



2026 Ballarat Duathlon Event Guide

Ballarat Triathlon Club is proud to be hosting the Ballarat Duathlon, and we thank you for being part of our event.

We are grateful for the support of our Gold Sponsor, Community Bank Buninyong, our Silver Sponsor Hot Temple, as well as the City of Ballarat, Triathlon Victoria, and our dedicated volunteers, whose efforts make this event possible.



This pack has all the information you need to be ready for race day.

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If you have any questions, contact us at events.ballarattribclub@gmail.com

2026 Ballarat Duathlon Event Guide

Key event details

Date: Friday 25th September 2026

Location: Victoria Park, Ballarat (Oak Ave / Sturt Street end)

Events: Duathlon format is run-bike-run

Event	Run 1	Cycle	Run 2
Fun & Para Beginner	1km (1 lap)	3.4km (1 lap)	0.5km (1 lap)
Dash & Para Dash	2.5km (1 lap)	10km (3 laps)	1km (1 lap)
Sprint, Para Sprint, teams	4.5km (1 lap)	17.5km (5 laps)	2km (2 laps)

Schedule:

Note: The event schedule is subject to change. All times indicated in the event schedule are indicative only

Activity	Fun	Dash	Sprint
Registration	8:00–8:30	8:00–9:15	8:00–9:30
Transition open	8:00–8:45	8:00–9:30	8:00–9:45
Race briefing	8:55	9:50	10:10
Race start	9:00	10:00	10:20
Transition open for bike collection (est.)	9:30*	11:30*	11:30*
Presentations (estimated)	10:00**	11:45**	12:00**

* Transition will be open for bike collection once the last athlete commences the run leg; only athletes are permitted in transition to collect their bike.

**We will endeavour to conduct presentations as soon as results are available. Presentations may be held earlier or later than the time listed.

Registration:

On arrival head to registration near the main toilet block to collect your race pack which includes race bib, bike and helmet stickers, and event distance wristband. Once race pack is collected, please collect timing chip from timing team (next to registration)

Event entries will NOT be accepted on the day; you must pre-register for the event.

Race Briefing (compulsory):

All competitors must attend their race briefing to ensure a safe and smooth experience.

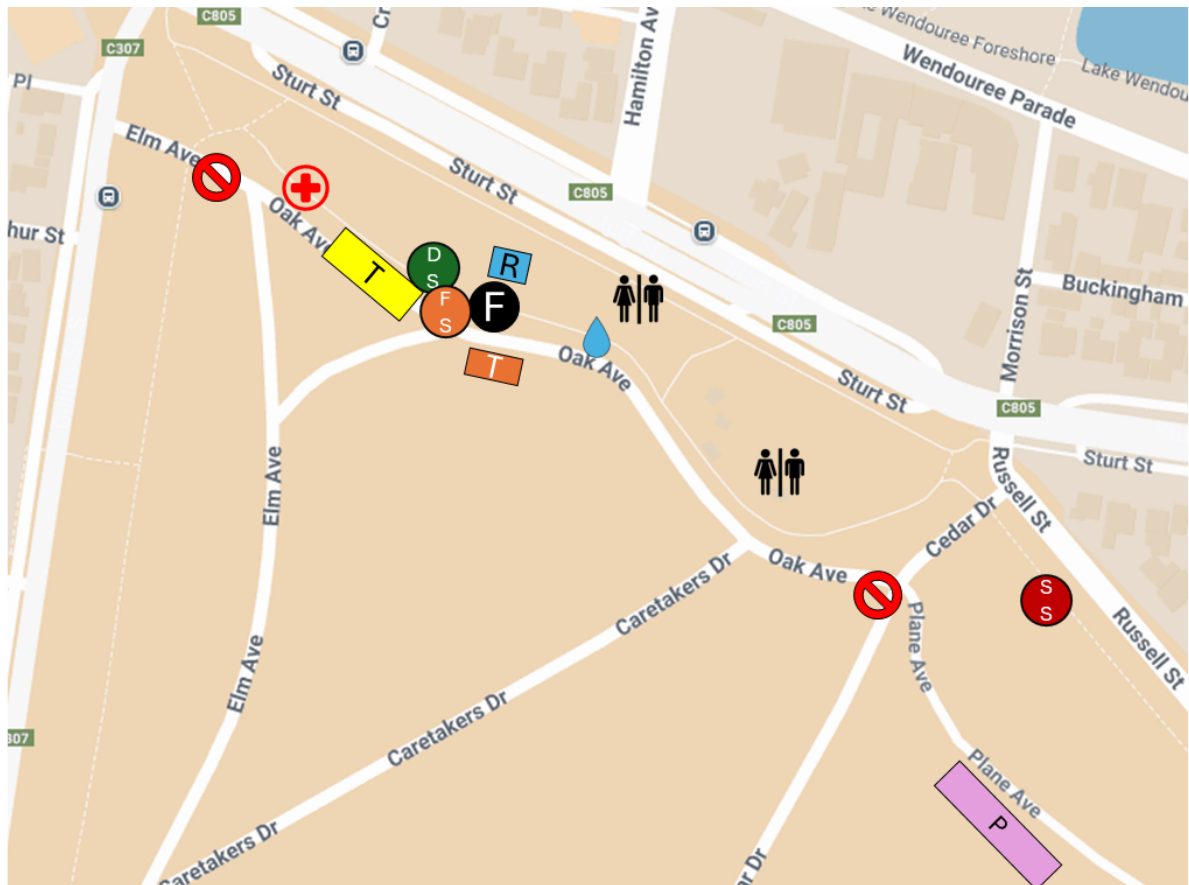
Race briefing will be held at the start line prior to race start.

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Site map

Refer to course information for detailed course maps

Main event site located between Oak Ave and Sturt Street



- | | | |
|---|--------------|-----------|
| Registration | Sprint start | Toilets |
| Bike transition (sprint & dash)
(drop bikes off here) | Dash start | Water |
| Bike transition (fun)
(drop bikes off here) | Fun start | First Aid |
| On site parking – access via
Cedar Drive only; street parking
around Victoria Park also available | Finish | |
| Road closure (note: all entry points into Victoria Park closed, changed access
conditions at Cedar drive for accessible parking and Plane Ave parking) | | |

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Presentations and award categories

Presentations will be held near the registration tent.

Please note that all presentation times indicated in the event schedule are indicative only. Presentations may be held earlier or later than the time listed.

Two award categories will be presented on the day:

1. Age category and team awards for 1st-3rd.

- All participants are eligible for individual category awards presented by the club.
- Please refer to the event website for detailed categories
 - o Note: the awards for the FUN event are for juniors 10-11 and 12-13, and para category only

2. Victorian State Championship Awards – Sprint Event only.

- Only AusTriathlon members are eligible.
 - o Did you know AusTriathlon memberships are a lot cheaper if you are part of a club? Ballarat Tri Club also has one of the lowest membership fees in all of Victoria! Make sure you select Ballarat Tri Club when you sign up <https://www.triathlon.org.au/join/>

All eligible members will automatically be considered; no separate entry is required.

These awards are determined and presented by AusTriathlon; further information can be found here <https://www.triathlon.org.au/events/state-rules/>

Note: AusTri members may receive both a State Championship medal and a Ballarat Triathlon Club medal for the same race.

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Sprint

Course maps - Sprint duathlon

4.5km run, 17.5km bike (5 laps), 2km run

Sprint run 1: 4.5km clockwise lap



Sprint run 2: 2km (2 laps)

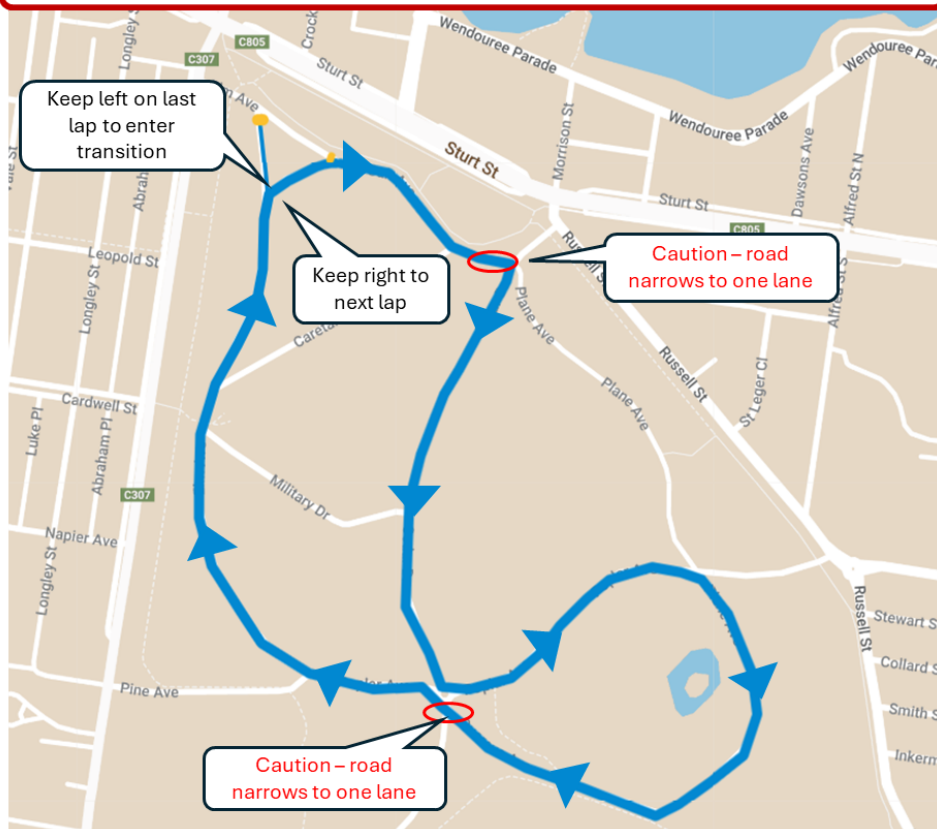


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Sprint: transition flow



Sprint bike course: 17.5km (5 laps)



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Sprint team event details

- Sprint teams are comprised of one runner and one rider
- Runner must wear race bib at all times; rider must have bike sticker and helmet sticker. Both must wear event wristband
- Your timing chip is your baton

Handover run to bike:

- Cyclist to wait in transition for their team member (please estimate when you think your runner will arrive and ensure you are at your bike ready and waiting)
- Runner must hand timing chip to cyclist
- Cyclist must secure timing chip on their left ankle before exiting transition

Handover bike to run

- Runner to wait inside transition at the exit (please ensure you wait to the side as not to impede other athletes exiting)
- Cyclist to rack their bike and then proceed to meet runner for timing chip hand over
- Runner must secure timing chip on their left ankle before exiting transition and proceeding to the run course

Finish line

- Cyclists may join their running teammate at the finish chute barriers to cross the line together if they would like to (optional)
 - Please note that only race participants are allowed in the finish chute. Family, friends, or children cannot join you for this part - doing so may result in disqualification under race rules.

Important: you must ensure timing chip is handed over for each leg and secured on the LEFT ANKLE or your results will not be recorded

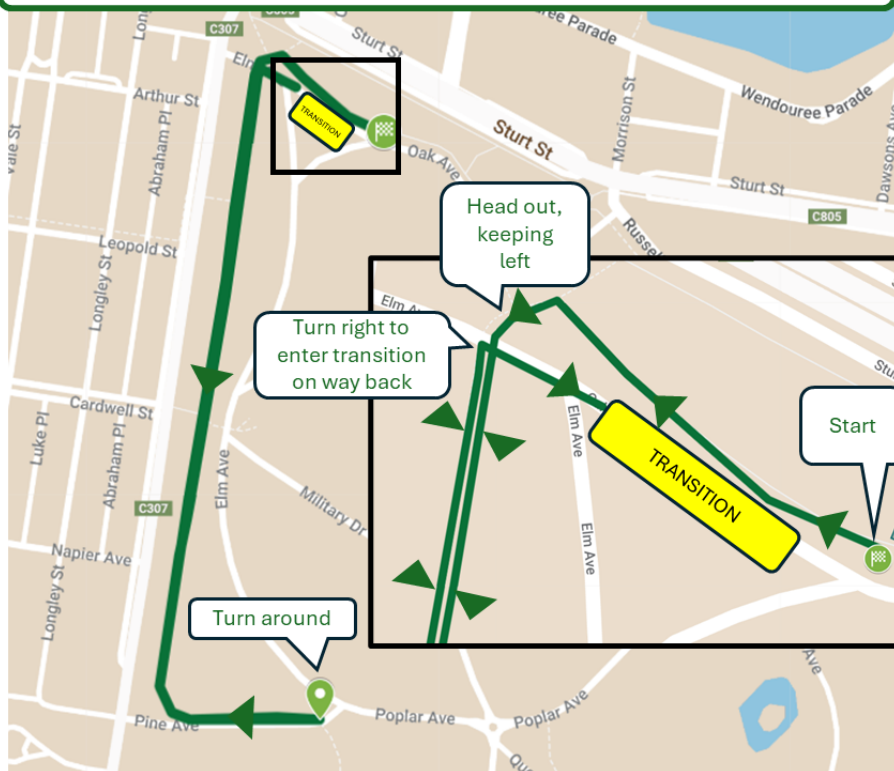
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Dash

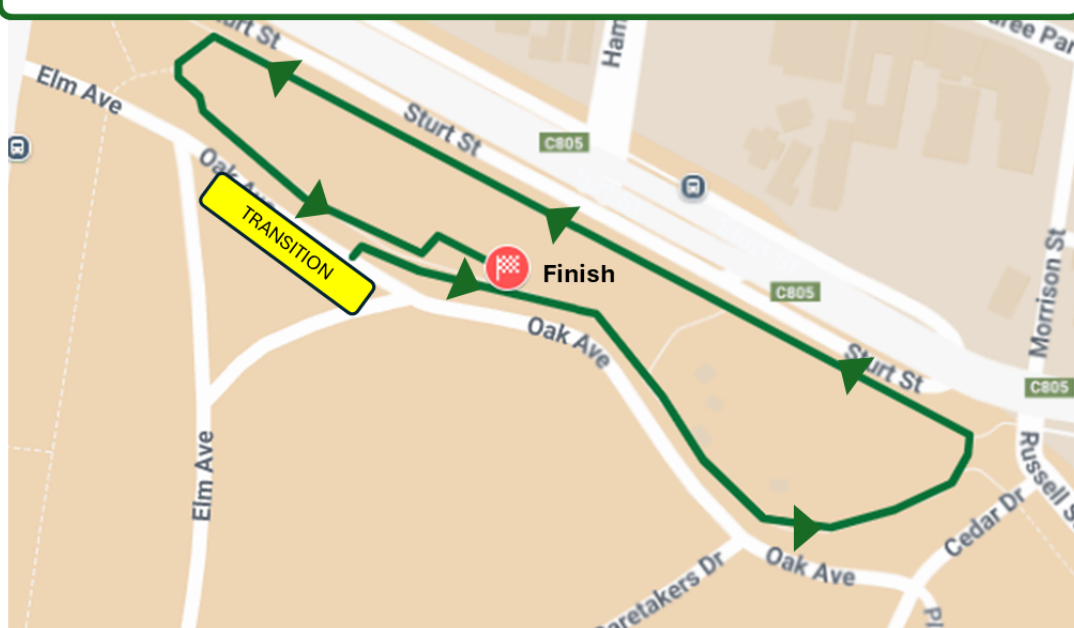
Course maps - Dash duathlon

2.5km run, 10km bike (3 laps), 1km run

Dash run 1: 2.5km (out and back)



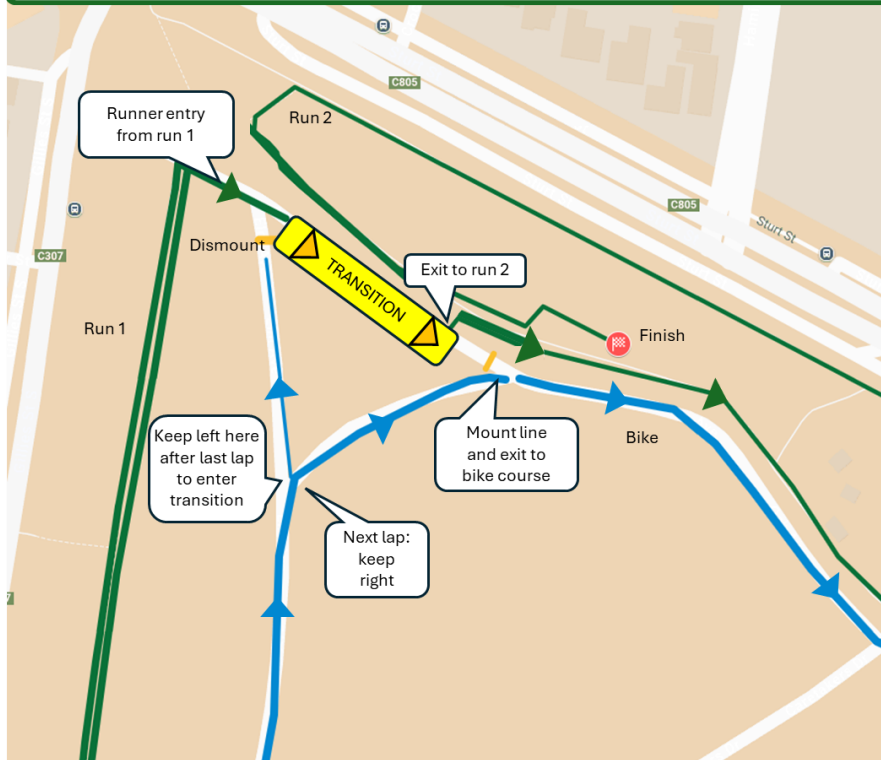
Dash run 2: 1km (1 lap)



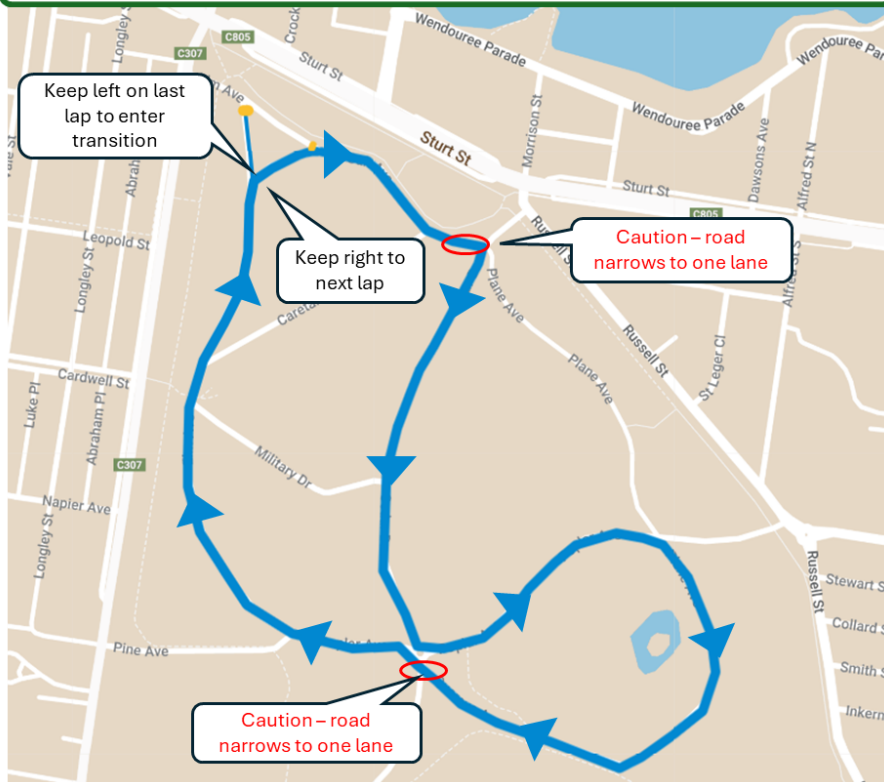
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Dash

Dash: transition flow



Dash bike course: 10km (3 laps)



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Fun

Course maps - Fun duathlon

1km run, 3.4km bike (1 lap), 0.5km run

Fun run 1: 1km (1 lap)



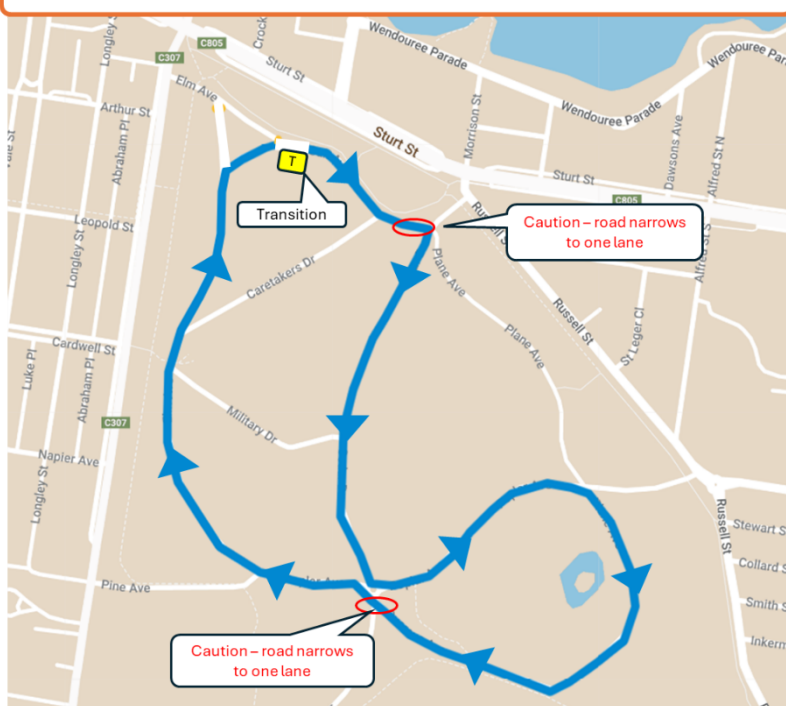
Fun run 2: 500m (out and back)



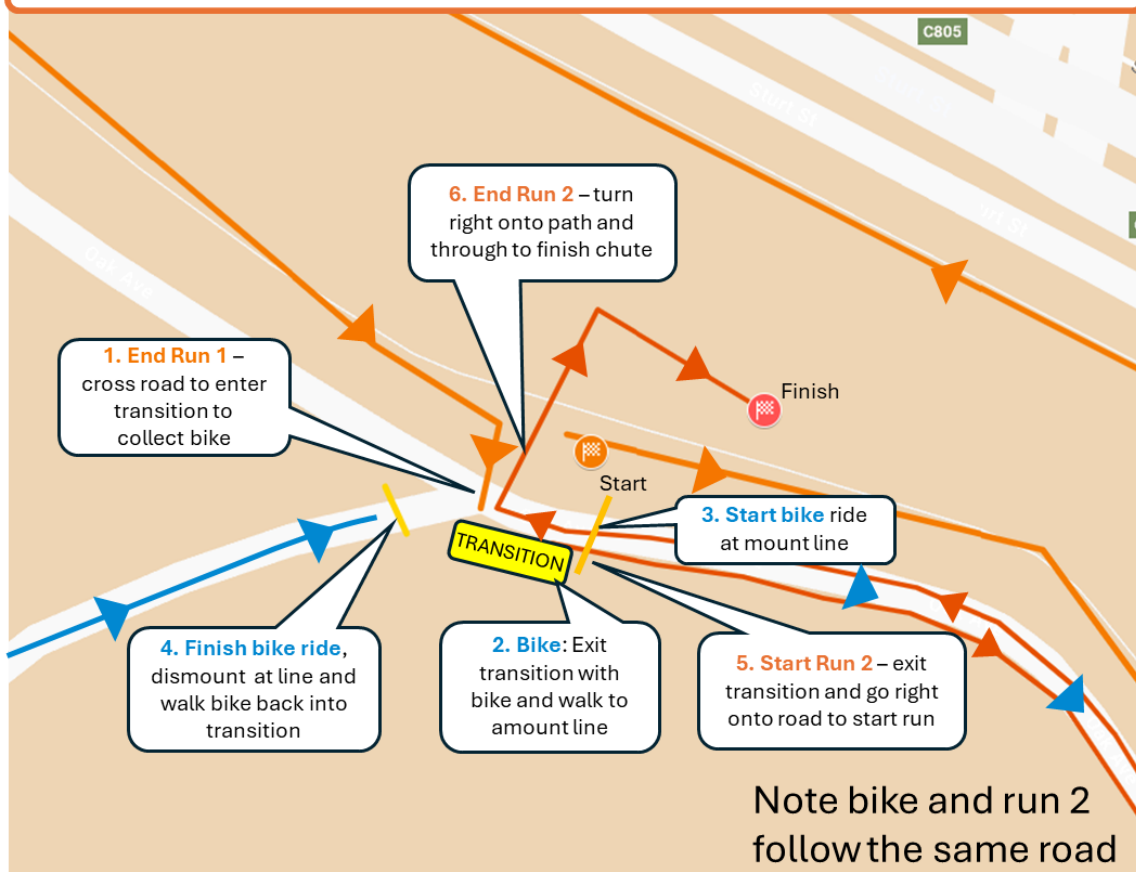
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Fun

Fun bike course: 3.5km (1 lap)



Fun: transition flow



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Detailed information for first timers

Your first multisport event can feel a little daunting, but we want you to feel confident and ready on race day. Here's a step-by-step guide of what to expect:

1. Arrive

Aim to arrive at least 1 hour before the start to give yourself plenty of time. Parking is available at Victoria Park (Plane Ave) and on surrounding streets (Sturt, Gillies, Russell).

2. Sign in and collect race pack and timing chip

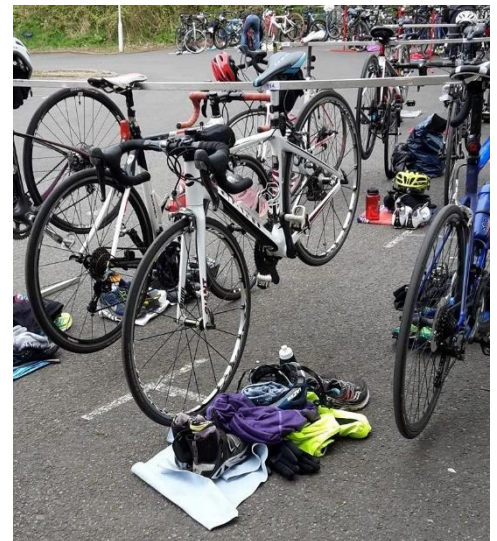
Head to registration near the main toilet block to collect your race pack which includes:

- **Bib number** – Must be worn on the front of the torso during both bike and run legs. Many use a 'race belt'; safety pins will be provided for those not using a race belt.
- **Bike sticker** – Attach around your bike seat post for identification.
- **Helmet sticker** – Put one on the front of your helmet and one on the side
- **Coloured wristband** – Indicates your event distance and helps volunteers guide you through the correct course and transition areas.

Collect timing chip – once you have collected your race pack, see timing tent next to registration to collect your timing chip. Wear on your left ankle during the race. Return it at the finish line. Replacement fees apply for unreturned chips.

3. Set up your transition

- Drop off your bike in the transition area and set up your gear (cycling shoes, helmet, etc.) neatly right next to your bike (it will be tight, space is limited)
- Bikes can be hung by the seat post or handlebars.
- No bags or extra items may be left in transition.
- Familiarise yourself with entry and exit points; a practice walk-through can help.
- Only participants are allowed in transition at any time- no spectators or parent helpers. Club volunteers will be available for assistance.



4. Attend the Pre-Race Briefing

After setting up, attend the briefing at the race start line.

Ensure you know the course and number of laps required

(write them on your hand if you're likely to forget). Ask any questions if you're unsure.

5. Start the race

- The race is a mass start, meaning everyone begins at the same time.
- You are responsible for counting your completed laps.

6. After the Race

- Bikes can be collected once the last participant has completed the bike leg, or earlier if approved by transition marshals.
- You will need your event wristband to collect your gear. Only participants are allowed in transition to collect their bikes.

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Race rules

This event is sanctioned by AusTriathlon. It is your responsibility to understand and follow the AusTriathlon race competition rules, which can be found here: <https://www.triathlon.org.au/rules/>

A summary of some key rules can be found below.

- This is a non-drafting event. This means you must leave suitable distance between the competitor in front and pass within an allowable time or you may incur a penalty from the Technical Officials on course. Refer to this video for an explanation.
- Helmets must be secured before handling your bike.
- Shoes must be worn, and your torso must be covered during the bike and run legs.
- Familiarise yourself with course maps, it is your responsibility to ensure you know where you are going and how many laps you have completed.
- For all disciplines, KEEP LEFT unless overtaking.
- Do not accept assistance from family or friends on the course unless it is an emergency.
- Headphones and electronic devices (e.g., iPods, mobile phones) are not permitted during the race.
- Spectators and parents are NOT allowed on the course or in the transition area.

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Additional information and FAQs

Spectators

- Spectators are encouraged to come along but must stay off the bike and running tracks for athlete safety
- Spectators are not permitted in transition at any time

Parking

- Parking is available at Victoria Park (**Plane Ave only**) and on surrounding streets (Sturt, Gillies, Russell).
- Note: All roads within Victoria Park will be closed from 8am, the only parking within the park will be in a dedicated area on Plane Ave, accessible from Cedar Drive

Toilets

- The main toilet block located centrally within the event site, there are additional toilets in the inclusive play space

Food

- Ballarat East Community Men's Shed will be running a sausage sizzle at the event

Photography and Social Media

- Photos and times from the event may be posted on public social media.
- If you do not wish for your images or times to be shared, please notify us prior to the event
- Tag the Ballarat Triathlon Club in any photos you're happy for us to share on socials

Timing and results

- The event will be timed by the team at Timit timing, results will be available on their website at the completion of the event <https://timit.pro/events/results/>

What bike can I use?

- Any bike (except an e-bike)!
- Road bikes, Mountain bikes, cruisers are all great options. Your bike must be in a safe working condition.

What is my age category?

- Your age category is determined by your age on 31 December 2026

Is there a bag drop?

- There is no monitored bag drop for this event; any bags left at marquees are done so at your own risk
- Bags cannot be left in transition



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Visiting Ballarat

If you are visiting Ballarat for the duathlon, there's plenty to see and do after the race. Below are some ideas to get you started:

Lake Wendouree Precinct

- Play a round of Frisbee Golf at Victoria Park (our race venue)
- Visit the Ballarat Botanical Gardens, Prime Ministers Avenue and the Tram Museum
- Ballarat Farmers Market
- Adventure Playground at Lake Wendouree or Livvi's Inclusive PlaySpace at Victoria Park
- Walk, jog or ride around Lake Wendouree (6km loop)



In Ballarat

- Wallaby Track parkrun (scenic bush track) or Prince of Wales parkrun (flat and fast)
- Dementia Sensory Trail (tranquil bush walk in Woowookurung Regional Park - suitable for prams and is wheelchair accessible)
- Art Gallery of Ballarat – Australia's oldest regional gallery



Further out of town

- Kryal Castle – medieval fun for all ages
- Ride the old Road Nationals course around Mt Buninyong
- Creswick Mountain Bike Park – ride the new trail network



Where to watch the AFL grand final?

- Ballarat has so many wonderful venues – check out this [pub guide](#) for a comprehensive list of local favourites



More even more events and ideas here:

<https://www.visitballarat.com.au/whats-on>