

CHALLENGE CANBERRA

Athlete Guide



15-16 November 2025
Canberra, Australia

EVERY ATHLETE, EVERY CHALLENGE

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WELCOME FROM THE CHALLENGE FAMILY CEO

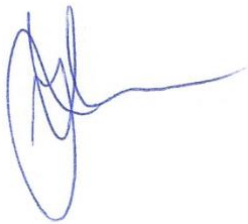
Dear Athletes

Welcome to another edition of Challenge Canberra! It's great to be back in Australia's capital city and what a setting, surrounded by such iconic landmarks. There is no doubt this will be an incredible two days of swim, bike and run and we are very much looking forward to continuing to work with the local team and community to deliver an unforgettable race experience.

Thank you for your passion and commitment to race Challenge Canberra and for your trust in Challenge Family. I also express my thanks to Corey Bacon and the rest of his local organising team who have worked so hard to bring the event to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors, as well as the local community for their support. Thank you for welcoming Challenge Family to your striking part of the world.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly and inclusive atmosphere that prevails at all our races around the globe and especially so here in Canberra. The community's warm hospitality, the fast, scenic course and perfect setting all combine to create a memorable weekend of sport.

I wish you all the very best for your race and see you at the finish line!



Jort Vlam
CEO – Challenge Family



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WELCOME FROM THE RACE DIRECTOR

Hello Athletes, Friends, and Supporters of Challenge Canberra

Canberra Multisport Events is thrilled to host the **third annual Challenge Canberra Triathlon**, the city's premier middle-distance triathlon. After a successful 2023 debut and a strong 2024 edition, we're excited to continue building this event into a must-do on the triathlon calendar.

New Venue for 2025: Black Mountain Peninsula

For 2025, **CHALLENGE CANBERRA** will relocate from **Commonwealth Place** to **Black Mountain Peninsula (BMP)**.

While this change wasn't part of the original plan, it has become necessary due to the lowering of the lake level as part of the Scrivener Dam works and ongoing infrastructure projects around the Central Basin include major roads infrastructure changes.

The good news is that **Black Mountain Peninsula** is a proven triathlon venue that has hosted major events for more than 20 years — offering a beautiful, safe, and athlete-friendly environment that perfectly suits this year's event.

The new venue brings plenty of positives:

- **Safer and deeper swim area** – ideal conditions for both athletes and watercraft support.
- **Scenic and sheltered setting** – the peninsula offers a balance of calm water, shaded run paths, and open-road bike sections.
- **Great spectator experience** – close viewing areas and relaxed spaces for families and friends to cheer you on.

While this change has come late in the preparation, it ensures a smoother and safer experience for everyone — and the same great racing atmosphere Canberra is known for.

Event Highlights

- **World Championship Opportunities** – Top-six finishers in each age group in the middle-distance triathlon earn a place at the Challenge Family Championship in Samorin, Slovakia, in 2026.
- **World Qualifying Events** – The Middle and Olympic Triathlons and Aquabike are also qualifying events for the 2026 World Championships.

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- **Junior Pro Open** – Athletes aged 14–18 can race in an Aquathlon and a non-drafting Sprint Tri, with combined times determining the champion.

Courses

- **Swim** – Black Mountain Peninsula provides an iconic swim course (wetsuits likely).
- **Bike** – A refined course with great flow and lap management, fast, flat with some undulation.
- **Run** – Fast and scenic: Olympic and Middle-distance athletes will run around Black Mountain Peninsula and out along the lakes foreshore before returning to the event venue.

We're committed to delivering an exceptional athlete experience and showcasing Canberra at its very best. Thank you for your ongoing support—together, we're building something truly special.

Race safe, and we look forward to welcoming you in 2025 and more so in 2026!



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INTRODUCTION

This guide contains key information on:

- Schedule & venues
- Courses & transition flows
- Registration & race rules
- Timing & results

Bring legal photo ID to registration.

- **Age Group overview:** This guide is your briefing. Verbal briefing **3.00pm** Saturday at transition and walk-through of transition.

KEY CONTACTS & EMERGENCY INFORMATION

Race Personnel

Race Director: **Corey Bacon** – 0466 321 312

Event Manager: **Belinda Bacon** – 0432 808 590

Technical Delegate: **Lara Lever** – 0422 564358

Head Referee: **Sue Horsburgh** – 0402 042 650

Medical: **Get First Aid** – 1300 663 600

Timing: **Timit Timing (Ugo Durand)** – 0478 683 936

Emergency

Dial **000** for Police / Fire / Ambulance.

Hospitals (approx. 12–13km)

- **North Canberra Hospital**, Bruce – (02) 6201 6111
- **Canberra Hospital**, Garran – (02) 5124 0000



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EVENT TIMETABLE

(Final wave times and minor adjustments may be published race week on the website and via athlete email.)

Friday – 14 November 2025

5:00–7:00pm	Athlete Registration (all events) - Optional	Black Mountain Peninsula
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Saturday – 15 November 2025

8:00–9:00am	Tips & Tricks clinic	Transition
2:00pm–6:00pm	Registration (all events)	Black Mountain Peninsula
2:30pm–6:30pm	Bike Check-in – All Events - Optional	Black Mountain Peninsula
3:00pm	Age Group Briefing – All Triathlon/ Aquabike Events	Black Mountain Peninsula
4:00pm	Aquathlon (Swim/Run) – Race Briefing – Junior Pro Open, Age Group	Aquathlon Transition Area/ Black Mountain Peninsula
4:15pm	Aquathlon (Swim/Run) – Race Start – Junior Pro Open, Age Group	Black Mountain Peninsula / Beach Area
4:45pm	Aqua Kids Challenge transition setup at swim start prior to race start	Black Mountain Peninsula / Beach Area
5:00pm	Aqua Kids Challenge – setup transition at swim start prior to race start	Black Mountain Peninsula / Beach Area

Sunday – 16 November 2025

4:30–5:30am	Transition Opens/Closes (Enter with helmet and timing chip on)	Transition
5:44am	SUNRISE	Black Mountain Peninsula
5:50am	Age Group Start – Middle Tri – Male	Black Mountain Peninsula

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5:55am	Age Group Start – Middle Tri Female / Aquabike – Male/Female	Black Mountain Peninsula
6:00am	Age Group Start – Super Sprint – Male/Female	Black Mountain Peninsula
6:45am	Age Group Start – Sprint – Male (includes Junior Pro Open M/F	Black Mountain Peninsula
6:50am	Age Group Start – Sprint – Female	Black Mountain Peninsula
7:00am	Age Group Start – Olympic Tri – Male	Black Mountain Peninsula
7:05am	Age Group Start – Olympic Tri Female	Black Mountain Peninsula
7:05am	Age Group Start – Olympic Aquabike Male/Female	Black Mountain Peninsula
8:15am–8:45am	Bike Check-out – Super Sprint / Sprint	Transition
9:00am	Junior Pro Open Presentation	Presentation Area
9:15am	Super Sprint Presentation	Presentation Area
9:45am	Sprint Presentation	Presentation Area
10:45am	Olympic Presentation	Presentation Area
11:30am	Bike Check-out – Olympic	Transition
1:00pm	Bike Check-out – Middle	Transition
1:15pm	Middle Presentation (TBC)	Presentation Area

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RACE VENUE MAP

Black Mountain Peninsula



RULES AND REGULATIONS

The Race is organised under the World Triathlon rules (*version January and March 2025*) 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.

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- 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.
- 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:

• The front zipper should be connected at the bottom of the trisuit at all times and the top of the trisuit should always cover the shoulders. The Trisuit needs to be closed (no bare chest) at the latest 200m before the finish;
• Music devices (iPod, phones, etc) are not allowed;
• Action cameras (GoPro's etc) attached to your bike or helmet are not allowed;
• Supporters and family members are not allowed to accompany you on the bike and run course; and in the finish chute and across the finish line.
• 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 ○ 3 minutes in long distance events; ○ 2 minutes in middle distance events; ○ 1 minute in olympic distance events; ○ 30 seconds in sprint and shorter events • 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;
• Blocking is prohibited! Blocking violation is punished by a yellow card ○ 1 minute in long distance events; ○ 30 sec in middle distance events; ○ 15 sec in olympic distance events; ○ 10 sec in sprint distance events; and ○ 5 sec in events shorter than sprint distance

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- The littering of trash during the competition outside the provided zones is a yellow card infringement and has the same time penalty as Blocking NOT DQ.
- It is the athlete's responsibility to serve the penalty given to him or her.

Challenge Canberra is a non-drafting race this year, including athletes competing in the Junior Pro Open. Using the World Triathlon 12 metre drafting rule, 1.5m wide anti drafting zone for *all* distances. 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 25 seconds. Blocking is prohibited.

All Distance



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)

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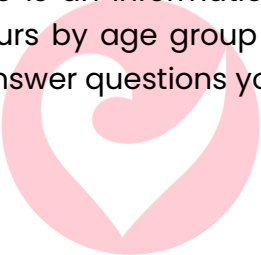
- ✔ Sunglasses (in helmet or on towel)
- ✔ Socks (on towel)
- ✔ Clothing (on towel)
- ✔ Nutrition & fluids (on towel or on bike)

RUN

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

INFORMATION AREA

Located within the Event 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

Black Mountain Peninsula (BMP)

Parking within BMP is available for those who arrive **before road closures at 4:30 am Parks Way and 5.00 am Lady Denman Drive.**

Please note: **Vehicles cannot leave until roads re-open at approximately 12:00 pm.** Spaces are limited – this area is best suited for athletes participating in the longer-distance races.

NOTE: do not park along the side of the road within BMP that is the bike course, park within the gravel carparks only.

Lady Denman Drive

A small car park is located along **Lady Denman Drive.**

Access is permitted **before 4:30 am**, and vehicles must remain parked until roads re-open around **12:00 pm.**

Forest Drive Car Park

This car park offers around **30+ spaces** and is situated away from the main course and event venue.

Please note: **Post-event access via the footpath is restricted** as the run course uses this path.

You can exit via **Lady Denman Drive** once the road re-opens at approximately **11:30 am.**

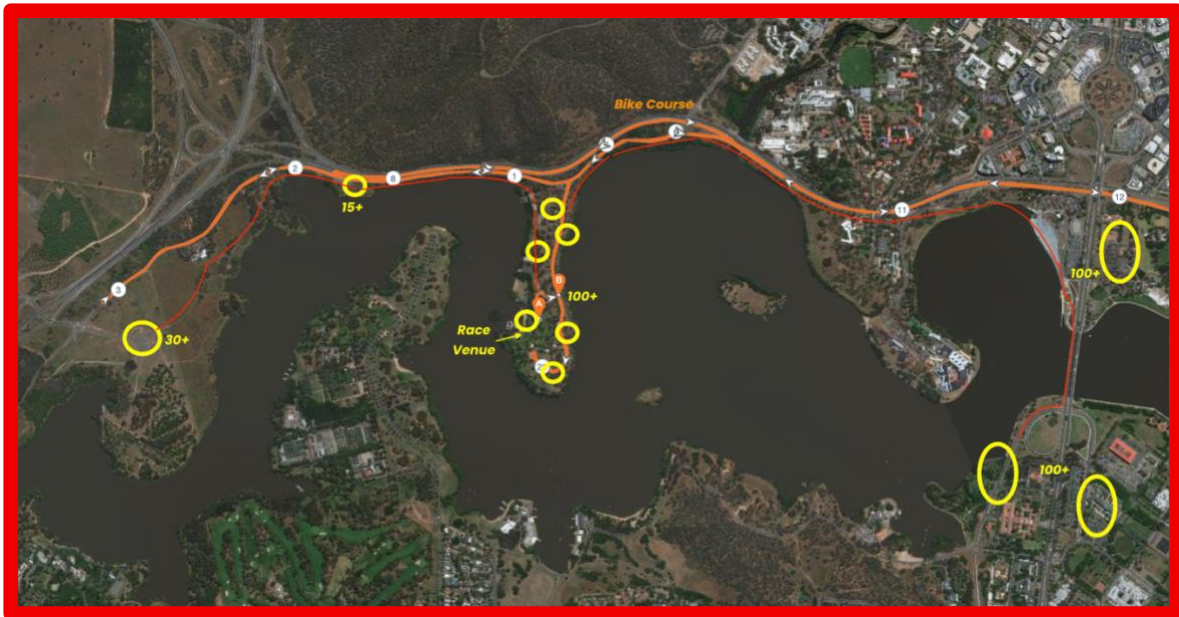
National Triangle Area

Free parking is also available around the National Triangle, ideal for those happy to do an easy spin into Black Mountain Peninsula. This is around 3.5km along pathways.

A great option if not wanting to hang around.

All parking areas for Challenge Canberra are completely free of charge.

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CUT-OFF TIMES – Middle distance only

Time limit / Cut off times

- Swim: 6.55am (Middle, Aqua)
- Bike: 11.30am (all athletes must be off Parks Way and Lady Denman Drive)
- Run: when you finish

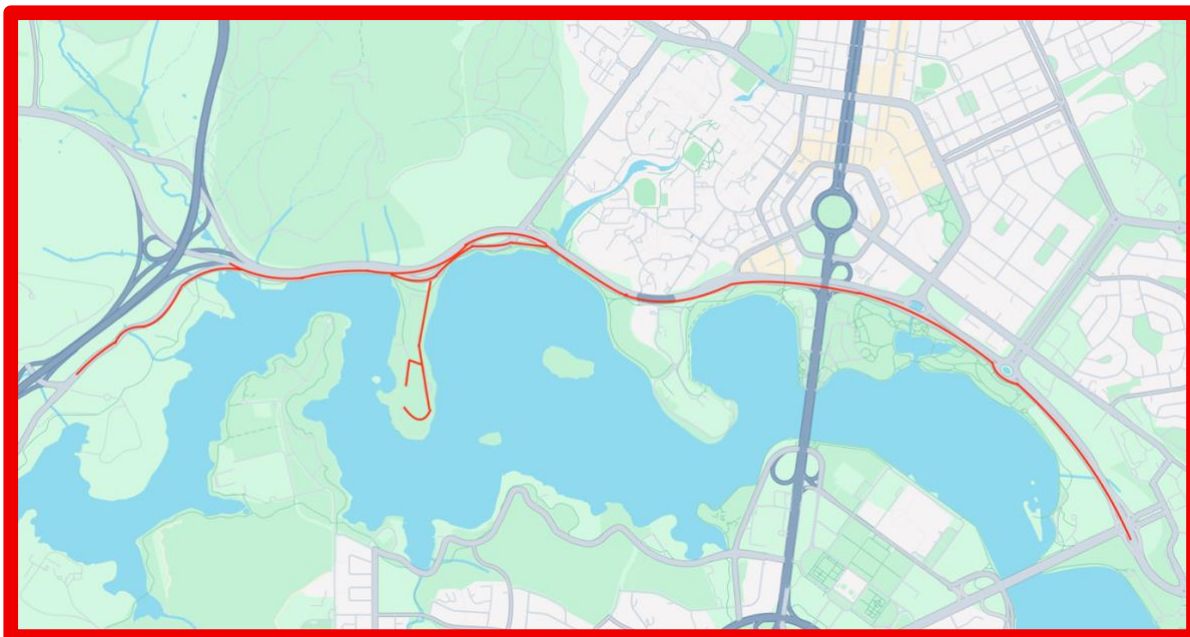
TRAFFIC, ROAD CLOSURES

Sunday

Parks Way (westbound) from Kings Ave Bridge will be closed from **4.30am**. Lady Denman Drive between Clunies Ross Street and Forest Terrace will be closed from **5.00am**. The bike course that includes these roads will be closed until **12.00pm** (**roads could open earlier**).

Leaving the venue while the roads are closed is strictly prohibited.

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COLLECTION CAR (SAG WAGON) INFORMATION

Middle Distance Athletes: Parks Way (westbound) and Lady Denham Drive will open roughly by 12.00pm. If athletes have not entered T2 by 11.30am 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.

EVENT VILLAGE

The Event Village will have a few vendors as we continue to build the event.

• Registration and Information stand	• Lapped Apparel
• TREK Bikes – bike mechanic and stuff	• Paragon Industri
• Dipping Dots	• Palacinke Delicious Crepes
• Here's the Coffee	• Recovery Lab – Braddon
• Emerald Lab – Nutrition	• BBQ – Breakfast/Lunch

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BAG DROP OFF

Athletes can drop their bags at the bag drop tent located within the Event Village. 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. Ensure you have your wrist tag to collect your bag.

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 TREK Bikes will be available at the event village.

Saturday 2:00pm – 6:00pm at the event village

Sunday 4:30am – 6:00am at the event village

The mechanics will also be located on the bike course at Rond Terrace car park (Middle distance drink station), and at the entry to Garryowen Drive.

ATHLETES REGISTRATION

LOCATION: Black Mountain Peninsula

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.
- Athletes who registered prior to 1 September will receive a Challenge Canberra event shirt.
- Middle distance athletes will also receive a finisher towel, finisher shirt and finisher medal at the completion of your race.

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- 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.

Note: if you didn't receive an event shirt or any other merchandise there will be the opportunity to collect any shirts that are left over from this year or previous years events.

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. *Bike Stickers should not be altered when attaching to the saddle stem.*
- 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.

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 passive HuTag around your left ankle. **Note: DO NOT cover it with your wetsuit.**

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

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, Unit 2/17 Hilda Street Cheltenham 3192 VIC.



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RACE BRIEFING

The formal race briefing is this document as well as a verbal briefing for all athletes on Saturday during registration. The age group briefing is not compulsory if you have read this document. Key officials, mainly the race director are happy to answer any questions you may have.

Saturday – 3.00pm – within the transition area

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



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BIKE CHECK-IN

Saturday

All Events

Bike check-in *on Saturday 15 November is optional* from 2.30pm to 6.00pm. Bike check-in is not compulsory, but it may save you time on the morning of the race. Security will be present Friday and Saturday nights.

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.

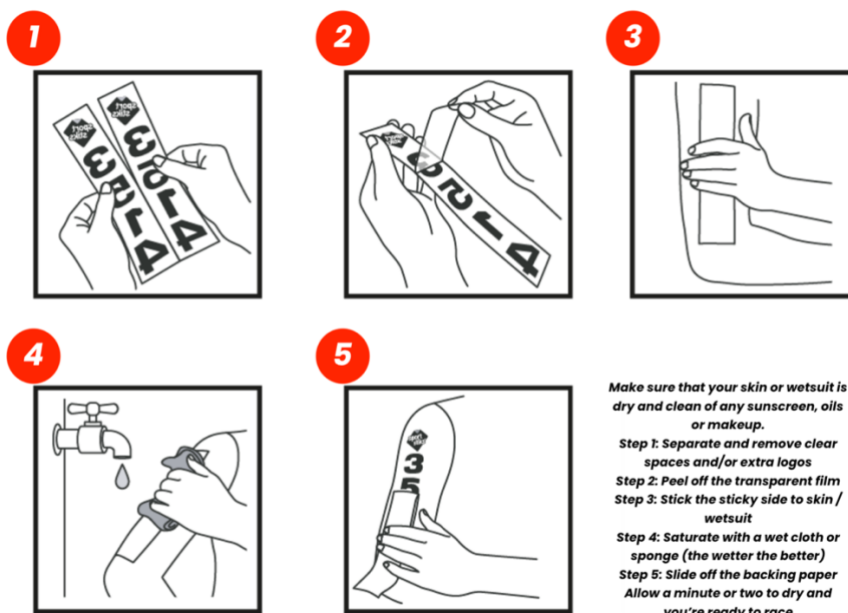
If leaving your bike overnight on Saturday for Sunday's event, ensure nothing else is left in transition and you rack your bike by the handlebars. Your transition setup – bike shoes, helmet, runners etc should all be set up on Sunday morning.

The helmet will be checked **Sunday morning only** 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, Black Mountain Peninsula. At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the World Triathlon.

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

SWIM START PROCEDURE

This year's event will be a mass start for both male and female athletes across all events. Athletes will be announced and then they will make their way out to the start line. Athletes line up within the inflatable archway. The Challenge Family introductory music will be played for the first wave only. This is the Middle distance all male category.

Once the music commences the first wave has exactly 2min 15sec before the start siren sounds. Waves after this will continue based on the wave start schedule. Follow the starters instructions.

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 10sec to go prior to the siren sounding. This is the process for each wave after the first wave.

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SWIM WAVES

Start Time	Category	Cap Colour
Saturday		
Aquathlon		
4.15pm	Junior Pro Open (Male/Female) Age Group Male/Female	Various
5.00pm	Aquakids – Race Start	Various

Start Time	Category	Cap Colour
Sunday		
Middle Tri		
5.50am	Male Age Group	White
5.55am	Female Age Group / Aquabike Male/Female	Red
6.00am	Male/Female Aquabike	White
Super Sprint Tri		
6:05am	Male/Female Age Group	Red
Sprint Tri		
6.45am	Male Age Group (includes Junior Pro Open)	White
6.50am	Female age group	Black
Olympic Tri		
7.00am	Male Age Group	White
7.05am	Female Age Group	Purple
7.05am	Male/Female Aquabike	Orange

AQUATHLON

You'll start with a refreshing swim in the sheltered waters of Black Mountain Peninsula, before heading out on a scenic lakeside run along smooth, shaded paths that showcase some of Canberra's most beautiful natural surroundings.

Short Distance – 300m Swim and 2.8km Run

Long Distance – 750m Swim and 5.4km Run

- Review the swim course map and run maps for course information

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SWIM COURSE MAP

Athletes can do their swim warm up to the left of the swim start area only.
Athletes need to ensure they are on the beach in their wave 5min before their start. Officials will advise athletes when they can enter the water prior to their swim start.

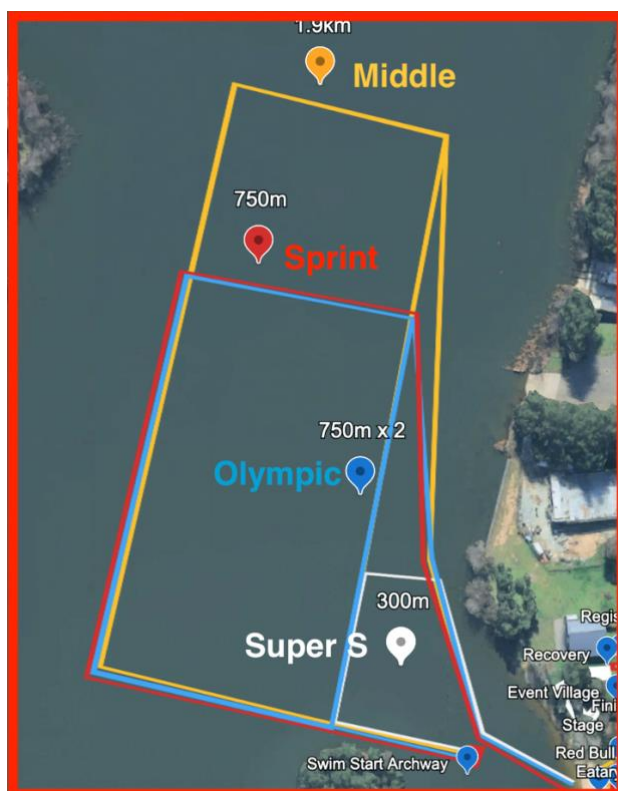
Please note it will be dark prior to the swim start on Sunday and athletes should stay close to shore.

Middle Distance – 2 laps of 950m = 1.9km

Olympic Distance – 2 laps of 750m = 1.5km

Sprint Distance – 1 lap of 750m = 750m

Super Sprint – 1 lap of 300m = 300m



Please note: There is a temporary rowing course currently set up in the same area as our swim course for the upcoming Golden Oar Rowing Event next weekend. The Challenge Canberra swim buoys are much larger and easy to identify. These are the only buoys you need to follow. The smaller rowing buoys will not interfere with your course.

SWIM WARM UP

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

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Middle Distance Swim Course

Buoy Colours:

- Challenge Canberra – Red (Large) and White (Medium)
- Great Ocean Wetsuits – Orange (Large)

Lap 1: Red → Red → Red → White

- Keep all buoys on your right (clockwise).

Lap 2: Red → Red → Red → Orange → Orange

- Keep Red buoys on your right and Orange buoys on your left.

Olympic Distance Swim Course

Lap 1: Red → White → White → White

- Keep all buoys on your right (clockwise).

Lap 2: Red → White → White → Orange → Orange

- Keep Challenge buoys on your right and Orange buoys on your left.

Sprint Swim Course

Lap 1: Red → White → White → Orange → Orange

- Keep Challenge buoys on your right and Orange buoys on your left.

Super Sprint Swim Course

Lap 1: Orange → Orange

- Keep the Great Ocean Wetsuits buoys on your right on the way out, and the final orange buoy on your left on the return to shore.

Start Line: Under the Challenge Canberra Swim Archway

Finish Line: On the beach at the Black Challenge Archway

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SWIM SUPPORT SWIM SAFETY

The swim course is guarded by swim marshals on paddle boards and kayaks. Also, one motorised boat 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.

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
<i>All distances</i>	24.6°C and above	15.9°C and below

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SAMORÍN-SLOVAKIA

QUALIFY NOW!
24 MAY 2026
www.thechampionship.de

CHALLENGE FAMILY

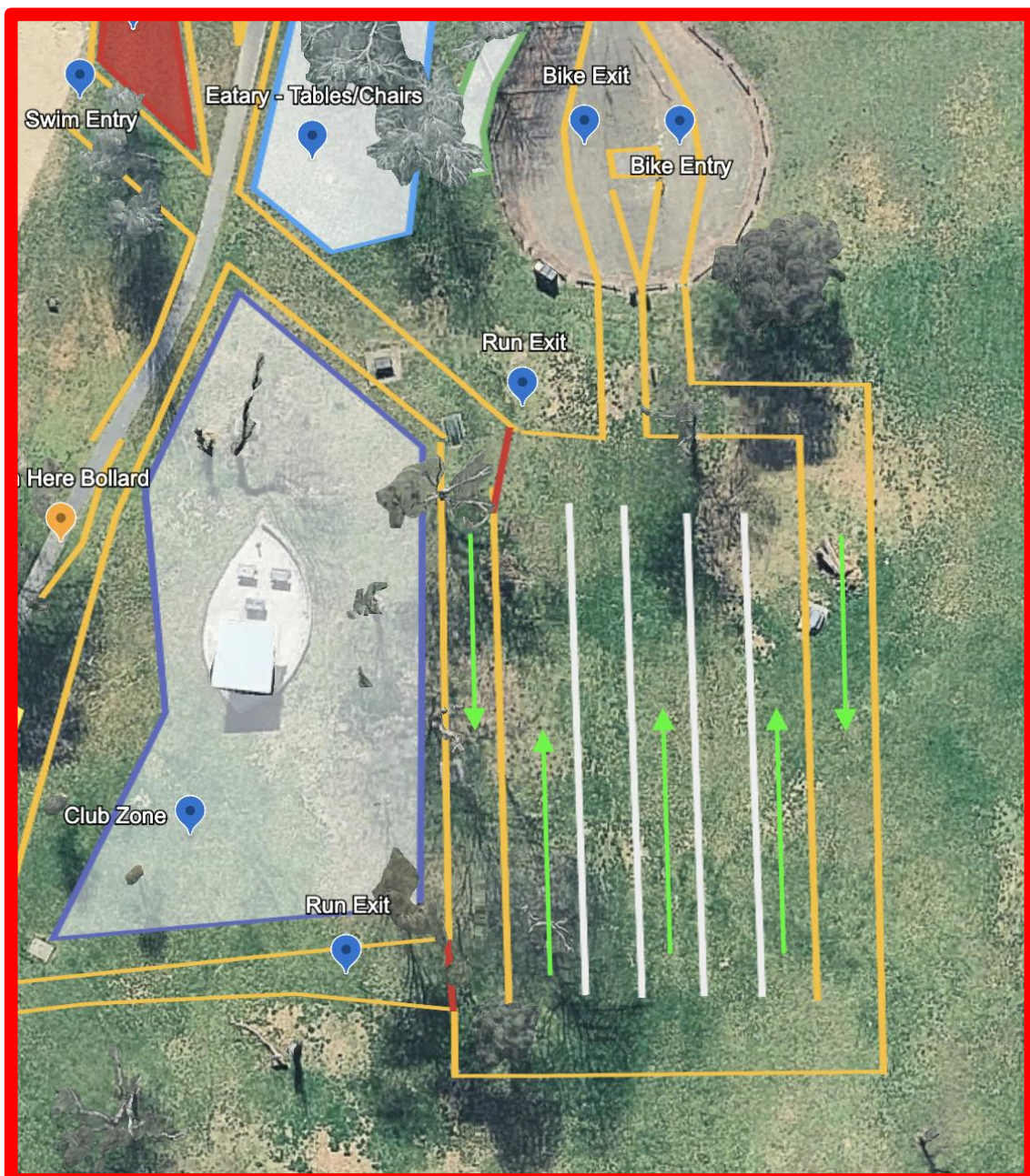
x-bionic sphere
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and innovation

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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 on exit and before the mount line on entry.
- Wetsuits are not to be hung over the bike racks, but placed at the back of your transition area neatly.
- *Marking positions in the transition area is forbidden.*

TRANSITION FLOW



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BIKE COURSE

The Challenge Canberra bike course for the Super Sprint is 1 lap of Lady Denman Drive, including exiting and entering BMP via Garryowen Drive. Here's a brief breakdown of the course:

Super Sprint Bike Course Description – 1 Lap (8.4km)

- After mounting your bike, head along John Cardiff Close, then turn left onto Garryowen Drive at the top.
- Continue to the exit of Black Mountain Peninsula (BMP) and turn left onto Lady Denman Drive.
- Ride along Lady Denman Drive to the turnaround point, then return past the BMP entry/exit to the second turnaround.
- After completing the second turnaround, continue back to the BMP entry and turn left.
- Follow Garryowen Drive all the way down to the roundabout, then turn left into John Cardiff Close and proceed to the dismount line.

[Click Here for Interactive map](#)

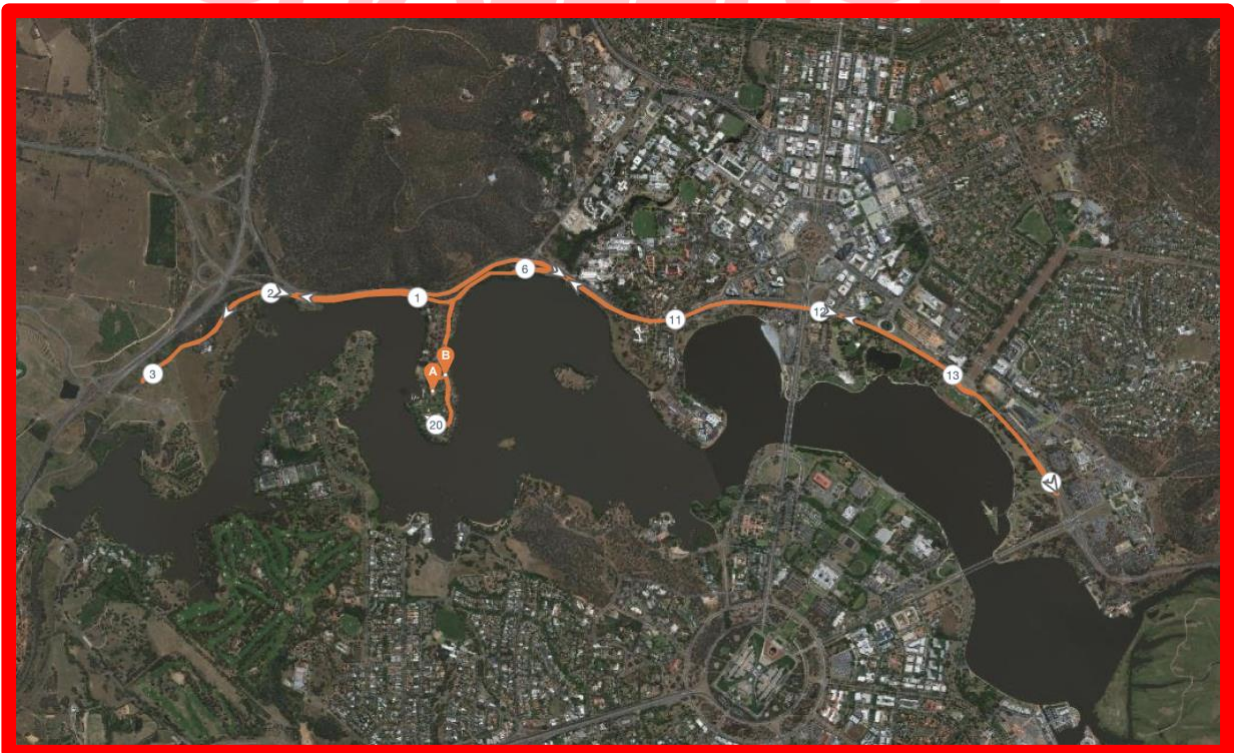


EVERY ATHLETE, EVERY CHALLENGE

Sprint Bike Course Description – 1 Lap (20km)

- After mounting your bike, head along John Cardiff Close, then turn left onto Garryowen Drive at the top.
- Continue to the exit of Black Mountain Peninsula (BMP) and turn left onto Lady Denman Drive.
- Ride along Lady Denman Drive to the turnaround point, then return past the BMP entry/exit to the Lady Denman Drive off-ramp. Turn right and climb the ramp (note: this is a two-way section – no overtaking).
- At the top, make a sharp left turn and continue to the turnaround at Glenloch Interchange. After turning, ride all the way to Kings Avenue Bridge, passing the Lady Denman Drive entry/exit and Rond Terrace along the way.
- At Kings Avenue Bridge, make the turnaround, then continue back past Rond Terrace (mechanical support is available here if required).
- Continue along Parks Way to the off-ramp down to Lady Denman Drive, veer left, and at the bottom turn left again onto Lady Denman Drive.
- Follow Lady Denman Drive back into the event venue, turning left onto Garryowen Drive.
- Continue down Garryowen Drive to the roundabout, make the turn, then ride back up to the left-hand entry into transition to complete your 1 lap (20km) course.

[Click Here](#) for Interactive map



EVERY ATHLETE, EVERY CHALLENGE

Olympic Bike Course Description – 2 Laps (40km)

- After mounting your bike, head along John Cardiff Close, then turn left onto Garryowen Drive at the top.
- Continue to the exit of Black Mountain Peninsula (BMP) and turn left onto Lady Denman Drive.
- Ride along Lady Denman Drive to the turnaround point, then return past the BMP entry/exit to the Lady Denman Drive off-ramp. Turn right and climb the ramp (note: this is a two-way section – no overtaking).
- At the top, make a sharp left turn and continue to the turnaround at Glenloch Interchange. After turning, ride all the way to Kings Avenue Bridge, passing the Lady Denman Drive entry/exit and Rond Terrace along the way.
- At Kings Avenue Bridge, make the turnaround, then continue back past Rond Terrace (mechanical support is available here if required).
- Continue along Parks Way to the off-ramp down to Lady Denman Drive, veer left, and at the bottom turn left again onto Lady Denman Drive.
- Follow Lady Denman Drive back into the event venue, turning left onto Garryowen Drive.
- Continue down Garryowen Drive to the roundabout, make the turn, then ride back up to the left-hand entry into transition but DO NOT turn, continue straight ahead and complete your 2nd lap of 20km.
- Upon your return of your next lap you will turn left and head into transition to complete 2 laps of 20km.

[Click Here](#) for Interactive map – see map above.

Middle Bike Course Description – 1 x 8.4km and 4 x 20km (90km)

- After mounting your bike, head along John Cardiff Close, then turn left onto Garryowen Drive at the top.
- Continue to the exit of Black Mountain Peninsula (BMP) and turn left onto Lady Denman Drive.
- Ride along Lady Denman Drive to the turnaround point, then return past the BMP entry/exit to the second turnaround.
- After completing the second turnaround, continue back to the BMP entry and turn left.
- Follow Garryowen Drive all the way down to the roundabout, return to the top and exit BMP to start lap 1 of 4 over the 20km bike course. **Please refer to the Olympic Bike Course Description.**

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View the Super Sprint Interactive map and the Olympic Distance Interactive map links – also view the maps above.

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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MIDDLE DISTANCE AID STATION ONLY

The bike aid station is located at Rond Terrace carpark. Middle Tri and Middle Aquabike athletes only can follow the signs into the carpark and collect a bidon. 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 will receive a yellow card infringement and you will need to attend the Penalty Box to serve the Penalty.*

BIKE RULES

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

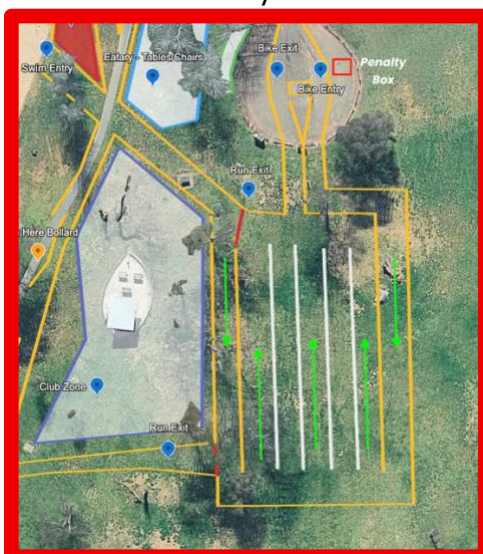
On the bike course, the road traffic regulations are binding!

Junior Pro Open athletes must use a road bike (TT bikes not permitted)

TT bikes are permitted for all age group races.

PENALTY BOX

The penalty box will be located at the entry to transition.



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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.

AQUABIKE FINISH for OLYMPIC AND MIDDLE DISTANCES

When completing either the Olympic 40km or Middle 90km bike course, after entering *the transition timing mat you have completed your event*. Athletes do have the choice to make their way to the finish line and cross the line to collect their towel and finisher shirt. It is not compulsory to cross the finish line to receive these items. Show your race bib to collect.

RUN COURSE

*The all-new **CHALLENGE CANBERRA** run course has a bit of everything – a few gradual rises to put some sting in the legs, balanced with flat, fast sections that let you settle into a strong rhythm along the lake's edge.*

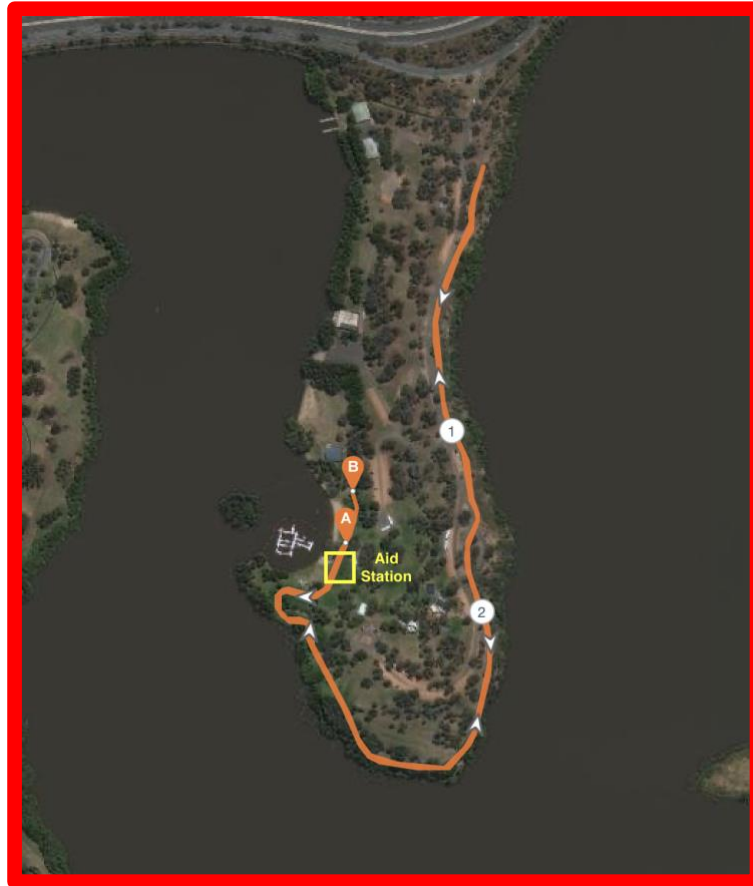
Still a two-lap course for the middle distance and a one-lap course for the Olympic distance.

With multiple aid stations spaced roughly every 2 km, athletes will have plenty of opportunities to stay hydrated and keep their energy high from start to finish.

Super Sprint Run Course Description – 1 x 2.8km

- Exit transition, turn left onto the footpath.
- Follow the footpath showing the red arrow (shown below), white background direction arrows visible on the path. Just like following the yellow brick road.
- Keeping left throughout the whole run leg. Continue up to the turnaround at the top of Garryowen Drive. Make the turn.
- Follow the same route back to the finish line to complete your race.

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See the map above or [click here](#) to view the interactive map.

- NOTE: As the run course is on a public pathway please do not abuse the public and do your best to avoid them. We will do our best to redirect them.

Sprint Run Course Description – 2 x 2.8km

- Exit transition, turn left onto the footpath.
- Follow the footpath showing the red arrow (shown below), white background direction arrows visible on the path. Just like following the yellow brick road.
- Keeping left throughout the whole run leg. Continue up to the turnaround at the top of Garryowen Drive. Make the turn.
- Follow the same route back to the turn to complete lap one, grab drink and complete one more lap and then make your way to the finish line to complete your race.

See the map above or [click here](#) to view the interactive map.

EVERY ATHLETE, EVERY CHALLENGE

Run Course Description – 10.4km (Olympic Distance)

- Exit transition and turn left onto the footpath.
- Follow the path marked with red arrows on a white background — just like following the yellow brick road!
- Keep left at all times throughout the run. Continue up to the turnaround at the top of Garryowen Drive, then make the turn.
- Follow the same route back past the event venue, continuing along the path to the end where you'll make a left turn.
- Stay on this path for most of the run until you reach a left turn onto a gravel road. Here you'll find the Red Bull Energy Station and aid stations (plus a toilet). Expect plenty of cheers and energy from the support crew!
- Exit the gravel road by turning right back onto the main path, then run back toward the event venue.
- Pass the venue (around the 7.3km mark) and continue on the same out-and-back section you completed earlier.
- Return to the venue and cross the finish line to complete the 10km Olympic distance run.



See the map above or [click here](#) to view the interactive map.

EVERY ATHLETE, EVERY CHALLENGE

Run Course Description – 3x7.2km (*Middle Distance*)

- Exit transition and turn left onto the footpath.
- Follow the path marked with red arrows on a white background — just like following the yellow brick road!
- Keep left at all times throughout the run. Continue up to the turnaround at the top of Garryowen Drive, then make the turn.
- Follow the same route back past the event venue, continuing along the path to the end where you'll make a left turn.
- Stay on this path for most of the run until you reach a left turn onto a gravel road. Here you'll find the Red Bull Energy Station and aid stations (plus a toilet). Expect plenty of cheers and energy from the support crew!
- Exit the gravel road by turning right back onto the main path, then run back toward the event venue.
- Pass the venue (around the 7.2km mark) and continue on the same out-and-back section you completed earlier. *Complete 2 more laps.*
- Return to the venue and *near where you exited transition will be a bollard, make the turn and then run the short 150m to the finish line.*
- *Note: you will only make this turn on your third lap only, therefore running 3x7.2km loops.*

See the map above or [click here](#) to view the interactive map.



Red direction arrow will be placed on footpath to enforce course direction.
These will direct you around the run course

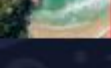
NOTE: The run course is closed but there still may be ad hoc pedestrians or cyclist on the course. Please keep a look out. As like any course there is bound to be someone who isn't happy that we are disrupting their morning exercise. Please be mindful of others.

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CHALLENGE FAMILY

RACE CALENDAR 2025/2026

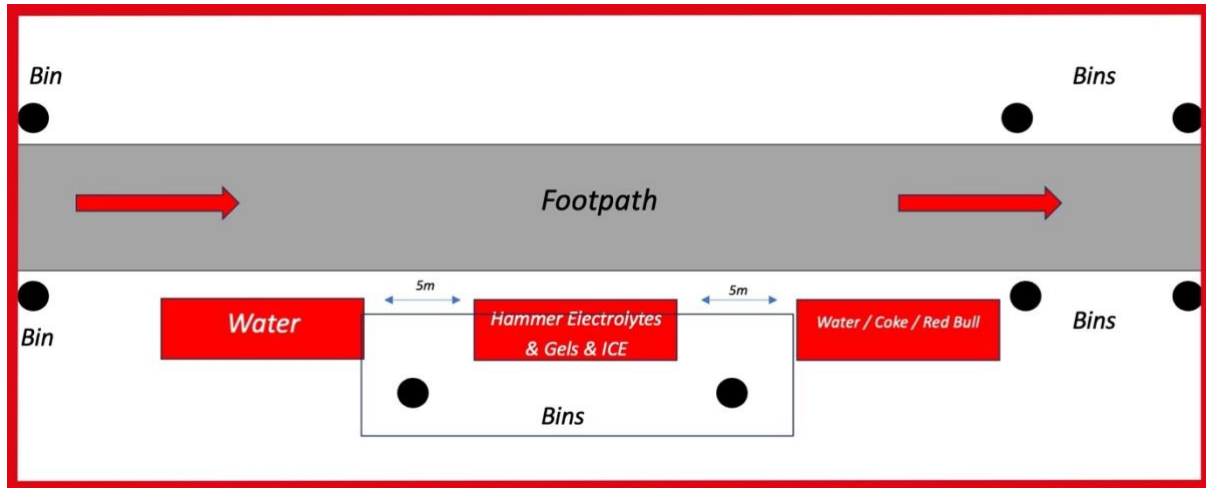
 CHALLENGE VIEUX BOUCAU  FRANCE, 11 OCT 2025 MIDDLE OLYMPIC	 THE CHAMPIONSHIP  SLOVAKIA, 24 MAY 2026 MIDDLE
 CHALLENGE PEGUERA MALLORCA  SPAIN, 18 OCT 2025 MIDDLE	 CHALLENGE ST PÖLTEN  AUSTRIA, 31 MAY 2026 MIDDLE
 CHALLENGE FORTE VILLAGE SARDINIA  ITALY, 26 OCT 2025 MIDDLE	 CHALLENGE GUNSAN-SAEMANGEUM  KOREA, TBC JUNE 2026 MIDDLE
 CHALLENGE BARCELONA  SPAIN, 26 OCT 2025 MIDDLE	 LOTTO CHALLENGE GDAŃSK  POLAND, 21 JUN 2026 MIDDLE
 CHALLENGE XIAMEN  CHINA, 1 NOV 2025 MIDDLE OLYMPIC	 CHALLENGE KAISERWINKL-WALCHSEE  AUSTRIA, 28 JUNE 2026 MIDDLE
 CHALLENGE CANBERRA  AUSTRALIA, 15-16 NOV 2025 MIDDLE OLYMPIC	 SAIL CHALLENGE CAP QUÉBEC  CANADA, 28 JUNE 2026 MIDDLE OLYMPIC
 CHALLENGE FLORIANÓPOLIS  BRAZIL, 30 NOV 2025 MIDDLE	 CHALLENGE SANDEFJORD  NORWAY, 28 JUNE 2026 MIDDLE
2026	
 CHALLENGE ISRAMAN  ISRAEL, 30 JAN 2026 LONG MIDDLE	 DATEV CHALLENGE ROTH  GERMANY, 5 JULY 2026 LONG
 CHALLENGE SIR BANI YAS  ABU DHABI, 30 JAN - 1 FEB 2026 LONG MIDDLE OLYMPIC	 CHALLENGE TURKU  FINLAND, 26 JUL 2026 MIDDLE
 GALLAGHER INSURANCE CHALLENGE WĀNAKA  NEW ZEALAND, 21 FEB 2026 MIDDLE	 CHALLENGE FORTALEZA  BRAZIL, 30 AUG 2026 MIDDLE
 CHALLENGE MOGÁN-GRAN CANARIA  SPAIN, 18 APR 2026 MIDDLE	 CHALLENGE ALMERE-AMSTERDAM  NETHERLANDS, 12 SEP 2026 LONG MIDDLE
 CHALLENGE TAIWAN  CHINESE TAIPEI, 23-26 APR 2026 LONG MIDDLE OLYMPIC	 SAIL CHALLENGE ESPRIT MONTRÉAL  CANADA, 13 SEP 2026 MIDDLE OLYMPIC
 CHALLENGE GALLIPOLI  TÜRKİYE, TBC MAY 2026 MIDDLE	 CHALLENGE SAMARKAND  UZBEKISTAN, 13 SEP 2026 MIDDLE
 CHALLENGE CESENATICO  ITALY, 10 MAY 2026 MIDDLE	 CHALLENGE SANREMO  ITALY, 4 OCT 2026 MIDDLE
 CHALLENGE SALOU  SPAIN, 10 MAY 2026 MIDDLE	 ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP

www.challenge-family.com #EveryAthleteEveryChallenge #AllAboutTheAthlete

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RUN COURSE AID STATIONS

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



POST-RACE RECOVERY ZONE

All athletes at this year's **CHALLENGE CANBERRA** will enjoy a well-deserved recovery experience within the **Recovery Tent**, featuring a variety of **food and drinks** to help replenish and refresh.

Once you've crossed the finish line, take advantage of the **free athlete recovery services**, including:

- **Sports massage** from the qualified physiotherapists and massage team at **Sportscare Canberra**
- **Ice baths** provided and managed by the experts from **Recovery Lab Braddon**
- **Normatec compression therapy** to complete your recovery and kick-start the healing process

Relax, refuel, and recover — you've earned it.

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KIDS AQUATHLON

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 around 150m out and back in the BMP swimming area. 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 to the run leg.

Run – the kids will run will be along the BMP path, running out and back across the finish line to collect their medal.



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!



www.finisherpix.com

BIKE AND BAG COLLECTION

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Transition will open to collect bikes based around the schedule. If you are parked within BMP you are unable to leave until 12.00pm. There are no exceptions so if you need to be somewhere before *then*, please park outside the park and ride into the event venue. It is an easy ride in and the best option.

RESULTS AND PRESENTATION

Results:

Results will be provided by Timit Timing.

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

Presentations:

- The Middle Distance overall presentation (Top 3 Male & Female) will take place immediately after the top finishers cross the line.
- Age Group presentations for 1st, 2nd, and 3rd in each category will occur at approximately the times listed in the race schedule.

Category Awards:

Due to low entry numbers in some divisions and the large number of uncollected medals in past years, not all categories will receive medals. This ensures resources are used responsibly while still recognising top performances. This will be reviewed each year.

Award Breakdown:

- Super Sprint: Overall Male & Female – 1st, 2nd, 3rd
- Sprint: Overall Male & Female – 1st, 2nd, 3rd
- Olympic Triathlon: Male & Female – 1st, 2nd, 3rd (15–19 years & 10-year age groups)
- Olympic Aquabike: Overall Male & Female – 1st, 2nd, 3rd
- Middle Distance Triathlon: Male & Female – 1st, 2nd, 3rd (10-year age groups)
- Middle Distance Aquabike: Overall Male & Female – 1st, 2nd, 3rd

Challenge Family World Qualification:

The Top 6 athletes in all Middle-Distance categories will receive a Challenge Family Championship Qualification Coin, earning eligibility to compete at the Challenge Family World Championships in Samorin.

EVERY ATHLETE, EVERY CHALLENGE

World Qualifying Events (WQE):

The Olympic and Middle Distance races are WQE events and will be broken down into 5-year age groups for Worlds points allocation.



LOST AND FOUND

Any lost and found items will be handed to event crew and put in the registration tent.

CHALLENGE
CANBERRA

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.

TREK

RIDE BIKES • HAVE FUN • FEEL GOOD

LAPPED

CHALLENGE



COMP
-EAT PERFORMANCE

SportsCare
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ENDURANCE FUELS



CHALLENGE
ACT
TRIATHLON