

DUATHLON

Willoughby Leisure Centre (WLC) is excited to be hosting a Duathlon Series event. Races will be held on the third Sunday of each month from October 2018 to March 2019.

These events are an opportunity for members (and non-members) to meet, socialise, and have fun, while those with a competitive streak can compare performances. This event caters for all abilities and endeavours to create a space where everyone can enjoy the course in a friendly and safe environment.

For Series 1, Willoughby Leisure Centre is pleased to form a partnership with BODY BIKE®. The ride component of Series 1 will involve participants riding stationary bikes. Competitors will be assigned a BODY BIKE® in the transition area (WLC car park) and given the opportunity to adjust their bike prior to the race.

At the completion of each series – Sunday 16 December 2018 and Sunday 17 March 2019 – all competitors, volunteers and supporters are invited to enjoy a free BBQ at the Centre.

SCHEDULE OF EVENTS:

- Registration and transition opens: 2.15pm
- Registration and transition closes: 3.15pm
- Pre-race briefing: 3.20pm
- Races start: 3.30pm
- Presentation: 4.45pm

COST

SERIES 1: RUN + RIDE + RUN		SERIES 2: RUN + SWIM + RUN	
1 race =	\$25.00	1 race =	\$25.00
2 races =	\$40.00	2 races =	\$40.00
3 races =	\$50.00	3 races =	\$50.00

PLEASE NOTE:

- Willoughby Leisure Centre members receive a 10% discount on entry fees.
- Registrations close at 11.59pm on the Wednesday prior to race day. Participants are encouraged to pre-register as all registrations received after this cut-off, including race day, will incur an additional charge of \$10.

SERIES 1: RUN + RIDE + RUN

Starting at the Willoughby Leisure Centre car park, Series 1 consists of two laps of Bicentennial Reserve, 10km on a stationary BODY BIKE® and concludes with one lap of Bicentennial Reserve. Due to the short nature of the event, this is a perfect race for novices wanting take part in a Duathlon event. The field is capped at 50 competitors, so get in quick!

PLEASE NOTE: To register, participants must be 16 years of age or older.

DATES:
Sunday 21 October 2018
Sunday 18 November 2018
Sunday 16 December 2018

DISTANCES:
Run – 3km
Ride – 10km
Run – 1.5km

SERIES 2: RUN + SWIM + RUN

Starting at the Willoughby Leisure Centre car park, Series 2 consists of two laps of Bicentennial Reserve, 20 laps of the 25m indoor pool and concludes with one lap of Bicentennial Reserve. Due to the short nature of the event, this is a perfect race for novices wanting take part in Duathlon event. The field is capped at 50 competitors, so get in quick!

PLEASE NOTE: To register, participants must be 13 years of age or older.

DATES:
Sunday 20 January 2019
Sunday 17 February 2019
Sunday 17 March 2019

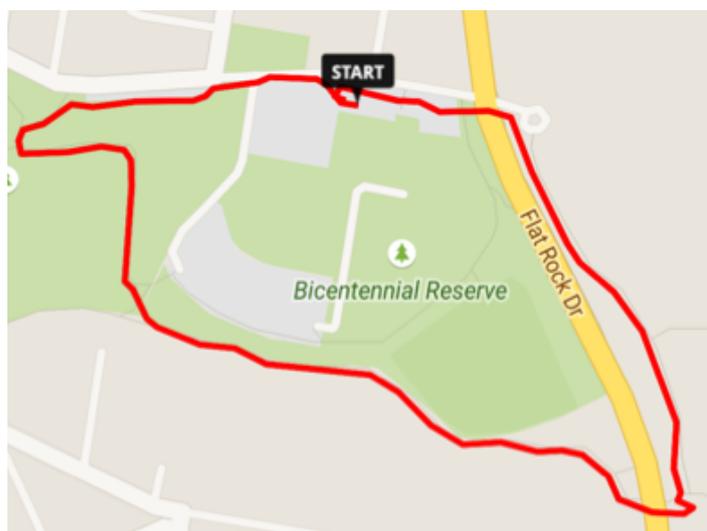
DISTANCES:
Run – 3km
Swim – 500m
Run – 1.5km

DUATHLON

RUN COURSE

Run 1 – 3km (2 laps)

Run 2 – 1.5km (1 lap)



The race starts at the transition in the car park of Willoughby Leisure Centre, running anti-clockwise past The Incinerator cafe, through the playground and around Bicentennial Reserve. The final stretch follows the path alongside Flat Rock Drive back to Willoughby Leisure Centre.

Need to Know:

- The event is open to both WLC members and non-members. Participants must be aged 16 years or older to enter Series 1 (Run + Ride + Run) and 13 years or older to enter Series 2 (Run + Swim + Run).
- Registration Forms are to be completed online on the Willoughby Leisure Centre website. Please be aware that a Willoughby Leisure Centre (WLC) team member will contact you to finalise payment. Registration is not complete until payment is made.
- The field is capped at 50 competitors for each event.
- The Willoughby Leisure Centre Duathlon Series 1 and 2 starts and ends at Willoughby Leisure Centre, 2 Small St, Willoughby.
- Registrations on the day of the event will start from 2.15pm. A \$10.00 late fee applies for registrations after the Wednesday (11.59pm) prior to the event, or on race day.
- Race bibs are to be collected on race day at Willoughby Leisure Centre from 2.15pm.
- The Duathlon events are not electronically timed.
- To assist with safety, marshals will be located around the run course.
- Please keep to the marked route and comply with any directions from the marshals. Short cuts will result in disqualification.
- Toilets and changing facilities will be available at the Start/Finish area.
- Due to the short nature of the event, aid stations are not provided during the race and competitors are required to be self-sufficient.
- Footwear must be worn at all times (other than swimming or in transition).
- Drink stations will be not be provided on the run course or at the finish line
- Certificates will be available to all participants who complete the Duathlon.