# CANBERRA TRIATHLON FOR FUN

AUS TRIATHLON



## Event Guide

29 November 2026

ACT TRIATHLON

Supported by

ACT Government

# WELCOME

Welcome to the 2026 Canberra Triathlon for Fun.

Whether you're taking on your very first triathlon or returning to enjoy a great day out with friends and family, this event is all about participation, community and the excitement of giving something new a go.

On Sunday 29 November 2026, Stromlo Forest Park and the Stromlo Leisure Centre will once again provide the perfect setting for a fun, welcoming and achievable triathlon experience. You'll start with a swim in the Stromlo Leisure Centre before heading out on the bike through the scenic surrounds of Stromlo Forest Park. To finish, you'll tackle the scenic surrounds of Stromlo Forest Park on foot before being cheered across the finish line by friends and family.

The Canberra Triathlon for Fun isn't about having the latest equipment or chasing podiums. It's about challenging yourself, embracing the experience and enjoying the support of a community that wants to see you succeed. Whether you're racing in a tri-suit, a pair of gym shorts or anything in between, you'll find encouragement every step of the way.

Our goal is simple: to create an event where everyone feels welcome, capable and proud of what they've achieved. From the moment you arrive through to crossing the finish line, we hope you'll enjoy the unique atmosphere that makes this event so special.

We look forward to hosting you for a fantastic day of participation, achievement and fun.

Nicholas Hull
National Events Manager
AusTriathlon



**AusTriathlon acknowledges the Traditional Custodians of the lands on which we all meet today. We pay our respects to their Elders past, present and emerging and recognise their continuing connections to the land and sea-where triathlon is at home. AusTriathlon recognises the outstanding contribution that Aboriginal and Torres Strait Islander peoples make to society and sport in Australia and celebrates the power of sport to promote reconciliation and reduce inequality.**

# EVENT PROGRAM

Date: 29 November 2026

Venue: Stromlo Forrest Park, ACT.

| SATURDAY 28 NOVEMBER | | |
|---|---|---|
| **TIME** | **ACTIVITY** | **LOCATION** |
| 3:00 PM - 5:00 PM | EARLY PACK PICK UP | CHECK IN AREA |
| **SUNDAY 29 NOVEMBER** | | |
| 6:00 AM | CHECK IN OPEN | CHECK IN AREA |
| 6:00 AM | TRANSITION OPEN | TRANSITION AREAS |
| 6:40 AM | TRANSITION AND CHECK IN CLOSE | TRANSITION AREAS |
| 7:00 AM | JUNIOR COURSE BRIEFING | POOL AREA |
| 7:05 AM | **JUNIOR COURSE START** | POOL AREA |
| 7:15 AM | TEASER COURSE BRIEFING | POOL AREA |
| 7:20 AM | **TEASER COURSE START** | POOL AREA |
| 7:30 AM | SUPER SPRINT COURSE BRIEFING | POOL AREA |
| 7:35 AM | **SUPER SPRINT COURSE START** | POOL AREA |
| 10:00 AM | EVENT COMPLETION | FINISHLINE |

**^ Transition opening time is at the discretion of the Head Referee and will consider the safety of athletes in the transition area. Transition may open earlier or later for bike collection.**

**** Schedule subject to change**

# TIPS AND FAQS

## TIPS FOR YOUR FIRST TRIATHLON

1. Make sure you note where you have racked your bike to help find it when you enter the transition area after the swim.
2. Test your helmet before the event to make sure it fits correctly.
3. Remember to apply plenty of sunscreen.
4. Once you have finished your triathlon you will need to wait until the end of the full event before you can go back into the two transition areas. It's a good idea to pack an additional bag which you can keep with you. Helpful items to pack include: sunscreen, change of clothes, some snacks and water.
5. Please note - spectators are not allowed to cross outside of designated pedestrian crossings at any time during the event.
6. It is a great idea to point out the Check-in tent to children prior to the start of the event. This tent will act as the meeting point for lost children.

## FAQ

### What can we wear?

There is nothing fancy needed in order to take part. You can participate in your swimmers and a pair running shoes. A t-shirt or top to cover your torso will be required for the bike and run segment.

### What type of bike and helmet is required?

The only requirement we have on bikes is that they have fully functioning brakes and closed plugs in each end of their handlebars. Helmets are compulsory and must meet the Australian safety standard. All helmets must be clipped up and worn into transition on event day so one of our race officials can check it meets these requirements.

### Are there medals?

Each participant will be awarded a finishers medal when they cross the finish line.

### Is the event timed?

Only finish times will be provided and published.

### What happens at the early pack pick up?

The early pack pick up is optional and allows you to familiarise yourself with the course and collect your race pack beforehand.

# KEY CONTACTS & EMERGENCY INFORMATION

## RACE PERSONNEL

- Event Director: Nicholas Hull events@triathlon.org.au
- Race Director: Nicholas Hull events@triathlon.org.au
- Technical Delegate: Tarita Clark
- Head Referee: Tarita Clark
- Medical Contact: Get First Aid
- Timing: Sports Event Services

## EMERGENCY CONTACTS

- Dial 000 – for Police, Fire or Ambulance for any life-threatening emergency, at any time, day or night.
- The ACT Emergency Services Agency (ESA) is responsible for emergency management and related support arrangements in the Territory. It comprises Ambulance, Fire & Rescue, Rural Fire and State Emergency Services.
- Hospitals
  - Northside – 11.6km from race site
    - North Canberra Hospital
    - 5 Mary Potter Cct, Bruce ACT 2617
    - Phone: (02) 6201 6111
  - Southside – 9.5km from race site
    - Canberra Hospital
    - Yamba Dr, Garran ACT 2605
    - Phone: (02) 5124 0000

# VENUE INFORMATION

University of Canberra Stromlo Forest Park (UC Stromlo) is Australia's premier multi-use recreational sporting facility situated in the heart of the Molonglo Valley in the nation's capital, Canberra. Set on 1200 hectares, UC Stromlo is surrounded by spectacular views and pristine waterways. Only 15 minutes from the city centre, the Park has something for everyone, from recreational to professional users.
Boasting a purpose-built event pavilion, a 1.2km criterium cycling circuit, a 2.5km grass cross country running track, a network of equestrian trails, pump track and over 50km of mountain bike trails suitable for riders of all abilities. Both the Centenary Trail and Bicentennial National Trail pass through the Park,and there are kilometres of shared trails for those wanting to explore on foot as well.
More information is available at: Home - Stromlo Forest Park (act.gov.au)

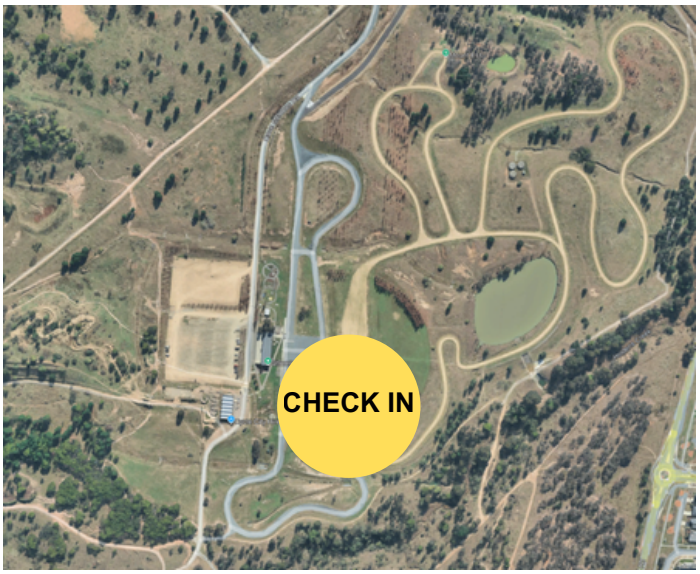
**VENUE TRAVEL**

UC Stromlo is located in the heart of the Molonglo Valley, an easy 15 minute drive (15km) from the Canberra CBD.
The main gate and vehicle access can be found at Dave McInnes Road off Opperman Avenue, via John Gorton Drive. Access is also available via Mount Stromlo Road. **The check - in area will be located right below the staircase at the entrance of the criterium track.**

**PARKING**

University of Canberra Stromlo Forest Park (UC Stromlo) has 487 paid parking spaces onsite. Payment methods are by cash, card, or the easy park app. Prices for 15min-3hr is $1.80 and 3hr-6hr $2.80. All parking fees goes towards venue maintenance.



# VENUE INFORMATION

## ROAD CLOSURES

Partial road closure on Dave McInnes road (leisure centre intersection only) will take effect 7.00am to 9.00am.

## FACILITIES

There are toilets within the pavilion at UC Stromlo – please ensure they are kept neat and tidy.

Handlebar café (located behind the pavilion) serve up a range of local beers, wine, coffee, burgers, and snacks. Opening hours are from 7.30am to 9pm.

There are no bins provided at UC Stromlo so all rubbish MUST be taken with you.

# EVENT SAFETY FOR ATHLETES AND SPECTATORS

It is important for athletes and spectators to be aware of the race course and transition zones to ensure races are not disrupted and athlete performance is not hindered.
Start areas, Transition and the Finish chute are STRICTLY for athletes ONLY.

During the Race:

- Do not run or ride beside an athlete on course as this will result in disqualification.
- Do not use permanent paint or crayons on the road or footpaths.
- Do cheer for athletes, but do not provide them any outside assistance.
- Do not accept any equipment or clothing from an athlete as this will result in disqualification.
- Please only cross the course in designated spectator crossing zones OR only when it safe to do so.
- Please obey all instructions from Police, Traffic Management, Staff, Technical Officials and event volunteers.

**GENERAL RULES**

The Canberra Triathlon for Fun is sanctioned and run under AusTriathlon guidelines. For full details of rules and regulations please go to www.triathlon.org.au. Drafting rules are available in this event guide as well as the Race Competition Rules.

- Ensure you have your bib on for the run leg of the race.
- Ensure your race number is marked o the upper most part of both arms
- Helmets must be on and done up before you touch your bike.
- You must place your bike on the rack after the bike leg before removing your helmet.
- A partial road closure is in place but other users of the facility can still have access when it is safe. Please keep this in mind and abide by road rules – keep left.
- Complete triathlon clothing must be worn at all times – tops and bottoms.
- The races are non-drafting – officials will penalise for drafting.
- Only matching bib number and bike numbers will be permitted to remove bikes from the transition area. ATHLETES MUST BRING THEIR BIB TO COLLECT THEIR BIKE.
- Athletes are responsible for familiarising themselves with the course.
- Full maps are available online, in this guide and on competitor information boards.
- Headphones, headsets, Walkman’s, iPods, mp3 players, and other types of personal audio devices are not to be carried or used at any time during the race.
- Competitors may not accept assistance from anyone other than an authorised race official.

# THE EVENT

**REGISTRATION**

Registration is available through the ACT Triathlon event page.

**EARLY RACE PACK PICK UP**

Athletes can pick up the race pack from the UC Stromlo Pavilion on:

- Saturday 28 November from 3.00pm to 5.00pm
- Sunday 29 November from 6.00am to 6.50am

Please bring your photo ID with you.

Race packs will contain your race bib, bike and helmet stickers (see Technical Information for correct sticker location).

**BAG STORAGE**

Bag storage will be available near the check-in area. Bags must be clearly marked using the race sticker provided. ATHLETES MUST BRING THEIR BIB TO COLLECT THEIR BAGS.

ACT Triathlon does not accept responsibility for lost or damaged property. We advise you not to leave valuables in your bags.

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**TRANSITION CHECK IN AND OUT**

- Compulsory bike check-in will take place at transition on Sunday morning. Check in will occur at the Bike Exit location (closest to the pavilion). After you have set up, you will exit transition via the Run Exit location.

- Athletes must not enter transition before their bike is checked by Technical Officials.
- Please prepare before you arrive for bike check-in.

- Please have your helmet on and done up (see correct fitting description in this guide), your Helmet and Bike stickers on your bike and helmet, and Race Numbers are marked on both upper arms (see Technical Information for further information).

# THE EVENT

- During Bike Check-in the Technical Official will check your bike and helmet to ensure they are compliant. Please read the Rules section clearly to ensure you know the rules regarding the right equipment for the event.
- Bike racks separated by race distance but are not numbered. Athletes may rack anywhere on racks allocated to your race distance.
- All your equipment must be placed beside your bike before the race and any equipment discarded in the race must be placed in the same area. Athletes must not use chalk, powder, or any other substance to mark their position on the rack.
- No bags are permitted to be left in transition.
- Remember, it is your responsibility to have your bike serviced and checked prior to Race Day and that you have checked that all parts of your bike are correctly tightened and in good working order, this includes that your handlebars are plugged.
- Transition will open from 9.30am for bike check out. Transition opening time is at the discretion of the Head Referee and will consider the safety of athletes in the transition area. If athletes are still on the bike course, transition may be later for bike collection.
- Athletes must bring their bib number to collect their bike.

**RACE BRIEFINGS**

Race briefings are compulsory for all athletes. Race briefings will occur at the pool area five (5) minutes before each race start.

# RACE DESCRIPTION

**JUNIOR**
The Juniors distance is tailored specifically for young athletes aged 7+. Featuring a 100m swim up and back of the pool, a 2 lap 3.4km ride, and a 2 lap 1km run. This race presents a fun and achievable challenge for kids of all fitness levels. It serves as an excellent entry point into multisport, offering a taste of competition and a chance to develop new skills.

**TEASER**
The Teaser distance is designed for new triathletes and weekend warriors eager to give triathlon a try. Suitable for ages 12 and up, this event offers separate waves for adults and juniors, fostering a friendly and supportive atmosphere. With a 250m swim (1 lap of the course), a 3 lap 5.6km ride, and a 4 lap 2km run, this race is ideal for those looking to dip their toes into the sport without the commitment of a longer event. It's a great way to get the blood pumping and experience the camaraderie of the triathlon community.

**SUPER SPRINT**
The Super Sprint is a traditional entry point to the sport of triathlon, offering a perfect introduction for true beginners. This distance, popular worldwide, allows athletes to experience the excitement of triathlon with a manageable challenge. The race consists of a 400m swim completing 2 laps of the Course, a 4 lap 7.8km ride, and a 5 lap 2.5km run. Participants often find that this fast-paced format ignites a passion for the sport, whether they choose to progress to longer distances or enjoy the thrill of short, intense races.

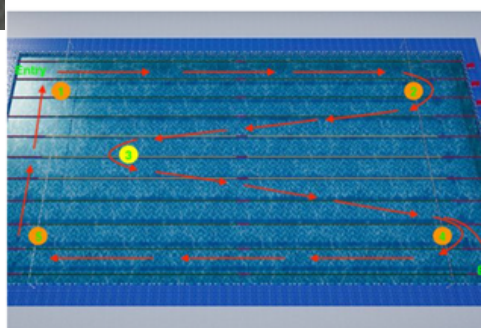
# RACE DESCRIPTION

**SWIM COURSE**

Participants will start in the pool at Stromlo Leisure Centre, organised into starting waves. On 'go', swimmers will navigate around swim buoys, simulating open water conditions. Exiting the water via a ramp, they will run to transition 1 (T1), where they will switch to their cycling gear.




| SWIM | | |
|---|---|---|
| | Distance | Laps |
| Junior | 100m | 1 |
| Teaser | 250m | 1.5 |
| Super Sprint | 400m | 2.5 |



# RACE DESCRIPTION

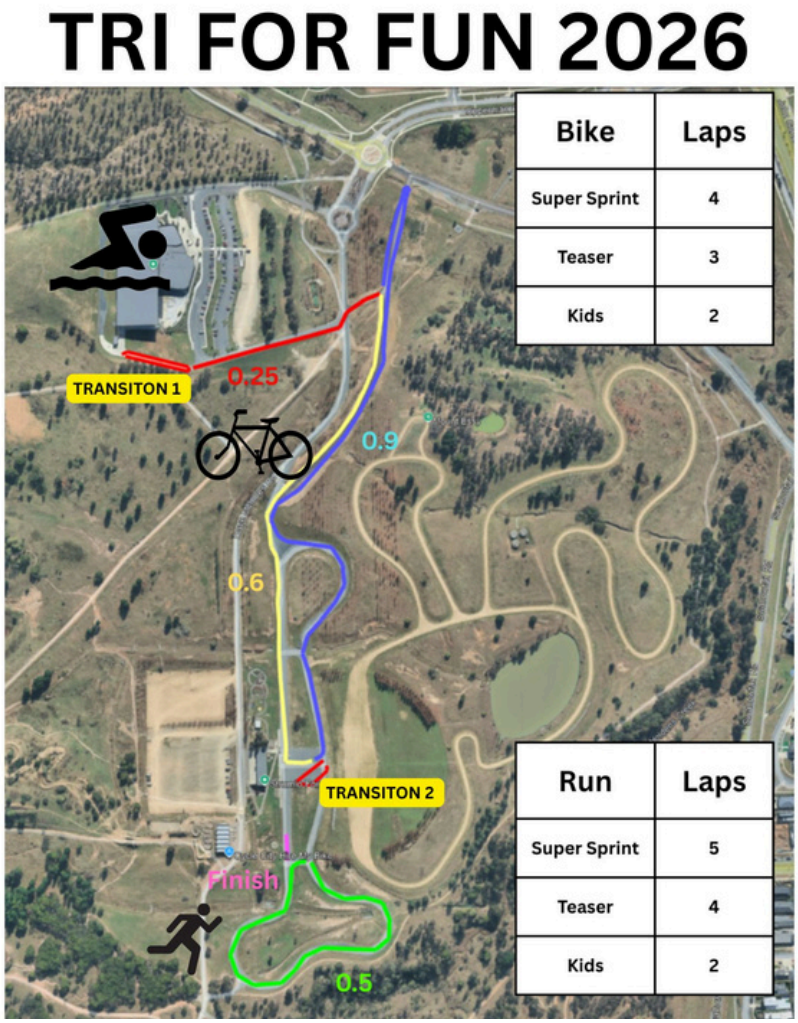
**BIKE COURSE**

After changing, athletes will push their bikes to the mount line, where they can begin riding. The course takes them down the hill and onto the criterium track extension. Participants will then head left towards the end of the track. Participants will then complete a U-turn and head towards the criterium track, they will then follow signs, passing transition 2 (T2) and complete the required amount of laps of this course.

**Course Notes Bike Leg U-Turns**

- Kids Course: Participants will complete two (2) U-turns before heading into transition for the run.
- Super Sprint Course: Participants will complete four (4) U-turns in total.
- Teaser Course: Participants will complete three (3) U-turns.

Once the required laps are completed, riders will dismount before the dismount line and enter T2 to rack their bikes and prepare for the run. The bike course is available to view here.



# RACE DESCRIPTION

**run course**
Leaving T2, participants will follow the signs leading them to the bottom of the criterium course. Once on the dedicated running loop participants will continue in a clockwise direction to complete the required number of laps for their distance before following the signs
up the chute to the finish line where they will receive their finisher medal and enjoy the glory of completing the race.

**Course Notes Run Leg Laps**

- Kids Course: Participants will run past the finish chute one (1) time before being able to enter the finish chute.
- Super Sprint Course: Participants will run past the finish chute one (4) time before being able to enter the finish chute.
- Teaser Course: Participants will run past the finish chute one (3) time before being able to enter the finish chute.

# TIMING AND MEDICAL SERVICES

**TIMING**

Finish times for Kids, Teaser and Super Sprint categories will be published for this race. Timing for this event is provided by Sports Event Services.

**MEDICAL SERVICES**

Medical services will be available at the venue throughout the event. Athletes should ensure they have appropriate medical insurance.

# TECHNICAL INFORMATION

AusTriathlon rules apply for the races. This includes bicycle, wheels and handlebar restrictions. It is the athlete's responsibility to know, understand and adhere to competition rules. All competition rules are available here

**PROTESTS & APPEALS**

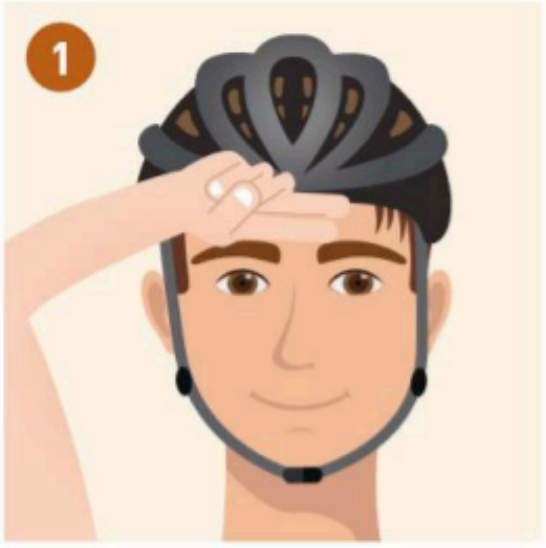
Standard procedures will be followed according to the TA Race Competition Rules.

**BIKE HELMET FITTING**

Watch this video to correctly fit your bike helmet.

# TECHNICAL INFORMATION

## BIKE HELMET FITTING




**Position the helmet** so that it protects your forehead. (1-2 fingers above your eyebrows).




**Fasten the clip** on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.




**Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.




**Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

# TECHNICAL INFORMATION

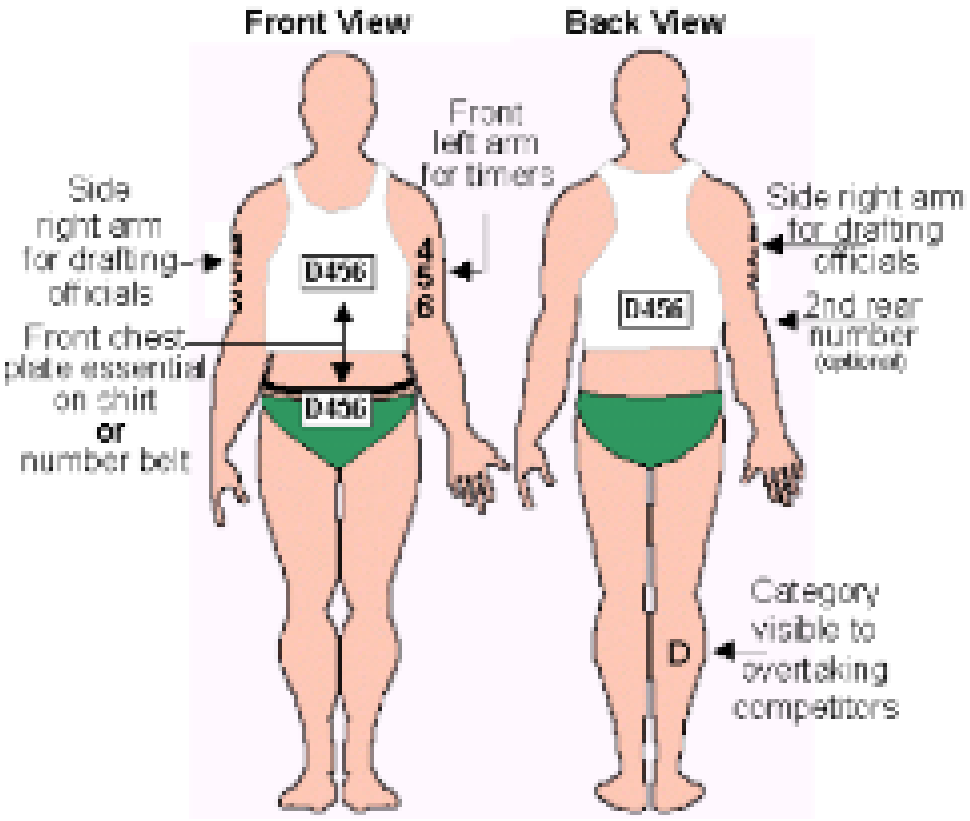
**UNIFORMS, EQUIPMENT, RACE NUMBER FITTING**

All athletes should ensure they wear suitable racing attire. Athletes wearing race suits should ensure they comply with TA Race Competition Rules. During the bike and run segments, the torso must be covered. Athletes wearing race suits with a front zipper should ensure the zipper is always connected at the bottom.

Athletes should ensure their equipment complies with relevant race rules at all times, including bicycle, wheels and handle bars. Equipment in transition should be kept neat and tidy. Bags left in transition will be removed before the start of the race.

You will not be provided with number tattoos. For race day, athletes should mark both upper arms with your race number. Numbers should be written in large print vertically downward using a thick dark permanent marker. Markers will be available at the race pack pick up location. The helmet sticker should be placed at the front of your helmet. The bike sticker should be attached to the seat post with the number heading towards your rear wheel.

# TECHNICAL INFORMATION




**PENALTY BOX LOCATIONS**

The Penalty Box will be positioned near the Dismount Line on the Bike leg. Run course penalties will be served on the spot as either a Warning or Time Penalty.

**RUBBISH**

ACT Triathlon is committed to minimising environmental impact on the host community, so we request that all athletes collect and discard their own rubbish in the bins provided near the finish line. There are no other bins available at UC Stromlo.

There will be a designated rubbish zone at the aid station. Athletes risk disqualification if they discard any item outside these designated zones

# POST RACE INFORMATION

**FINISH LINE**

The Finish chute is STRICTLY for athletes ONLY – no family members can join you. Finisher medals will be provided to all participants.

**RECOVERY AREA AND RUN AID STATIONS**

**W**ater will be available at the Run Aid Station and in the Recovery Area near the Athlete Services Tent. Please discard all plastic cups in the bins provided or at the Run Aid Station. The Recovery Area and the Run Aid Station are self-serve.

**BIKE AND GEAR COLLECTION**

Transition for bike collection will open at approximately 9.50am, subject to decision by the Race Referee. Please listen out for bike collection announcements. Athletes may collect bags from bag drop at any time. Please ensure you have your bib number with you.

**LOST PROPERTY**

Lost property will be kept at the bag drop tent. Please contact the ACT Triathlon State Services Manager (mikhail.monteiro@triathlon.org.au) after the event for lost property Collection.

# ACT TRIATHLON

