



GOLD COAST TRIATHLON

LUKE HARROP MEMORIAL



AUS TRIATHLON

AUSTRALIAN CHAMPIONSHIP

SPRINT



5 & 6 April 2025



20 25 TRIATHLON
Age Group Team
QUALIFYING RACE

WELCOME MESSAGE



Thank you for signing up to take part in the Pho3nix Gold Coast Triathlon.



As a passionate advocate for triathlon for over 30 years, I know it is vitally important to give our kids and community opportunities to get involved in an active lifestyle. The Pho3nix Foundation is a sport not-for-profit established by Polish businessman Sebastian Kulczyk to assist and inspire children to engage in sport so they can live healthy and full lives.

More than half a million children have now participated in a Pho3nix Kids program across nine nations on three continents since its inception, supporting the Pho3nix Foundation's goals to bring sport to kids all over the world.

Programmes in Switzerland, Spain and the UK are headed up by dual Olympic medallist Nicola Spirig, dual Olympic champion Alistair Brownlee through the Brownlee Foundation, and 7-time world champion Javier Gomez. We are proud to continue partnering with The Event Crew to help get Aussie kids outdoors and active – and there's no better way than to swim, bike and run with their friends.

Check out all we do @pho3nixfoundation and visit the [Pho3nix Foundation](https://www.pho3nixfoundation.com) website for more information and to donate.

Welcome to the Pho3nix movement.

Chris McCormack
4x triathlon world champion, Pho3nix Foundation board member

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EVENT TIMETABLE

SATURDAY 5 APRIL

Time	Activity
6.00am	Pho3nix Kids Triathlon Event Check In & Expo Opens
6.00am	Pho3nix Kids Triathlon Transition Opens
7:15am	Pho3nix Kids Triathlon Check In Closes - ALL ages
7.20am	Pho3nix Kids Triathlon Transition Closes - ALL ages
7.30am	7-9 years wave starts
8.10am	10-11 years wave starts
8.20am	Bike Collection for 7-9 years commences
8.30am	12-14 years wave starts
8.50am	Bike Collection for 9-11 years commences
9.00am	10 years+ 1km Fun Run starts
9.10am	9 years and under 1km Fun Run starts
9.15am	Pho3nix Kids Events Finish
9.30am	Bike Collection for 12-14 years commences
2:00-4:00pm	Event Check In Open & Optional bike racking (for Sunday Events)

SUNDAY 6 APRIL

5:00am	Event Check In, Bike Racking & Expo Opens
5:00am	Roads Closed at various times from 5am
6:00am	10km & 5km Race Start
6:25am	Event Check In Closes all distances
6:40am	Transition Closes all distances
6:40am	Sprint Races Start - <i>wave starts published race week</i>
7:50am	Enticer Races Start - <i>wave starts published race week</i>
9:15am	Transition Opens for Bike Collection (<i>approx.</i>)
9:30am	Event Presentation (<i>approx.</i>)

Acknowledgment of Country

We acknowledge and pay respects to the Yugambah people of the Gold Coast and all their descendants both past and present.



We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community.

WELCOME TO THE 2025 PHO3NIX GOLD COAST TRIATHLON - LUKE HARROP MEMORIAL

The Phon3ix Gold Coast Triathlon-Luke Harrop Memorial holds a special place in the hearts of so many triathletes.



Losing Luke in 2002 while he was on a training ride was tragic for the Harrop family, as well as Luke's friends and fellow athletes.

Today, 23 years after his passing, this event celebrates his life and offers a great pathway for young triathletes entering the sport as well as hundreds of age-group competitors. Many of these competitors knew Luke and have kept in touch with the Harrop family, through his sister Loretta who won triathlon silver at the 2004 Olympics.

The Gold Coast has a proud history in the sport of triathlon. Today's competitors are tomorrow's champions on the national - and global - stage.

On behalf of the city, I pass on our thoughts to the Harrop family and wish officials, volunteers, sponsors and competitors a great weekend here on the Broadwater. Let's do it for Luke.

Tom Tate
Gold Coast Mayor

DISTANCE & LAPS



SATURDAY EVENTS	SWIM	CYCLE	RUN
PHO3NIX KIDS TRIATHLON 7-14yrs	100m 1 lap	1.2km 2 laps	500m 1 lap
PHO3NIX KIDS DUATHLON 7-14yrs	100m Run	1.2km 2 laps	500m 1 lap
PHO3NIX KIDS AQUATHLON 7-14yrs	100m 1 lap	-	500m 1 lap
PHO3NIX KIDS FUN RUN 3-14yrs	-	-	1km 1 lap

SUNDAY EVENTS	SWIM	CYCLE	RUN
SPRINT TRIATHLON 14yrs+	750m 1 lap	20km 3 laps	5km 2 laps
ENTICER TRIATHLON 12yrs+	300m 1 lap	6.7km 1 lap	2.5km 1 lap
GOLD COAST 10 FUN RUN 12yrs+	-	-	10km 3 laps
GOLD COAST 5 FUN RUN 7yrs+ (U12 must be accompanied by an adult)	-	-	5km 1 lap



PHO3NIX
KiDS
TRIATHLON
by
Chris McCormack

PHO3NIX KIDS EVENT INFO

FREE KIDS EVENT

Thanks to our event partner Pho3nix Foundation we are proud to host and run FREE kids events for all children aged 7-14 years.

For kids who don't like to swim or ride, we're happy to offer duathlon and aquathlon options as well as a 1km fun run.

WHAT DISTANCES ARE AVAILABLE?

- **Triathlon:** 100m Swim/1.2km Bike/500m Run
- **Duathlon:** 100m Run/1.2km Bike/500m Run
- **Aquathlon:** 100m Swim/500m Run
- **Fun Run:** 1km

WHAT DO THE KIDS WEAR

There is absolutely nothing fancy needed in order to take part in one of our kids events. Most children will participate in their swimmers and a pair running shoes. All children will be provided with a swimming cap for the swim and a tshirt which we ask them to wear during the bike and run.

BIKES AND HELMETS

The only requirement we have on bikes is that they have fully functioning brakes and closed plugs in each end of their handlebars.

Helmets are compulsory and must meet the Australian safety standard. All helmets must be clipped up and worn into transition on event day so one of our race officials can check it meets these requirements.

ARE THERE MEDALS?

Each child who takes part in one of our kids events will be awarded a finishers medal when they cross the finish line. As this free event is for fun and participation, there are no awards or presentations for category placings.

IS THE EVENT TIMED?

As this free event is for fun and participation, there is no timing on any race or distances for our Pho3nix Kids events.



GOLD COAST TRIATHLON

LUKE HARROP MEMORIAL

GENERAL EVENT INFO

I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers (eKit) and Event Information emails will be emailed out on Thursday of race week.

Prior to this please read this event manual and stay up to date via social media.

COLLECTION OF YOUR RACE PACK

Once you receive your race number, simply save a screenshot of your race number and bring with you on Saturday or Sunday during Event Check-In times - this is what you need to collect all your event gear. If you haven't received it just check out the alphabetical list on the Event Information board at the event site or see the Help Desk.

TEAM INFORMATION

- All team members need to wear the provided timing chip on the left ankle.
- Change over point for the timing chip is at the cyclist's bike.
- The race number bib is to be worn by the runner only.

BAG STORAGE

Participants will receive a numbered bag tag coinciding with your race number in your Participant Pack which must be fixed to your bag before dropping it off. We also advise that though we provide this service for your convenience, you leave your belongings at your own risk. The Event Crew takes no responsibility for any lost or stolen items.

TRANSITION INFO

Transition is where you need to place your bike and change over between the swim / bike / run.

Setup in Transition: find the bike rack allocated for your category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Remove any non-race equipment.

Familiarise Yourself: check the start & finish points to transition.

Transition Access: only competitors are allowed in transition. Jumping transition fences will lead to disqualification.

THE VENUE AND PARKING

The event is located at Mitchell Park in Southport. Parking in the surrounding area is limited. Recommended parking at Broadwater Parklands, Australia Fair or Nind Street.

Refer to council parking signs as all parking regulations will still apply throughout the event.

SUNDAY ROAD CLOSURES

- Marine Parade - between Burrows St & Brisbane Rd, 5am-11am
- Gold Coast Hwy Northbound - between Brisbane Rd & North St, 5am-11am. Vehicle crossings at Broad St & Robert St
- Marine Parade - between Central St & Gold Coast Hwy, 5am-12pm
- Gold Coast Hwy Southbound - between Brisbane Rd and North St, 5am-12pm



COMPETITION RULES

AusTriathlon is the sanctioning body of this event and therefore all [Triathlon Australia rules apply](#).

SWIM

If you are a slow or not a confident swimmer, please start at the back. If you need any assistance during your swim leg, please raise your hand and call for one of the lifeguards. If you choose to warm up before your race you must do this away from the race area.

BIKE

- Roads will be closed for the cycle leg; however you must stay alert for official and emergency vehicles. Please be cautious around other cyclists and keep left at all times unless overtaking. This is a non-drafting event.
- No blocking [see rules for more info](#)
- No drafting [see rules for more info](#)
- Upper torso must be covered at all times during the ride.
- Helmet must be on and done up before you touch your bike and you must rack your bike before undoing your helmet

RUN

- There are drink stations along the run course so please make use of these to ensure proper hydration.
- Please keep left on the run course Upper torso must be covered at all times during the run.

CODE OF CONDUCT

In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, the Qld Tri Series has implemented a code of conduct. Repeated or serious breaches of this code may result in disciplinary actions including exclusion at future events and the disqualification.

WHAT TO BRING

SWIM

- Goggles
- Swim suit / tri-suit
- Sunscreen
- Swim cap (provided)
- Timing chip (provided)

BIKE

- Bike
- Bike shoes or running shoes
- Helmet
- Bike pump
- Spare tube / tyre lever (optional)
- Drink bottle

RUN

- Running shoes
- Socks
- Hat/ sunglasses
- Race number bib (provided)
- Race belt or pins to attach bib

WHAT NOT TO BRING

Please leave all headphones at home - we have an insurance and safety requirement that you can hear event marshals and volunteers at all times. Headphones will be removed if seen.



GENERAL EVENT INFO

Welcome to the all-new sunrise Gold Coast 10 and Gold Coast 5 events, starting and finishing on the lawn in the Broadwater Parklands

The event will start on sunrise at 6am and utilize the cool early Autumn condition and the super fast, flat highway road surface.

Every entrant will also receive a finisher gift of a branded drink bottle.

10KM COURSE

The 10km event is a three lap run course, starting on the Fisherman's Lawn and finishing inside the parklands under the Gold Coast Tri finish line. The first lap of the run is 5km utilising the fast, flat highway road surface before turning in the park and heading out for two waterside laps up Marine Parade and back. Drink stations will be located at 5km, 7.5km and the finish.

5KM COURSE

The 5km event is a one lap run course, starting on the Fisherman's Lawn and finishing inside the parklands under the Gold Coast Tri finish line. The run is 5km utilising fast, flat highway road surface.

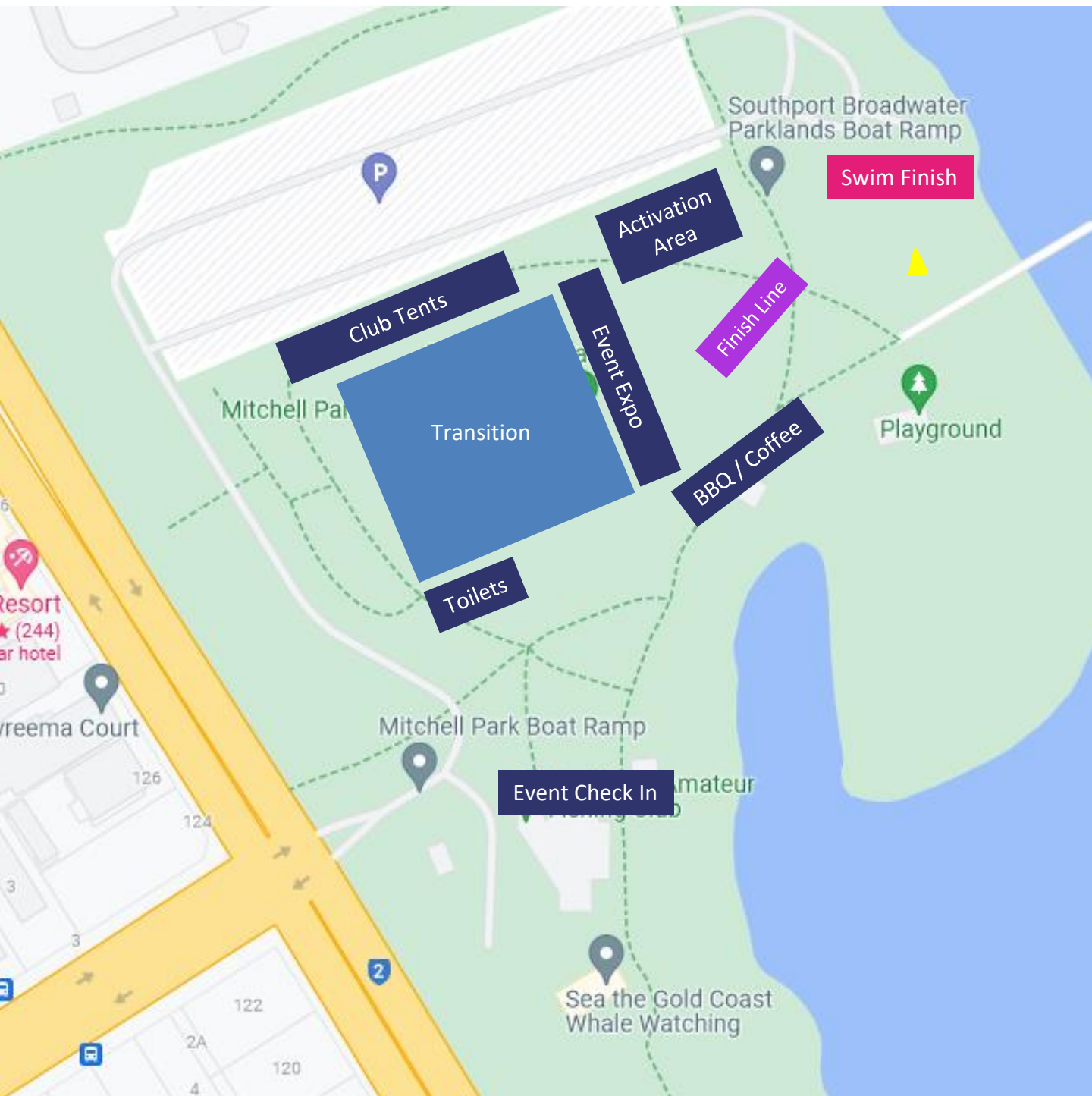


Image: www.art-work.com.au

KIDS EVENT

Note that there is a free kids 1km dash along with other free kids events on Saturday 6th as part of our Saturday Pho3nix Gold Coast Tri Kids Program. Bring them along and also collect your race timing band and bib at the same time.

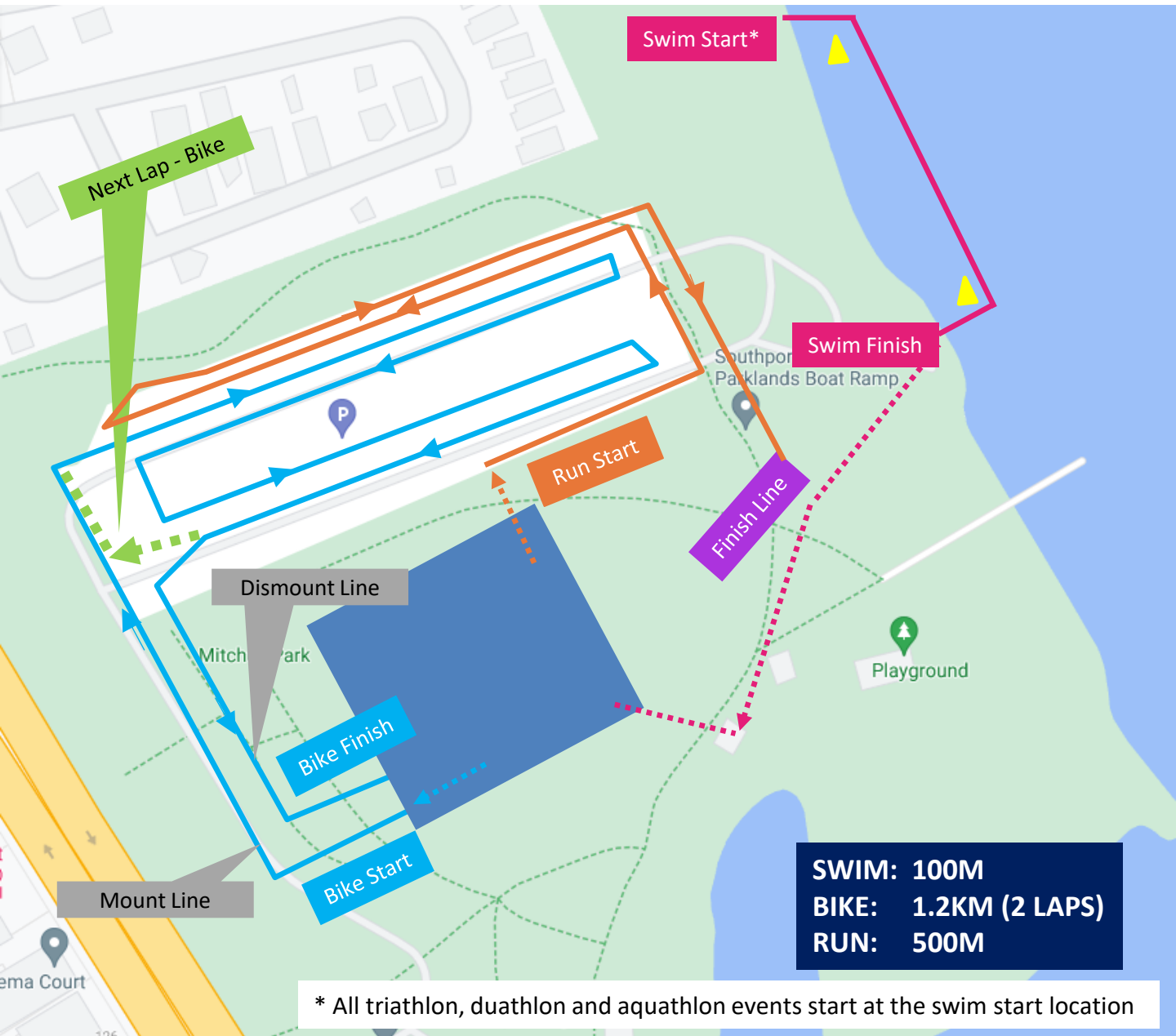
VENUE MAP



* There is no onsite parking. Please park in surrounding area according to signed council instructions



PHOENIX KIDS TRIATHLON





PHO3NIX KIDS 1KM FUN RUN



TRANSITION FLOW





BIKE

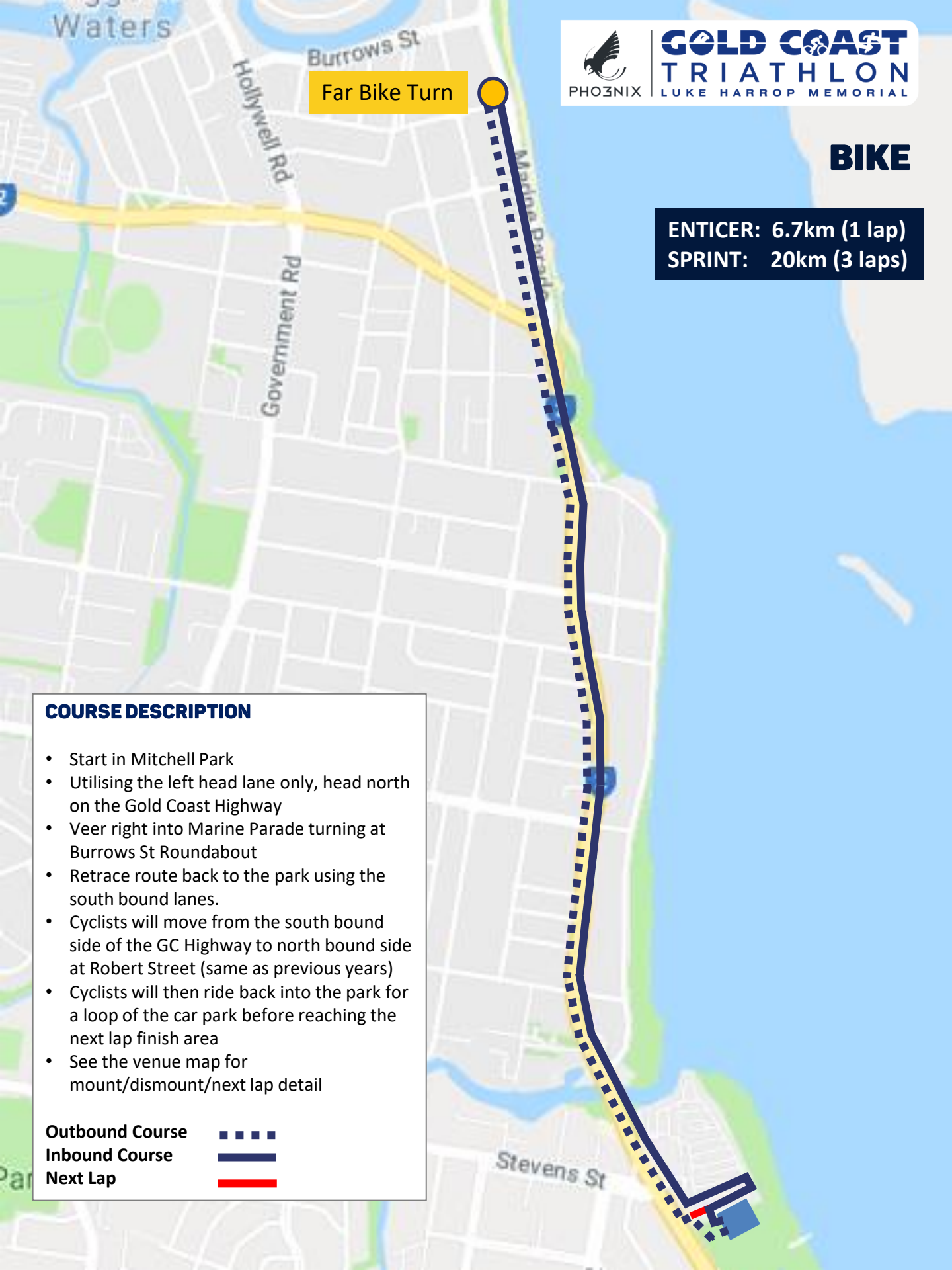
ENTICER: 6.7km (1 lap)
SPRINT: 20km (3 laps)

Far Bike Turn

COURSE DESCRIPTION

- Start in Mitchell Park
- Utilising the left head lane only, head north on the Gold Coast Highway
- Veer right into Marine Parade turning at Burrows St Roundabout
- Retrace route back to the park using the south bound lanes.
- Cyclists will move from the south bound side of the GC Highway to north bound side at Robert Street (same as previous years)
- Cyclists will then ride back into the park for a loop of the car park before reaching the next lap finish area
- See the venue map for mount/dismount/next lap detail

Outbound Course	■ ■ ■ ■
Inbound Course	▬
Next Lap	▬



Far Run Turn



RUN

ENTICER: 2.5km (1 lap)

SPRINT: 5km (2 laps)

COURSE DESCRIPTION

- Athletes will head out of transition and into the Mitchell Park carpark before turning right onto the Gold Coast Highway
- Turn right into Marine Parade and head up Marine Parade turning just before Central Street
- Retrace route back to Mitchell Park the run will head onto the footpath on the northern side of Mitchell park before reaching the end of the lap/finish shoot at the water side end of the park.
- Sprint athletes will make a right turn and head back out for their second lap or those finishing will head towards the finish line.
- See the venue map for next lap / finish detail

Outbound Course



Inbound Course



Next Lap





GOLD COAST 10

10KM

3 LAPS TOTAL

Lap 1: 5km ———
Laps 2-3: 2.5km ·····

5KM

Lap 1: 5km ———

Lap 1 Turn
all distances

Lap 2 & 3 Turn
10km only

Next Lap / Finish

COURSE DESCRIPTION

- Start in Mitchell Park
- Utilising the left hand lane only, head north on the Gold Coast Highway
- Uturn just before Brisbane Road and retrace route back to the park using the south bound lanes.
- Once inside the park, 10km athletes will make a right turn and head back out for their second lap or those finishing will head towards the finish line.
- Turn right into Marine Parade and head up Marine Parade turning just before Central Street
- Retrace route back to Mitchell Park the run will head onto the footpath on the northern side of Mitchell park before reaching the end of the lap/finish line at the water side end of the park.

