



The Ballarat Triathlon club is an inclusive community organisation that provides a friendly and fun environment for both new and experienced triathletes.

We welcome juniors above twelve, adults, all genders and abilities.



BALLART TRIATHLON CLUB INFORMATION GUIDE

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HOW TO GET INVOLVED



KEEP UP TO DATE



CONTACTS

President: Louise Williams president.ballarattriclub@gmail.com

Secretary: Claire Wootton secretary.ballarattriclub@gmail.com

COMMITTEE

We always need more members for the committee. We have very short meetings, often via zoom, so it isn't time consuming. The club is well equipped and financially sound we just need committee members to keep the club going.

Please contact Louise or Claire if you are interested in getting involved.



MEMBERSHIP OPTIONS

BALLARAT TRIATHLON CLUB MEMBERSHIP

Ballarat Triathlon Club is affiliated with Triathlon Victoria, this means that all club members need to be members of AusTriathlon (formerly Triathlon Australia).

When you buy a AusTriathlon membership you automatically have Triathlon Victoria membership.

An AusTriathlon Annual Membership provides you important insurance coverage.

Ballarat Triathlon Club Membership 23/24 is \$35+ Triathlon Victoria Membership as below.

AUSTRIATHLON MEMBERSHIP OPTIONS

There are four levels of membership. Two most common are **BASIC** or **STANDARD**.

- Standard covers you for racing and training.
- Basic covers you for training **only** and if you participate in any event you will be required to pay a one day licence fee that varies depending on distances.

More information about membership options and inclusions can be found at www.triathlon.org.au



CLUB EVENTS

Throughout the year we run a number of events that are free to Ballarat Triathlon Club members. These are fun inclusive events where you can learn and grow as a triathlete.

We have multiple distances, and you can choose to do as a team or as an individual. As an individual you can even participate in only one or two of the disciplines.





LAKE ESMOND SERIES

Lake Esmond Series is one of our main events

5 RACES

RACE 1 SUN 19th November 2023

RACE 2 SUN 3rd December 2023

RACE 3 SUN 4th February 2024

RACE 4 SUN 18th February 2024

RACE 5 SUN 17th March 2024



2 DISTANCES

Sovereign: 375m swim / 7km bike / 1.5km run

Eureka: 750m swim / 14km bike / 3km run

You are welcome to shorten distances or only participate as a duathlon (e.g. skip the swim and do a run-bike-run, or bike-run), we simply want people to get involved and have fun!

ENTRY

Members: FREE

Non-members: \$30



EVENT DAY OVERVIEW

Start Location & Transition: Larter Street (Lake Esmond)

Parking: Available on Later Street, and nearby streets

Arrival & transition setup: 9:30am

Event briefing and race start: 10:00am

Post event wrap and spot prize draw: when all participants have finished



LAKE ESMOND SERIES

WHAT IS PROVIDED

- Public toilet access
- Water safety provided with marshal in kayak
- Marshalled bike course ****NOT CLOSED TO TRAFFIC ****
- Bike racking
- Timing
- Gear tubs

WHAT YOU SHOULD BRING

- Swimmers
- **Wetsuit****
- Bike
- Helmet
- Towel
- Goggles
- Swimming Cap
- Runners

**** we recommend a wetsuit. You will see all club members will be wearing one. ****

MORE INFORMATION

Entries close 6pm the night before the event.

Minimum participants are required for event to go ahead.

Any admission fees will be refunded if event is cancelled.

Not suitable for children under 12.

To ensure everyone's safety children aged 12-18 must seek approval from the club before participating. Please refer to following page on youth participants and make contact with the club for more information.

Photos and times for the event will be posted on public social media. If you do not wish for your images or times to be posted please notify us.



LAKE ESMOND SERIES

YOUTH PARTICIPANTS (12 -18 Years Old)

Our junior events have been paused due to covid and while Lake Esmond is mainly aimed at adults juniors 12-18years old can join in with the below restrictions. We want to involve the younger members of our community while ensuring their safety.

First time participants are required to:

- Submit a swimming time for 400m swim, and
- Bring along a mountain bike and a road bike if you have both. The mountain bike will be utilised for riding within the park. The road bike can then be used after the race for a quick trial with an existing member to assess if the participants is approved by the club to ride on the open road in future events
- OR provide sufficient evidence of previous triathlons with open water swimming and open road riding
- Bring a wetsuit (compulsory for juniors in open water swim)

We are a Child safe club. Please download the policy [here](#).

If you or your child is interested, please feel free to come along and watch an event so you can see how it runs.



LAKE ESMOND SERIES



| | Swim | Bike | Run |
|------------------|---------------|--------------|----------------|
| Sovereign | 1 lap (375m) | 3 laps (7km) | 2 laps (1.5km) |
| Eureka | 2 laps (750m) | 6 (14km) | 4 laps (3km) |



TRAINING

CLUB TRAINING

We encourage you to come along to some of the Lake Esmond event and make connections with members, that way you can make personal arrangements for ongoing training. Some of the members seek training through individual sporting clubs we listed a few local options below to get you started.

LOCAL SPORTING CLUBS

SWIM SQUADS

- [Ballarat Gold Swimming Club](#)
- [Ballarat Swimming Club](#)
- [Ballarat Masters](#)
- [GCO](#)

RUNNING

- [Rod Griffin Running Squad](#)
- [Athletes Foot](#) e: runclub@tafballarat.com.au
- [The Tann Clan Ballarat](#)
- Nev Running group: 0428337567 Level 4 distance coach
- [Wendouree Athletics Club](#)
- [Ballarat Park Run](#)
- [Eureka Athletics](#)
- [Ballarat YCW](#)
- [Ballart Harriers](#)

CYCLING

- [Ballarat Sebastopol Cycling Club](#): bscc_road@hotmail.com