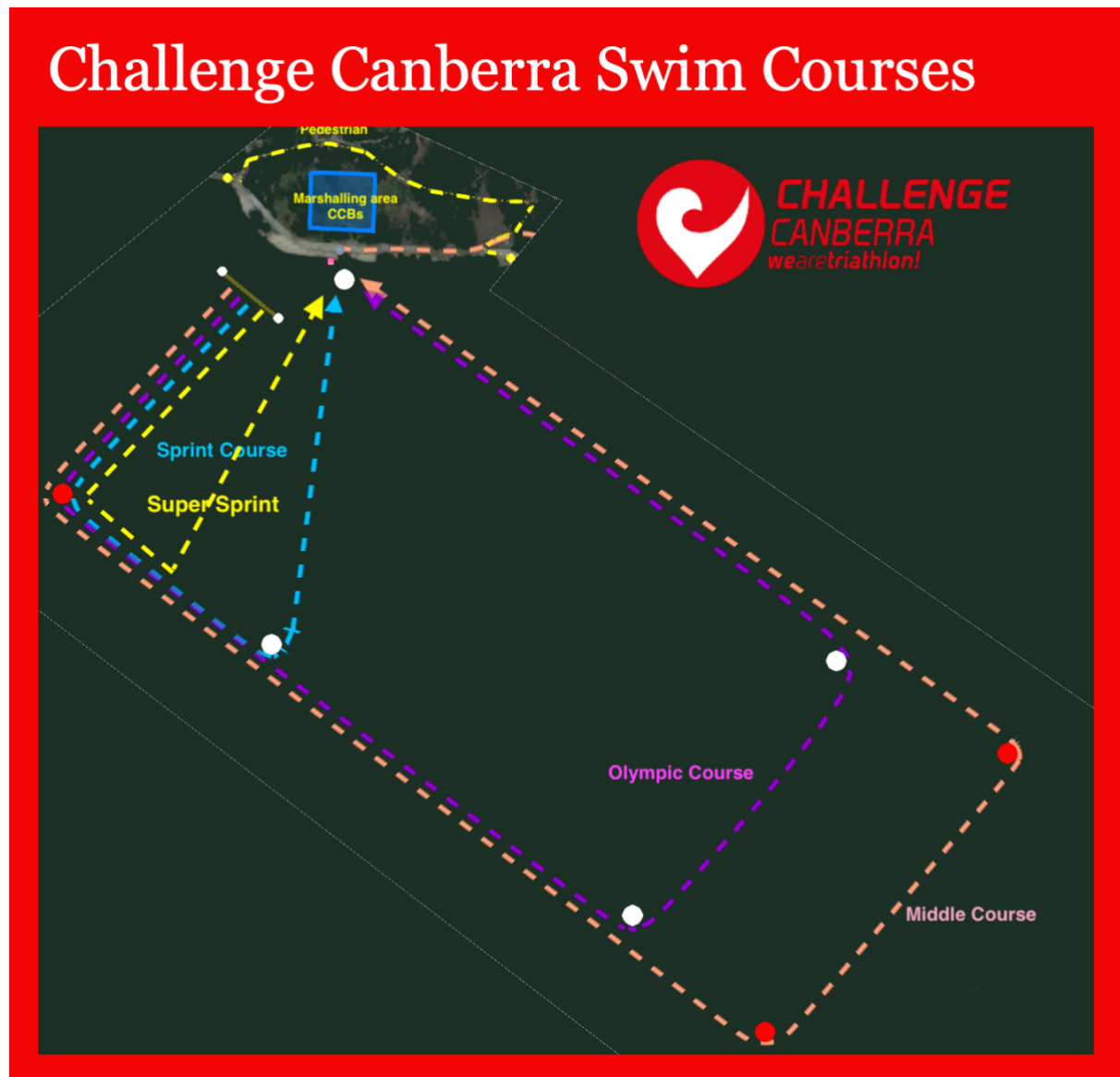
Start Time	Category	Cap Colour
Sunday		
Sprint		
6.00am	Pro Open Male	White
6.02am	Pro Open Female	Red
6.07am	Junior Pro Open Male	White
6.09am	Junior Pro Open Female	Red
6.15am	Sprint Male	White
6.17am	Sprint Female	Green
Middle Tri / Aquabike		
6.30am	Middle Aqua Male/Female	White
6.35am	Middle Tri All Female, Over 50 Male, Teams	Red
6.45am	Middle Tri 18-24, 25-29 Male	Various Colours (Not Red or White)
6.47am	Middle Tri 30-34, 35-39, 40-44, 45-49 Male	

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SWIM COURSE MAP

Athletes can do their swim warm up to the right of the swim start area only.
Athletes need to ensure they are lined up in their wave start order 5min before their start.

Please note it will be dark prior to the swim start on Sunday and athletes should stay close to shore. All race distances are 1 lap only.



WARM UP SWIM

Athletes can do a swim warm up to the right of the swim start area only.

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SWIM SUPPORT SWIM SAFETY

The swim course is guarded by swim marshals on paddle boards and kayaks. Also, two zodiac boats and ski boat will be monitoring the swim course to keep you safe.

Are you having issues during the swim? Draw attention by hand waving above your head to the kayaks/paddle boards and they will come to your rescue. Hand waving to spectators while swimming is strictly prohibited. If you withdraw during the swim or any other part of the race, it is vital you report to one of the event crew members immediately to let us know that you're safe.

SWIM RULES

Wetsuit use is governed by the following values and the final decision will be published on the information board at registration.

Pro Open and Junior Pro athletes:

Swim Length	Forbidden	Mandatory
Up to 1500m	20°C and above	15.9°C and below
1501m and longer	22°C and above	15.9°C and below

Age Group from youngest to 55-59 category:

Swim Length	Forbidden	Mandatory
Up to 1500m	22°C and above	15.9°C and below
1501m and longer	24.6°C and above	15.9°C and below

Age Group from 60-64 category to the oldest:

Swim Length	Forbidden	Mandatory
Up to 1500m	22°C and above	15.9°C and below

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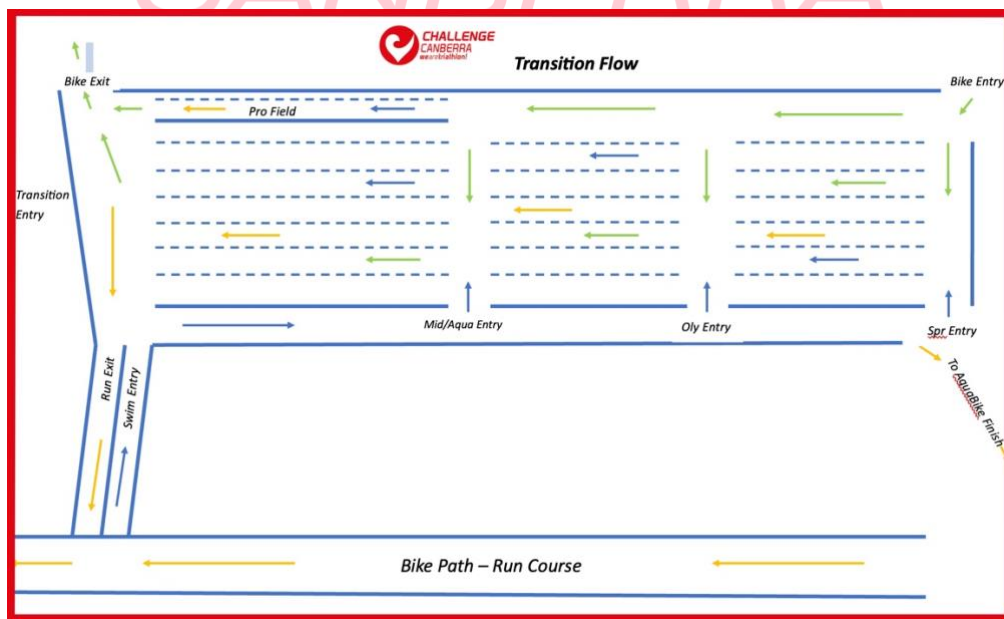
TRANSITION SWIM TO BIKE



TRANSITION RULES

- Put all swimwear within your 50cm x 50cm area e.g. on a towel. Anything outside of this area may result in a penalty.
- Helmet must be on and clipped before removing the bike from the rack.
- Athletes must mount the bike after the mount line.
- Wetsuits are not to be hung over the bike racks, but placed at the back of your transition area neatly.

TRANSITION FLOW



EVERY ATHLETE, EVERY CHALLENGE

BIKE COURSE

The Challenge Canberra bike course for the Super Sprint and Olympic distance events is a fast and flat route 1 lap for the Super Sprint and 3 laps for the Olympic distance. Here's a brief breakdown of the course:

Super Sprint

1 Lap:

- Follow Parks Way (westbound) to the Super Sprint turn around which is about 5km from transition
- Make the turn and return to the event venue passing this on your right.
- Continue to Kings Ave Bridge and make your final turn and head into transition.

[Click Here](#) for Interactive map



Olympic Tri | Olympic Aquabike

3 Laps:

- Follow Parks Way (westbound) to the Glenloch Interchange overpass. Continue under it and make your way up a slight incline to the turn around.
- Make the turn and return to the event venue passing this on your right.
- Continue to Kings Ave Bridge and make your turn and head back past the event venue on your left. This is the end of lap 1
- Repeat the lap two more times. At the end of your 3rd lap veer into the event venue to complete your 40km

[Click Here](#) for Interactive map

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Challenge Canberra Olympic Bike 40km



Sprint

1 Lap:

- Follow Parks Way westbound to the Glenloch Interchange where you will veer left up onto Tuggeranong Parkway southbound.
- Note that this exit is a no overtaking zone which goes for about 300m. This is for your own safety.
- Athletes will make your way up onto the Tuggeranong Parkway, continue along the parkway until the turnaround at Cotter Road overpass.
- Make the turn and return the same way back to the event venue passing this on your right.
- Continue to Kings Ave bridge turn around. After your turn continue back into transition.

[Click Here](#) for Interactive map

Challenge Canberra Sprint Bike 20km

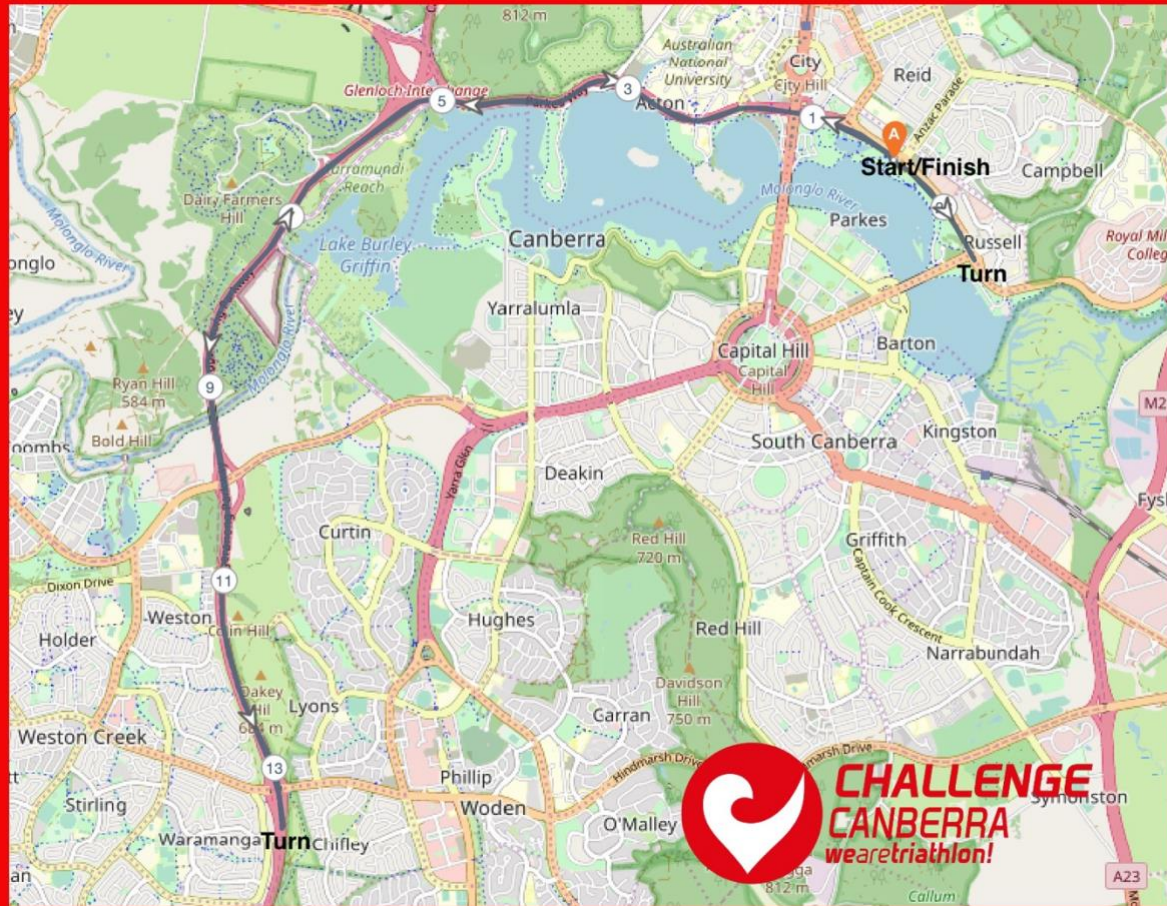


- Follow Parks Way westbound to the Glenloch Interchange where you will veer left up onto Tuggeranong Parkway.
- Note that this exit is a no overtaking zone which goes for about 300m. This is for your own safety.
- Athletes will make your way up onto the Tuggeranong Parkway, continue along the parkway until the turnaround at Hindmarsh Drive overpass.
- Athletes will experience a climb between Cotter Road and Hindmarsh Drive with a very fast return, so be safe.
- After you make the turn at Hindmarsh Drive overpass continue the same route back to the event venue passing this on your right.
- Continue to Kings Ave bridge turn around. After your turn continue back past the event venue on your left. Continue for another 2 laps.
- At the end of the 3rd lap veer left into transition.

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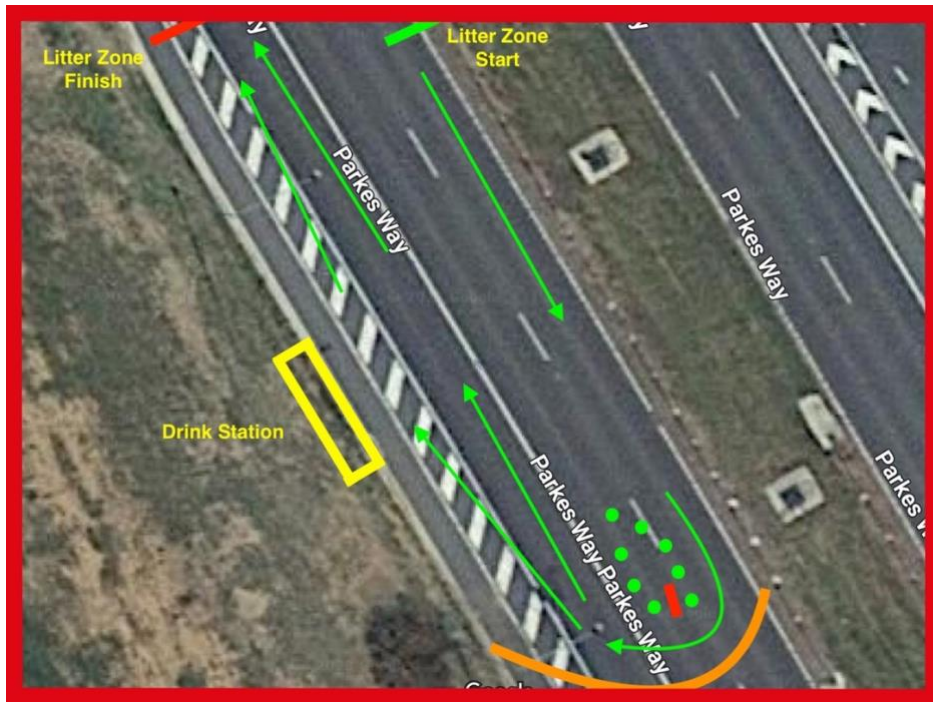
Challenge Canberra Middle Bike 90km



NOTE: please ensure you don't ride on the shoulder of the road otherwise you will get a puncture. Ride within 30cm off the hard white line on the road but do not block other athletes.

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BIKE COURSE AID STATION MIDDLE DISTANCE ONLY



The bike aid station is located at the Kings Ave Bridge turnaround. The aid station will have water and Hammer Gels available.

Note: all drink bidons/bottles thrown within the litter zone will be returned to transition at the end of the bike leg for collection if you wish to retrieve it.

LITTERING ZONE

Please note that you are allowed to throw away your trash only in the special marked signed areas before and after an aid station. Do not litter the rest of the course with your garbage. If you are spotted throwing away your materials like cups, sponges, drink bottles or empty gels, you get disqualified. This is in force for both the bike as well as the run course.

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BIKE RULES

Drafting is prohibited! Middle distance drafting distance is a minimum spacing of 12 m long (front wheel to front wheel) overtaking time is a maximum of 25 seconds.

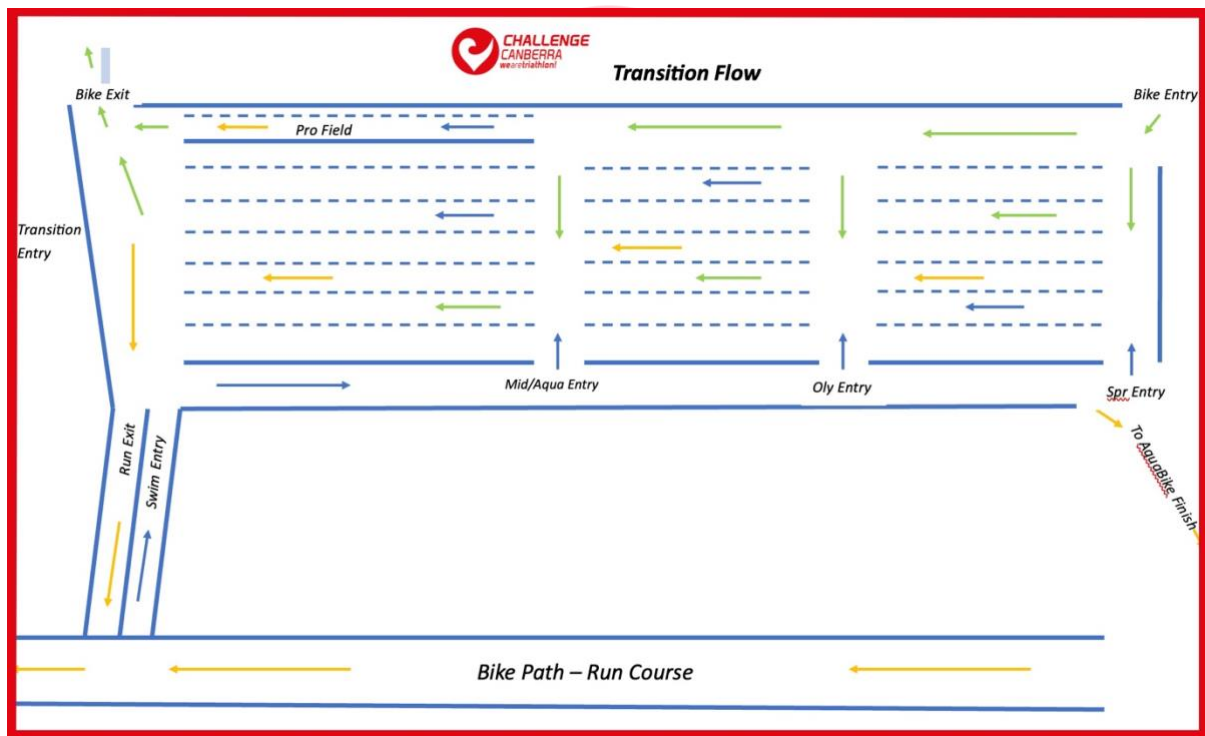
For Olympic, Sprint and Super Sprint the drafting distance is a minimum spacing of 10 m long (front wheel to front wheel) overtaking time is a maximum of 20 seconds.

On the bike course, the road traffic regulations are binding!

PENALTY BOX

The penalty box is after the dismount line before you enter transition.

TRANSITION BIKE TO RUN



TRANSITION RULES

Dismount before dismount line. Keep your helmet strapped until your bike is racked at your own BIB number or bike space. Put all Bikewear within your area. The race won't be won here so ensure everything is neat and tidy in your space.

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AQUABIKE FINISH for OLYMPIC AND MIDDLE DISTANCES

When completing either the Olympic 40km or Middle 90km bike course, and after you have racked your bike, athletes will need to walk/run exiting transition through the Challenge Canberra archway and follow the yellow line below to the finish chute and enjoy their finish.

Challenge Canberra Aquabike Finish



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RUN COURSE

The Challenge Canberra run courses offer a swift, level track with a few small inclines through Commonwealth Park and flat running along Lake Burley Griffin's shoreline. Here's a course overview:

Middle

- Exit transition, turn right onto the footpath.
- Follow the footpath showing the white arrow (shown below), red background direction arrows visible on the path. Just like following the yellow brick road.
- Keeping left through the park follow the arrows until you exit onto the Lake Burley Griffin foreshore.
- Turn right and stay right, close to the wall along the path, again following the directional arrows. Running on top of them.
- Continue under Commonwealth Bridge and through the aid stations, following the route up and over Commonwealth Bridge, keeping right.
- As you come off the bridge turn right and follow the small orange cones to the lakes foreshore and continue following the direction arrows.
- Athletes will then enter Lennox Gardens and the next lot of aid stations. Follow the path around the gardens until the end of the path and turn left.
- Follow the path back past the aid station and towards the Commonwealth Bridge where you will run across again. Please keep right as you cross the bridge.
- Follow the arrows off the bridge and around to another aid station, through this and back under Commonwealth Bridge where you will follow the shoreline path all the way back to the event venue.
- NOTE: As the public is using the path as well, we are directing them to the water side with athletes running back to the event venue to run in the middle on top of the directional arrows. As you run along the shoreline you will have competitors on your left going the other way and pedestrians on your right going both ways. Do your best to be patient and follow these instructions. It is only about 300m and then you have more path space heading back to the event venue.
- Once you reach the red granite you will turn around about 50m past the granite and head back past the event venue on the path.
- Athletes will continue to do another 2 laps and on completion of the 3rd lap veer right and head onto the red carpet. Well done.

EVERY ATHLETE, EVERY CHALLENGE

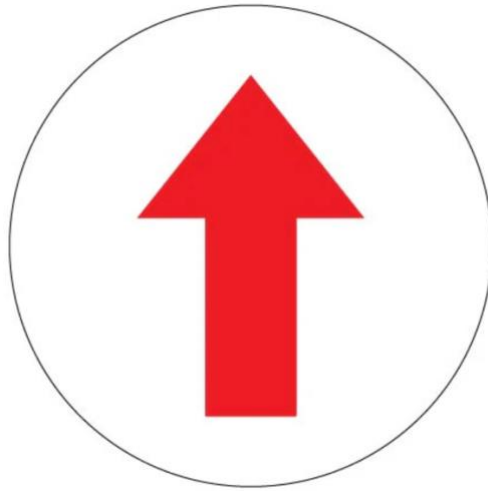
OLYMPIC, SPRINT AND SUPER SPRINT COURSE

- Exit transition, turn right onto the footpath.
- Follow the footpath showing the below red arrow (shown below), white background direction arrows visible on the path. Just like following the yellow brick road.
- Keeping left through the park follow the arrows until you exit onto the Lake Burley Griffin foreshore.
- Turn left and stay left as you follow the red arrows along the foreshore past the event venue.
- Proceed to the turn around which is 50m past the red granite, make the turn and again run back past the event venue on your right along the path.
- Continue on the required laps, 1 for Super Sprint, 2 for Sprint and 4 for the Olympic distance.
- On completion of your laps veer right and enjoy the red carpet – well done.

Challenge Canberra Olympic Run 10km



EVERY ATHLETE, EVERY CHALLENGE



Red direction arrow for Super Sprint, Sprint and Olympic distance athletes
These will direct you around the 2.5km course

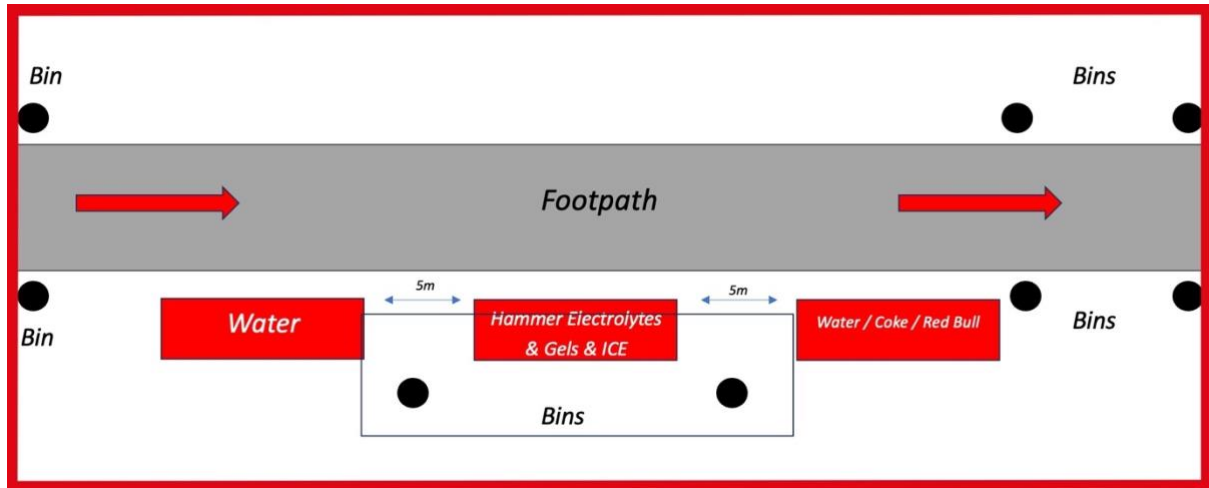
NOTE: The central basin of Lake Burley Griffin is a popular weekend exercise route for locals. Most of the course will have minimal public traffic however we are on public paths, keep a look out. As like any course there is bound to be someone who isn't happy that we are disrupting their morning exercise. Please be mindful of ad hoc pedestrians and areas where you will need to cross over at key section of the run course. There will be plenty of support out there as well.

CHALLENGE CANBERRA

EVERY ATHLETE, EVERY CHALLENGE

RUN COURSE AID STATIONS

The Challenge Canberra run course aid stations will have the following fuel for athletes:



CHALLENGE CANBERRA

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TEAMS

If you are in a team, all team transfers will happen at your bike rack. The timing chip will need to transfer to each member of your team before leaving transition. The swimmer must ensure they have the timing chip on to start the event.

All three team members may cross the line together but be mindful of other athletes finishing.

The swimmer must wear the swim cap, the cyclist must have the helmet sticker on the front of the helmet and seat post sticker on the bike and the bib race numbers on the back. The runner must have the bib race numbers on for the run.

KIDS AQUA

Kids in the Kids Aqua should register and collect their swim cap. This event will not be timed. All participants should make their way down to the swim start 10min before the start to receive a briefing. All kids to receive a Challenge Canberra finisher shirt.

All participants should ensure their transition is set up 10min before the briefing. The briefing will be at the swim start.

Swim – the kids will swim 150m along the shoreline from one archway to the other. It will be a mass start based on gender and age depending on the number of entries.

Transition – shoes should be set up on a towel in the transition zone marked, along with a t-shirt if not wearing a trisuit. Swim cap and goggles should be left on their towel before exiting transition.

Run – the kids will run will be along the foreshore of Lake Burley Griffin, running east to the turnaround sign and return back towards the finish where the kids will enjoy finishing on the red carpet.

EVERY ATHLETE, EVERY CHALLENGE



Aquakids- Swim 150m



Aquakids- Run 1km



EVERY ATHLETE, EVERY CHALLENGE

FINISH LINE, FINISH LINE PHOTO – FINISHER PIX

Finisher Pix are our official photographers and will be taking pictures throughout your race, capturing the good and the bad. Make sure you turn your bib to the front and smile when crossing the finish line and when you see a pink vest with a camera.

[Click Here](#) to find your photo post-race day or order your memorable photos a week in advance. Save the link.



NEVER FORGET YOUR RACE



EVERY ATHLETE, EVERY CHALLENGE

BIKE AND BAG COLLECTION

Transition will open to collect bikes based around the schedule. On Saturday the Olympic distance athletes will not be able to collect bikes until the last person is out onto the run course.

Super Sprint Bike Check-out via the Challenge Canberra archway at roughly 3.15pm

On Sunday Sprint athletes will be given an opportunity to collect your bike around the time mentioned in the schedule.

Sprint Bike Check-out via the Challenge Canberra archway at roughly 8.00am.

RESULTS AND PRESENTATION

Results will be available from the Timit Timing.

- Live Results: [Click Here](#)
- Final Results: [Click Here](#)

The presentation and flower ceremony for the top 3 male and female overall will proceed immediately after they finish.

The professional presentations for 1st, 2nd, 3rd, 4th, 5th and 6th will proceed at around 9.00am. All age categories for 1st, 2nd and 3rd place getters in each event will proceed around at roughly the times mentioned in the race schedule.

The top 6 athletes in all Middle-distance categories are eligible to receive the Challenge Family Championship qualification coin. This can be collected to the side of the presentation area. The top 6 Pro Open athletes are also eligible to compete at the Challenge Family World Championships in Samorin.

LOST AND FOUND

Any lost and found items will be handed into the announcers/timing tent next to the finish line.

EVERY ATHLETE, EVERY CHALLENGE



CHALLENGE FAMILY

RACE CALENDAR 2024/2025

	CHALLENGE VIEUX BOUCAU FRANCE, 5 OCT 2024	MIDDLE OLYMPIC
	CHALLENGE PEGUERA MALLORCA SPAIN, 19 OCT 2024	MIDDLE
	CHALLENGE BARCELONA TRIATHLON SPAIN, 3 NOV 2024	OLYMPIC
	CHALLENGE XIAMEN CHINA, 10 NOV 2024	MIDDLE OLYMPIC
	CHALLENGE CANBERRA AUSTRALIA, 17 NOV 2024	MIDDLE OLYMPIC
	CHALLENGE FLORIANÓPOLIS BRAZIL, 24 NOV 2024	MIDDLE
	CHALLENGE SALINAS ECUADOR, TBC DEC 2024	MIDDLE
	CHALLENGE ISRAMAN ISRAEL, 31 JAN 2025	LONG MIDDLE
	GALLAGHER INSURANCE CHALLENGE WANAKA NEW ZEALAND, 15 FEB 2025	MIDDLE
	CHALLENGE SIR BANI YAS ABU DHABI, 3-7 APRIL 2025	LONG MIDDLE
	CHALLENGE CERRADO BRAZIL, 6 APRIL 2025	MIDDLE
	ANFI CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 26 APRIL 2025	MIDDLE
	CHALLENGE TAIWAN TAIWAN, 26 APRIL 2025	LONG MIDDLE OLYMPIC
	CHALLENGE GALLIPOLI TÜRKIYE, 4 MAY 2025	MIDDLE
	CHALLENGE CESENATICO ITALY, 11 MAY 2025	MIDDLE
	OTSO CHALLENGE SALOU SPAIN, 11 MAY 2025	MIDDLE
	THE CHAMPIONSHIP SLOVAKIA, 18 MAY 2025	MIDDLE
	CHALLENGE ST PÖLTEN AUSTRIA, 25 MAY 2025	MIDDLE
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC 2025	LONG
	CHALLENGE CAGNES-SUR-MER FRANCE, 8 JUN 2025	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 22 JUN 2025	MIDDLE
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 29 JUN 2025	MIDDLE
	DATEV CHALLENGE ROTH GERMANY, 6 JUL 2025	LONG
	SAIL CHALLENGE CAP QUEBEC CANADA, 20 JUL 2025	MIDDLE OLYMPIC
	CHALLENGE NEW JERSEY STATE USA, 20 JUL 2025	OLYMPIC
	CHALLENGE TURKU FINLAND, 27 JUL 2025	MIDDLE
	CHALLENGE SANDEFJORD NORWAY, TBC AUG 2025	MIDDLE
	CHALLENGE MALAYSIA MALAYSIA, 31 AUG 2025	MIDDLE
	CHALLENGE BEIJING CHINA, TBC SEP 2025	OLYMPIC
	CHALLENGE SAMARKAND UZBEKISTAN, 7 SEP 2025	MIDDLE
	SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 7 SEP 2025	MIDDLE OLYMPIC
	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 13 SEP 2025	LONG MIDDLE
	CHALLENGE SANREMO ITALY, 21 SEP 2025	MIDDLE
	CHALLENGE ISTANBUL TÜRKIYE, TBC SEP 2025	OLYMPIC



ALL RACES ARE QUALIFICATION
RACES FOR THE CHAMPIONSHIP

www.challenge-family.com #EveryAthleteEveryChallenge #AllAboutTheAthlete

EVERY ATHLETE, EVERY CHALLENGE

PARTNERS/SPONSOR INFORMATION

Like any event of this size, it can't be possible without those who are generous enough to provide in-kind services, prizes and/or financial contributions. A big thanks to all Challenge Canberra partners for their contribution.



CANBERRA



ENDURANCE FUELS



EVERY ATHLETE, **EVERY CHALLENGE**



cycle co-op