



WESTERN SUBURBS TRIATHLON CLUB

EST. 1983

ATHLETE INFORMATION PACK

TRIATHLON AND DUATHLON EVENTS

Your essential guide to our events,
rules, safety, and everything you need
for a great experience.



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INFORMATION PACK**



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**WESTERN SUBURBS
TRIATHLON CLUB**



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WESTERN SUBURBS TRIATHLON CLUB • OFFICIAL DOCUMENT • VERSION 2026



CONTENTS

ATHLETE INFORMATION PACK



1. WELCOME



2. EVENT DETAILS



3. WORLD QUALIFIER EVENT



4. ACCESS AND PARKING



5. EVENT SCHEDULE



6. REGISTRATION



7. RACE BRIEFINGS



8. COURSE DESCRIPTIONS



9. RACE START



10. TRANSITION SET UP



11. FIRST TIME AT WSTC?
Start Here



INCLUSIVE
All abilities
welcome



SUPPORTIVE
A club that
has your back



COMMUNITY
Stronger together,
on and off the course

WESTERN SUBURBS TRIATHLON CLUB

CELEBRATING 40 YEARS



RACING.
COMMUNITY.
TRADITION.
SINCE 1983.

WESTERN SUBURBS TRIATHLON CLUB

WELCOME

On behalf of the **Western Suburbs Triathlon Club (WSTC)**, welcome to another fantastic day of racing! Whether you're a seasoned athlete or taking on your first triathlon, we're excited to have you with us.

We're proud to deliver **safe, inclusive, and professionally managed** events that challenge and inspire. Our stunning Altona foreshore venue, supported by passionate volunteers and partners, creates the perfect setting for unforgettable experiences.

Thank you for being part of our community. Push your limits, enjoy the moment, and most importantly—**have fun!**



SAFE COURSES
& WELL SUPPORTED



GREAT COMMUNITY
& CLUB SPIRIT



INCLUSIVE FOR
ALL ATHLETES



UNFORGETTABLE
EXPERIENCES

See you at the start line!

Jason Hyde
President, Western Suburbs Triathlon Club





DUATHLON

EVENT DETAILS




RUN. BIKE. RUN.
No swim. All challenge.



WHAT IS A DUATHLON?

A Duathlon is a multisport event that combines running and cycling, offering a thrilling challenge for athletes of all levels. Unlike a triathlon, there is no swimming—making it an excellent race for those who prefer land-based endurance sports.

EACH DUATHLON CONSISTS OF THREE LEGS:

- 1  **RUN** – The race begins with a run to get competitors moving.
- 2  **BIKE** – After transitioning, athletes take on the cycling leg.
- 3  **RUN** – The final run pushes competitors to the finish line.

Duathlons test endurance, speed, and strategy, making them a fantastic way to improve fitness and racing skills.

EVENT DISTANCES

The Western Suburbs Triathlon Club (WSTC) offers a variety of race distances to cater to different experience levels:

SPRINT DISTANCE			ENTICER DISTANCE			DASH COURSE		
								
Run: 5 km	Bike: 18 km (3 laps of bike course)	Run: 5 km	Run: 3 km	Bike: 12 km (2 laps of bike course)	Run: 3 km	Run: 2 km	Bike: 6 km (1 lap of bike course)	Run: 2 km



KIDS RACES

We encourage young athletes to participate in our shortened courses, designed for safe and fun racing:

-  **Ages 7–9:** 800m Run, 3km Bike, 800m Run
-  **Ages 10–12:** 1.3km Run, 6km Bike, 1.3km Run

*All levels.
All challenge.*





WESTERN SUBURBS TRIATHLON CLUB

WORLD QUALIFIER

AUS TRIATHLON

RACE TODAY.
GO WORLD.

EARN YOUR
WORLD
SPOT



— WORLD QUALIFIER EVENT (WQE) FOR THE 2026–27 SEASON —

This event is an official World Qualifier Event (WQE) for the 2026–27 season. Results from this event contribute to qualification pathways for the **2027 World Multisport Age Group Championships**.

Compete on our fast, flat and safe Altona course for your chance to earn your spot on the world stage.



5km
RUN
(1 LAP)



18km
BIKE
(3 LAPS)



5km
RUN
(1 LAP)



QUALIFY FOR THE
**2027 WORLD
MULTISPORT
AGE GROUP CHAMPIONSHIPS**
AGE GROUP & ELITE ATHLETES



WQE FOR 2026–27 SEASON



PATHWAY TO THE
**2027 WORLD MULTISPORT
AGE GROUP CHAMPIONSHIPS**



AGE GROUP & ELITE
ATHLETES



FAST & SAFE COURSE
Multi-lap course on closed roads along the Altona Foreshore.



OFFICIAL WQE
Sanctioned by World Triathlon. Results contribute to WTC qualification rankings.



WORLD CLASS PATHWAY
Take the next step towards representing your country at the 2027 World Championships.



ICONIC LOCATION
Altona Foreshore, Melbourne, Australia.



RACE. QUALIFY. ACHIEVE.
Be part of something bigger.

ENTER NOW AND TAKE THE NEXT STEP
TOWARDS YOUR WORLD CHAMPIONSHIP GOAL!



FIND OUT MORE:
wstc.org.au



WESTERN SUBURBS TRIATHLON CLUB

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ACCESS & PARKING MAPS

! IMPORTANT

The Esplanade from Bent St and along Beach St, Altona Rd and Racecourse Rd will be closed to traffic (excluding residents) for the duration of the duathlon.

NO PARKING will be available within this area. Parking restrictions have changed in the area around the club rooms with limited parking available in side streets.

🚗 CAR PARKING

There is limited parking available near the race site. Please park at **Hobsons Bay City Council Office (Civic Centre), 115 Civic Parade, Altona.** There is ample parking in that area.

🚶 DROP OFF ZONE

A drop off zone has been established for those in Event 1.

📍 **Drop off point:** Just before the corner of Blyth St & Davies St, Altona.

A representative from GSV will be stationed on the corner.

🚶 It's a 250m walk to the race site.

🤝 PLEASE RESPECT OUR COMMUNITY

PLEASE DO NOT park across any resident driveways or in the Salvation Army Car Park.

We rely heavily on the support and cooperation of residents and businesses to run this event. Any disruption to them puts this event and all our others at risk.



i THANK YOU FOR YOUR COOPERATION AND SUPPORT



EVENT SCHEDULE

— RACE DAY RUN SHEET —

Below is the schedule for race day, outlining key times for registration, race starts, and presentations. Please ensure you arrive with enough time to check in, set up in transition, and warm up before your event.



ALL COMPETITORS MUST ATTEND THE RACE BRIEFING TO ENSURE A SAFE AND SMOOTH EXPERIENCE.



***THE EVENT SCHEDULE IS SUBJECT TO CHANGE AS THE EVENT NEARS.**
Check back to ensure you have the latest information.

TIME	ACTIVITY	
7:00am	Registration & Transition Open (Sprint, Enticer, Dash Events)	
7:50am	Transition Close (Sprint, Enticer, Dash Events)	
7:50am	Briefing (Sprint, Enticer, Dash Events)	
8:00am	Race Start (Sprint)	
8:02am	Race Start (Enticer)	
8:04am	Race Start (Dash)	
9:00am	Registration Open (Kids Events)	
9:30am	Presentations (Sprint, Enticer, Dash)	
9:50am	Transition Open (Kids Races)	
10:00am	Briefing (Kids Events)	
10:15am	Race Start (10–12 Years)	
10:45am	Race Start (7–9 Years)	
11:15am	Transition Open for Clearing	
11:30am	Road Opening (Course Pack Up)	





REGISTRATION, RACE BIBS & STICKERS

To ensure a smooth and enjoyable race experience,
all competitors must complete registration upon arrival.
Here's what you need to know to get race-ready!



WHERE & WHEN TO REGISTER

LOCATION:
Western Suburbs Triathlon Club Rooms

TIME:
07:00am for Dash, Enticer and Sprint Races
(See schedule for kids registration times)



Upon arrival, head into the club rooms at the designated time to meet the **friendly WSTC crew**, who will assist you with check-in and answer any last-minute questions.



PRE-REGISTRATION RECOMMENDED FOR RACE 1!

While on-the-day registration is available, we strongly recommend pre-registering for Race 1, as it's expected to be a big event. Pre-registration helps streamline the process, ensuring you have everything you need before race day.

WHAT YOU'LL RECEIVE AT REGISTRATION



TIMING CHIP
Essential for tracking your race time and will be collected when you cross the finish line.



BIB NUMBER
Must be worn during both bike and run leg.



BIKE STICKER
Attach to your bike for identification.



COLOURED WRISTBAND
Indicates the event distance you've entered.



Your **wristband colour** will help officials and volunteers guide you through the correct course and transition areas.



FINAL STEPS BEFORE RACING



ENSURE YOUR BIKE IS RACKED
in the transition area.



ATTEND THE RACE BRIEFING
for important safety and course details.



WARM UP AND GET READY TO RACE!



IMPORTANT REMINDER

Registration saves time and helps us run a safe, efficient event.

Thank you for your cooperation!



BE PREPARED. BE READY. HAVE FUN!

Let's make it a great race!





RACE BRIEFINGS

LISTEN. UNDERSTAND. RACE SAFE.

Before the race begins, all competitors must attend the **Race Briefing**, where officials will provide an overview of the course, highlight any changes, and address important safety considerations.



RACE BRIEFINGS
COMMENCE AT

7:45 AM

BE ON TIME. BE PREPARED.

SAFETY & HAZARDS



CLOSED ROAD EVENT – While the course is closed to general traffic, please be aware that **some vehicles may still be present**, including:



LOCAL RESIDENTS accessing their properties.



BUSINESS OPERATORS conducting essential activities.



OFFICIAL EVENT VEHICLES and emergency services.



BE ALERT & AWARE – Competitors must remain vigilant and **follow marshal instructions** at all times.

If you encounter a vehicle on the course, **stay to the left** and proceed with caution.



COURSE MARSHALS & ASSISTANCE

Marshals will be stationed throughout the course to provide guidance and ensure safety.

If you need assistance or have any concerns, **ask a marshal** or visit the **registration desk** before the race begins.



REMEMBER: ROAD RULES APPLY



RESIDENT CARS
MAY BE ON COURSE



KEEP LEFT
AT ALL TIMES



OBEY ALL SIGNS
AND MARSHALS



RESPECT OTHERS
AND RACE SAFELY

FINAL REMINDERS

- KNOW YOUR COURSE** – Ensure you understand your turn points and transition entry/exit locations.
- RESPECT OTHER COMPETITORS** – Maintain safe distances and follow race etiquette.
- ENJOY THE RACE!** – Push your limits, but most importantly, have fun!

*Safe today,
strong tomorrow!*



SAFETY IS EVERYONE'S RESPONSIBILITY
PAY ATTENTION. FOLLOW INSTRUCTIONS. LOOK OUT FOR OTHERS.



BE PREPARED. BE READY. HAVE FUN!
THANK YOU AND GOOD LUCK!



WESTERN SUBURBS TRIATHLON CLUB

EST. 1983



RACING. COMMUNITY. TRADITION. SINCE 1983.

COURSE DESCRIPTIONS

SCENIC. FAST. HISTORIC. *EXPERIENCE THE BEST OF MELBOURNE'S WEST.*

BIKE ALONG THE FORESHORE. RUN TOWARDS HISTORY. *PUSH YOUR LIMITS.*  



BIKE COURSE – ALTONA FORESHORE

The bike leg of the duathlon takes competitors along the stunning Altona Foreshore, stretching from Bent Street to Altona Road. This scenic route offers uninterrupted views of Port Phillip Bay, with the fresh coastal breeze adding to the challenge and excitement of the ride.

Recent redevelopment efforts by Hobsons Bay City Council have transformed the foreshore into a vibrant and accessible space, enhancing the cycling experience. Riders will pass through the east sections of the Esplanade, as a result of in progress upgrades to improve pedestrian and cyclist access, ensuring a smooth and safe ride.

The course also takes advantage of the newly rebuilt Ford, a key infrastructure improvement that enhances connectivity along the route. This section provides a fresh racing experience, allowing competitors to push their limits on a well-maintained and dynamic course.



SCENIC & FAST

Enjoy uninterrupted views of Port Phillip Bay on a smooth, fast and well-maintained loop.



RUN COURSE – TOWARDS WILLIAMSTOWN

The run leg heads towards the city, taking competitors just short of the old Williamstown Race Track, a site rich in history. Once considered one of Victoria's finest racing venues, the Williamstown Racecourse was home to legendary races, including Phar Lap's victory in the Underwood Stakes in 1931.

Originally established in 1869, the racecourse was a hub for thoroughbred racing until World War II, when it was repurposed for military use. Though racing was set to resume post-war, a devastating fire in 1947 destroyed the grandstands, marking the end of its era. Today, the site is part of Altona Coastal Park, preserving remnants of its storied past.

Runners will experience a fast and flat course, with the coastal backdrop providing a motivating atmosphere. The route blends historical significance with modern endurance racing, making it a unique and memorable challenge for all competitors.



FAST & HISTORIC

Run towards Williamstown on a fast, flat course steeped in history and heritage.

THREE DISTANCES. ONE INCREDIBLE EXPERIENCE.



DASH

Run 2km | Bike 6km (1 lap) | Run 2km



ENTICER

Run 3km | Bike 12km (2 laps) | Run 3km



SPRINT

Run 5km | Bike 18km (3 laps) | Run 5km



BE PREPARED. BE READY. **HAVE FUN!**



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RACE START

Unique to Altona Closed Road Circuit!
MASS START FOR ALL SPRINT ATHLETES

THE FIRST LEG OF THE DUATHLON (RUN) STARTS ON THE ESPLANADE ROAD.



MASS START

Athletes for each event distance will **self seed** as this will be a **mass start**.



RUN TOWARDS THE CITY

Runners will run towards the city of the road – while the start will be across all lanes of the road, runners are encouraged to shortly after **merge to the left carriage way** of the roadway.



DASH TURN SIGN – APPROX. 1KM FROM START

As runners approach the **Dash Turn Sign**, which will be located on the footpath approx. 1km from the start, runners will be guided onto the footpath where **Enticer** and **Sprint** distances will continue on the footpath to their designated turn signs.

Dash athletes will turn at this point and head back towards transition via the footpath.



MARSHALS AT RUN TURN SIGNS

Marshals will be designated at run turn signs to assist – your run turn sign will match your wristband **colour**.



THE ALTONA CLOSED ROAD CIRCUIT

A rare opportunity to race on a fully closed road along the stunning foreshore.

UNIQUE START. UNFORGETTABLE EXPERIENCE.



MASS START EXCITEMENT

Feel the energy as athletes of all distances line up together for an unforgettable start.



CLOSED ROAD ADVANTAGE

Enjoy a safe, fully closed course along the Esplanade – fast, scenic and made for racing.



SELF SEED. STAY LEFT.

Choose your spot, start smart and stay to the left after the start for a smooth flow.

FOLLOW YOUR WRISTBAND COLOUR



TURN AT DASH TURN SIGN



TURN AT 1ST TURNAROUND ON FOOTPATH



CONTINUE TO FAR TURNAROUND ON FOOTPATH



Please listen to the pre-race briefing for important safety information.



SELF SEED. STAY LEFT. BE AWARE. HAVE FUN!

KEY REMINDERS

- ✓ Stay to the left after the start
- ✓ Follow marshal instructions

- ✓ Look for your turn signs
- ✓ Respect other athletes
- ✓ Enjoy the experience!





TRANSITION SET UP

Keep It Simple, Keep It Fast

A well set up transition helps you have a smooth, safe and stress-free race. Follow these simple guidelines.

BIKE RACKING

- Each rack holds five bikes.
- Rack your bike by the seat or handlebars.
- Make sure your bike is secure and won't fall.



EQUIPMENT PLACEMENT

Place all run or bike leg gear close to your bike, on your designated towel.

- Running shoes
- Helmet (straps open)
- Hydration & nutrition (if needed)
- Any other gear you need



BAG STORAGE

No bags in transition. Store your bag on the path side of transition, out of the way of other athletes.



REMEMBER



Helmet must be fastened before touching your bike



Keep your area tidy and within your space



Be respectful of other athletes

TRANSITION LAYOUT EXAMPLE



ATHLETE ZONE – KEEP IT CLEAN & ORGANIZED

- ✓ Keep all gear on your towel and within your designated space.
- ✓ Leave enough room for others.
- ✓ No loose items or valuables in the middle of the aisles.



RACK AWARENESS

Know your rack number and remember where your bike is.



BE PREPARED. BE ORGANISED. BE RESPECTFUL.
A SMOOTH TRANSITION LEADS TO A GREAT RACE.



SAFETY
For you and others



RESPECT
Your fellow athletes



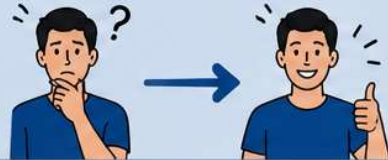
PERFORMANCE
Every second counts



FIRST TIME AT WSTC?

Relax. You're in the right place.

Your first race can feel a bit chaotic... We get it. That's why everything here is designed to help you settle in quickly and enjoy the day.



NEED ASSISTANCE? JUST ASK!



COURSE MARSHALS

Our friendly marshals are stationed around the course and transition area. If you need assistance or have any questions, don't hesitate to ask!



REGISTRATION CREW

Let the team at registration know that you're new to WSTC, and they'll provide details on where to be, how transition works, and key site information.



RACE DAY SUPPORT



PRE-RACE BRIEFING

We'll cover important details about the course, rules and what to expect.



VOLUNTEERS & OFFICIALS

Our team is here to guide you through transition and race logistics.



CLUB MEMBERS

Experienced athletes who are always happy to offer advice—just ask!



WHAT TO EXPECT

- ✓ Friendly environment
- ✓ All abilities welcome
- ✓ You won't be the only first-timer
- ✓ Mistakes are normal (we've all done them!)



ASK US ANYTHING!



BE CONFIDENT. BE READY. HAVE FUN.



Everyone starts somewhere—today is your day.



Enjoy the experience and have fun!



Stay hydrated and fuel up



Be sun smart slip, slop, slap



Ask questions we're here to help

WELCOME TO THE WSTC FAMILY!

We're stoked you're here. ❤️



RACING.
COMMUNITY.
TRADITION.
SINCE 1983.



COURSE MAPS

WESTERN SUBURBS DUATHLON COURSE



ALTONA FORESHORE
FAST, SAFE & SCENIC



SAFE COURSES
PROFESSIONALLY MANAGED



GREAT COMMUNITY
SUPPORTIVE & WELCOMING



WESTERN SUBURBS TRIATHLON CLUB

RACE. CHALLENGE. BELONG.



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DUATHLON SPRINT DISTANCE RUN COURSE – 5KM (OUT & BACK)



The 5km run is an out and back course starting on The Esplanade near the Transition Area. Turn at the Sprint Turn Marker (2.5km) and return to the finish at the same location.

- DISTANCE**
5km (Out & Back)
- TURN AROUND**
At Sprint Turn Marker (2.5km)
- SURFACE**
Sealed paths and roadway
- ELEVATION**
Mostly flat and fast course



2.5KM SPRINT TURN MARKER
Turn here and head back



WATERFRONT PATH
Flat, fast and scenic



ROAD CROSSING POINTS
Please follow marshal instructions



- COURSE NOTES**
- Keep left on shared paths and follow all directional signage.
 - Be aware of other runners, riders and pedestrians.
 - Follow marshal instructions at all times.
 - Headphones are not permitted.

★ OUT AND BACK – 5KM TOTAL
2.5KM OUT TO TURN, 2.5KM BACK TO FINISH

YOU'VE GOT THIS!






RUN COURSE - 3KM

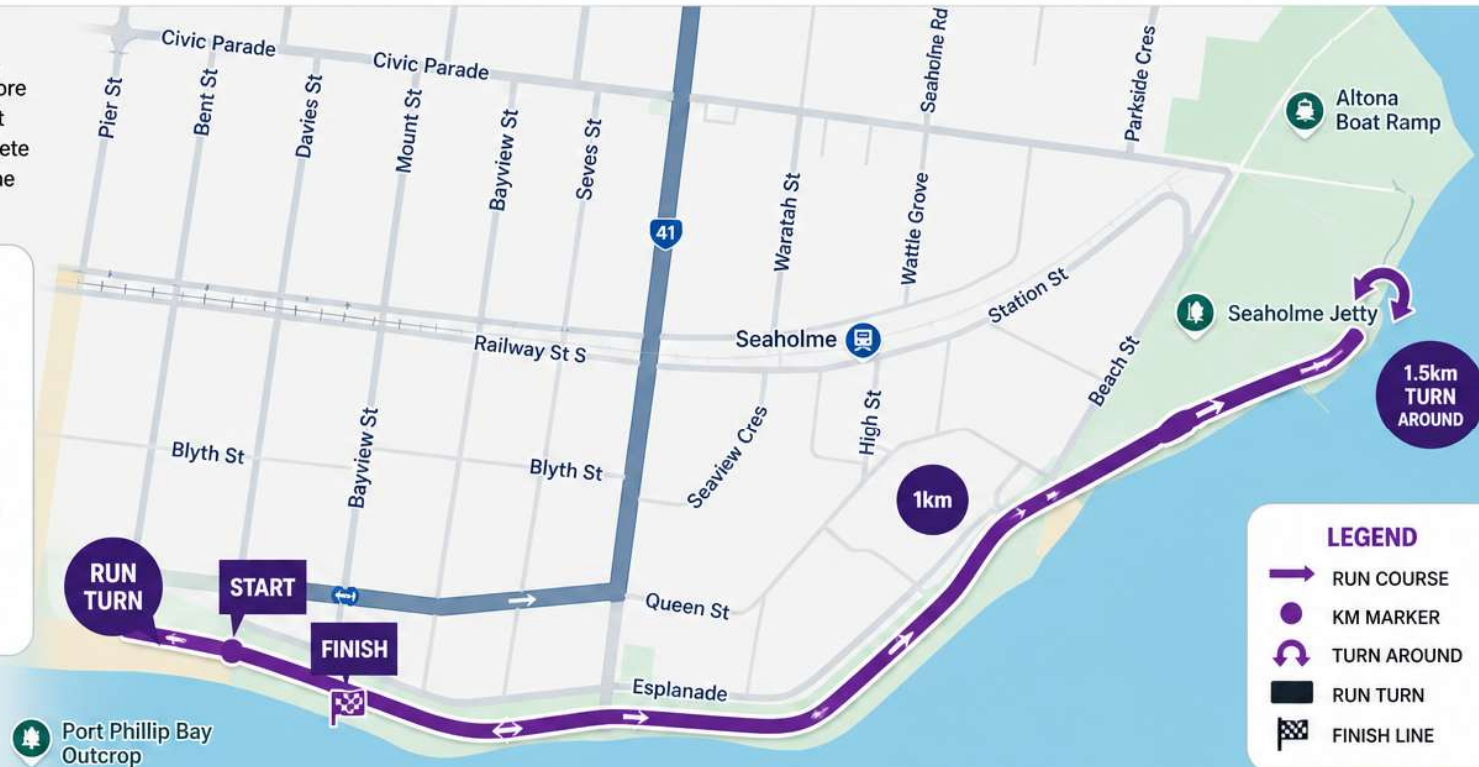
RUN

BIKE

RUN

The 3km run is an out and back course along the Altona foreshore shared path. Athletes head east towards Seaholme Jetty, complete the turnaround, and return to the Esplanade to finish.

-  **DISTANCE**
3km
-  **COURSE TYPE**
Out & Back
-  **SURFACE**
Sealed shared path
-  **ELEVATION**
Flat



LEGEND

-  RUN COURSE
-  KM MARKER
-  TURN AROUND
-  RUN TURN
-  FINISH LINE

- ATHLETE INFORMATION**
- Keep left on the shared path at all times.
 - Follow the directional arrows and marshal instructions.
 - Be aware of other path users.
 - The turnaround is located at Seaholme Jetty.



TOTAL DISTANCE
3KM



Course is subject to change. Refer to the event briefing for any updates.





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DUATHLON DASH DISTANCE RUN COURSE – 2KM (OUT & BACK)



A 2km run course along the beautiful Altona foreshore.

It's an out and back course – **1km each way.**

- DISTANCE**
2km (Out & Back)
- TURN AROUND**
At Dash Turn Marker (1km)
- SURFACE**
Sealed paths and roadway
- ELEVATION**
Mostly flat and fast course



START / FINISH
Adjacent Transition Area

All Runners Turn

Start / Finish
Adjacent Transition Area



1km Half Way

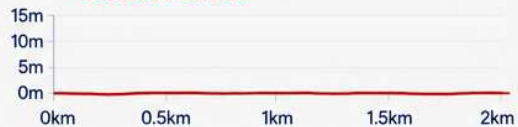
Dash Turn Marker

1km Out



WATERFRONT PATH
Flat, fast and scenic

COURSE PROFILE



Mostly flat and fast course.

COURSE NOTES

- Keep left on shared paths and follow all directional signage.
- Be aware of other runners, riders and pedestrians.
- Follow marshal instructions at all times.
- Headphones are not permitted.



OUT AND BACK – 2KM TOTAL
1KM OUT TO TURN, 1KM BACK TO FINISH
YOU'VE GOT THIS!



BE PREPARED. BE RESPECTFUL. ENJOY THE EXPERIENCE.

Stay hydrated

Be sun smart

Ask if you need help



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DUATHLON | ALL DISTANCES

BIKE COURSE - 6KM LOOP



The 6km bike course is a single loop starting from the Transition Area on the Esplanade. Athletes ride east along the Esplanade, turn around at the Bike Turn Marker, and return to the Transition Area.



DISTANCE
6km (1 Loop)



COURSE TYPE
Single Loop



SURFACE
Sealed Roads



ELEVATION
Flat

YOU ARE HERE

TRANSITION ENTRY

TRANSITION EXIT

ATHLETE INFORMATION

- Keep left at all times unless overtaking.
- Follow the directional arrows and marshal instructions.
- Be aware of other riders and road users.
- The turnaround is at the Bike Turn Marker.
- Headphones are not permitted.

COURSE PROFILE



TOTAL DISTANCE

6KM



Course is subject to change. Refer to the event briefing for any updates.



LEGEND

- BIKE COURSE
- KM MARKER
- TURN AROUND
- TRANSITION AREA
- FINISH / TRANSITION EXIT