



2009

Perth ITU Long Distance
Triathlon World Championships



ATHLETE HANDBOOK





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For all the latest updates & event information, visit www.ldworlds.org.au.

The Local Organising Committee

Andrew Hamilton

Jeremy Wilshire

Brian Hinton

Kellie Ware

Hayley Lethlean

Peter Rash

Dave Budge & Team at Trievents

Triathlon Australia

Triathlon Australia

Triathlon Australia

Triathlon Australia

Triathlon WA

Triathlon WA

Trievents

CEO

Communications Manager

LOC Chairman

Event Coordinator

EO

President

Race Director



2009 Perth
ITU Long Distance Triathlon
World Championships
ldworlds.org.au

Welcome to the 2009 Perth ITU Long Distance Triathlon World Championships

On behalf of Triathlon Australia, the LOC and the event crew, I wish to welcome all competitors, their families, officials, volunteers and spectators to the 2009 Perth ITU Long Distance Triathlon World Championships. Whilst this is the first time Perth has held the World Long Course event, Perth has a long history in hosting Triathlon World Championships with two previous events held in 1997 and 2000. The 1997 race produced some of the sports legends, names like Chris McCormack, Simon Lessing, Emma Carney and Michellie Jones to name a few. I am sure that the long course will again give us the new champions for the future of our sport.

We are very lucky to have one of the sports finest athletes as our ambassador, Craig Alexander. Craig raced the 2006 World Long Course in Canberra for second place and since then has gone on to establish himself as a true legend of the sport by winning the last two World Ironman crowns. Whilst he had hoped to compete in Perth, his incredible come-from-behind win in Hawaii understandably took too much out of him. He will, however, be on deck in Western Australia to promote the event and cheer you all on.

These World Long Course Championships are a double Olympic distance, so not only can those who like the longer races be looked after but also the Olympic distance athletes now have a chance to step up to the challenge. It will be an exciting day, with athletes from all around the world taking part, both in the elite and the age group races as well as our paratriathletes. To all competitors, enjoy the experience of being part of a team in the 2009 Perth ITU Long Distance Triathlon World Championships.

I wish you all well and hope that you take back home fond memories and friendships that will last a lifetime and that you will remember both Perth and Australia as the friendly country and return in years to come.

Ken Bonham
President, Triathlon Australia

CRAIG ALEXANDER

Professional Triathlete & Event Ambassador

It is fantastic news that Australia will again be hosting the ITU Long Distance Triathlon World Championships, this time in Perth in 2009.

After winning a silver medal in Canberra in 2006, I would love to be on the start line in Perth with an aim to go one better. The double Olympic distance format is a true test and calls for a unique blend of endurance, speed and tactical racing. Experience over this distance was invaluable to me in winning the 2008 World Ironman Championships, Hawaii.

Although my main goal for 2009 is to defend my World Ironman crown and, in doing so challenge the 2 hour 40 minute marathon barrier, I may be up for another major challenge. With Perth's Long Distance World Championships to be contested just a fortnight later I'll have to see how well the body holds up. I'll be in WA no matter what to soak up the atmosphere, keep an eye on my competition and take in Perth's fabled sunshine and beaches. It truly is a stunning destination for triathlon, with its scenic foreshore, first-class facilities and wonderful weather.

Thanks to Triathlon Australia for working so hard to secure a "home" World Championships for Australian triathletes and look forward to seeing you in Perth.

Welcome Messages

Premier of Western Australia



I am delighted to welcome competitors, officials and spectators to Western Australia for the 29th Annual International Triathlon Union (ITU) Long Distance Triathlon World Championships.

Perth is honoured to be hosting this exciting event in & around the picturesque Swan River for the first time.

With over 600 international competitors from more than 25 countries expected to join our national triathletes, the championships will showcase the talents of the worlds' best elite and age-group athletes.

If you are visiting Perth for the first time, there is plenty to see and do in our beautiful city and beyond, including our pristine beaches, world-class wineries and majestic landscapes.

I hope you all have a successful event and enjoy the wonderful experiences that Western Australia has to offer. Good luck!

The Hon. Colin Barnett MLA

Western Australian Minister for Tourism



I am delighted to welcome the 2009 ITU Long Distance Triathlon World Championships to Perth for the first time. On behalf of all Western Australians, I welcome all competitors and visitors to our capital city. The Western Australian Government proudly supports this event through Eventscorp.

The event village will be located at Langley Park, which is ideally positioned next to Perth's CBD on the foreshore of the iconic Swan River. The race, which comprises a three kilometre swim, 80 kilometre bike ride and 20 kilometre run, will provide a challenge to all competitors.

Perth will welcome visitors from more than 25 countries with an official reception, the athlete's Pasta Party, media events, the awards ceremony and a celebratory gourmet barbecue on Sunday evening.

I encourage all visitors to take some time to explore Perth and take advantage of all that our city has to offer. King's Park is the largest inner-city park in the world and is the perfect place to relax whilst admiring beautiful views of the city skyline over the Swan River. There is also Fremantle's famous cappuccino strip, the King Street designer shops, 19 stunning metropolitan beaches, world class wineries in the Swan Valley and cafes and restaurants offering a cosmopolitan range of great places to eat and socialise.

I look forward to seeing competitors from all age groups and levels participating in this year's championships, and I wish everyone involved a successful and memorable event.

Dr Elizabeth Constable MLA

The Lord Mayor of Perth



The City of Perth is looking forward with much excitement to being the host city for the 2009 ITU Long Distance Triathlon World Championships.

Perth is an action destination, known for its love of sport and outdoor activities so triathletes and others associated with the championships will feel very welcome.

We have the ideal environment for events such as triathlon, with long river stretches, parkland areas, lots of clean, fresh air ... and very few hills. Regardless of individual results, competitors are sure to enjoy the Perth experience.

The City of Perth is the governing authority of Western Australia's magnificent state capital and one of our priorities is to attract and support high-level international events. The ITU Long Distance Triathlon World Championships is a prestigious event in keeping with that objective, attracting elite and age-group athletes from all over the world.

There will also be plenty of activities for non-professional triathletes, including fun runs, junior and corporate team triathlons. Virtually everyone can be involved.

The City of Perth has been an event partner of Triathlon Australia since 2005 and is the naming rights sponsor of the City of Perth Challenge, incorporating the Australian Olympic Distance Triathlon Championships.

We are privileged in taking the next big step by hosting the world championships and I congratulate Triathlon Australia for the initiative it has shown in securing the championships for Perth.

On behalf of the City of Perth, it is my pleasure to invite and welcome participants in the ITU Long Distance Triathlon World Championships.

Lisa Scaffidi

President International Triathlon Union (ITU)



Greetings to athletes, national team officials, coaches and managers, members of the 2009 ITU Long Distance Triathlon World Championships Organising Committee, sponsors and spectators.

ITU is delighted to be returning to bright and beautiful Perth with a major ITU event after the historic 1997 and 2000 ITU Triathlon World Championships.

We are very encouraged by the increase in participation by elite and age group athletes who are taking up long distance triathlon, as well as the Olympic Distance Triathlon. I know that all of you will enjoy the “down-under” experience.

We would also like to thank the Organizing Committee of the 2009 Perth ITU Long Distance Triathlon World Championships, the Government of Western Australia through Eventscorp and the City of Perth for their firm commitment to this wonderful sport of triathlon.

Best wishes to everyone for a wonderful competition.

Marisol Casado



ITU Long Distance Triathlon World Championships Past Winners

2008 Almere, THE NETHERLANDS

Female – Chrissie Wellington (GBR)

Male – Julien Loy (FRA)

2007 Lorient, FRANCE

Female – Leanda Cave (GBR)

Male – Julien Loy (FRA)

2006 Canberra, AUSTRALIA

Female – Bella Comerford (GBR)

Male – Torbjorn Sindballe (DEN)

2005 Fredericia, DENMARK

Female – Kathleen Smet (BEL)

Male – Viktor Zyemtsev (UKR)

2004 Sater, SWEDEN

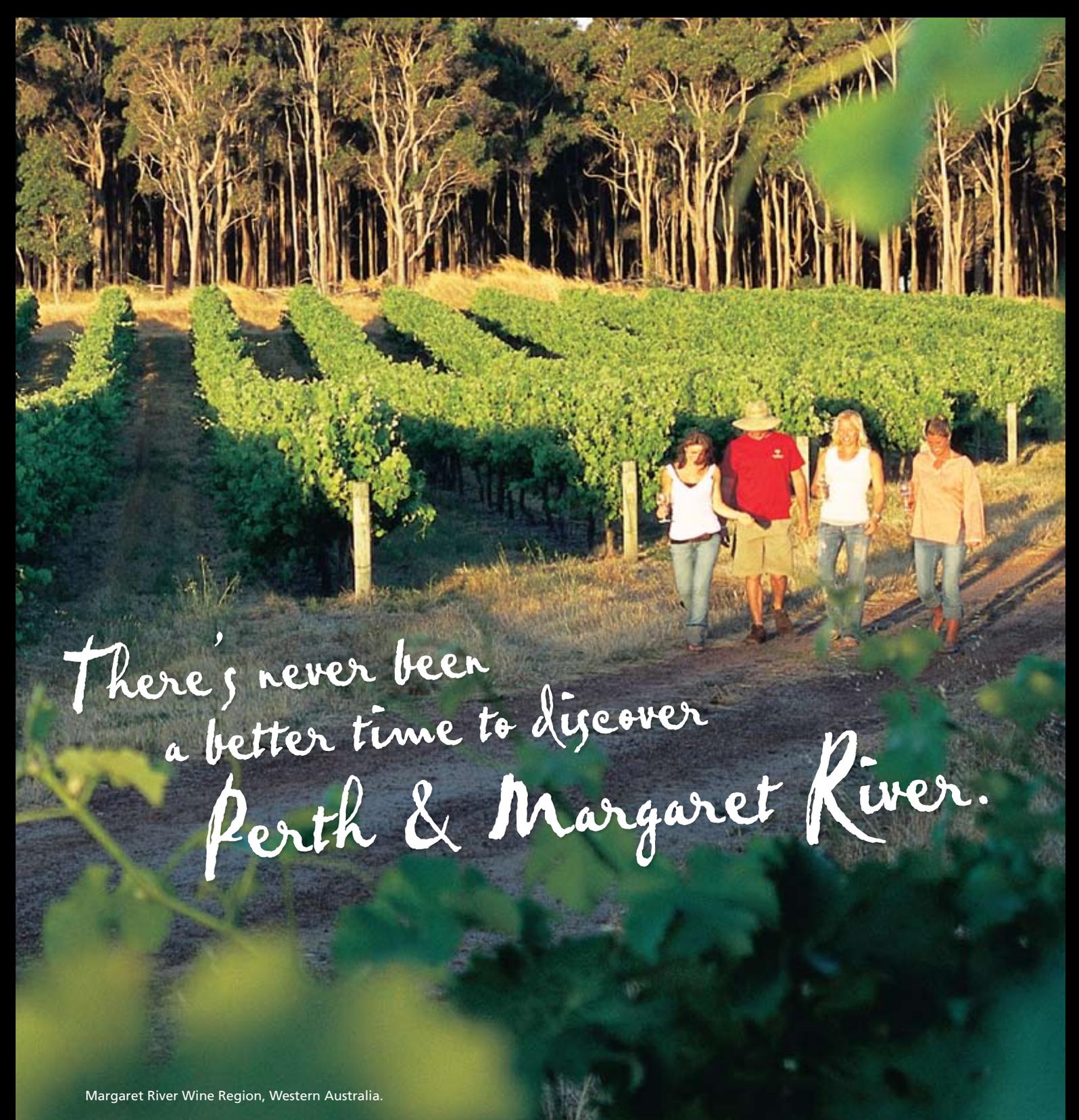
Female - Tamara Kozulina (UKR)

Male – Torbjorn Sindballe (DEN)

2003 Ibiza, SPAIN

Female – Virginia Berasategui (ESP)

Male – Eneko Llanos (ESP)



*There's never been
a better time to discover
Perth & Margaret River.*

Margaret River Wine Region, Western Australia.

Isn't it time you took the road less travelled? And discovered a place where you can visit world-class wineries, stroll through old-growth forests and relax on miles of unspoilt beaches? After your exhausting long distance triathlon, why not discover Perth and Margaret River for yourself. To find out more, visit westernaustralia.com.



westernaustralia.com





Event Schedule



Date & Time	Event / Activity	Venue
Thursday 22nd October 2009		
10am	Team Managers Meeting	Elite Marquee, Langley Pk
11am – 5pm	Sport & Lifestyle Expo / Triathlon Village	Triathlon Village, Langley Pk
11am – 5pm	Event Information Centre	Triathlon Village, Langley Pk
11am – 5pm	Shimano Bike Mechanic Services	Triathlon Village, Langley Pk
11am – 5pm	LDWC Age Group & Paratriathlete Athlete Accreditation	Registration Marquee, Langley Pk
11am – 12.30pm	Community Newspaper Group Aquathlon Registration	Registration Marquee, Langley Pk
12.45pm	Community Newspaper Group Aquathlon Race Briefing	Swan River Foreshore, Langley Pk
1pm	Community Newspaper Group Aquathlon	Swan River Foreshore, Langley Pk
2.30pm	Aquathlon Medal Presentation	Presentation Area, Langley Pk
Friday 23rd October 2009		
9am – 6pm	Sport & Lifestyle Expo / Triathlon Village	Triathlon Village, Langley Pk
9am – 6pm	Event Information Centre	Triathlon Village, Langley Pk
9am – 6pm	Shimano Bike Mechanic Services	Triathlon Village, Langley Pk
10am – 1pm	School Sport WA Primary Schools Triathlon	Langley Pk
11am – 5pm	LDWC Age Group & Paratriathlete Athlete Accreditation	Registration Marquee, Langley Pk
1pm	Media Conference	Presentation Area, Langley Pk
4pm – 5pm	LDWC Elite Athlete Accreditation	Elite Athlete Marquee, Langley Pk
5pm	Elite Athletes & Coaches Race Briefing <i>*Compulsory*</i>	Elite Athlete Marquee, Langley Pk
6pm	Official Welcome, Showcase of Nations & Pasta Party	Event Marquee, Langley Pk
Saturday 24th October 2009		
9am – 3pm	Sport & Lifestyle Expo / Triathlon Village	Triathlon Village, Langley Pk
9am – 3pm	Event Information Centre	Triathlon Village, Langley Pk
9am – 3pm	Shimano Bike Mechanic Services	Triathlon Village, Langley Pk
9am – 12pm	LDWC Age Group & Paratri Bike Check-in	Transition, Langley Pk
12pm	LDWC Age Group & Paratri Race Briefing <i>*Compulsory*</i>	Event Marquee, Langley Pk
12pm – 2pm	Sprint Distance Triathlon Registration	Registration Marquee, Langley Pk

12.30pm – 3pm	Sprint Distance Triathlon Bike Check-in	Transition, Langley Pk
3pm	Sprint Distance Triathlon Race Briefing <i>*Compulsory*</i>	Event Marquee, Langley Pk
Sunday 25th October 2009		
5am	Transition Opens (LDWC all athletes & Sprint)	Transition, Langley Pk
From 5am	Athlete body marking (LDWC & Sprint)	TBC, Langley Park
5am	Elite Lounge Opens	Elite Athlete Marquee, Langley Pk
6am	Bag Compound Opens	Registration Marquee, Langley Pk
6am – 6.45am	Elite Bike Check-in	Transition, Langley Pk
6.45am	Transition Closes (Sprint Distance)	Transition, Langley Pk
7am	<u>Sprint Distance Triathlon</u>	Swan River Foreshore, Langley Pk
7.50am	Transition Closes (LDWC)	Transition, Langley Pk
8am – 3pm	Sport & Lifestyle Expo / Triathlon Village	Triathlon Village, Langley Pk
8am – 3pm	Event Information Centre	Triathlon Village, Langley Pk
8am – 3pm	VIP Area Opens	VIP Marquee, Langley Pk
8am	<u>ITU Elite Men LD Triathlon World Championship</u> <u>ITU Elite Women LD Triathlon World Championship</u> <u>ITU Paratriathlete LD Triathlon World Championship</u> <u>ITU Age Group LD Triathlon World Championship</u>	Swan River Foreshore, Langley Pk
10am	Sprint Distance Triathlon Medal Presentation	Presentation Area, Langley Pk
11am	Heineken Beer Garden Opens	Bar/Beer Garden, Langley Pk
1.30pm	Elite Medal Presentation	Presentation Area, Langley Pk
5.30pm	ITU Long Distance Triathlon World Championship Closing & Award Ceremony (AG medal presentation)	Event Marquee, Langley Pk

Note: This schedule is provisional and is subject to change.

General Event Information

Event Merchandise

2XU are the official merchandise supplier for the LDWC and will have a number of items available for you to take home as a souvenir from the race. Below is some detail about the products that will be available for purchase.

Supporters Short Sleeve Run Shirt

This 2XU piece is ideal for warmer weather work outs and races. SMD COOL, SMD MESH and SMD MESH LITE fabric zoning rapidly transfers moisture from the skin and through the garment. Low profile seams and anti-rub hems reduce chaffing. Anti-bacterial treated to manage sweat odours.

Supporters cap

The Australian sun is relentless, and any endurance athlete understands the importance for head protection when competing and training under its glare. 2XU has once again sourced the highest quality materials to deliver an accessory that performs beyond expectation. Light weight and breathable to promote air flow and ventilation as required.

Supporters fleece

Utilising a high filament micro polyester yarn, this jacket offers warmth with enhanced comfort and softness of touch. Not your normal fleece; this utilises a unique blend of polyester yarns, which allows stretch whilst still offering the comfort and warmth demanded for cooler weather and pre/post training demands.

Race Venue & Triathlon Village

Perth's Langley Park, flanked by the Swan River and CBD, is the perfect site for the Long Distance Triathlon World Championships. A large expanse of flat open parkland, direct access to the Swan River and major roads, along with plenty of vantage points for spectators ensure this is a top spot for triathlon. The Triathlon Village has all you need in one place. From the outdoor Sport & Lifestyle Expo, information centre and registration marquee to the scrumptious food stalls and main event marquee this race site ensures you can get organised for your race, satisfy your caffeine craving and check out the latest gear from around the world. [Click here](#) to view a map of the site.

Parking

There will be limited parking available around race site. Athletes and supporters are best advised to park at the City of Perth car park located at 165 Terrace Road, Perth (directly opposite race site). No vehicles are permitted to park on race site at any time.

City of Perth Parking

Hours: 24 hours, 7 days

Rates: Monday – Sunday \$2.20 per hour

Event Information Centre

For any event related questions please visit the Event Information Centre which is located next to the Registration Marquee in the Triathlon Village. Staff will be on hand from Thursday through to Sunday to answer any question you may have in relation to the Long Distance Triathlon World Championships.

All event accreditation passes can be collected from 11am on Thursday 22 October at the Event Information Centre.

Sport & Lifestyle Expo

A number of sponsors, event partners and retailers will feature as part of a Sport & Lifestyle Expo on-site. Athletes and spectators are free to browse through the Triathlon Village to check out the latest products, gadgets and garments on offer from Thursday through until Sunday. On-the-spot specials from nominated outlets will be announced by the race commentator during race week. Be sure to take advantage of the sampling, demonstrations and exclusive sales from the big names in triathlon!

Opening Hours

Thursday - 22 October	11:00am – 5:00pm
Friday - 23 October	9:00am – 6:00pm
Saturday - 24 October	9:00am – 3:00pm
Sunday - 25 October	8:00am – 3:00pm

Food & Beverage

Ultimo catering will be onsite providing food to the public. The public catering marquees will be open during peak periods at race site from Thursday through to Sunday. Ultimo Catering will also be catering for the functions.

Heineken Beer Garden

The Heineken Beer Garden is located in a prime area, adjacent to the finish chute, overlooking Riverside Drive and the Swan River. It will be open on Sunday only, between 11am and 4pm, selling a range of Lion Nathan beers and acclaimed Wise Wine, from the local Margaret River region, south of Perth. The perfect place to sit and watch the race!

Bag Compound

The bag compound will be located within the registration tent and open from 5am Sunday. Here, competitors can place their personal items in a secure compound during the race. It is advised that you label your bag prior to check in. Once the bag is entered into bag security you will not be permitted to enter this area. You must speak to the bag compound security who will allow you to access your bags.

Triathlon Australia takes no responsibility for any valuables that are left in this area and request that all valuables are left at home or with a family member/friend for safekeeping.

Bike Mechanic Services – SHIMANO

You can be sure you will receive the best possible service and spares for your bike when in Perth with Shimano as the official Bike Leg Sponsor and Bike Mechanic for the championships. The crew from Shimano will be on site (as part of the Sport & Lifestyle Expo) from Thursday to Saturday providing bike mechanic services and selling a range of equipment for bike repairs. Shimano will also be out on-course at branded stations for the Long Distance Triathlon World Championships on Sunday.

Event Electrolyte

Triathlon Australia is proud to announce PureSport as the official sports nutrition provider of the World Championships. PureSport Workout (lemon & lime flavour) will be available on-course and PureSport Recovery (lemon & lime flavour) will be on hand for competitors at the finish line. Water will also be available on-course and at the finish line.

PureSport's unique combination of protein and both simple and complex carbohydrates provides sustained energy through advanced hydration, allowing improved muscle endurance and reduced soreness using a great tasting water based formula. And given PureSport contains one third the

sugar of other formulations, it also helps avoid the sugar rush and crash cycle and is a lactose free, gluten free drink offering balanced, optimised nutrition.

Photography

Triathlon Australia has engaged the services of James Rankin and his team at Marathon-Photos.com (formerly TriathlonPhotos.com) as official race photographers for the Long Distance Triathlon World Championships. Marathon-Photos.com offer a leading online photograph and video sales facility, which uses a competitor's race number as the search key. From the same page you access race images, you can download a free Finisher's Certificate after the event, complete with swim, bike and run times. You may wish to purchase your race photos with finish times and/or race splits included. Products may be ordered as a digital download, hard copy photo or selected images on DVD, online, fax or mail.

With this season being his 12th in the sport, James is looking forward to covering this high calibre event.

Click here to be taken to the www.Marathon-Photos.com website.

Social Functions

A ticket for the Official Welcome, Showcase of Nations & Pasta Party is included in the Long Distance World Championships race entry fee (complimentary entry, meal and drink). Supporters, friends and family are able to purchase tickets to this function online from the official event website, www.ldworlds.org.au, at a cost of \$50 AUD per person.

Athletes need to be aware that the Closing Awards Ceremony ticket price is **NOT INCLUDED** in their entry fee and if they do wish to attend, they will have to purchase a ticket at a cost of \$50 AUD per person from the official event website (same cost for supporters, family and friends).

Both functions are licensed. All under 18's must be accompanied by an adult and photo ID is required for entry.

A limited number of tickets will be available to purchase from the Event Information Centre.

Showcase of Nations

Instead of the traditional Parade of Nations, we have decided to mix things up this year and run the Showcase of Nations with the Official Welcome and Pasta Party function. We require each national team to be seated together (tables to be numbered) and as such ask for the assistance of team management to make sure athletes are seated in their countries. There will also be signs at the entrance to the function and staff guiding you in the right direction.

Medal Ceremony

Elite presentations for the Long Distance Triathlon World championships will be held as soon as possible following placegetters coming over the line and confirmation of results. Age group presentations will be made at the Closing & Awards Ceremony in the main event marquee (please note that tickets to this event **MUST** be purchased as it is not part of your entry fee).

Visitor Information

If you would like further visitor information about the city of Perth and other non race related information please click here.



22nd October 2009

G'day and welcome to WA from Eventscorp and Tourism Western Australia.

We hope you enjoy the ITU Long Distance Triathlon World Championships and your time in our beautiful State. If you would like ideas on things to see and do whilst you are here, please don't hesitate to call the Perth Visitors Centre on 1300 361 351.

During the Championship you may be approached by an interviewer from (*company name TBC*) about participating in a survey regarding your stay in Western Australia.

We would very much appreciate you taking the time to participate in the survey – it's very easy and shouldn't take more than ten minutes of your time.

Your feedback is really important and amongst other things will provide an estimate of the economic benefit to Western Australia and assist us to apply best practices for future events.

Yours sincerely,

Emily Heitman
Project Manager Event Contract
Eventscorp



EMMA SNOWSILL
2008 OLYMPIC GOLD MEDALLIST



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WETSUIT

X:TS
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2009 FORD IRONMAN
WORLD CHAMPIONSHIPS,
KONA

2XU
HUMAN PERFORMANCE. MULTIPLIED.





2009 Long Distance Triathlon World Championships

Summary

The ITU Long Distance Triathlon has been designed as the ultimate test, with its distance of a 3km swim, 80km ride and 20km run attracting athletes from both an Ironman background and shorter disciplines. This is the premier event of the World Championships, featuring the best elite and age group competitors from around the world.

To view course maps please see Annexure A at the end of this manual.

Distance:	Long Distance 3km Swim 80km Cycle 20km Run								
Event Date:	Sunday 13 October 2009								
Race Location:	Swan River Foreshore, Langley Park Perth AUSTRALIA								
Race Start:	8am								
Accreditation:	<table><tr><td><i>Age Group/Paratriathlete</i></td><td><i>Elite</i></td></tr><tr><td>Thurs 22 & Fri 23 October 2009</td><td>Friday 23 October 2009</td></tr><tr><td>Accreditation schedule</td><td>4pm – 5pm</td></tr><tr><td>Registration Marquee, Langley Park</td><td>Elite Marquee, Langley Park</td></tr></table>	<i>Age Group/Paratriathlete</i>	<i>Elite</i>	Thurs 22 & Fri 23 October 2009	Friday 23 October 2009	Accreditation schedule	4pm – 5pm	Registration Marquee, Langley Park	Elite Marquee, Langley Park
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12pm	5pm								
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Bike Check in:	<table><tr><td><i>Age Group/Paratriathlete</i></td><td><i>Elite</i></td></tr><tr><td>Saturday 24 October</td><td>Sunday 25 October 2009</td></tr><tr><td>9am – 12pm</td><td>6am – 6.45am</td></tr><tr><td>Transition, Langley Park</td><td>Transition, Langley Park</td></tr></table>	<i>Age Group/Paratriathlete</i>	<i>Elite</i>	Saturday 24 October	Sunday 25 October 2009	9am – 12pm	6am – 6.45am	Transition, Langley Park	Transition, Langley Park
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Saturday 24 October	Sunday 25 October 2009								
9am – 12pm	6am – 6.45am								
Transition, Langley Park	Transition, Langley Park								
Technical Delegate:	Frank Stapleton								
Race Referee:	Melinda Farr								

Course Information

2XU Swim Leg

The 3km swim course features a deep-water start in the Swan River, with athletes entering the water near Barrack Square. With the race site 20 kilometres from the ocean mouth, the river in this area is usually calm with minimal current. The average water temperature in October ranges from 16 to 23°C. Competitors will head eastbound towards the Causeway, parallel to the shoreline, before turning left back towards Langley Park and left again, travelling adjacent to Langley Park westbound before exiting the water via custom-built steps shortly before the intersection of Victoria Avenue. With competitors completing the return journey of the single-loop swim reasonably close to the shoreline, spectators will be able to follow athletes easily during this section of the race courtesy of the foreshore footpath. [Click here](#) to view a map of the swim course.

Shimano Bike Leg

Starting from Langley Park, cyclists will turn right from Victoria Avenue into Riverside Drive travelling west into Mounts Bay Road for their 80km journey. This gently-winding opening section offers spectacular views of the river and its surrounds. The cyclists will then complete a u-turn at or just prior to Hackett Drive before returning eastbound along Mounts Bay Road. They will then head through the roundabout and left onto the Kwinana Freeway South on-ramp, continuing onto the left-hand side of the southbound lanes of the Freeway, before completing a 180 degree turn just prior to the Canning Highway on-ramp. The cyclists will then head north in the southbound lanes (against normal flow of traffic) staying left, which will be delineated by cones. This Kwinana Freeway expanse is essentially straight, fast and open to the elements, as it adjoins the widest cross-section of the Swan River. The cyclists will then travel over the Narrows Bridge, taking in the city skyline as you travel between the CBD and the imposing high point of Kings Park, before turning at or nearby the Hay Street overpass. Here, cyclists will complete another 180 degree turn, heading onto the Riverside Drive off-ramp, past the Perth Convention Centre and onto Riverside Drive, with the city on your left. The cyclists will then travel back towards Langley Park, completing a turnaround just prior to Victoria Avenue, thus completing the first of four laps. Spectators are well served on Riverside Drive and, further afield, on Mounts Bay Road, where they can view fast and scenic sections of the bike leg from adjacent footpaths. [Click here](#) to view a map of the bike course.

NOTE: By law, you are not permitted to ride on the freeways in Perth. Therefore you are unable to ride on the LDWC bike course before the event.

Brooks Run Leg

Having completed the cycle leg, athletes will commence the 20km run leg, in which they will complete four laps of a flat course that heavily features the Swan River foreshore. Competitors will exit transition onto Riverside Drive before running eastbound to Plain Street. From here, they will make a left turn down Plain Street and turn left again into Terrace Road. Keeping left and with the flat, green expanse of Langley Park adjacent, competitors will run down Terrace Road in what is generally used for parking and complete a 180 degree turn at Hill Street and head eastbound in the westbound lane of Terrace Rd. Once competitors have made it to Plain Street, they will then enter the scenic parkland alongside Langley Park, using the bike paths to run around a lake and return to Riverside Drive. Now running westbound, athletes will reach Plain Street, complete another 180 degree turn and head eastbound up Riverside Drive, then complete a further 180 degree turn and continue westbound along Riverside Drive toward Victoria Avenue where they will execute a final 180 degree turn to complete one lap. The majority of the run leg is easily accessible for spectators, who can utilise the foreshore footpaths for the opening and closing sections, the opposite side of Langley Park as athletes tackle Terrace Road, or the parklands surrounding the lake in the middle section of the course. [Click here](#) to view a map of run course.

Course Information

Swim Familiarization

The Community Newspaper Group Aquathlon is at 1pm on Thursday, October 22, three days before the big one and providing you with the perfect prelim to your long distance quest. There's a 200m swim/2km for those who prefer a light workout, along with a 1km swim/5km run for those seeking a serious session. The course mirrors what you will be racing on the Sunday, so you can familiarise yourself and know what to expect on race day.

To receive the discounted price of up to 40%, email kellie@triathlon.org.au with your name and country you are racing for and once verified, we'll send you the discount code.

Unsupervised Swim: all athletes will have access to the Swan River from Tuesday 20 October once the race organisers have installed the steps into the water. Please be aware there are no scheduled swim sessions and you will swim at your own risk.

Wave Starts

	Time	Category	Cap Color
1	07:45	Paratriathlete	Pink
2	08:00	Elite Male	White
3	08:05	Elite Female	Fluro Pink
4	08:10	Male 35 - 39	Orange
5	08:13	Female 18 – 34 Female 45 – 79	Electric Blue
6	08:40	Female 35 - 44	Green
7	08:20	Male 18 – 29 Male 60 – 79	Fluro Yellow
8	08:25	Male 45-49	Fluro Green
9	08:30	Male 50-59	Fluro Orange
10	08:35	Male 30 – 34	Purple
11	08:45	Male 40 - 44	Red

This schedule is subject to changes

Aid Stations

Bike Course 1 Aid Station - Riverside Drive (200 metres west of Victoria Avenue)

Run Course 3 Aid Stations

1. Riverside Drive - 500 metres east of Victoria Avenue (Double sided)
2. Riverside Drive - 200 metres east of Plain Street
3. Terrace Road - at run turnaround

On-course aid stations will stock both water and Puresport Workout in lemon-lime flavour.

Elite aid stations

For elite athletes there will be 1 specialised aid station on the bike course and 1 on the run course. These stations will have sealed bottles of water as per ITU Regulations.

PureSport Recovery Zone

The PureSport Recovery Zone at the completion of the race will stock water, a variety of fruit and PureSport Recovery, again in the lemon-lime flavour. There will also be massage staff available to provide massages to all Long Distance Triathlon World Championship competitors. This is on a "first in, best dressed" basis . . . so make it to the finish line as quickly as you can!

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2009 Ironman World Champion

Athlete Accreditation

Athlete Accreditation

Age group and paratriathlete accreditation will take place from Thursday 22 October 2009 at the Registration Marquee, Langley Park. Here, athletes will receive their start documentation and an event pack. Each National Federation will be allocated an accreditation time. All athletes must attend during their countries nominated accreditation time – no exceptions. Athletes are required to bring their passports to show proof of identity and citizenship to be accredited.

National Federation Registration Schedule

Thursday 22 nd October 2009	
11am – 12pm	Brazil, South Africa, France, Singapore, Hong Kong, Argentina, Netherlands, Czech Republic, Denmark, Italy, Belgium, Malaysia
12pm – 1pm	Brazil, South Africa, France, Singapore, Hong Kong, Argentina, Netherlands, Czech Republic, Denmark, Italy, Belgium, Malaysia
1pm – 2pm	New Zealand, Ireland
2pm – 3pm	New Zealand, Ireland
3pm – 4pm	Great Britain, Germany, Switzerland
4pm – 5pm	Great Britain, Germany, Switzerland
Friday 23 rd October 2009	
11am – 11.30am	ALL Paratriathletes
11am – 12pm	Australia
12pm – 1pm	Australia
1pm – 2pm	Australia
2pm – 3pm	Canada
3pm – 4pm	USA
4pm – 5pm	USA

This schedule is subject to change

Paratriathletes

During the accreditation process for paratriathletes, the event doctor will be onsite to confirm the classification of each athlete.

NF Team Manager/Coach Accreditation

Each national federation is required to advise the LOC prior to Wednesday 21 October of any team support staff who may require accreditation for the event.

All team support staff can collect their event accreditation passes from the Event Information Centre from 11am Thursday 22nd October.

Event Entry

All entries for this event must have been completed on line through your National Federation. All online entries closed Monday 28 September 2009. Late Entries will not be accepted.

Entry Fee

ITU Long Distance Triathlon World Championships \$280.00 AUD*

This entry fee includes:

- Entry fee into the ITU Long Distance Triathlon World Championships
- World Championships Souvenir Pack
- Race kit (Timing chip, start number, helmet and cycle sticker, swim cap, athlete handbook)
- Athlete Pre Race meal (Friday 23rd Oct)
- Finishers medal
- Emergency medical care
- On-site bike mechanic

Note: The Closing Awards Ceremony ticket is NOT included in the race entry fee

**this fee is often included in the Athlete Services Levy charged by your National Federation*

Refund Policy

If a competitor has paid the entry fee and has been entered into the event and withdraws from the event before 5pm Australian Eastern Standard Time (AEST) on Friday 25th September 2009, less a 25% administration fee, the remaining balance of the entry fee will be refunded if the withdrawal is within the following timeframe before day 1 of the event:

More than 120 days	75%
61-120 days	50%
31-60 days	25%
0-30 days	0%

The decision to grant a refund is at the sole discretion of Triathlon Australia and there is no right of appeal. Refund requests must be made in writing via email to kellie@triathlon.org.au.

Athlete Insurance

Triathlon Australia recommends competitors purchase appropriate insurance. While Triathlon Australia members are covered to the extent outlined in the members' terms and conditions (personal accident and public liability insurance), under the Australian Health Act, all non-Australian athletes are not covered financially for personal injury.

The event is not providing insurance for personal injuries so if you do have an accident, you must pay for your own medical expenses. We are recommending that, via your own national federation or travel provider, you purchase appropriate travel insurance that provides a minimum of personal injury cover while you are both training in Australia and racing in the event.



TRIATHLON AUSTRALIA EVENT REGISTRATION DECLARATION and INDEMNITY

THIS IS AN IMPORTANT DOCUMENT AFFECTING YOUR RIGHTS

YOU SHOULD READ THIS DOCUMENT CAREFULLY. BY PARTICIPATING IN THE EVENT YOU ARE DEEMED TO HAVE ACCEPTED ALL THE TERMS & CONDITIONS SET OUT BELOW. IF YOU HAVE ANY CONCERNS IN RELATION TO THE OPERATION OR LEGAL EFFECT OF THE DOCUMENT, YOU SHOULD SEEK INDEPENDENT LEGAL ADVICE.

In consideration of my registration in the Event being accepted I **acknowledge and agree** that:

1. In this declaration:

"**Claim**" means and includes any action, suit, proceeding, claim, demand, damage, cost or expense however arising including but not limited to negligence but does not include a claim against the Event Organisers under any right expressly conferred by its constitution or regulation.

Event Organisers means and includes TA as well as the individuals and bodies corporate responsible for the administration, safety, promotion or sponsorship of the Event and the Event location, and where the context so permits, their respective directors, officers, members, volunteers, contractors, servants and agents.

"**TA**" means and includes Triathlon Australia Limited, its member state and territory associations, and where the context so permits, their respective directors, officers, members, volunteers, contractors, servants and agents.

"**Event**" means the triathlon, aquathlon or duathlon event conducted by the Event Organisers in which I hereby register to participate.

2. **If my registration is accepted** I will be permitted to participate in the Event. I acknowledge that I will be bound by and agree to comply with all race rules and policies developed by TA and all reasonable directions of the Event Organisers.
3. **Warning:** Participation in the Event can be inherently dangerous. I understand that I should not compete in the Event unless I have trained appropriately and a medical practitioner has verified my physical condition. I acknowledge that I am exposed to certain risks during the Event including but not limited to overexertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, and course or weather conditions. I acknowledge that accidents can and often do happen which may result in me being injured or even killed, or my property being damaged. I have voluntarily read and understood this warning and accept and assume the inherent risks in participating in the Event.
4. **Insurance cover is not included with registration for the Event.** I acknowledge that registration for the Event, and payment by me of the entry fee, does include any insurance cover for my benefit. I acknowledge that Triathlon Australia Limited strongly recommends that I take out insurance to cover me for medical and like expenses arising out of any injury or illness I may suffer whilst competing in the Event and that I am solely responsible for all such expenses and any loss of income consequent upon any injury or illness. I understand that if I am a Triathlon Australia Limited member, such membership affords limited insurance cover for participation in Triathlon competitions such as the Event and that it is my duty to ascertain whether that limited insurance cover is adequate for my needs. I understand that details of limited insurance associated with Triathlon Australia Limited membership can be accessed through the Triathlon Australia Limited website on www.competition.com.au and then to a link to Triathlon Australia Limited's insurer.
5. **Exclusion of Implied Terms:** I acknowledge that where I am a consumer of recreational services, as defined by any relevant law, certain terms and rights usually implied into a contract for the supply of goods or services may be excluded. I acknowledge that these implied terms and rights and any liability of the Event Organisers (or any of them) flowing from them, are expressly excluded to the extent possible by law, by this declaration. To the extent of any liability arising, the liability of the Event Organisers will, at the discretion of the relevant Event Organiser(s), be limited to the resupply of the services or payment of the cost of having the services supplied again.

6. **Release and Indemnity:** In consideration of the Event Organisers accepting my registration I, to the extent permitted by law:
- (a) release and will release the Event Organisers from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and
 - (b) indemnify and will keep indemnified the Event Organisers in respect of any Claim by any person arising as a result of or in connection with my participation in the Event.
7. **Fitness to Participate:** I declare that I am medically and physically fit and able to participate in the Event. I have attached details of any pre-existing medical or physical conditions from which I suffer that might affect my performance in the Event or be relevant if medical treatment is required. I will immediately notify the Event Organisers of any change to my medical condition, fitness or ability to participate. I understand and accept that the Event Organisers will continue to rely upon this declaration as evidence of my fitness and ability to participate.
8. **Medical Treatment:** I consent to receiving any medical treatment that the Event Organisers reasonably consider necessary or desirable for me during my participation in Event. I also agree to reimburse the relevant Event Organisers for any costs or expenses incurred in providing me with medical treatment.
9. **Right to Use Image:** I acknowledge and consent to photographs and electronic images being taken of me during my participation in the Event. I acknowledge and agree that such photographs and electronic images are owned by the Event Organisers and that the Event Organisers may use the photographs and images for promotional or other purposes without my further consent being necessary. Further, I consent to the Event Organisers using my name, image, likeness and also my performance in the Event, at any time, by any form of media, to promote the Event.
10. **Privacy:** I understand that the information I have provided in my Event registration and this declaration is necessary for the objects of TA. I acknowledge and agree that the information may be disclosed by TA to the Australian Sports Commission, State institutes and academies of sport and the Australian Sports Drug Agency. The information will only be used for the objects of TA, TA general business and to provide me with information pertaining to other events organised or promoted by TA. I understand that I will be able to access the information through TA. If the information is not provided my registration may be rejected. I also understand that information of a biographical nature including my name, date of birth, home state, results, career highlights and interests may be released by TA to the media in response to general requests. I acknowledge that TA may also use my personal information for the purposes of providing me with promotional material from TAs sponsors or third parties. I may advise TA if I do not wish to receive from TA, any sponsor or third party promotional material.
11. **Severance:** If any provision of this Registration Declaration and Indemnity is invalid or unenforceable in any jurisdiction, the phrase or clause is to be read down for the purpose of that jurisdiction, if possible, so as to be valid and enforceable. If the phrase or clause cannot be so read down it will be severed to the extent of the invalidity or unenforceability. Such severance does not affect the remaining provisions of this Declaration and Indemnity or affect the validity or enforceability of it in any other jurisdiction.
12. **I warrant that all information provided is true and correct.** I acknowledge this Declaration and Indemnity cannot be amended and is not transferable to any third person. If I do amend or attempt to transfer it, registration will be null and void. Any fees paid in conjunction with this registration are non-refundable.

I have read and understood this Event Registration Declaration and Indemnity. I acknowledge and agree to the above terms including the warning, exclusion of implied terms, release and indemnity.

Or, where the applicant is under 18 years of age

I am **the parent or guardian** of the applicant. I authorise and consent to the applicant undertaking the Event. In consideration of the applicant's participation in the Event being accepted, I expressly agree to be responsible for the applicant's behaviour and agree to accept in my capacity as parent or guardian, the terms set out in this declaration, including the provision by me of a release and indemnity in the terms set out above.

I. I AM THE 'GO TO SHOE'.

II. THOU SHALT HAVE NO OTHER SHOES AFTER ME.

III. THOU SHALT NOT COVET
THY NEIGHBOURS SHOES.

IV. THOU SHALT NOT CHANGE FOR THE SAKE OF CHANGE.

V. REMEMBER THE RUN AND KEEP IT SACRED.

VI. HONOUR THY FELLOW RUNNER.

VII. THOU SHALT NOT LEAVE A LASTING FOOTPRINT.

VIII. THOU SHALT RECEIVE LEGENDARY SUPPORT.

IX. THOU SHALT PERFORM
CONSISTENTLY, MILE AFTER MILE.

X. THOU WILL RUN HAPPY.

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Race Rules & Information

Competition Rules

The 2009 Perth ITU Long Distance Triathlon World Championships will be conducted in accordance with the rules and regulations of the ITU. [Click here](#) to view the ITU competition rules.

Race Briefings

Race briefings will be conducted as per the event schedule and must be attended by ALL athletes and team managers. All important and current information and regulations in respect to the competition process and any alterations to the schedule will be announced at the briefings.

ITU Long Distance Event Special Rule for Drafting Offences

The ITU are keen to ensure that the races are fair to all competitors. In ITU Long Distance World Championships drafting is illegal and thus considered to be cheating. In line with previous long distance championships a special rule has been applied by the ITU Technical Delegate for this year's race. Be aware of this rule, it will be rigorously enforced.

To draft is to enter the bicycle or vehicle drafting zone:

Bicycle draft zone: the draft zone will be a rectangle 3 meters wide by 12 meters long. The center of the leading 3-meter edge will be measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum time will be allowed to pass through the zone of another athlete of 20 seconds for Long Distance events. See the diagrams below for events where left hand side road rules apply.

Diagram 1 Distance of Drafting Zone for ALL Competitors

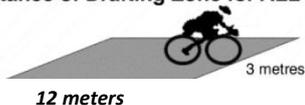


Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to repass A. A must move to the Left Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Right Hand Side.

Diagram 3 Blocking



A and B are maintaining adequate separation between each other, even though they are abreast to one another. B is not drafting A in this instance. A however, is now in a BLOCKING position. If A remains out to the Right Hand Side, A will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Penalties for Drafting

- To draft in a race declared as draft illegal is forbidden.
- A Technical Official will notify the athletes who draft that they are subject to a time penalty sanction. This notification has to be clear and without any kind of doubt.
- The athletes sanctioned must stop in the next penalty box and stay there for 5 minutes.
- It is entirely the responsibility of the athlete to stop in the next penalty box. Failing to do this will result in disqualification.
- A maximum of two drafting offences will be allowed
- A third drafting offence will result in a disqualification.

Please make sure you understand this rule – you have been warned!

Sector Cut-off Times

Swim: All starters will be allowed to finish swim if deemed able and allowed to by water safety personnel assessment up to 1015 hours.

Cycle: Due to the freeway opening time of 1400 hours any athletes who have not started lap 4 of the cycle by 1245 hours will be stopped and recorded as DNF, they can however continue with the run once their number and data has been recorded by officials.

Run: We hope that due to the previous constraints, all athletes will be off the run course by road opening time of 1600 hours. However, in the interest of safety, any athlete who has not started the fourth lap of the run by 1500 hours will be removed from the course and classified as a DNF.

More mature age group athletes will be allocated to start in the early swim waves to give them the best chance to meet these targets.

Timing Bands

Every competitor will be allocated with a timing device that is to be attached to their **left** ankle. Timing begins for each athlete when their wave begins and records the competitor's times in the following splits:

Swim T1 Cycle T2 Run

Timing results will be available to competitors post race so they can view their times for each leg as well as their overall time.

Those who lose or fail to return the allocated timing chip will be required to pay for a replacement.

Race belt Requirement

All age group and paratriathletes competing in the 2009 Perth ITU Long Distance Triathlon World Championships are required to wear a race belt. Athletes need to secure their race bib (given to them at accreditation) to their belt to ensure their race number is clearly visible at all times throughout the cycle and run.

Race belts will be available for sale at the 2XU Exhibition.

Wetsuit Ruling

The official wetsuit ruling will not be made until 24 hours prior to race start by the Technical Delegate and will be clearly communicated to all competitors. ITU rules state the water temperature must be below 23 degrees Celsius for wetsuits to be permitted.

The average water temperature in Perth in October ranges from 16 to 23°C.

[Click here](#) for ITU competition rules for more information on wetsuit ruling.

Uniform & Helmet Compliance Check

Race Uniforms: All uniforms must comply with the [ITU uniform guidelines](#). Non compliance can result in a disqualification.

Elites will be expected to present their uniforms at elite briefing.

Helmets: As per ITU competition rules, competitors, who do not wear approved helmets while cycling at the race site, within 7 days of an ITU event, may be disqualified from competition or fined.

Note: By law, cyclists in Australia are required to wear a bike helmet when riding on public roads.

Race Numbering

Along with the race bib secured to your race belt, please ensure all competitors have the:

1. Helmet number sticker placed on the front of your helmet
2. Bike number sticker attached to the seat post and is clearly visible.

Competitors will be required to have their age group category printed on the back of their right calf.

Doping Control

Random drug testing will be performed as required under World Anti-Doping Agency (WADA) regulations. [Click here](#) to view the ITU Anti-Doping Rules.

Results

Preliminary results will be posted as soon as possible after the race. These can be accessed via either the event website or through this link: <http://results.racetiming.com/StartPage.aspx?CId=11>.

There will be a Live Leader board of the event which you can find on the timing company's website www.bluechiptiming.com.au.

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