CHALLENGE CANBERRA

Athlete Guide

22 November 2026

Canberra, Australia

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WELCOME FROM THE RACE DIRECTOR

Hello Athletes, Friends, and Supporters of Challenge Canberra

Welcome to the fourth edition of Challenge Canberra. We are excited to return to Black Mountain Peninsula, bringing athletes, supporters and volunteers together for a memorable weekend of racing in the national capital.

The headline race in 2026 is the Canberra 100: a 2 km swim, 80 km bike and 18 km run. We also welcome Olympic and Sprint athletes, Aquabike competitors, our duathlon participants, our teams and the next generation taking part in Aquakids. Whether you are chasing a championship qualification or completing your first triathlon, we want you to have a safe and rewarding experience.

Thank you to the volunteers, technical officials, emergency services, community partners and sponsors who make this event possible. Please read this guide in full, study the latest course maps and follow all instructions from race officials and marshals.

Race safe, and we look forward to welcoming you in 2026 and more so in 2027!

Corey Bacon* | *Race Director
Canberra Multisport Events

WELCOME FROM THE CEO CHALLENGE FAMILY

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!

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 memorable 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.

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



Jort Vlam
CEO – Challenge Family



RACE DAY – AT A GLANCE

What	2026 details
Race day	Sunday 22 November 2026
Venue	Black Mountain Peninsula, ACT
Main race	Canberra 100: 2 km swim / 80 km bike / 18 km run
Olympic	1.5 km swim / 40 km bike / 10 km run
Sprint	750 m swim / 20 km bike / 5 km run (draft-legal and non-drafting categories, as designated)
Other events	Canberra 100 Aquabike, Olympic Aquabike, 80 km bike / 18 km run Duathlon and Aquakids
Website	www.challenge-canberra.com

READ THIS FIRST – SIX RACE-DAY ESSENTIALS

- *Allow extra time to reach Black Mountain Peninsula; follow marshals and one-way vehicle arrangements.*
- *Only Canberra 100 bike athletes should plan on receiving on-course bike aid. Olympic and Sprint athletes must carry their own bike hydration and nutrition.*
- *Wear your timing chip (left ankle) and race identification as instructed at registration.*
- *Know your swim, bike and run lap counts; athletes are responsible for completing their correct distance.*
- *Do not enter closed roads or the live racecourse in a vehicle; follow traffic controllers.*
- *Attend to final race-week updates: wave starts, cut-offs, weather, maps and briefing arrangements may change.*

1. EVENT INFORMATION

EVENT TIMETABLE

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

Friday 20 November 2026		
5:00–7:00pm	Athlete Registration (all events) – Optional	Black Mountain Peninsula
Saturday 21 November 2026		
8:00am–9:00am	Tips & Tricks clinic – Run by GPC Squad (Geelong/Ballarat)	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
3:45pm	Aqua Kids Challenge transition setup at swim start prior to race start	Aquathlon Transition Area/ Black Mountain Peninsula
4:00pm	Aqua Kids Challenge race Start	Black Mountain Peninsula / Beach Area

Sunday 22 November 2026		
4:30am-5:30am	Transition Opens/Closes (Enter with helmet and timing chip on)	Transition
5:45am	**SUNRISE**	Black Mountain Peninsula
5:50am	Age Group Start – **100 Tri** - Male	Black Mountain Peninsula
5:50am Male 5:52am Female	Age Group Start – **Sprint (draft legal)** – Male/Female	Black Mountain Peninsula
6:00am	Age Group Start – **100 Tri Female / 100 teams /Aquabike** – Male/Female	Black Mountain Peninsula
6:00am	Age Group Start – **Sprint (non-drafting)** Male	Black Mountain Peninsula
6:05am	Age Group Start – **Sprint (non-drafting)** - Female	Black Mountain Peninsula
6:20am	Age Group Start – 100 **Duathlon**	Near Transition
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/Teams** - Male/Female	Black Mountain Peninsula
9:00am TBC	Bike Check-out – Sprint	Transition
9:45am	Sprint Presentation	Presentation Area
10:45am	Olympic Presentation	Presentation Area
11:30am	Roads re-open	
11:30am	Bike Check-out – Olympic	Transition
12:00pm	Bike Check-out – 100	Transition
12:30pm	100 Presentation (TBC)	Presentation Area

SWIM WAVE START

Start Time	Category	Cap Colour
Saturday		
4:00pm	Aquakids – Race Start	Various

Start Time	Category		Cap Colour
Sunday			
Road Closure – 4.30am Tuggeranong Parkway (southbound) and Lady Denman Drive between Forest Drive/Lady Denman intersection and the entrance to BMP (Garryowen Drive)			
5:50am	100 Tri Male Age		White
5:50am 5:52am	Sprint Draft Legal – Open Wave	Male Female	White
6:00am	100 Tri Female Age	Female	Red
	100 Aquabike	Male	White
	100 Aquabike	Female	
	100 Teams		White
	Sprint Non-Drafting Age	Male	White
6:05am	Female age		Black
6:20am	100 Duathlon		
7:00am	Olympic Male Age		White
7:05am	Olympic Female Age		Purple
	Olympic Aquabike	Male/Female	White
	Olympic Teams		Red
	Road opens by 11.30am		

KEY CONTACTS & EMERGENCY INFORMATION

Race Personnel

Race Director:	**Corey Bacon** – 0466 321 312
Event Manager:	**Belinda Bacon** – 0432 808 590
Technical Delegate:	**Iain Addinell** – 0430 855 111
Head Referee:	**Kim Summers** – 0419 294 211
Medical:	**Get First Aid** – 1300 663 800
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*

2. VENUE INFORMATION

GETTING TO THE VENUE

Parking is available at several locations around Black Mountain Peninsula. Please plan your car park carefully, as road closures and the racecourse will restrict vehicle movements during the event.

TRAFFIC AND ROAD CLOSURES

Sunday
Tuggeranong Park Way (southbound) from Glenloch Interchange will be closed from **4.15am**. Lady Denman Drive between Forest Drive and Garryowen Drive (BMP) will be closed from **4.30am**. The bike course that includes these roads will be closed until **11.30am (roads could open earlier)**.

Leaving the venue while the roads are closed is strictly prohibited unless leaving via Lady Denman Drive heading towards Clunies Ross Street (ANU direction).

Black Mountain Peninsula (BMP)
Parking within BMP is available for vehicles arriving via Parks Way westbound or Clunies Ross Street only. Lady Denman Drive southbound will be closed from 4.30am. Parking will be managed by traffic controllers within BMP, with an overflow area available towards the far end of the peninsula.

Once inside BMP, vehicle movements are one-way as part of the road is reserved for athletes travelling in both directions. Vehicles parked within BMP between the BMP entrance and John Cardiff Close will not be able to leave until roads reopen at approximately 11:30am. Spaces are limited, so this area is best suited to athletes participating in the longer-distance races.

Please Park only in designated gravel parking areas. Do not park along the roadside or anywhere on the bike course (between entrance and John Cardiff Close), and do not obstruct emergency access.

EVERY ATHLETE, **EVERY CHALLENGE**

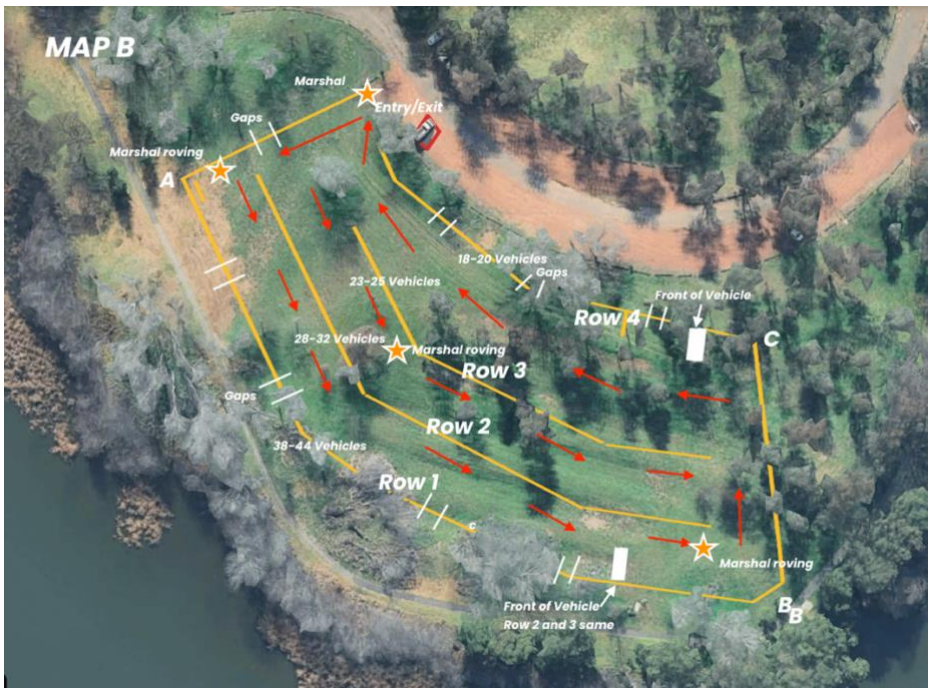


PARKING ARRANGEMENTS

Note: no parking allowed on bike course, shown by the red line. There are a few red gravel car parks along Garryowen Drive where you can park but you can't leave BMP until the roads open. All yellow sections on the below map are parking areas, mainly the overflow car park shown below.



OVERFLOW PARKING



Australian National University
Free parking is available around the Australian National University, only a few kilometers from Black Mountain Peninsula via pathways/roads. This is a good option for participants who are happy to ride to the venue and want greater flexibility after finishing.

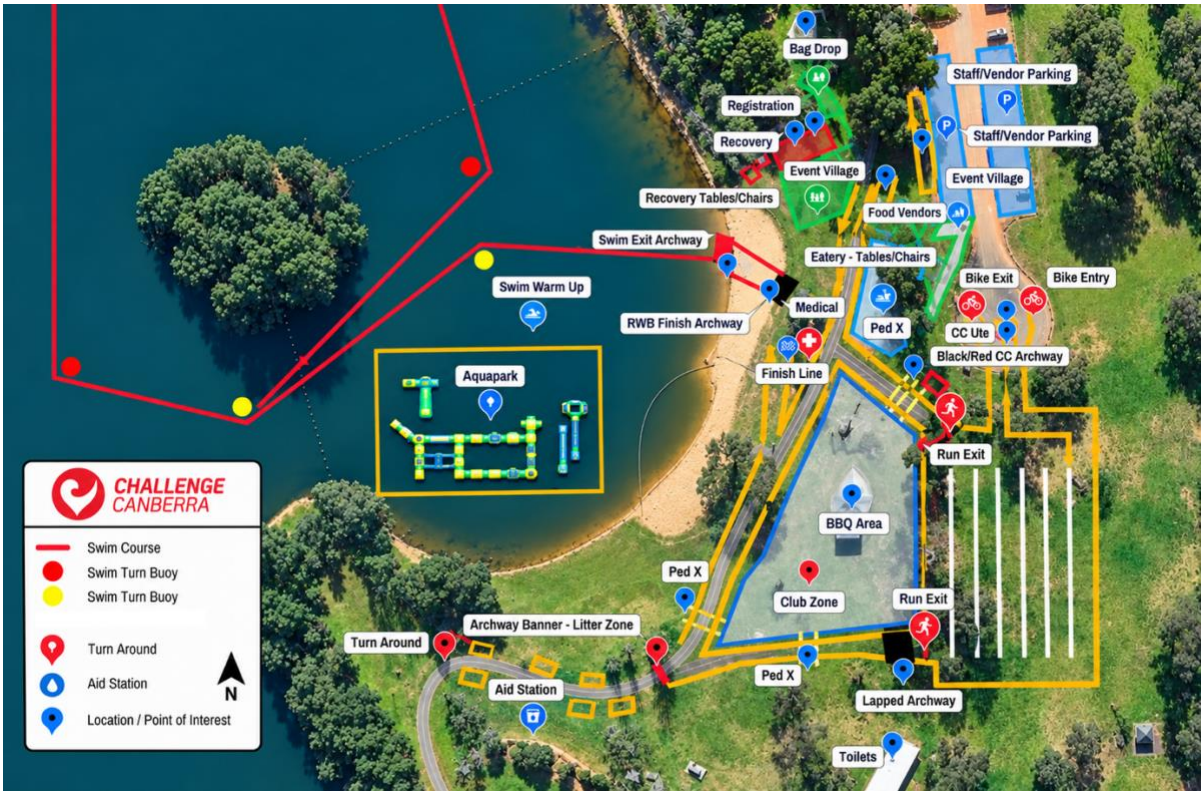
EVENT VILLAGE

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
- Emrald Labs – Nutrition
- Sportscare Canberra

Food

- BBQ
- Safari Delight
- Sushi Sushi
- Here's the Coffee
- Palacinke Delicious Crepes



INFORMATION AREA

Located near registration 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.

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 – 5:45am at the event village

The mechanics will also be located on the bike course at Hindmarsh Drive (bike turn around) and at the bike aid station on Lady Denman Drive.

MEDICAL

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

3. PRE-RACE INFORMATION

ATHLETE 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 15 September will receive a Challenge Canberra event shirt.
- 100 distance athletes will also receive a finisher towel, finisher shirt and finisher medal at the completion of your race.
- All participants will be provided with a wristband. 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 finisher shirt, there will be the opportunity to collect any shirts that are left over from this year or previous years events after the race.

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 and left 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.

RACE BRIEFING

The formal race briefing is this document as well as a verbal briefing for all athletes on Saturday during registration. You can also listen to an audio version available on the Challenge Canberra website on the Athlete Guide page. The age group briefing is not compulsory if you have either listened or 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.

BIKE CHECK-IN

Saturday All Events

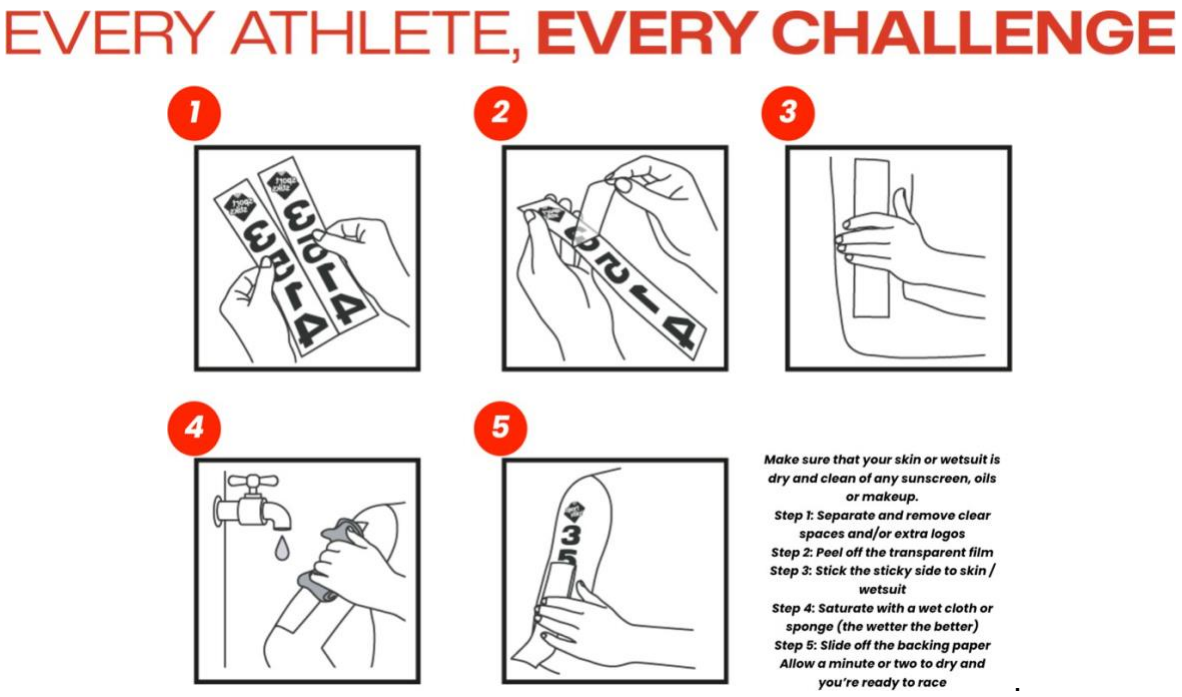
Bike check-in *on Saturday 21 November is strongly encouraged* from 2.30pm to 6.30pm. Bike check-in on Saturday is not compulsory, but it will save you time and minimal stress on the morning of the race. **Security will be present Friday and Saturday nights.**

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 with 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.



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 World Triathlon.

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

ATHLETE CHECKLIST

TRANSITION

- Transition Area (opening times in event schedule)
- ID Wristband
- Nutrition to strap/secure to your bike
- Race number tattoo/decal on right and left upper or lower arms

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 – only required on run leg)
- 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)

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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SEE YOU IN CANBERRA !

4. RACE INFORMATION

SWIM COURSE

Athletes can do their swim warm up at the beach start area but need to vacate the water 10 minutes prior to race start at 5:50am. Athletes need to ensure they are on the beach, lined up in the swim start chute in their wave 5min before their start.

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

100 Distance – 2 laps – 1 big lap and 1 small lap equaling 2km
Olympic Distance – 2 laps – 1 small lap and 1 smaller lap equaling 1.5km
Sprint Distance – 1 lap but not a full lap equaling 750m

Please note: There is a temporary rowing course currently set up in the same area as our swim course. The Challenge Canberra swim buoys are much larger and easy to identify, ignore the small yellow buoys and stay to the right of these. These buoys can be used to guide you on the straights.

Athletes can do a swim warm up prior to race start but all athletes must be out of the water 10 minutes before race start at 5:50am. Olympic distance athletes can do a swim warm up prior to their swim start at 7:00am.

Start Line: Under the Challenge Canberra Swim Archway – NEW Beach 400m up the run course path. Allow time to get there.

Finish Line: On the venue beach at the White/Red/Blue Archway

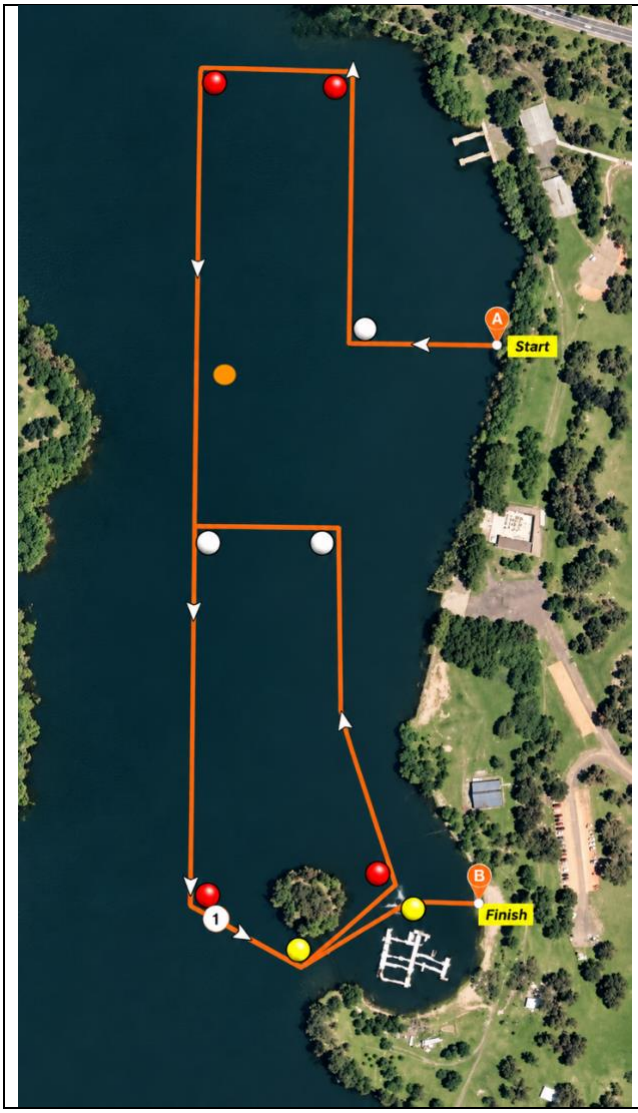
SWIM START PROCEDURE

This year's event will be a mass start for both male and female athletes across all events. Athlete waves will be announced and then they will make their way through the chute to the start archway on the beach. Athletes line up within the chute and behind the inflatable archway. The Challenge Family introductory music will be played for the first wave only. This is the 100 distance all male category and the Sprint Draft-Legal Open Wave.

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.

100 DISTANCE SWIM COURSE – ANTI-CLOCKWISE

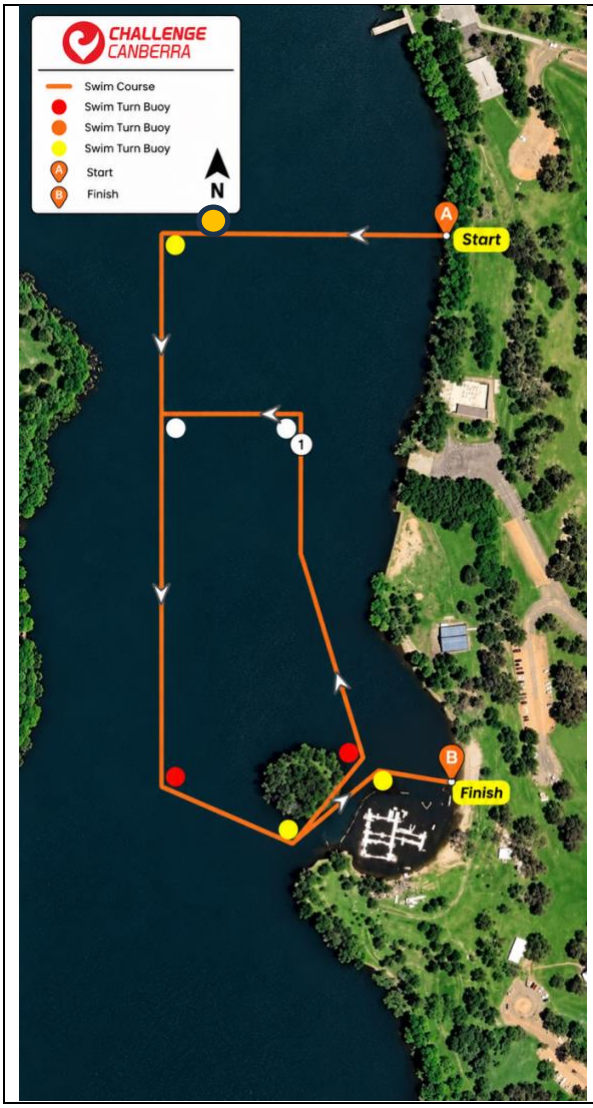


Buoy Colours:
Red (large) and White (large)
Orange - IGNORE
Yellow (ACT large) and Yellow (small)

Lap 1 Big: White (on right) → Red (on left) → Red (on left) → White (on left) → Red (on left) → Yellow (on left) → Red (on left)
Lap 2 Small: After Red → White (on left) → White (on left) → Red Again (on left) → Yellow again (on left) → Yellow (on right) → Finish

Note: 100 Tri and Sprint Tri Open Wave will start at the same time, separated by crowd control barriers on the beach and a buoy line out to the first buoy.

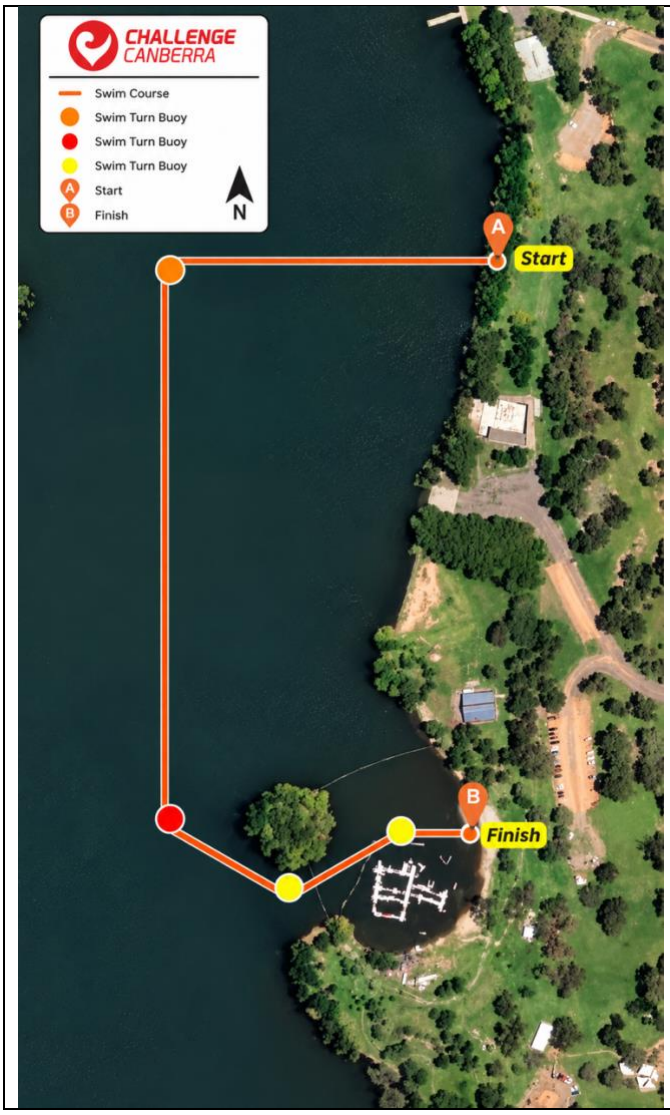
OLYMPIC DISTANCE SWIM COURSE – ANTI-CLOCKWISE



Lap 1 Big: Orange (on left) → White (on left) → Red (on left) → Yellow (on left) → Red (on left)

Lap 2 Small: After Red → White (on left) → White (on left) → Red again (on left) → Yellow again (on left) → Yellow (on right) → Finish

SPRINT DISTANCE SWIM COURSE – ANTI-CLOCKWISE



Lap 1: Orange (on left) → Red (on left) → Yellow (on left) → Yellow (**on right**) → Finish

SWIM SAFETY SUPPORT

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

BIKE COURSE

All three events use the same 20km bike course, with athletes completing the required number of laps for their race.

Event	Distance	Laps
Sprint Triathlon	20km	1
Olympic Triathlon	40km	2
Challenge Canberra 100	80km	4
Challenge Canberra 100 Aquabike & Duathlon	80km	4

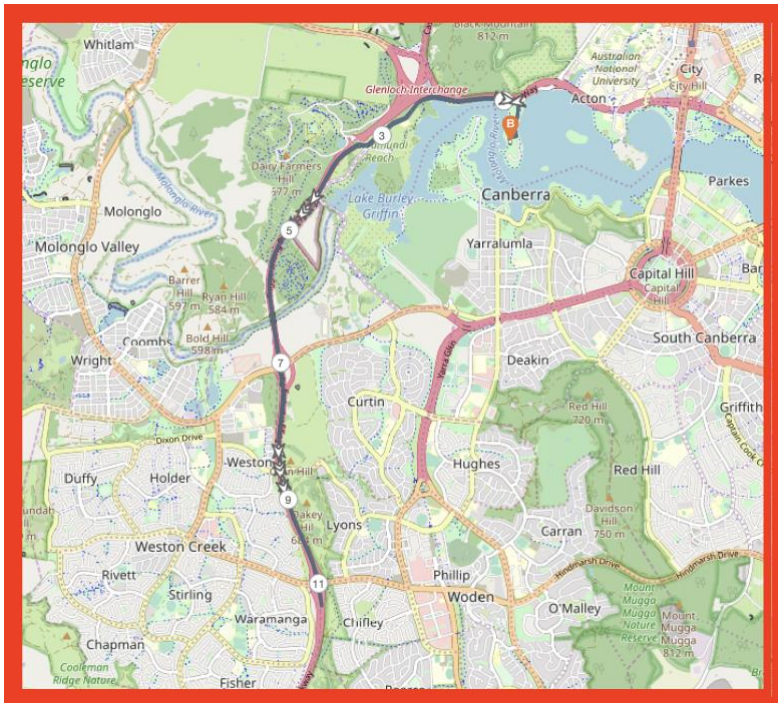
The bike course takes athletes from Black Mountain Peninsula along Lady Denman Drive and onto the Tuggeranong Parkway, travelling south towards Hindmarsh Drive before returning along the same route.

Approximately **75% of the course is on smooth hot-mix asphalt**, providing an excellent riding surface.

Each 20km lap includes a gradual 1.5km climb, gaining approximately 62m of elevation. Athletes will encounter this climb on each lap.

COURSE DIRECTIONS

1. **Exit Transition:** Mount your bike at the designated mount line and proceed along John Cardiff Close before turning left onto Garryowen Drive.
2. **Garryowen Drive:** Continue towards the exit of Black Mountain Peninsula. Athletes must ride in single file through the designated section, except those competing in the draft-legal Sprint race. Upon return into BMP draft legal athletes need to ride single file.
3. **Lady Denman Drive:** Follow Lady Denman Drive to the Forest Drive intersection. Veer right at the traffic lights, then turn left and follow the ramp onto the Tuggeranong Parkway.
4. **Tuggeranong Parkway:** Continue southbound, keeping left unless overtaking where permitted. The course gradually climbs towards Hindmarsh Drive.
5. **Hindmarsh Drive Turnaround:** Complete the designated turnaround and return northbound along the same route. Enjoy the downhill ☺.
6. **Lap Turnaround / Transition:** At the completion of each 20km lap:
   - **Sprint:** Return to Black Mountain Peninsula and enter transition.
   - **Olympic:** Complete the designated lap turnaround and commence your second lap. Return to transition after completing 40km.
   - **Challenge Canberra 100 / Aquabike & Duathlon:** Complete the designated lap turnaround after laps 1, 2 and 3. Return to transition after completing all four laps (80km).
7. **Returning to Transition:** Follow Garryowen Drive in single file, remaining within the coned section. Turn right onto John Cardiff Close and follow the designated bike entry into transition.



View the Challenge Canberra Bike Course – Click Here

The interactive map displays the 20km course. Olympic athletes complete two laps, while Challenge Canberra 100, Aquabike and Duathlon athletes complete four laps.

PLEASE NOTE: Course arrangements and traffic management requirements may be subject to final operational instructions provided at the athlete briefing.

BIKE COURSE FLOW – EXITING BLACK MOUNTAIN PENINSULA

Athletes will exit Black Mountain Peninsula (BMP) via John Cardiff Close and Garryowen Drive before joining Lady Denman Drive.

Specific traffic management conditions will apply along this section of the course:

- **Vehicle Lane:** One side of the road will remain open to slow-moving, one-way vehicle traffic, managed by OX Traffic Controllers. Orange traffic cones will separate vehicles from athletes. **ATHLETES MUST NOT CROSS INTO THE VEHICLE LANE.**
- **Athlete Lane:** A narrow, two-way section of approximately 500m will accommodate athletes travelling both out of and back into BMP.
- **Single File – No Overtaking:** All athletes exiting BMP **MUST RIDE SINGLE FILE. OVERTAKING IS STRICTLY PROHIBITED** along this section until reaching Lady Denman Drive.

Returning to Transition

By approximately 8:00am, all athletes are expected to have exited BMP. Once confirmed by race officials, the athlete lane will be opened up to provide more space for returning cyclists, and overtaking will then be permitted.

IMPORTANT: Athletes must continue to follow all traffic management instructions, signage and directions from race officials. Do not assume overtaking is permitted until the course configuration has been changed.

Please refer to the map below for the traffic flow arrangements.



BIKE COURSE – TURNAROUND, NEXT LAP & FINISH

The map below illustrates the flow of athletes approaching the bike course turnaround, including those completing another lap and those returning to transition to finish their bike leg.

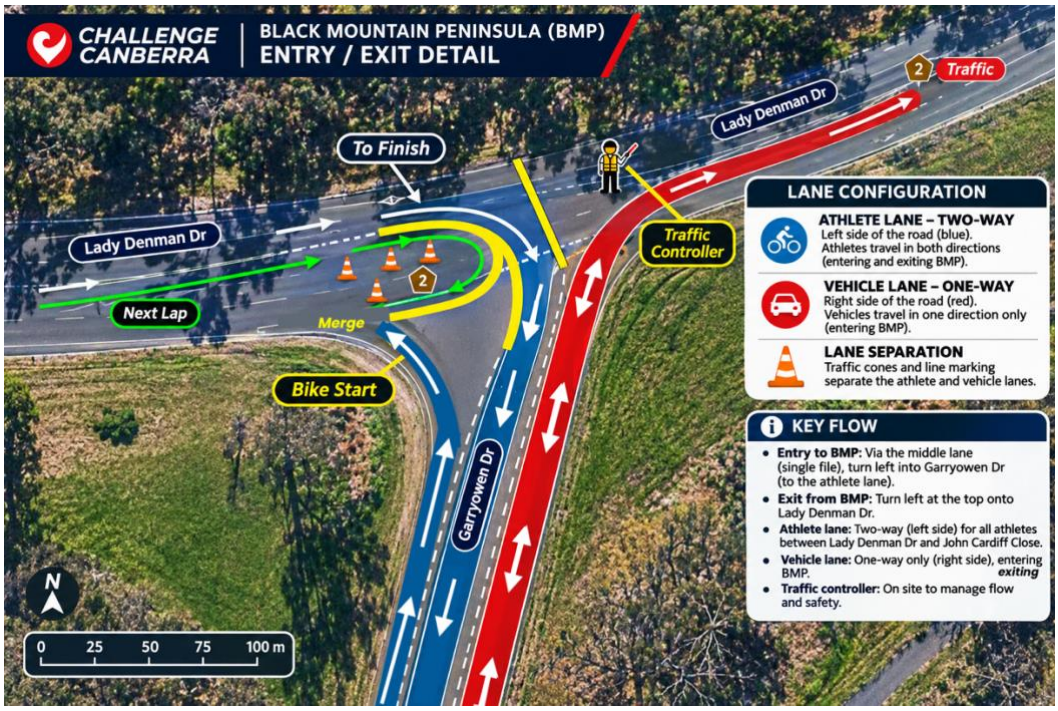
RETURNING TO TRANSITION (FINISHING BIKE LEG)

Stay to the **left-hand side of the road** as you approach the turnaround. Follow your designated lane around the outside of the turnaround area and continue towards transition.

HEADING OUT FOR ANOTHER LAP

Stay **close to the centre line of the road** as you approach the turnaround. Follow the designated turning area in the middle of the road before heading back out onto the bike course.

IMPORTANT: Pay attention to the directional signage. The map is a close representation of the planned setup, which may be adjusted slightly on race day.



BIKE COURSE SAFETY

ROAD POSITION & PUNCTURE PREVENTION

Athletes are strongly advised to avoid riding on the road shoulder, where loose gravel and debris may increase the risk of punctures.

Where safe, remain on the main road surface, approximately 30cm to the right of the solid white edge line. Keep left unless overtaking where permitted, and do not unnecessarily obstruct other athletes.

BIKE AID STATION – 100 DISTANCE ONLY

The bike aid station is located approximately 1 km along Lady Denman Drive after exiting Black Mountain Peninsula (BMP).

The aid station is situated within a car park, where athletes can safely veer off the bike course to collect a bidon of water or PURE Sports Nutrition Gel if required.

PLEASE NOTE: The bike aid station is available to **100 Distance athletes ONLY**.

PORTALOO: A portaloo is located within the same car park and is available to **ALL athletes competing in the Sprint, Olympic and 100 Distance events**.



RUN COURSE

The **CHALLENGE CANBERRA run course** follows the scenic shores of Lake Burley Griffin, combining flat, fast sections with a few gradual rises to put some sting in the legs.

With aid stations approximately every 1.5km, athletes will have plenty of opportunities to stay hydrated and fuelled throughout their run.

Event	Distance	Laps
Sprint Triathlon	5km	1 × 5km
Olympic Triathlon	10km	2 × 5km
Challenge Canberra 100 Triathlon & Duathlon	18km	3 × 6km

RUN COURSE DIRECTIONS

All events follow the same general course, with different turnaround points and lap requirements.

1. **Exit Transition:** Turn left onto the footpath and follow the red directional arrows on a white background. Just like following the yellow brick road!
2. **First Turnaround:** Keep left and complete the designated turnaround just beyond the aid station before heading out along the lakeside path.
3. **Far Turnaround:**
   - **Sprint & Olympic:** Continue to the turnaround approximately 2.4km from Black Mountain Peninsula.
   - **Challenge Canberra 100:** Continue to the turnaround approximately 3km from Black Mountain Peninsula.
4. **Return Leg:** Follow the same path back towards Black Mountain Peninsula, keeping left at all times.
5. **Lap Turnaround / Finish:**
   - **Sprint:** Complete your lap, make the final turn beyond the first aid station and head to the finish line which is around 200m after you make your final turn.
   - **Olympic:** Complete the turnaround near transition and head out for your second lap. After completing two laps, follow the designated route to the finish which is around 200m after you make your final turn.
   - **Challenge Canberra 100:** Complete three full laps, turning past the first aid station near transition after laps 1 and 2. After your third lap, follow the designated route to the finish line which is around 200m after you make your final turn.

IMPORTANT RUN COURSE INFORMATION

KEEP LEFT: The run course is two-way, with athletes travelling in both directions along the same footpath. Keep left at all times.

AID STATIONS: Located approximately every 1.5km, providing water, electrolytes (HyrdrationPro), cola, Red Bull, gels (PURESports), lollies, bananas and ice.

LITTER ZONES: Rubbish must only be discarded within the designated litter zone, identified by red, white and blue archways. Littering outside these zones may result in a Yellow Card infringement and a penalty.

LAP COUNTING: Athletes are responsible for completing the correct number of laps for their event.

COURSE SAFETY: Follow all directional signage and instructions from course marshals and race officials, particularly at aid stations and turnaround points.

Please note that the run course pathway will remain open to the public, although alternative routes will be encouraged. Signage will be displayed at both ends of the run course, advising pathway users that an event is in progress and encouraging them to use alternative routes.

Some regular Sunday cyclists, walkers and other pathway users may still choose to use the path during the event.

We ask all athletes to remain patient, courteous and aware of others while staying focused on their race. Course marshals will assist in managing public access and encourage pathway users to proceed with caution and give way to athletes wherever possible.

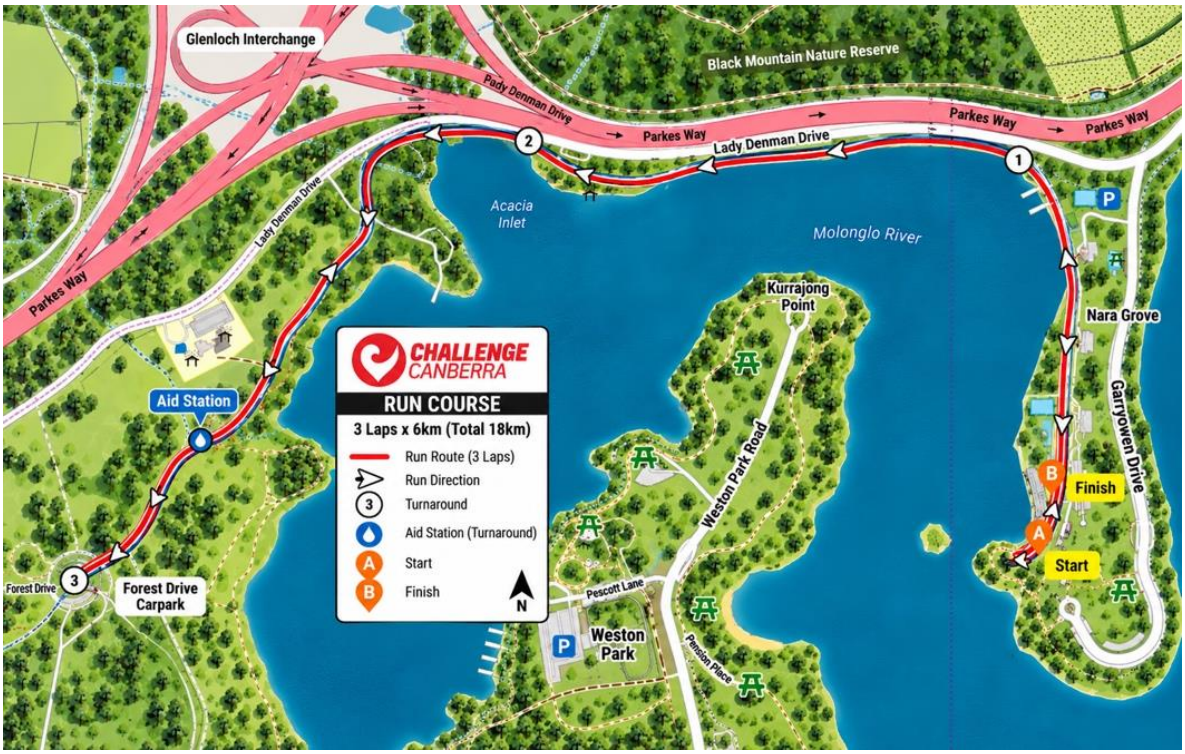
RUN COURSE MAPS

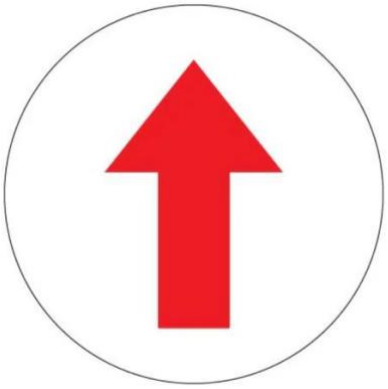
Refer to the relevant Sprint/Olympic or Challenge Canberra 100 run course map for detailed course directions and turnaround locations.

Sprint/Olympic Run Course – Click Here



100 Run Course – Click Here





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.

RUN COURSE AID STATIONS

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



LITTERING ZONE

To help keep our beautiful Canberra course clean, **all athletes must dispose of their litter within the designated Aid Station Litter Zones only.**

Each litter zone will be clearly identified by red, white and blue archways.

End Aid Stations (Turnaround Points)

The two aid stations located at the run course turnarounds will each have **one archway**. This archway marks both the beginning and end of the designated litter zone, as athletes pass through the same archway in both directions.

Central Aid Station

The aid station located halfway along the run course will have **two archways**, one at each end. These mark the boundaries of the designated litter zone.

LITTERING RULES & PENALTIES

- All litter, including cups, drink bottles, gel wrappers and other rubbish, **MUST be discarded within the designated litter zones only**.
- Do not discard any litter before entering or after leaving a designated litter zone.
- Athletes observed discarding litter anywhere outside these zones **WILL receive a Yellow Card infringement**.
- Athletes receiving a Yellow Card must report to the designated **Penalty Box to serve their penalty**.

NO LITTERING OUTSIDE THE DESIGNATED AID STATION LITTER ZONES.



CUT-OFF TIMES – 100 DISTANCE ONLY

Time limit / Cut off times

- Swim: 6.55am (100 Tri, 100 Aqua)
- Bike: 11.00am (all athletes must be off Tuggeranong Park Way and Lady Denman Drive)
- Run: when you finish



5. RACE RULES AND REGULATIONS

The Race is organised under the World Triathlon rules *(updated April 2026)* and officiated by officials from AusTriathlon: world-triathlon-competition-rules-2026

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.
- 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.
- 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 always connected at the bottom of the trisuit and the top of the trisuit should always cover the shoulders. The* Trisuit needs to be closed (no running with bare torso) at the last 100m 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 shute 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
  • 2 minutes in 100 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
  • *30 sec in 100 distance events;*
  • *15 sec in olympic distance events;*
  • *10 sec in sprint distance events; and*

• 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, except for the Sprint Triathlon draft legal open wave. The non-drafting races will be 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**



Sprint Triathlon – Draft Legal

The draft-legal sprint triathlon at Challenge Canberra 2026 will be an Open Wave with males and females. All athletes need to be endorsed through AusTriathlon and have the skills and confidence to ride in a pack. No time trial bikes are allowed. Refer to image below and rules around draft-legal bikes and racing - world-triathlon-competition-rules-2026



SWIM RULES

Wetsuit use is governed by the following values and the final decision will be published on the information board at registration on Saturday after during registration. For the past 3 years wetsuits have been optional.

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
All distances	*24.6*°C and above	15.9°C and below

TRANSITION RULES

Athletes should get on their bike after the mount line and should get off the bike before the 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.

When completing either the Olympic 40km or 100 distances 80km 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 at recovery to collect.

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. Once overtaken the athlete must drop outside the 12m draft zone before any attempt to overtake again. On the bike course, the road traffic regulations are binding!

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

TT bikes are permitted for all age group races except the SPRINT draft legal open race.

EVERY ATHLETE, **EVERY CHALLENGE**



6. POST-RACE INFORMATION

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 **Sportscare Canberra**

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

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.

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

WITHDRAWAL AND 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 chip around your left ankle.

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.

If you forgot to return your timing chip, please express post it in a padded mailer envelope to: **Timit Sports Timing Pty Ltd, Unit 2/17 Hilda Street Cheltenham 3192 VIC.**

DUATHLON 100 START PROCEDURE

Duathlon athletes will start from the **LAPPED archway at the run exit**, completing a 200m run into transition before commencing the bike leg.

Athletes' race times will begin as they cross the timing mat at the run exit. The time taken from the start to the bike exit, including the 200m run and transition, will be included in their overall race time.

All Duathlon athletes must marshal at the LAPPED archway by 6:10am, 10 minutes before their scheduled 6:20am start.

PENALTY BOX

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

100 TRIATHLON and OLYMPIC TRIATHLON TEAMS

Changeover for teams is at the bike where athletes need to change over the timing chip from Swim to Bike, then Bike to Run. Cyclist can be dressed and ready with helmet on but cannot touch the bike until the timing chip is on the left ankle. The bike needs to be racked before the timing chip is transferred to the runner.

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 100-150m 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.

BIKE AND BAG COLLECTION

Transition will open to collect bikes based around the schedule. If you are parked within BMP (south end of peninsula) you are able to leave during the event. If you are parked north of John Cardiff Close you will not be able to leave until around 11.30am. 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.

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.



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 100 Distance overall presentation (Top 6 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

All categories will receive podium medals.

Award Breakdown

- Sprint (Draft Legal): Overall Male & Female – 1st, 2nd, 3rd
- Sprint (Non-drafing): Male & Female – 1st, 2nd, 3rd (10 year age groups)
- Olympic Triathlon: Male & Female – 1st, 2nd, 3rd (5 year age groups)
- Olympic Aquabike: Male & Female – 1st, 2nd, 3rd (5 year age groups)
- 100 Distance Triathlon: Male & Female – 1st, 2nd, 3rd (10-year age groups)
- 100 Distance Aquabike: Male & Female – 1st, 2nd, 3rd

CHALLENGE ROTH SLOT QUALIFICATION

Want the chance to race at the biggest sold-out triathlon in the world – Challenge Roth?

Two slots will initially be offered to the outright male and female winners, with the opportunity rolling down through the top 6 overall male and female finishers.

If either of those slots isn't taken within the top 6, it will be added to the 6 remaining slots, which will be drawn at the official race presentation.

That means there could be up to 8 Challenge Roth slots drawn at presentation!
So, how will it work?

How It Works

There are **two ways to secure a slot**:

1. Win the race - The **outright male and female age group winners** of the Challenge Canberra 100 will each receive an automatic slot. (will roll down if not taken by the winners)

2. Enter the lottery
All remaining slots will be allocated via a **live lottery draw at the presentation ceremony**.

To be eligible, you must:

- Be **on-site at Challenge Canberra 100** (racing or supporting)
- **Scan the QR code at registration** to enter the lottery
- Agree to the terms and conditions

Only athletes who have entered via the QR code will be included in the draw. **Spectators or family can not win the Roth entry on the athletes behalf.**

Important Things to Know

- **You must be present at the presentation to claim your slot**
- If your name is drawn, you must **accept the slot immediately (payment at the time TBC)**
- If you decline, the slot will be **re-drawn on the spot**
- This ensures slots go to athletes who genuinely want to race Roth

This system has been designed to make the process fair, transparent, and to ensure these highly sought-after slots go to athletes ready to take on the opportunity .



CHALLENGE FAMILY WORLD QUALIFICATION

The Top 6 athletes in all 100 Distance categories will receive a Challenge Family Championship Qualification Coin, earning eligibility to compete at the Challenge Family World Championships in Samorin, Slovakia.



World Qualifying Events (WQE)

The Olympic and 100 Distance races are WQE events and will be broken down into 5-year age groups for Worlds points allocation.

LOTS AND FOUND

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

PARTNERS 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.

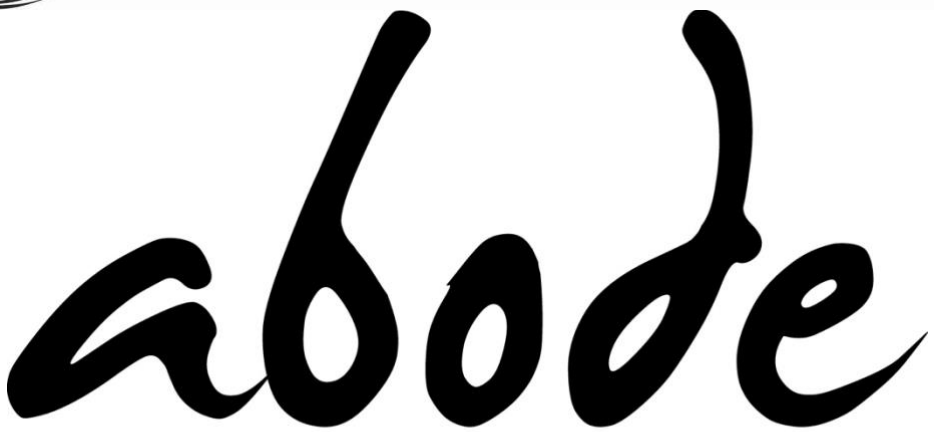
EVERY ATHLETE, **EVERY CHALLENGE**





RIDE BIKES · HAVE FUN · FEEL GOOD





APARTMENT HOTELS

EVERY ATHLETE, **EVERY CHALLENGE**

SportsCare

CANBERRA

PURE

SPORTS NUTRITION



EMRALD LABS

EVERY ATHLETE, **EVERY CHALLENGE**

AUS TRIATHLON

2026 TRIATHLON
Age Group Team
QUALIFYING RACE

ACT TRIATHLON

Australian Government
National Capital Authority

NATIONAL TRIANGLE CANBERRA

COMP EAT PERFORMANCE