



# Parla Cafe

## WOMEN'S TRIATHLON

Sunday, 1st March

Beauty Point Esplanade

Event: Short course

enter as an individual or team

400m • 10km ✓ 2.5km

## Family Fun Run

Distance 2.5km

Open to 5 years and older under 7 must be accompanied with an adult



# Parla Café Women's Tri Athlete Information Guide

## Event Overview

**Date:** Sunday, 1<sup>st</sup> March 2026

**Location:** Beauty Point Esplanade

**Event Type:** Short Course, & Family Fun Run

**Event Time:** 7:00 AM - 1:00 PM

**Event Website:** [Launceston Tri Club](#)

**Event Email:** ltontriclub@gmail.com

## Acknowledgements

We would like to extend our thanks to **Parla Café** for sponsoring and supporting the Women's Tri.



Other sponsors/ supporters:



**Our race could not take place without the contribution of all our volunteers. Please take a moment to thank any of our people out on the course as they are giving up their time to ensure the race is enjoyable and safe for you.**

## Key Contacts

- **Race Director:** Sarah Springer - 0417 528 120 - ltontriclub@gmail.com
- **Assistant Race Director:** Di Webb - 0419 309 207
- **Sanctioning Officer:** Korrily Guinan - 0412363565

## Schedule

- **7:45** Check in Opens
- **8:40AM:** Transition/Check in Closes
- **8.45 AM:** Race briefing
- **9:00 AM:** Race start
- **10:00 AM** Fun Run start
- **10:30 AM (approx.):** Presentations

## Course Details

### Swim

- **Location:** Open water swim parallel to the shore off Beauty Point Esplanade – 400m
- **Water Temperature:** The average water temperature is around 18°C.
- **Wetsuit Recommendation:** It is a relatively short swim however due to the cold water temperature you may like to consider a wetsuit.

Swim course will follow the approximate course below. The course will be set out by Surf Life saving on the morning of race. Race start will be on the beach in front of the café. There is a metal staircase that competitors will be able to use to exit the water.



### Bike Course

**Short Course:** Out and back course – 10km

- Exit transition via bike exit
- Mount bike and turn right and travel along West Arm Road 5km ( to the turn marshal)
- Return 5km back to transition (getting off at dismount line)



## Run Course

- **Short Course: 2.5km**
  - Runners exit transition
  - Follow the cones to turning marshal
  - Run the course



## Fun Run – 2km

The family fun run will take place after the triathlon and will be open to competitors of any age. Any competitors under the age of 7 must be accompanied by an adult.

## Important Information

- **Public Roads:** The race will take place on public roads that **will not be closed to traffic**. Participants must be aware of the race rules and their surroundings at all times. Marshals will be present to assist, but it is the responsibility of each athlete to ensure they know the course and consider their own safety and that of others at all times.

### **Facilities**

- **Toilets:** Public toilets are located near transition.
- **Waste Management:** Participants, volunteers, and spectators are instructed to remove any rubbish from the area before departure.

### **Medical Support**

- **Medical Provider:** Safe Tas
- **Surf Rescue:** Launceston Surf Life Saving Club

### **Prizes:**

This race is all about participating and having fun. A range of spot prizes will be drawn after the race

Thankyou for choosing to Race with Us We hope you have a great day!!