

*Celebrating 20 years of
Women's Triathlon
in Bunbury*



**SOUTH32 Bunbury
Women's
Triathlon**

*Sunday 16th November 2025
South West Sports Centre*

*Participants
Information Booklet*

A message from the Event Director – Susanne Williams

The iconic **Bunbury Women's Triathlon** is celebrating 20 years, proudly sponsored once again by South32, the 3rd year of a 4 year partnership.

The South32 Bunbury Women's Triathlon features two events, the Enticer Distance and Sprint Distance. Whether it is your 1st or your 20th, this event is always a positive experience and exceeds your expectations. The aim of our Women's Triathlon is to encourage, empower and embrace all ladies of all ages to say **I AM A TRIATHLETE**.

Let this be your year to be fit, healthy and happy within yourself and achieve your goals. Triathlon is a challenge that everyone can conquer. Do it by yourself, with your daughter, with your friends, sisters, or with your work colleagues. The emotion and the satisfaction of crossing the finish line is immeasurable and amazing.

The swim is at the South West Sports Centre 50m pool, the cycle is under closed road conditions around the playing fields, past the pavillion and onto Parade Road. The run course will be at Hay Park. The run will be a mixture of grass and hard surface, to please the majority.

In the interests of safety, the Committee reserves the right to make changes to the course as is deemed necessary. The event briefing which occurs before the start contains the information you will need, please ensure you are ready to listen to instructions, on the day.

Be sure to enjoy your day and cross that finish line with a smile. Be proud of your achievement today, for you are a TRIATHLETE. Consumer warning: this sport is known to be addictive!



A message from Pine Pienaar, Vice President Operations, South32 Worsley Alumina

South32 Worsley Alumina is excited to announce its sponsorship of the 2025 Bunbury Women's Triathlon. This inspiring event is designed to encourage and empower women of all ages to take on the challenge and proudly declare, 'I am a triathlete.'



At South32, we are dedicated to supporting our local communities in meaningful ways. We believe in the importance of fostering opportunities that promote health, confidence, and community spirit. We are proud to be a part of the 2025 Bunbury Women's Triathlon, continuing our commitment to empowering women and strengthening our community. Join us in celebrating this fantastic event and the incredible women who will participate.



Event Location

South West Sports Centre, Hay Park, Bunbury.

Parking

Available at the southern carpark behind the SWSC Badminton Centre and around near the tennis/netball courts. Also, please note road closures (Wimbledon Way and Socceroo Drive) will be in place between 7am and 10:30am. If parked within event boundaries you will be restricted from leaving the event until the roads are open again.

Distances

Enticer Distance

Swim 200 metres

Ride 8 km (4 laps)

Run 2 km (2 laps)

****Participants must be a minimum 12 years of age to enter the Enticer Distance triathlon.**

Sprint Distance / Teams

Swim 300 metres

Ride 12 km (6 laps)

Run 3 km (3 laps)

****Participants must be a minimum 14 years of age to enter the Sprint Distance Triathlon.**

Key Event Times

Saturday 15th November 2024

2pm to 4pm - Water Polo Clubrooms SWSC - Event Pack Collection. Please try to attend at this time, it's a great chance to ask any final questions, and helps keep the event flowing smoothly on Sunday morning

Sunday 16th November 2024

6.15	Event Pack Collection
6.15	Transition Opens / Helmet Checks
7.00	Transition Closes / Briefing both distances
7.15	Waves Commence Sprint Distance / Teams / Enticer Distance
10.00	Presentations & Raffle Draw (estimated time only)

Registrations

Registrations close midday, Friday November 14th, 2025. *Please note participant numbers are capped and event organisers reserve the right to close registrations early.*

Teams

Once again, we have created an option of completing the Sprint Distance as a team. Minimum 2/ Maximum 3 persons per team. This means you can share your triathlon journey by completing one or two legs of the *South32 Women's Triathlon* with a friend.

The distance is 300m Swim/ 12km Cycle/ 3km Run.

Hydration and Athlete Recovery

Staying hydrated is an important part of your event and recovery. Please plan ahead and bring a few drink bottles on the day – for example, one for transition, one for the bike, and one for after the event. You are also welcome to carry a small drink bottle on the run/walk if you wish.

There will be an Aid Station on the run course. In support of our sustainability goals for the event, we encourage participants to BYO (bring your own) water bottle if you think you will need a drink during the run/walk. You may carry your own bottle or leave a clearly labelled, pre-filled bottle at registration before the race start — we will transport it to the aid station for you to collect during your run.

To ensure everyone stays safe and hydrated, there will be a limited supply of water in compostable cups available at the aid station if you find yourself needing water and you had not planned for it.

The AQWEST Rehydration Station will be located near the finish line where you can refill bottles throughout the day. After your event, enjoy a selection of light recovery foods — and don't forget to treat yourself to a well-deserved post-race coffee (pay your own way) from the onsite coffee van!

Let's all do our bit to reduce waste while keeping everyone healthy, safe, and hydrated.



Bag Drop

Please remember bags are not permitted in Transition once Transition is closed. An unsupervised bag drop zone will be available or please leave your valuables with your supporters. The Bag Drop will be near Transition at the SWSC nearest the pool entry to swim start. The Event is within the fenced area at the SWSC.

Cancellation & Withdrawal Policy

This year we are offering the option of a part refund if you are unable to compete in the event. A full refund is not possible due to administration fees that apply to all participants. Registrations are non-transferable.

Participants confirmed in the event who wish to withdraw, must do so in writing to the event office via email to [Bunbury Tri Women's Committee](#). If you do not receive a response from the event office within 7 days of request, it should be assumed that it has not been received and you should contact us by phone 0423 145 858.

Upon confirmation of this request, athletes may be eligible for a partial refund of their entry fee (details below):

- Up to 50% refund on entry fee may be provided if the participant withdraws on or before midnight 29th October 2025
- After this date, without exception - no refunds will be provided.

Race Roster Fees paid at the time of entry are non-refundable at any time.

List of costs that cannot be recovered by Women's Triathlon organising this event for 2025:

- Administration fees (Race Roster)
- No refund will be offered on any purchases of merchandise

Merchandise

Order online when you register or through our Race Roster :[Event Page](#)

You must be a registered participant to order merchandise.

Place your T-Shirt orders by 28th October.

	
T-shirt Quick Dry, UV protection fabric	Running Cap
\$35	\$16.50

Free Training Program:

An 8-week, self-paced training program is on offer. Commencing 22nd Sept. Includes weekly training plan emailed to participants and 8 swim sessions held at the South West Sports Centre \$35 / 8 weeks (Triathlon Australia trial membership/insurance fee)*.

Registration for the training program will commence in September, you must register for the 8week Triathlon Australia trial membership to participate in the training program. Details and invitation to join to follow in September.

Swim session will be led by Bunbury Tri Club foundation coaches, pool entry fee is not included. Not a strong swimmer? That's OK, we are here to help.

Come along and get some useful triathlon tips and meet more women just like you.

*The 8 Week trial membership entitles you to participate in Bunbury Tri Club duathlons (run / ride / run) for free and any other triathlon event at a discounted price during that period.

Top Training Tips

POOL - Get in the pool, swim a lap, have a rest, and repeat!

BIKE - Choose what distance you want to ride, and then ride at a speed that you feel comfortable with for the entire distance! Experiment with the gears, you may want to use them on event day. The course is flat, but it can be breezy. It's far better to start the ride in an easy gear then change up once you're underway.

RUN - Start slowly, run and then walk, then slowly build up to the distance and the speed you want to run! Perhaps join in with your local *Parkrun*, and start with a run, walk, run..

Tips for your event

- Prepare your equipment on Saturday and check it - twice.
- Good sports bra under your swim wear or Tri Suit.
- Swim caps are compulsory, we will provide you with one. It's a safety requirement and your hair is like a mop when it's wet. Caps help you move more smoothly through the water
- Consider Elastic Lock Laces in Shoes for ease of slipping jogggers on.
- Check your helmet fits correctly – one finger comfortable between chin and helmet strap.
- Wear your T-shirt over your swim wear on the bike and run.
- Hat or Visor for Run leg.
- Bike Seat comfortable.
- Rack your bike by hooking seat over pole.
- Bright coloured small towel (hand towel) to mark your spot in transition.
- On the day use the run cones to help you through - run a cone walk a cone if you need.
- On the Cycle leg, lift your bottom off your seat over speed humps.
- Wear your timing band on your left ankle to avoid it getting caught on your chain guard.

What to Bring

TRANSITION/Set Up	SWIM	BIKE	RUN
<ul style="list-style-type: none">• Timing chip **• Small towel• Drink bottle• Sunscreen• Jumper (it can get cool before and after the event)• Bike pump	<ul style="list-style-type: none">• Swim cap **• Swimsuit or tri-suit• Goggles• Swim Aid: noodle, kick board, snorkel etc (no fins allowed)	<ul style="list-style-type: none">• Bike (any functional bike will do!) *• Shoes• Helmet - compulsory*• Drink bottle• Sunglasses• Spare tube / tyre lever• Bike gloves• T-shirt & shorts to cover bathers (recommended)	<ul style="list-style-type: none">• Shoes*• Socks• Cap / visor• Sunglasses

** Mandatory items, they are provided in your event kit.

* Essential

What not to Bring

Please **leave all headphones at home** – It is more fun to cheer on your fellow ladies around you, we also have insurance and safety requirements that must ensure you are able to hear event marshals and volunteers at all times. Headphones and ear buds will be removed.

What is Transition?

Transition is where you place your bike and change over for the swim-bike and bike-run legs of the event.

- **Set-up in transition:** Find the bike rack allocated to your distance category, place your bike on the rack and set up your event equipment next to your bike. Use a brightly coloured gym towel to identify your spot. Put your bike in to an easy gear for starting. Be sure to take any non-event equipment to the Bag Drop area.
- **Familiarise yourself:** Check the start and finish points to transition. Make sure you know the course before you come to the event. Failure to follow the designated course may result in personal injury or accident, you do so at your own risk.
- **Transition access:** Only competitors are allowed in transition area once event starts.
- After you finish your event please remain outside of transition area, if you need your water bottle enter transition when safe, collect it and exit immediately. To make the day safe and fair for all due to a staggered start, bike collection will only be available when the announcement is made that bike collection is available.

Key points to remember for Participants

In the event a fellow participant needs assistance, the nearest able-bodied participant is required to assist until such time that suitable help arrives.

Swim Leg

- If the Pool Warning Siren goes off, exit the pool immediately.
- If in discomfort, raise your hand and assistance will be provided.
- Keep to the left of the lane so a faster swimmer can pass as required

Transition

- Your Helmet must be fastened under chin before un-racking your bike. On conclusion of the ride leg, your bike must be placed back on the rack before unclipping and removing your helmet.

Ride Leg

- Please **cross over** the mount line before mounting your bike to start riding. Please dismount your bike **before** crossing over the dismount line to conclude the bike leg.
- STAY LEFT – If you need to overtake please do so on right side of cyclist and call out “Passing on your Right”
- DO NOT OVERTAKE ON CORNERS OR TURNS and NEVER PASS ON THE LEFT OF A RIDER
- Please ride single file unless overtaking and keep a safe distance behind riders to avoid collision.
- The instructions of traffic marshals must be followed at all times.
- Headphones of any kind are NOT permitted, for a safe environment. Includes ear buds

Run Leg

- Please be mindful that the entry and exit path from the SWSC has loose gravel
- Follow the cones and signs.
- Headphones of any kind are NOT permitted. Includes ear buds

Event map:



Contact us: Email: bunburywomenstri@bunburytriclub.com. Follow us on [Facebook](#)

2025 Committee: Cathie Keogh, Lee Fazzolari, Susanne Williams, Brooke Bishop, Nancy Warnock Bruce Holmes and Jayde Ranieri

This event would not be possible without the sponsorship of our local businesses. Bunbury Triathlon Club would like to acknowledge them all and encourage you to support them.

