

CRONULLA

TRIATHLON CLUB

KURNELL TIME TRIAL

ATHLETE INFORMATION GUIDE



2021 SEASON

RACE DIRECTOR 2021 UPDATE

Welcome to the **Cronulla Triathlon Club 2021 Time Trial Series**.

We will be giving athletes two options to compete and complete this years' Time Trial Series.

1. Virtual as per 2020, complete the course between 6:00am and 10:00am
2. In person, start at 7:00am

The time trial course is the same course as previous years, see maps section within the guide. For racers that will attend in person we will continue to utilise the webscorer timing system, which provides finish time results and group placings at the end of the race and online. Details of where to find these results are mentioned in the guide.

VIRTUAL INFORMATION

There will be no race briefing prior to the start of the TT; it is **required** that athletes read and understand this guide in full before participating.

Timing will be done by **YOU** (the participant). GPS and time data will be required to be eligible for leader board submission which you will upload/link to the Facebook group (see guide for details).

There is a STRAVA segment and Garmin segment that you can use/upload to your device to ensure course is correct (see guide for details).

You will have a **4-hour window** to complete the TT on each of the dates to keep conditions relatively consistent

You must start from a standstill (no rolling starts).

IN-PERSON INFORMATION

To keep things moving on the day, it is advised that you register yourself online prior to the time trial. ([CLICK HERE](#)).

It is also suggested to stick around until the last competitor finishes the race, as there could be anything from random prize draws for racers, bragging rights, or important announcements. Not to mention that it's always nice for that last competitor to get some extra support across the finish line.

Your safety is our number one concern We apply the [Triathlon Australia Race Rules](#) and enforce a few additional rules that allow our event to run safely and smoothly:

- The time trial is being held on public roads, all NSW road rules need to be complied with during the race, otherwise athletes will be disqualified.
- Participants will not be allowed to use personal music devices during the race.
- This is a non-drafting event. Due to the short course, we enforce a 7-metre draft zone and a maximum of 15 seconds to pass on the right through the draft zone.
- No passing through roundabouts and left-hand corners.

I wish you all the best in your training and hope you enjoy the series. Please feel free to come have a chat at any time and any feedback is most welcome. See you at the finish line!

Regards,
Stu Ford (0456 820 711) & Mark Galea (0418209106)
Race Directors

GENERAL EVENT ENQUIRIES

Website: <https://www.cronullatriclub.com.au>

E-mail: race@cronullatriclub.com.au

Mobile: 0456 820 711

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2021 TIME TRIAL SERIES DATES

Time Trial No. 1	15 th May 2021
Time Trial No. 2	5 th June 2021
Time Trial No. 3	3 rd July 2021
Time Trial No. 4	7 th August 2021
Time Trial No. 5	11 th September 2021
Time Trial No. 6	9 th October 2021
Time Trial No. 7	6 th November 2021

EVENT SCHEDULE & RACE INFORMATION

TIME TRIAL INFORMATION

The purpose of the series is to provide race training and experience for age group athletes of all abilities in a fun, organised and safe environment. These races are organised and run by volunteers who are committed to making these races accessible. The races also provide professional-level results catering to those looking to improve on their best time, however all participants who give it their best on the day are celebrated.

We follow the [Triathlon Australia race rules](#) and there are a few additional rules that allow our event to run safely and smoothly.

Additional Rules

- The time trial is being held on public roads, all NSW road rules need to be complied with during the race, otherwise athletes will be disqualified.
- Participants will not be allowed to use personal music devices during the race.
- This is a non-drafting event. Due to the short course, we enforce a 7-metre draft zone and a maximum of 15 seconds to pass on the right through the draft zone.
- No passing through roundabouts and left-hand corners.

Registration

Registration is located in the car park on the northern side of Captain Cook Drive just past the roundabout to the Green Hills Estate at Trinity St (The race map and site pictures are found [below](#)).

Hydration

Athletes are expected to bring their own hydration and supplements to ensure a safe and healthy race.

SCHEDULE

Virtual

TIME	EVENT	LOCATION
6:00 - 10:00am	TT start window – begin TT anytime with the time window	Car Park outside Green Hills estate
11:00am Saturday to End of Day Sunday	Submit GPS and time to the Facebook event	Your computer

In-Person

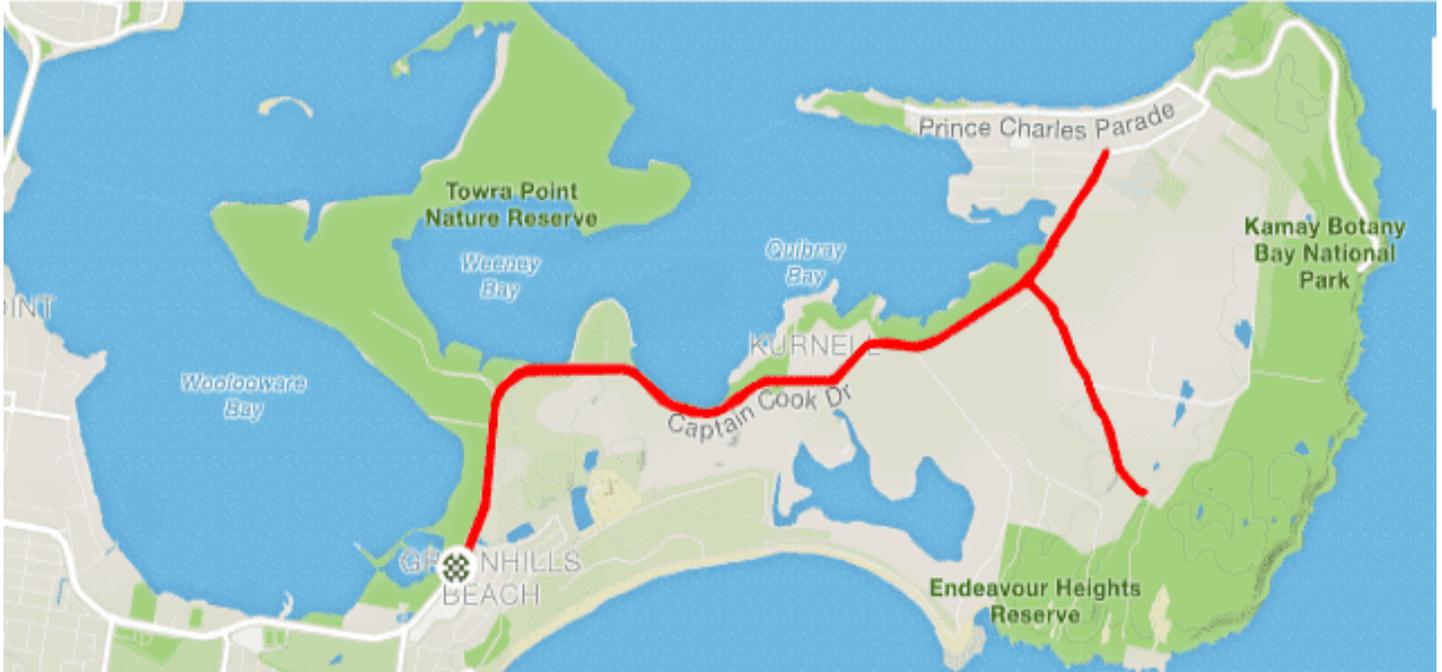
TIME	EVENT	LOCATION
6:45 - 7:00am	REGISTRATION/CHECK-IN	Car Park outside Green Hills estate
7:00am	TT & VOLUNTEER BRIEFING	Car Park outside Green Hills estate
7:05am	TT START	Car Park outside Green Hills estate
7:45am (approx.)	POST RACE PRESENTATION	Car Park outside Green Hills estate

DISTANCE

16km road time trial

LOCATION

Captain Cook Drive, Green Hills (Green Hills– Kurnell – Green Hills)



PRE-RACE INFORMATION

To keep things moving along during morning registration/check-in, it is advised that you register yourself online prior to the race ([CLICK HERE](#)).

Online registration closes at 5pm the day before the time trial.

Registration/Check-in Process

1. [SIGN UP](#) online (prior to race morning), or
2. Register in person during morning registration (online preferred)
3. Check-in
4. Self-seed starting, riders expected to finish in more than 30 mins start first
5. Riders set off at 30 sec intervals

POST-TIME TRIAL INFORMATION

After you're done smashing your PB, please remember the following:

Presentation

We invite you to stick around until the last participant has completed the race as we will do a brief presentation and maybe even some other fun stuff.

Results

Times will be posted up online soon after the time trial is completed (usually within 24 hours). You can find all results [HERE](#).

SPECTATOR INFORMATION

Spectators are more than welcome at the time trials, however we do ask that you stay in the parking lot on the northern / starting side of the Captain Cook drive and well back from the designated bike lane, while the race is in progress.

JUNIOR INFORMATION

Juniors are welcome to participate at the discretion of their parent or legal guardian. However, given the risk and danger associated with this course it is recommended that junior athletes be able to ride in a safe and confident manner on open public roads.

Exceptions for Junior Participants:

- Juniors may ride with an accompanying adult. This adult must ride either beside or behind the junior as to not give them an unfair advantage.
 - The above however does not apply if said junior is faster than said adult, in which case the adult is not to utilise their accompanying junior for drafting purposes.

EMERGENCY PROTOCOL

First aid, including a defibrillator, is available at the registration area. If you have an emergency during this event, please notify the Race Director immediately.

Emergency contact details

Race Director: 0456 820 711

Emergency Medical: 000

Sutherland Police: (02) 9542 0899

Sutherland Hospital: (02) 9540 7111

TIME TRIAL DETAILS & MAPS

Time Trial

The 16km time trial course is a non-drafting event consisting of mostly designated cycle lane. Prior to racing, familiarize yourself with the time trial course for your own safety.

- Please stay within the bike lane as much as possible, including when passing.
- Cyclists should ride to the left of the cycle lane and not obstruct other cyclists or other road users.
- If passing, do so in a safe manner, on the right with adequate passing distance and not obstructing cyclists or other road users. Use your bell or voice to alert other riders you are passing.
- While riding, please be aware of other cyclist and motorist especially when moving through or turning at roundabouts or T intersections.
- Compliance with NSW roads rules is essential, including indicating turns and riding in a safe and respectful manner. Non-compliance with road rules will result in disqualification.
- Road conditions can vary and there can be debris, sand, mud or other obstacles on the course. The road surface can also be wet, even if there has been no rain. There are potential potholes and uneven surfaces and there can be wind gusts along all sections of the course.

Additional rules reminder:

- The time trial is being held on public roads, all NSW road rules need to be complied with during the race, otherwise athletes will be disqualified.
- Participants will not be allowed to use personal music devices during the race.
- This is a non-drafting event. Due to the short course, we enforce a 7-metre draft zone and a maximum of 15 seconds to pass on the right through the draft zone.
- No passing through roundabouts and left-hand turning zones.

Course

1. Start (Captain Cook drive Green Hills)
2. Straight through the first roundabout (3kms)
3. U turn at the second roundabout at the end of Captain Cook drive (7kms)
4. Left hand turn at Sir Joseph Banks drive (second left after the U turn)
5. U turn at the witches' cone at the end of Sir Joseph Banks drive (9kms)
6. Left hand turn on to Captain Cook drive (10kms)
7. Finish (16kms) (bus stop south side Captain Cook drive opposite the start line)

1. Car park outside Green Hills Estate (northern side of Captain Cook drive)



2. First turnaround (end of Captain Cook Drive, Kurnell)



3. First left hand turn onto Sir Joseph Banks Drive



4. Second turnaround (end of Sir Joseph Banks drive)



5. Second left hand turn onto Captain Cook drive



6. Finish line (Opposite car park outside Green Hills Estate)

