



RWA



RICHIE WALKER MEMORIAL AQUATHON

2024 ATHLETE INFORMATION GUIDE



RACE DIRECTOR 2024 UPDATES

Welcome to the **Cronulla Triathlon Club's 37th Richie Walker Memorial Aquathon (RWA) to be held on 10th February 2024**. If you're not a local, welcome to the Shire; and if you are, then nice to see you again!

We thank the Sutherland Shire Council for their continued support and the use of the incredible facilities that enable us to provide one of the safest and most enjoyable aquathons in NSW. We thank the indigenous people of the The Gweagal area for the privilege to use their lands for our event.

This year's races will again be held in the beautiful surrounds of Gunnamatta Park and Bay. The long course swim leg is in Gunnamatta Bay, starting on the shoreline of the bay on the northern side the swimming baths. The swim leg for Enticer and Junior events will be within the enclosed baths for the safety of our younger and enticer competitors. The run is cross country style, all within the boundaries of Gunnamatta Park.

The Richie Walker Aquathon this year will again host the **Sean Maroney Cup** – an award that goes to the first male and female finisher that is currently, or has previously been, a First Responder. This cup honours the memory of the late Sean Maroney who was an elite triathlete, First Responder, and member of the Cronulla Triathlon Club. All SMC entries go into a draw to win a mountain bike.

We will be carefully monitoring the forecast weather conditions related to heat, air quality, and water quality the few days prior to race day. Should the forecast indicate that the conditions on race day are likely to be hazardous we will have a range of contingency plans ready to implement to protect your safety, well-being, and enjoyment of the event. Updates will be placed on our [event website](#).

Likewise, we will be abiding by all COVID-19 restrictions present at the time of the race and we appreciate your cooperation with any adjustments to the normal race format that may need to be made to allow this race to continue in a safe manner. Please keep an eye on our website for up-to-date announcements and check your emails for any race updates.

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

Regards,
Ian Ross
Race Director RWA 2024

GENERAL EVENT ENQUIRIES

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

E-mail: race@cronullatriclub.com.au

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EVENT SCHEDULE & RACE INFORMATION

This race is dedicated to the memory of Richie Walker, a promising Cronulla Triathlon Club member who tragically and suddenly passed due to a heart attack during a race in Tamworth. The race is organised and run by volunteers, and the Cronulla Triathlon Club is a not-for-profit organisation who are committed to creating an opportunity for athletes of all abilities to compete against one another in a fun, organised and safe environment. The races also provide professional-level results catering to those looking to improve their best time, however all participants who give it their best on the day are celebrated. All profits are donated in Richie's name to The Heart Foundation assisting their research into the causes and cures of heart disease <http://www.heartfoundation.org.au/>

To date over \$100,000 has been donated by the Cronulla Triathlon Club.

SCHEDULE

TIME	EVENT	WHO	WHERE
7:00 – 7:30 AM	VOLUNTEER CHECK-IN & BRIEFING	Volunteers	Inside the Hall
7:30 – 8:45 AM	REGISTRATION/CHECK-IN	Athletes (mandatory)	Inside the Hall
8:45 AM	WALK-THE-RUN-COURSE	Athletes (optional)	Outside the Hall
8:00 – 9:00 AM	TRANSITION ACCESS	Athletes	Transition area
9:00 AM	RACE BRIEFING	All Athletes	Outside the Hall
9:15 AM	RACE START	< 7 and 7-9	Baths beachfront
9:25 AM	RACE START	10-12 and 13-14 and 15-16	Baths beachfront
9:55 AM	RACE START (long course male)	Open (male)	Northern end of baths, on the sand
		Team (male)	
		Team (mixed)	
10:03 AM	RACE START (long course female)	Open (female)	Northern end of baths, on the sand
		Team (female)	
		Enticer (inc Her Aquathon)	
11:15 AM (approx.)	AWARDS PRESENTATION		

There will be random lucky prizes prior to presentation thanks to our generous sponsors



WHICH RICHIE WALKER RACE EVENT DO I ENTER?

The Richie Walker event is the 2024 NSW State Aquathlon Championships. The event also hosts the Sean Maroney Cup which is for First Responders only. Please see the below explanations to help you choose which race you need to enter should you wish to race these events.

LONG COURSE RICHIE WALKER - DISTANCE 1KM SWIM / 5KM RUN

You MUST enter this event if you wish to contest the NSW State Aquathlon Championships or be eligible for the Sean Maroney Cup.

Please ensure you select Sean Maroney Cup in the checkbox on the entry form. All participants aged 17 and over in this event will automatically be eligible for the NSW State Aquathlon Championships provided they are current Triathlon NSW race members ([Standard membership and above](#)).

Age categories from 14 years (as at 31 December 2023) will be automatically calculated based on birth date.

ENTICER SHORT COURSE + JUNIOR AGE CATEGORY RICHIE WALKER

(Please note: these races are NOT part of the NSW State Age Group Aquathlon Championship)

If you are aged 14+ and wish to compete in a Junior Age Group (see distances outlined) you will be automatically placed in the correct Junior Age Category race.

DISTANCES

EVENT	AGE (as of 31 Dec 2023)	SWIM	RUN	TRANSITION ZONE
JUNIOR AGE CATEGORY	<7	50m	400m	1
	7-9	100m (*see map)	750m (*see map)	1
	10-12	250m (2 lengths)	1.6km (1 lap)	1
	13-14	500m (4 lengths)	3.3km (2 lap)	1
	15-16	750m (6 lengths)	5km (3 lap)	1
ENTICER SHORT COURSE	15+	500m (4 lengths)	3.3km (2 lap)	2
TEAM (LONG COURSE)	16+	1000m (long course)	5km (3 lap)	2
LONG COURSE	14+	1000m (long course)	5km (3 lap)	2

RACE RULES

We follow the [AusTriathlon Race Rules](#) allowing our event to be sanctioned and AusTriathlon officials will be present to ensure the race is run safely and smoothly.

There will be no Penalty Box, however you may be subject to a stop/start penalty **YELLOW** card or **RED** card under AusTriathlon Rules. A Technical Official will advise you of any penalty by calling your number, advising you of the nature of the infringement and showing you a card. It will then be your responsibility to serve the stop/start penalty(s) immediately. **NOTE: that any 3 infringements across the course during the event may result in a disqualification.**

<i>Conduct (including, but not limited to:)</i>	<i>Penalty to be served</i>
Littering - discarding items, e.g. bidons, gel wrappers etc., on any part of the course except in a discard zone at an aid stations	Yellow Card = Stop Start
Bare torso – a competitor may not run with a bare torso or without shoes on any part of the run course	
Deliberately not wearing race numbers provided – all competitors must be identifiable for safety reasons as well as for race results	
Swimmers must not cover the hands, feet or neck and when the use of wetsuits is forbidden, garments must not exceed past the knees; including but not limited to compression socks/sleeves	Red Card = No time penalty, but potential disqualification
The entire course must be completed	
Offensive and unsportsmanlike behaviour	
Public personal toileting	
Outside assistance (from anyone other than a race official),	
Athletes may not use communication devices of any types including headphone(s), headset(s) or technical earplug(s) which are inserted or covering the ears	

The RWA event has clean open water swim conditions in Gunnamatta Bay and will use the wetsuit ruling for Age Group Athletes:

- Wetsuits are **mandatory** where the water temp is **15.9** degrees Celsius and below
- Wetsuits are **forbidden** where the water temp is **24.6** degrees Celsius and above

**A swim cap is mandatory and needs to be worn throughout the swim for safety reasons.
Athletes will be required to bring their own cap – or may purchase one on the day.**

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

PRE-RACE INFORMATION

Weather & Contingency Plans

We will be carefully monitoring the weather conditions (particularly extreme heat, air and water quality) prior to race day and updates will be placed on our [event website](#).

In addition, there will be a regular communication plan to ensure all athletes are kept apprised of race conditions. We will be testing water quality, monitoring air quality and generally providing updates about weather conditions. These will be communicated by email via the following schedule:

- Monday 5th February 2024 at 9pm
- Wednesday 7th February 2024 at 9pm and
- Friday 9th February 2024 at 9pm (Including interim water temperature reading)

Should the forecast indicate that the conditions on race day are likely to be hazardous we will have a range of contingency plans ready to implement to protect your safety, well-being and enjoyment of the event.

Competitors should ensure that they are well hydrated in preparation for the event. If you have been unwell, we recommend consulting your doctor.

If the swim or run course need to be adjusted on the day, for whatever reason, the Race Director will announce this and post the changes outside the registration area.

Guidelines have been issued by AusTriathlon where either hot weather, poor air or water quality conditions may require course changes – if so, competitors will be advised as soon as possible.

If the swim leg needs to be cancelled once commenced, again - for whatever reason, **a continuous horn blast** will signal this to competitors. Upon hearing this, please make your way directly to the shoreline.

Below you will find all the information required to get you to the start line.

Location & Getting Here

Event location: Gunnamatta Park, Cronulla, NSW.

Car parking is available on Nicholson Parade and surrounding streets – there will be no parking available within Gunnamatta Park. Gunnamatta Bay is also within walking distance from the Cronulla Train Station if you elect to use public transportation.



Race Registration

Registration can be done online (https://www.onlineentry.com.au/RichieWalker_2024.aspx)

Online registration (EFT): closes at midnight the day before the race.

- Please confirm that your emergency contact person will be contactable on race day and ensure that the full number including area/country code is provided.
- **All entrants must have proof of current AusTriathlon membership to be eligible for the AusTriathlon rate and qualify for the State Aquathlon Championship**

Race Fees

Please see table below for pricing:

EVENT	AusTriathlon Member	Non-AusTriathlon Member
LONG COURSE	\$50	\$60
ENTICER	\$40	\$50
JUNIOR	\$35	\$40
Under 10 years	\$20	\$20
TEAM	\$40 / participant	\$60 / participant

Registration/Check-in Process safe practices

1. Register online (before day of event)
2. Check-in on morning of event in Gunnamatta Park Hall/pavilion and:
 - a. Confirm your name, event, and emergency contact details
 - b. Receive your timing chip & timing strap (secure to left or right ankle)
 - c. Race number will be written (with a sharpie) on your **RIGHT** arm or calf (whichever will be visible throughout the race).
 - d.

SWIM CAPS WILL NOT BE PROVIDED FOR THIS RACE. You may purchase onsite or please bring your own.
You cannot race without one.

Timing Chip System

The Richie Walker Aquathon is proud to provide elite-level timing results that include swim split, transition time, run splits and finish time (overall and event results). If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

- Timing Chips can be worn on either your left or right ankle
- Your timing chip must be on, to enter transition. Event Personnel will be checking this.
- If you do not start the race or pull out of the race for any reason, you are to return the Timing Chip to one of the Drop-Out Clerks, located at the race finish.
- If a Timing Chip is lost during the race, you will need to inform Event Personnel in Transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race.
- It is recommended you wear the strap supplied as using an alternative risks of losing the chip.
- If your Timing Chip is not returned you will be charged \$50 for a replacement.
- The RWA committee or CTC members are not responsible for missed laps should an athlete not complete the course correctly and no correspondence will be entered into if it is found that an athlete has not completed all laps. This will result in a disqualification by the AusTriathlon Race Referee.

Transition

Transition is held just to the north of the Gunnamatta Pavilion. (All race maps are found below).

- Transition will open from 8:00am – 9:00am.
- Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 9:00am to attend race briefing.
- Long Course and Junior events will have separate zones in the transition area. Please comply with the signage or ask the Transition Coordinator if in doubt.
- No street gear is to be left in transition for safety reasons. A separate bag-drop area will be provided.
- Race gear in the transition area can be collected only after **all** races have completed.

Race Nutrition

There will be water available at the drink station located near the pavilion (approx. 500m into the run).

This will be managed but no drinks will be handed to athletes and athletes must collect their own drink cups off the table. All care must be taken not to knock over other cups. Any athlete who deliberately or negligently knocks over other cups of water may be disqualified.

Toilets

- There are 3 all-gender toilets located in a block in the northern part of the park – near the playground.
- There are 3 all-gender toilets located on the southern end of the Pavilion.
- There are male and female change rooms and showers and toilets located on the western side of the Pavilion – near the baths
- There are male and female toilets and a baby change area within the Pavilion – access from the eastern side.
- There are outdoor showers located on the southern end of the Pavilion – adjacent to the baths.

COVID-19

We will be abiding by the NSW COVID-19 health guidelines that are in place on the day of the event. If restrictions ease or increase, we appreciate your flexibility with modifications to the “norm”. Please keep an eye out for email announcements and any changes that will be made to standard operating process will also be posted on our [event website](#).

POST-RACE INFORMATION

The finish line area will have athlete-needs to cool down after the race: ice, water and fruit. Trained First Aid Officer/s will be in attendance.

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

Return of Club Equipment

Please ensure **timing chips are taken off and returned** to the race organisers as you finish your race. If your Timing Chip is not returned you will be charged \$50 for a replacement.

Presentations

A presentation ceremony will be held after the completion of the race, as well as random lucky prizes prior to presentation (thanks to our generous sponsors).

Results

Results will be posted online on the [Cronulla Triathlon Club](#) website after the race is completed (usually within 24 hours).

Medical

Basic First Aid is available throughout the event. If you require medical attention, we recommend you seek the assistance of event personnel or visit Race HQ/Registration Area where medical staff will be situated.

- We highly recommend that Australian residents hold valid private health insurance.
- Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs.
- If you have an accident, medical staff will attend to you as they see appropriate (which may include calling an ambulance). Cronulla Triathlon Club takes no responsibility for medical expenses and transport fees for athletes.
- First aid, including a defibrillator, is available at Race HQ / Registration. If you have an emergency during this event, please notify the Race Director or race volunteers immediately.

SPECTATOR INFORMATION

Spectators are encouraged to attend the race, however please maintain social distancing and Covid safe practices. To stay safe and avoid interfering with the events, please keep the following in mind:

- Non-athletes are not permitted in the transition area
- Friends and family members, including children are not permitted in the finish chute or finish area.
- We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athlete's finish line experience.
- Please look both ways before crossing any roads/paths as racers or vehicles may be approaching
- Please stay out of fenced areas or paths

Coffee & Food

The BBQ will be in full swing catering for all your needs. There will also be a food van/coffee cart on site during the event. Pricing and options will be displayed at both locations.

Local Services and accommodation

Taxis 131 008
Rydges Cronulla 02 95273100
Cronulla Motor Inn 02 95236800
Quest 02 8536 3600
Lots of Air BNB in Cronulla too!

EMERGENCY PROTOCOL

First aid, including a defibrillator, is available at Race HQ / Registration. If you have an emergency during this event, please notify the Race Director or race volunteers immediately.

Emergency contact details

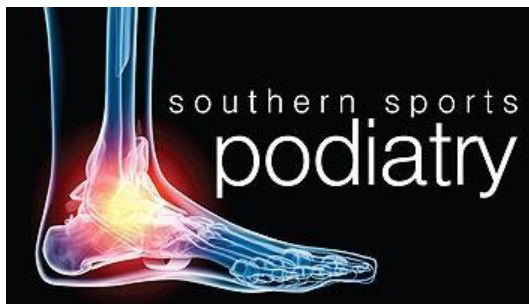
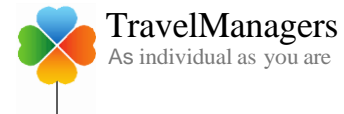
Emergency Medical: 000
Police - Cronulla Police Station 34 Kingsway, Cronulla, NSW (02) 9527 8199
Sutherland Hospital –Kingsway, Caringbah, NSW (02) 9540 711



Sponsors



KimMason



RACE DETAILS & MAPS

SWIM

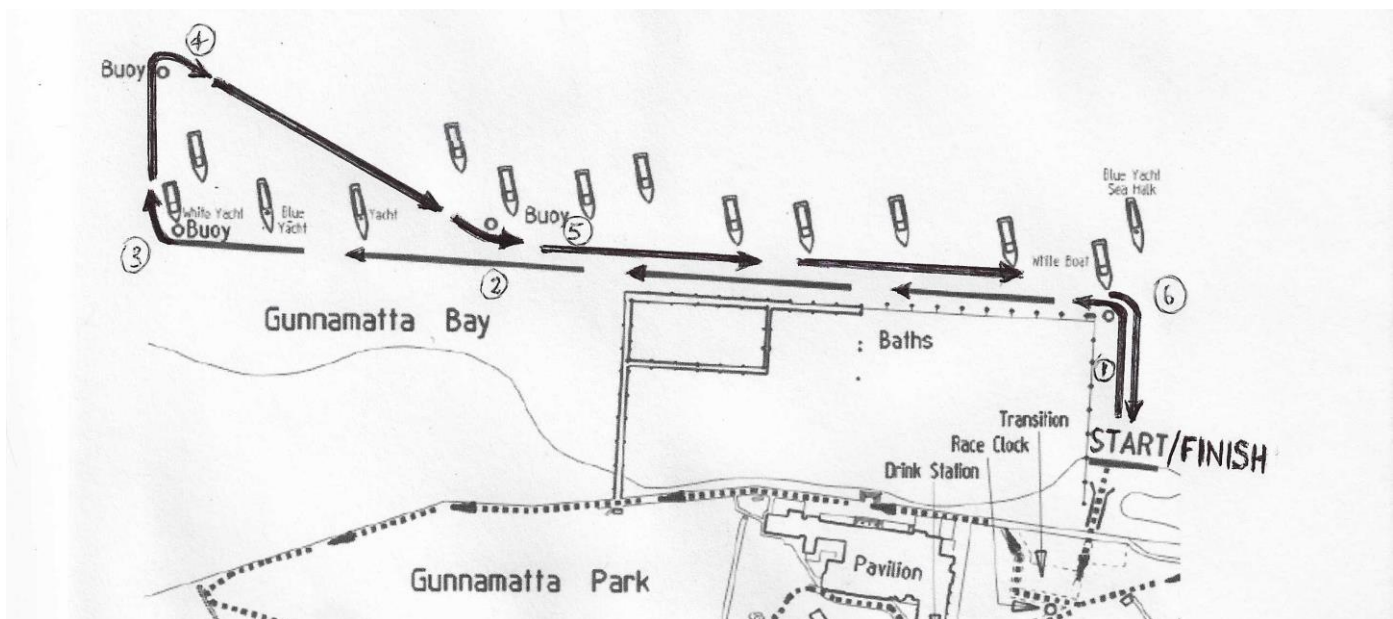
There are four swim courses relative to distance:

1. 1000m long course (Teams and Long Course category)
2. 250m, 500m, & 750m contained course (Junior & Enticer)
3. 100m (Junior)
4. 50m (Junior)

1000m Swim

The swim starts as a beach or deep-water start depending on the tide. The course is an out-and-back format that is situated outside the netted baths with a triangle around the blue and white yachts (opposite the 3-storey cream house on the shoreline).

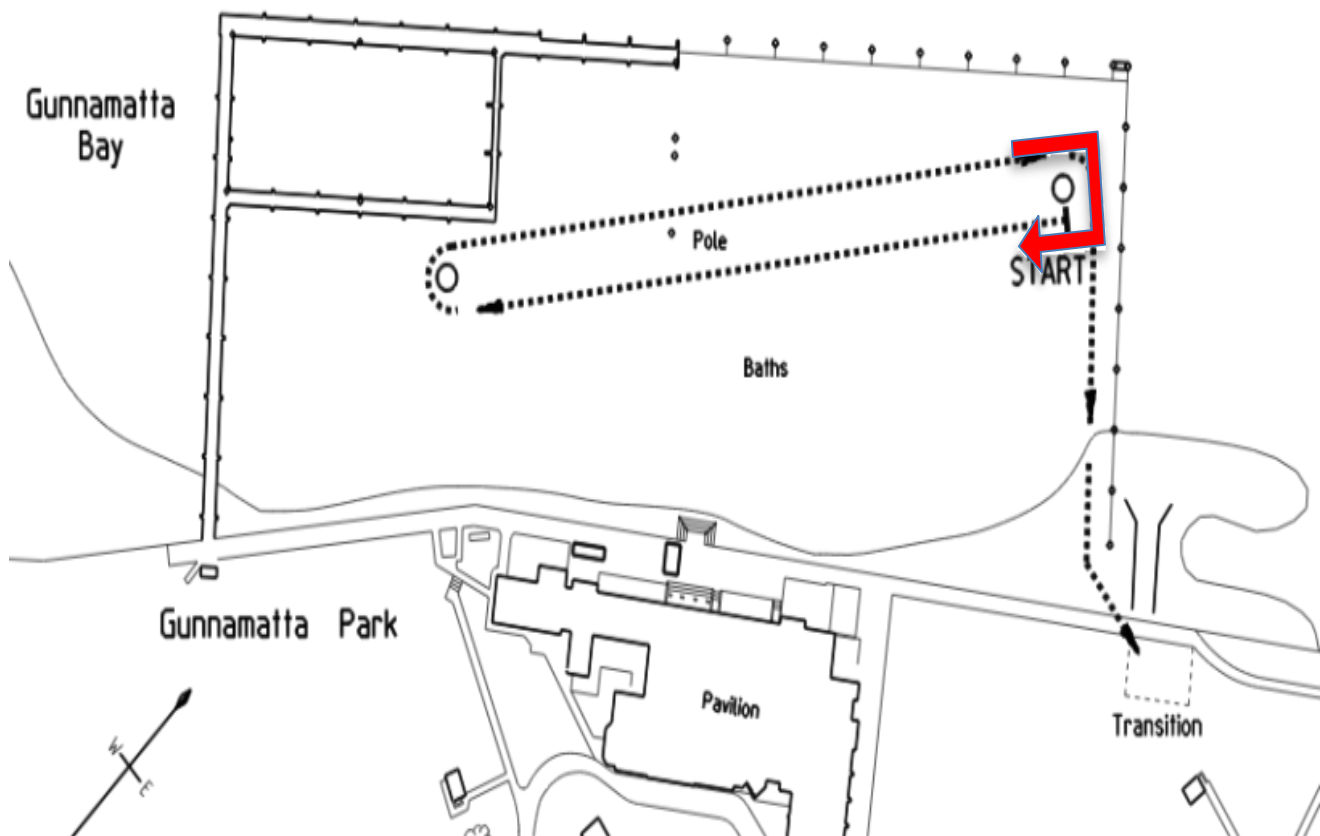
1. From a sand/shoreline start, competitors swim to the first buoy and turn left (50m)
2. Competitors swim parallel to the baths southwards passing a sighting buoy at 400m (450m)
3. After the blue and white yacht, swimmers turn right at the buoy, heading away from shore (490m)
4. At the next buoy athletes turn right again, through the channel between moored boats (595m)
5. The earlier sighting buoy is now a buoy to turn left and swim towards the baths (745m)
6. Competitors swim parallel with the baths, returning to the northern end. The last orange buoy needs to be rounded, keeping it on the right and turning right to the shore and swim exit (1000m).



250m, 500m & 750m Swim

The swim is held within the baths and buoys are placed at the turnarounds for this multi-loop swim.

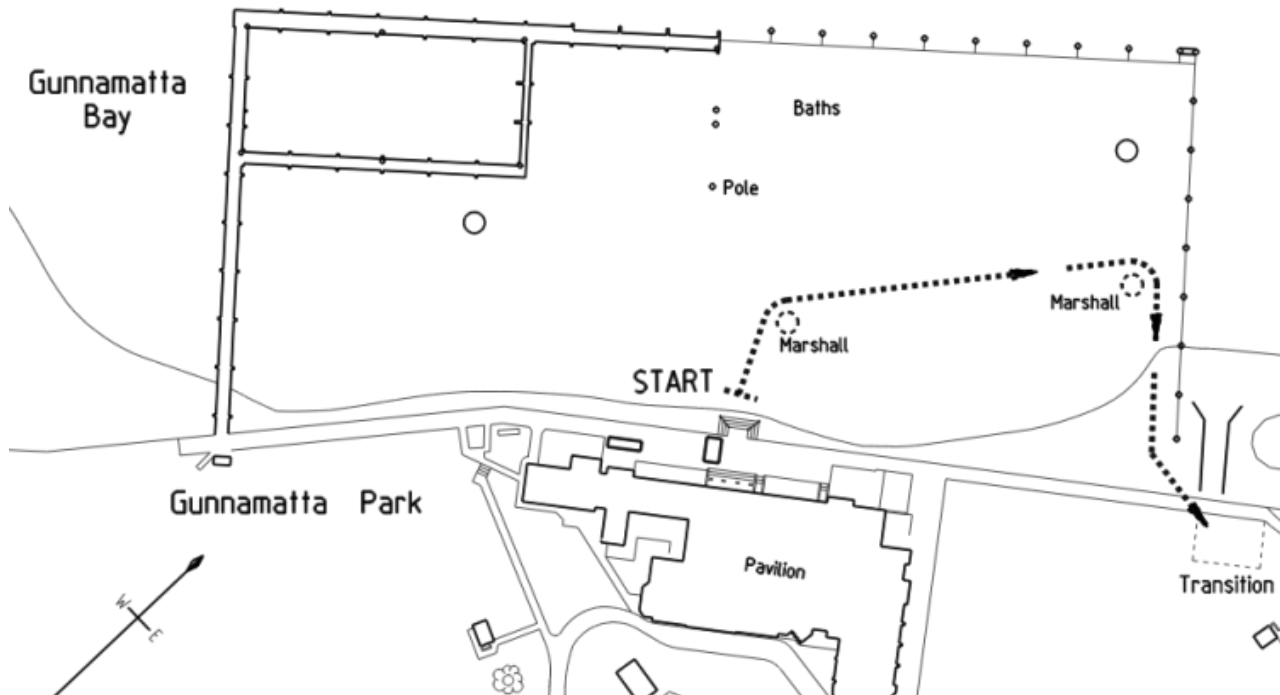
1. From a deep-water start at the northern end of the netted pool, it is a 125m swim to the buoy at the southern end of the pool.
2. The large orange buoy needs to be rounded: keep it on the right. Swimmers then return 125m to the buoy located at the starting position.
3. Keep this buoy on the right and turn right towards the shore.
4. If you required swim distance is 250m then head straight to shore, or
5. If you are swimming 500m or 750m, then continue your laps until you have completed the required distance before heading to shore.
6. All swimmers exit inside the northern end of the netted pool.



100m Swim

From a sand/shoreline start, competitors swim from the midpoint of the netted pool to the northern end. Swimmers will never be more than 10 metres from shore and safety will be provided by event volunteers.

1. A large orange buoy needs to be rounded: keep it on the right and turning right to the shore.



50m Swim

From a sand/shoreline start, competitors swim from the midpoint of the netted pool to the northern end. Swimmers will never be more than 10 metres from shore and safety will be provided by event volunteers.

Swim Safety & Support

There will be many water safety personnel and craft on the water prior and during the swim. The water safety team is there to support athletes should they require assistance. They will be resourced with Rescue Boards and an IRB. At any time if you require assistance, please raise one arm and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification. Should an athlete decide to abandon the swim at any point, they will be taken to the swim extraction point. From here, they will be required to confirm their athlete number and be checked over by medical. It is then the athlete's responsibility to walk back to Transition and hand in their Timing Chip to the Drop Out Clerk located at the finish line.

Warm Up Area

Long course competitors will be able to warm up either in the netted baths (after 930am). Please follow the directions of water safety staff at all times during warm up.

Swim Rules

- All competitors must wear a swim cap (not provided). High vis colours preferred.
- The use of snorkels, fins, gloves, paddles or floatation devices of any kind are prohibited.
- Competitors must not use gloves or socks. Swimwear must not cover the hands, feet or neck and when the use of wetsuits is forbidden, must not extend past the knees; including but not limited to compression socks/sleeves.

Wetsuit Information

Based on AusTriathlon rulings:

- Wetsuits will be forbidden if the water temperature is above 24.6 degrees Celsius and mandatory if the water temperature is below 15.9 degrees Celsius.
- The wetsuit thickness must not exceed 5mm for all competitors. A provisional wetsuit ruling will be posted at Registration.
- A wetsuit ruling will be announced in the Race Briefing.
- If the event is deemed a no wetsuit event then suitable swimming attire as approved by AusTriathlon must be worn.

Full rules at www.triathlon.org.au

RUN

There are three run courses relative to distance:

1. Main run course (1.6 – 5km)

- [YOUTUBE LINK](#)
- [GARMIN COURSE LINK](#)

2. 15-16 Years course (750m)

- [YOUTUBE LINK](#)
- [GARMIN COURSE LINK](#)

3. Mini Course (400m)

- Run to the Southern fence line then back along full length of foreshore past transition to Northern end of park around top cone then into finish chute to the finish.

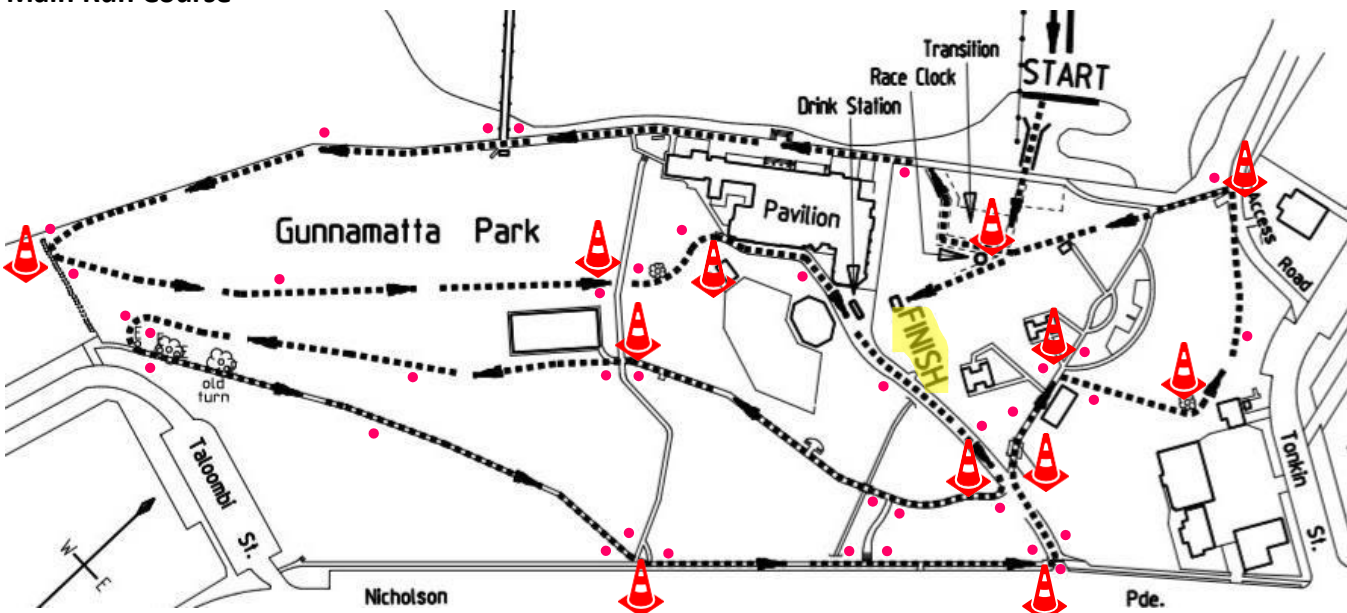
The run is fully contained within Gunnamatta Park. It is a cross-country style course with uphill and downhill with a single lap distance of approximately 1.6km. Athletes in events requiring multiple laps will need to turn right at the completion of the lap to continue on for subsequent laps. Once all laps are completed, all athletes will run down the finish chute in front of the Gunnamatta Park Pavilion.

The course will be marked as well as possible, however it is suggested that first time athletes familiarise themselves with the details of the course before race start. Large cones will be placed along the course in the areas shown below in **RED**, and smaller cones will be placed as breadcrumbs between the larger cones. Gunnamatta Park is still open for public use, so please be mindful of other park users.

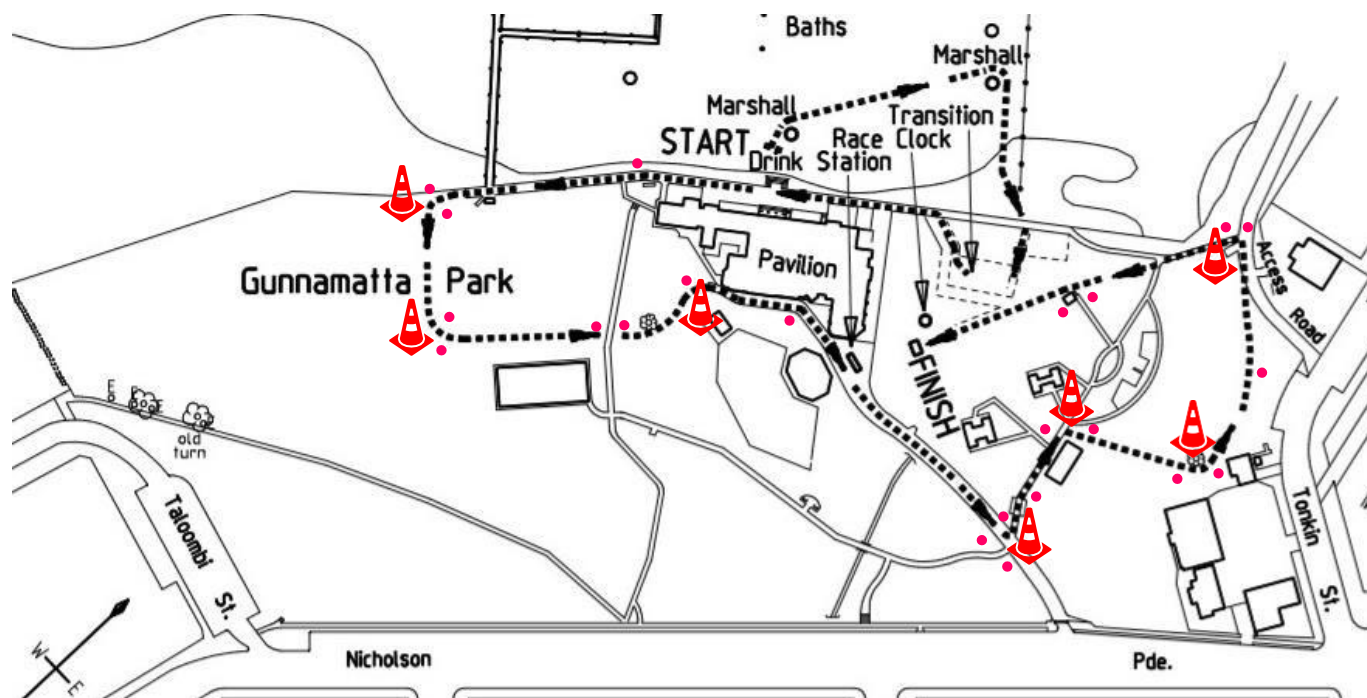
Run Rules

- Your torso must be covered otherwise you will not be allowed on to the run course.
- You need to count your own laps! **No** race wristbands will be given at the completion of each lap (as in previous years).

Main Run Course



Junior 15-16 Years Course (750m)



AWARD PRESENTATION

The award presentations will be held at approximately 11:15am at the completion of all races.

TRIATHLON NSW STATE AQUATHON CHAMPIONSHIP

This race has been awarded the status of State Aquathon Championship and individual competitors over 17, male and female, can gain State Champion recognition in their age group!

NSW INTERCLUB SERIES

The Richie Walker Aquathon is a performance and points earner for the Sydney Triathlon Premier League, Sydney Triathlon League 1 and Sydney Triathlon League 2. Ideal place to pick up some Individual Most Valuable Performer (MVP) and club points for your club.

*****Remember – You must be a fully financial member of AusTriathlon / NSW to take advantage of any these titles or earn any points. So be sure to sort that out prior to racing: [click here](#).***

PRIZES & MEDALS

Richie Walker Trophy & Prize

Long Course Male – 1st (\$250), 2nd (\$150) 3rd (\$100) place finishers

Long Course Female – 1st (\$250), 2nd (\$150) 3rd (\$100) place finishers



Sean Maroney Cup

First Responders Male – 1st place finisher

First Responders Female – 1st place finisher

Lucky door prize of a Mountain bike supplied by The Sign Doctor.

****must have registered for "First Responders" event to be eligible for Sean Maroney Cup***



RWA Medals

Medals will be presented to 1st, 2nd 3rd for each, Long Course, Youth and Junior age categories (Male and Female)

Medals for 1st place only for all 3 team categories (**Mixed, Male, Female**)

Medals will be presented to 1st, 2nd and 3rd in Enticer Category.

NSW Aquathon State Championship Medals

Medals will be presented to 1st place only Junior (17-19) and Long Course age categories (Male and Female)

VOLUNTEERING

The Cronulla Triathlon Club is a not-for-profit organization, and the proceeds of this race are donated to our nominated charity – the Heart Foundation. To run these events smoothly and safely, we require multiple volunteers. The volunteer roles are not complicated, and in most roles you get a great vantage point to spectate. There will be a volunteer briefing just prior to race start to ensure everyone is clear about their own role. You will be contacted directly by the Volunteer Coordinator with more detail.

If you're interested in volunteering, please contact us online here <https://www.facebook.com/CronullaTriClub> and notify event organisers if you have any special requirements.

VOLUNTEER ROLES

Transition Area

- Warn athletes of potential hazards in transition area
- Direct athletes through transition

Transition entry/exit

- Support flow of traffic in/out of transition area
- Warn athletes of potential hazards

Run Course Marshals

- Direct athletes on the run course
- Warn athletes of potential hazards

Swim Course Marshals

- Answer to the head life guard on the day
- Direct athletes on the swim course
- Warn athletes of potential hazards
- Can be land based or water based

Finish Area

- Monitoring wellbeing of finishing athletes
- Remove timing chip from finishing athletes/Accept timing chip from drop-out athletes
- Maintaining a secure street bag area

Drink Station

- Providing water to athletes

THANK YOU FOR VOLUNTEERING!