

SPLASH & DASH

WINBI TRIATHLON COURSE

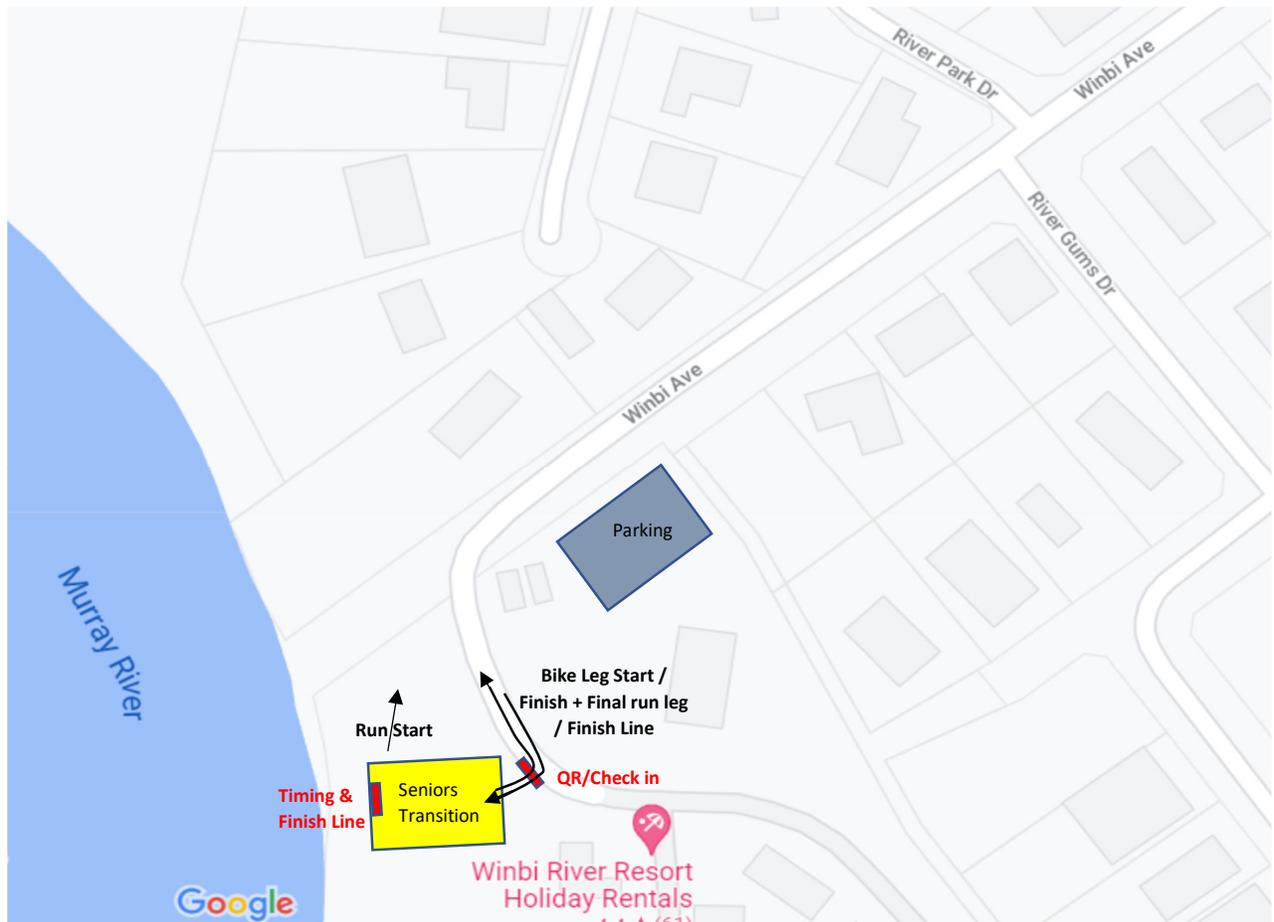
SENIORS / ADULTS

300m River Swim
11km Road Ride
2.4km Road & Trail Run

TRANSITION / RACE VENUE

The Club is privileged to be able to utilise the area in WINBI and thank WINBI for their continued support to allow our members and the community to race in this location. As such, we request that you are courteous and respectful when on site and racing, including parking in the designated areas, taking any rubbish away with you, being mindful of those living / staying in the homes and rentals, and giving way to vehicles and pedestrians as required.

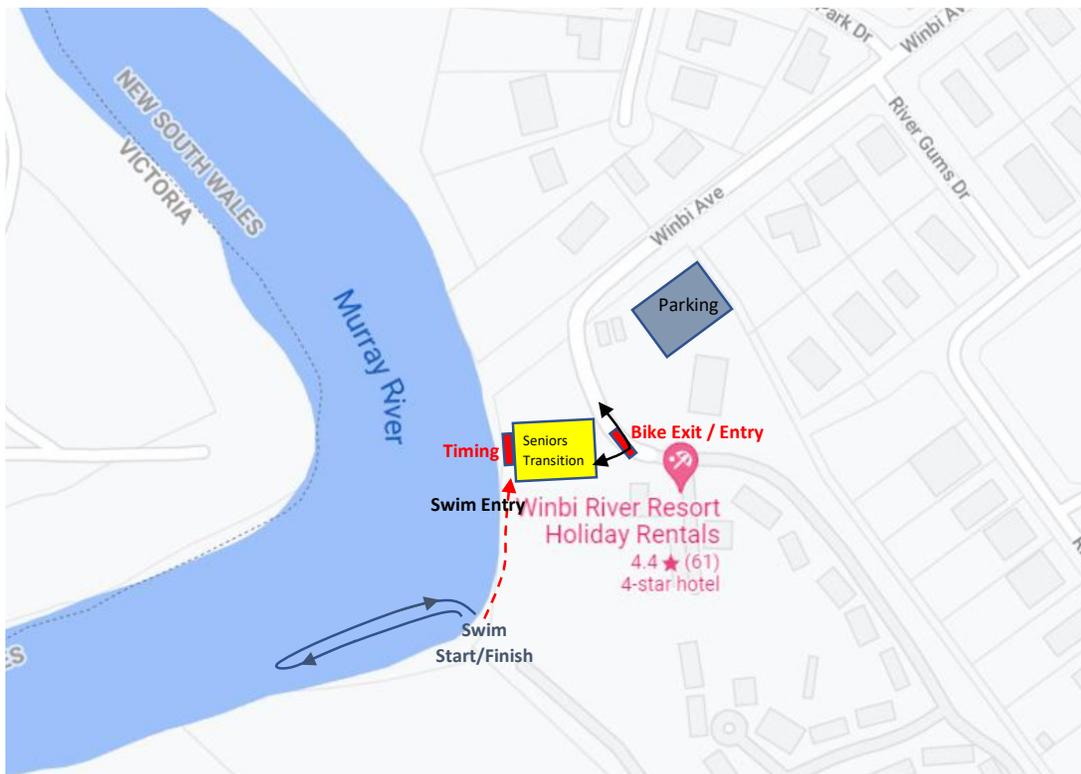
The venue has ample parking, a large, grassed area for transition, and overlooks the Mighty Murray River. A beautiful spot for our weekly events. *Note: There are no onsite toilet facilities.*



SWIM LEG – 300m

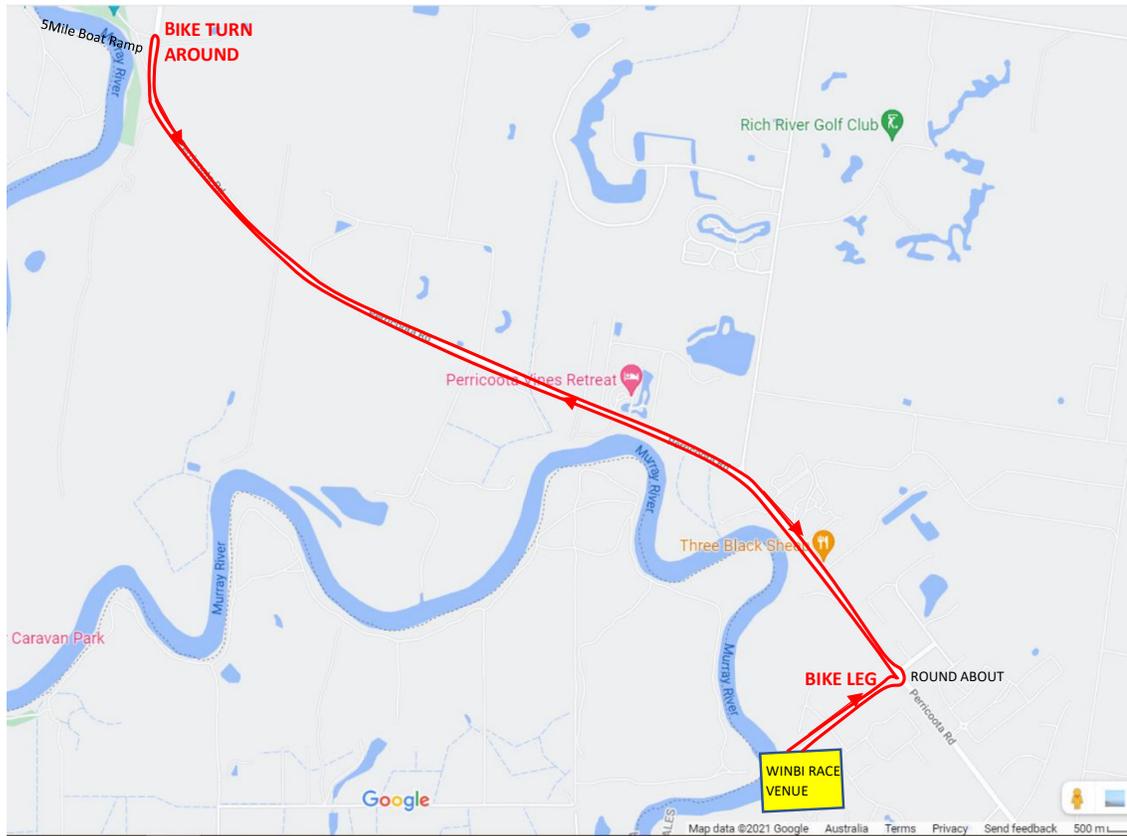
The swim leg starts at the Boat Ramp at Winbi. From the transition area, it is a short walk down to the river bank where you can complete your swim start in from the river shallows, or deep water. Your swim time will start on your handicapped time. Please ensure you start in the correct handicap.

You will swim up-river, turning clockwise at a white turn buoy – keeping the buoy on your right. You will then head back towards the boat ramp. The bottom of the river where you will exit the water will go from mud, to the concrete boat ramp. Be mindful of your footing. As you exit up the boat ramp, turn left and head along the river bank and up the short hill back to transition. Again be mindful of your footing. When dry it can be hard underfoot and small debris such as gum nuts. When wet it can be a little slippery so take care. Once you make it up the river bank you are into transition, ensure you clock your swim time at the timing station and then you are onto your bike!



BIKE LEG – 11km

The ride heads out Winbi Ave, turns left at the roundabout onto Perricoota Road and you complete a u-turn (approx 5.5km) at the turnoff to 5Mile Boat Ramp. There will be a bike marshal here, as you will be required to turn around on Perricoota Road. All cyclists must giveaway to traffic and abide by any directions from the bike marshals on course. You then head back the same way you came, turning right at the roundabout into Winbi Ave back to transition.



RUN LEG – 2.4km

The run heads out onto Winbi Ave, staying to the LEFT of the road. You will then turn left into Riverpark Drive and cross over into the 'bush track' where you will turn left at the large tree and take the 2nd trail / path to the left (the most distinguishable trail / path) and complete a clockwise loop of the bush track and then back up River Park Drive, turn right back down Winbi Ave and return to transition to finish at the timing station.

