

Australian Duathlon Champs 2004



Brooks Triathlon Victoria Duathlon Series 2004

5k-20k-3k 2k-8k-1k



10k-40k-5k

Kew Boulevard Victoria

+ Duathlon Dash 2k-8k-1k

October 3rd 2004

7.30am Start

sponsors

Race 1 June 20 Manningham Multi-Sport Duathlon

Venue: Westerfolds Park
Contact: Kevin Parkhill 0407 899 793
Melways: Map P33 G1
Race Start 8.00am



Race 2 July 11 Benalla Tri Club Duathlon

Venue: Lake Benalla
Contact: Tony Rogers 0438 685 962
Race Start 11.00am



Race 3 Aug 1 TaylorMade Tri Club Duathlon

Venue: Yarra Boulevard Richmond
Contact: Sally Ham 0412 624 805
Melways: Map 45 B12
Race Start 7.30am



Race 4 Aug 22 Knox Tri Club Duathlon

Venue: Knox Athletics Track
Contact: Dave Leversha 9726 7369
Melways: Map P73 D7
Race Start 8.00am



bikerack.com.au

Enter online
for all races at
www.trivic.org.au



Race 5 Sept 12 Mornington Peninsula T C Duathlon

Telstra Victorian Duathlon Championships

Venue: Mornington Park
Contact: Greg Jones 9783 3666
Melways: Map P54 H11
Race Start 8.00am



Race 6 Oct 24 Melbourne Tri Club Duathlon

Venue: Yarra Boulevard Richmond
Contact: Damian Hancox 0409 551 505
Melways: Map 44 K3
Race Start 7.30am



series sponsors



A message from Triathlon Victoria

Triathlon Victoria is proud to be presenting the third Brooks Victoria State Duathlon Series. We would like to thank Brooks, the series sponsor, for their continued partnership in developing not just this series, but the sport in general.

This series has increased in numbers each year and is now the biggest duathlon series in Australia. As a mark of that success Victoria has been rewarded with the Australian Duathlon Championships.

This success has been achieved through the combined efforts of Triathlon Victoria and its affiliated clubs who put on each of the races.

We look forward to seeing even more competitors across the series this season, particularly in the duathlon dash that accompanies the sprint race.

David Tolliday
President
Triathlon Victoria

Australian Championships

Triathlon Victoria is excited to have the Australian Championships in Melbourne and welcome those athletes coming from interstate. The event is to be staged at the renowned Kew Boulevard course, with a new flatter run course in the scenic Yarra Bend Park and a bike course of rolling hills. No special gearing will be required for this course. A Duathlon Dash event of 2k-8k-1k will also be held on this day. To be eligible for prizes in the Australian Duathlon Championships entrants must be full members of Triathlon Australia.

The distance for the Australian Championship is 10/40/5. This event will not be a point scoring event for the Brooks Victorian State Duathlon Series.

For Elite athletes only the race will be draft legal. Each year Triathlon Australia selects a team of up to 18 persons per age group to represent Australia at the World Duathlon Championships. The Australian Duathlon Championship will be one of the qualifiers for that selection.

The World Championship events are a great experience and would be recommended to any athlete who thinks they might qualify.



Brooks - Triathlon Victoria Duathlon Series & Australian Championships Entry Form

(tax invoice) ABN 87 440 206 536

Surname First Name
 /Team
 Address
 Suburb Postcode State
 Date of Birth Tel: (AH) Tel: (B)
 Sex Male Female Club
 Triathlon Australia Licence No
 Age categories: Elite 16-19 (Junior) 20-24 25-29 30-34 35-39 40-44
 45-49 50-54 55-59 60-64 65+ Team
 E-mail

Rules RUN: No form of locomotion other than running or walking is permitted. No outside pacing allowed. Runners are expected to follow the directions of the marshalls and officials.

CYCLE: Any bike must be in a roadworthy condition. All bar ends must be covered. An approved cycle helmet must be worn and fastened at ALL times the bike is unracked. Cyclists must follow the directions of marshalls and officials.

MEDICAL: Duathlon is a strenuous sport and competitors are recommended to have a medical examination beforehand. Ensure that you drink plenty of fluid before, during and after the event.

Age group categories in 5 year brackets determined by their age on December 31st 2004

Series Prizes / Victorian Inter Clubs Duathlon Championship

At each race there will be points 11-9-8-7-6-5-4-3-2-1 for the first ten in each category. Double points will be awarded at the Victoria State Championships. In the individual category your best five results will count towards your series standings. Prizes from Brooks, Ryders Eyewear, PB Sports and Polar will be given to the first three in each category. The Victorian Inter Clubs Championship will be decided from the best six placings from club members at each race. All six races count. Entries close the Thursday prior to the event. A late entry fee of \$10 applies to all on the day entries.

ENTER ONLINE - www.trivic.org.au

Age Groups

In a change to previous years, a person's age group will now be determined by their age as of December 31st 2004. All races will be divided into five year age groups based on this date.

Entries

Entry for all races is available online at www.trivic.org.au. Postal entries are also available, but incur a \$2 admin fee. Entries close at 5pm on the Thursday prior to the race. Entry is then available on the day but incurs a \$10 late entry fee.

Duathlon Dash

Each of the events features a 'Duathlon Dash'. The Duathlon Dash is aimed at new participants to the sport, juniors and those more experienced athletes looking for some speed work. To encourage more participation from newcomers we are offering these races at a substantial saving on the sprint distance races.

Prizes

In both male and female categories, the first three athletes in each age group, in the sprint distance race and the first three athletes across the line in the Duathlon Dash will receive distinctive Triathlon Victoria trophies. Series prizes and trophies will be given to the first three in each age group. The winners of the elite section will receive one of the new Polar S625x heart rate monitors valued at \$699, which has the added feature of distance and pace while you are exercising. Other prizes will come from series sponsors Brooks and PB Nutrition.

Telstra Victorian Duathlon Championships

The elite section of the Victorian Championships will have the following prize money for both male and female.
 1st place \$300 2nd place \$150 3rd place \$75

Presentation Night

The presentation night for the series will be held on Friday October 29th 7.30pm, at the Depot Hotel, 60 Swan Street, Richmond. Finger food provided.

Also on the night, details on the forthcoming 04/05 triathlon season including the race calendar and event entry forms will be available. Trophies and prizes not collected on the night will be held for collection at the Triathlon Victoria offices for a period of four weeks.

Join Triathlon Victoria

You will have already noticed from the entry form that Triathlon Victoria members received a discount at each race. There are many other benefits to membership including;

- Insurance while racing and training
- Free services from sponsors
- Discount products
- Eligibility for Victorian and Australian Championships
- Fourth Event Newsletters
- E-news updates

For a full list of member benefits and to join go to www.trivic.org.au



Please tick (✓) race entered				
Enter online at www.trivic.org.au or send entry form and cheque to:				
Race		Sprint Race	Team Race	Duathlon Dash
1 Manningham Tri Club	3 Parry Road Eltham 3095	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Benalla Triathlon Club	PO Box 110 Benalla 3672	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Taylormade Triathlon Club	PO Box 4025 McKinnon 3204	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Knox Triathlon Club	PO Box 7140 Upper Ferntree Gully 3156	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Mornington Peninsula Tri Club	419 Nepean Hwy Frankston 3199	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Melbourne Triathlon Club	50 Bourke St Melbourne 3000	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Race Entry	\$35	\$42	\$15
	Non-member fee	\$5	\$5	\$5
	Non online entry fee	\$2	\$2	\$2
	Total	\$ _____	\$ _____	\$ _____
Australian Duathlon Championships		Individual	Team	Duathlon Dash
	Race Entry	\$65	\$72	\$15
	Non-member fee	\$10	\$10	\$5
	Non online entry fee	\$2	\$2	\$2
	Total	\$ _____	\$ _____	\$ _____

DECLARATION: To be signed by ALL COMPETITORS. In consideration of my entry I, my heirs, executors and administrators release and forever discharge Triathlon Victoria and associated Triathlon Clubs, Victoria Police, Local Councils & VicRoads, it's servants, agents or subcontractors, instrumentalities and all voluntary community groups and organisations assisting these events, all sponsors, producers, their agents and representatives of all liabilities, claims damages or cost which I may have against them arising out of, or, in any way connected with my participation in the event. I understand this waiver includes claims based on negligence, action, or inaction of any of the above parties. I recognise the difficulties of these events and declare that I am physically fit and able to compete safely, and my physical condition has been verified by a licensed medical doctor. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness. I hereby agree that in the event of race cancellation due to storm, rain, inclement weather, wind, or any other unforeseeable conditions, my entry will not be refundable. I have carefully read this entry form and agree to abide by all rules and directions of all race officials on the day.

All entrants under 18 must have the entry form signed by parent or guardian.

Entrant/Parent/Guardian

(Signed).....Printed.....Date.....