



# 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](#) website for more information and to donate.

Welcome to the Pho3nix movement.

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

**mana.**

# Acknowledgment of Country

*We acknowledge and pay respects to the Yugambeh 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.*



## SATURDAY 5 APRIL

## EVENT TIMETABLE

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	<b>Bike - Run (no swim), all ages. Meet at swim start area.</b>
7.35am	<b>12-14 years wave starts (Triathlon &amp; Aquathon)</b>
8.00am	Pho3nix Kids Fun Run Check In Closes - all ages
8.10am	<b>10-11 years wave starts (Triathlon &amp; Aquathon)</b>
8.20am	Bike Collection for 12-14 years commences
8.30am	<b>7-9 years wave starts (Triathlon &amp; Aquathon)</b>
8.50am	Bike Collection for 9-11 years commences
9.15am	<b>10 years+ 1km Fun Run starts</b>
9.25am	<b>9 years and under 1km Fun Run starts</b>
9.35am	Pho3nix Kids Events Finish
9.35am	Bike Collection for 7-9 years commences
2:00-4:00pm	Event Check In Open & Optional bike racking (for Sunday Events)
<b>SUNDAY 6 APRIL</b>	
5:00am	Event Check In, Bike Racking & Expo Opens
5:00am	Roads Closed at various times from 5am
6:00am	<b>10km &amp; 5km Race Start</b>
6:25am	Event Check In Closes all distances
6:40am	Transition Closes all distances
6:40am	<b>Sprint Races Start</b> - wave starts published race week
8:12am	<b>Enticer Races Start</b> - wave starts published race week
9:30am	Transition Opens for Bike Collection (approx.)
9:45am	Event Presentation (approx.)

## WELCOME MESSAGE

The Gold Coast is a city on the move, working hard to attract the biggest and best sports festivals on offer.



Topping the bill is the Pho3nix Gold Coast Triathlon, held in memory of former champion athlete Luke Harrop who we lost in 2002.

Luke's memory lives on through this two-day celebration of sport, attracting the best national triathletes as well as hundreds of junior competitors. At the heart of this festival is the spirit of mateship, and a shared love of triathlon.

I am delighted to see the Sunrise 5 and 10 running events added to the calendar, boosting participation and encouraging families to get involved in the Luke Harrop weekend.

I encourage everyone here for the weekend to stay a little longer and get out and about in Australia's favourite holiday playground.

**Tom Tate**  
**Gold Coast Mayor**

It is my pleasure to welcome you to the von Bibra Mitsubishi Gold Coast Running Festival, an event that truly captures the character and charm of the Gold Coast.



Supported by the Queensland Government through Round 28 of Tourism and Events Queensland's Destination Events Program, this event showcases the unique connection between our state's vibrant communities and the diverse regions they call home.

Events like the von Bibra Mitsubishi Gold Coast Running Festival bring people together, celebrate local culture and contribute significantly to the community's pride and economy.

While you're here, I encourage you to explore all that the Gold Coast regions has to offer - whether it's its scenic beauty, local flavours, or the warm hospitality that makes this part of Queensland so special.

A big congratulations to The Event Crew and everyone who worked hard to bring this wonderful event to life. Thank you for being part of the thriving Queensland Destination Events Program.

**Andrew Powell MP**  
**Minister for Tourism**

IT'S YOURS TO  
*experience*



# DISTANCE & LAPS



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

<b>SUNDAY EVENTS</b>	<b>SWIM</b>	<b>CYCLE</b>	<b>RUN</b>
<b>SPRINT TRIATHLON</b> 14yrs+	750m 1 lap	20km 3 laps	5km 2 laps
<b>ENTICER TRIATHLON</b> 12yrs+	300m 1 lap	6.7km 1 lap	2.5km 1 lap
<b>GOLD COAST 10 FUN RUN</b> 12yrs+	-	-	10km 3 laps
<b>GOLD COAST 5 FUN RUN</b> 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 which must be fixed to your bag before dropping it off. We advise that you leave your belongings at your own risk.

### WETSUITS

A provisional temperature measure will be taken and posted to the event info board in the park on Saturday 5th April, with a final measure then taken Sunday morning. Please check the Event Information board on event morning for a final decision. Please prepare for the possibility of a wetsuit optional swim.

### 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.

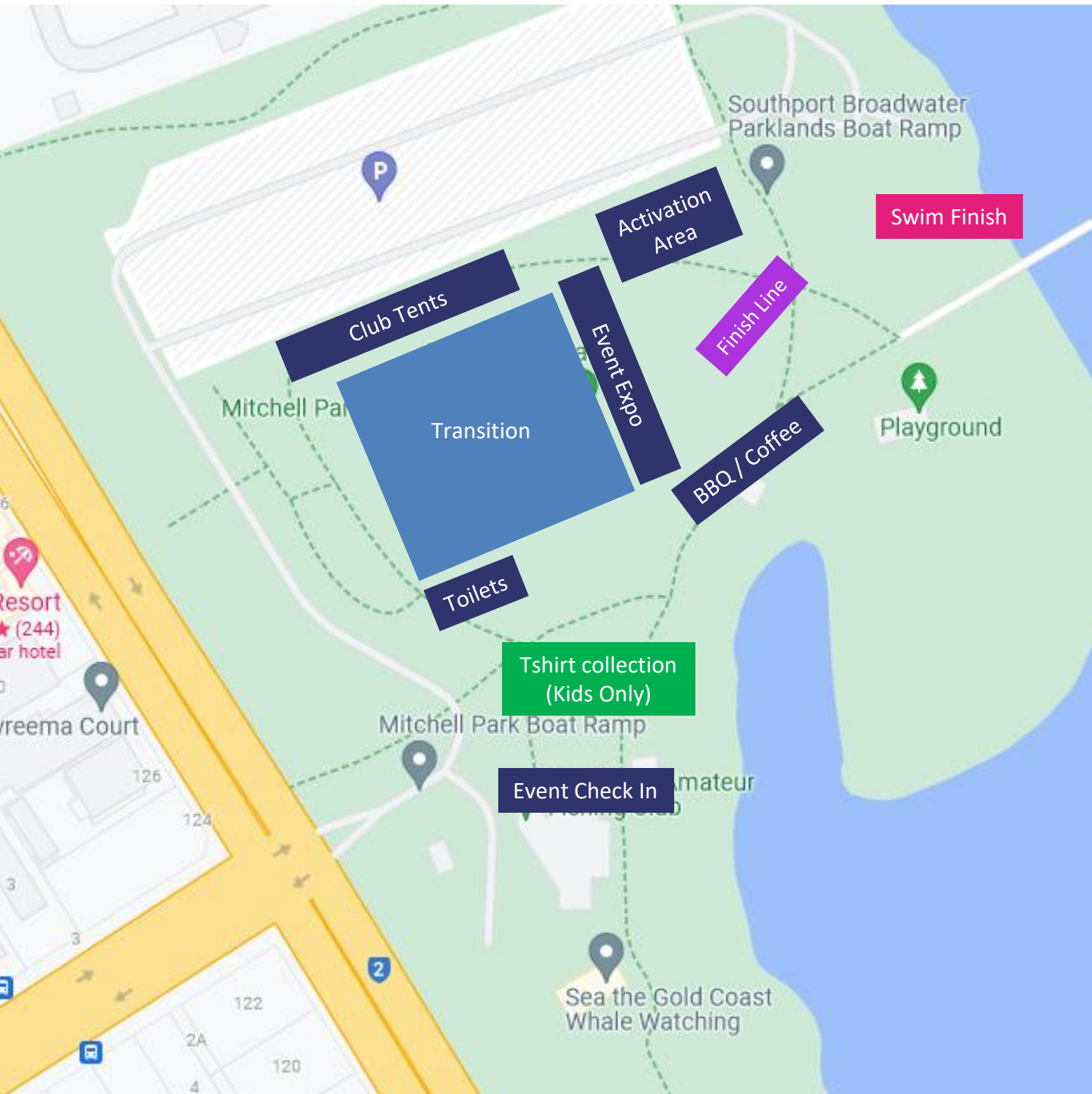


*Image: [www.art-work.com.au](http://www.art-work.com.au)*

### KIDS EVENT

Note that there is a free kids 1km dash along with other free kids events on Saturday 6<sup>th</sup> 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



**SWIM: 100M**  
**BIKE: 1.2KM (2 LAPS)**  
**RUN: 500M**

\* All triathlon, duathlon and aquathlon events start at the swim start location



# PHOENIX KIDS 1KM FUN RUN



## TRANSITION FLOW





# BIKE

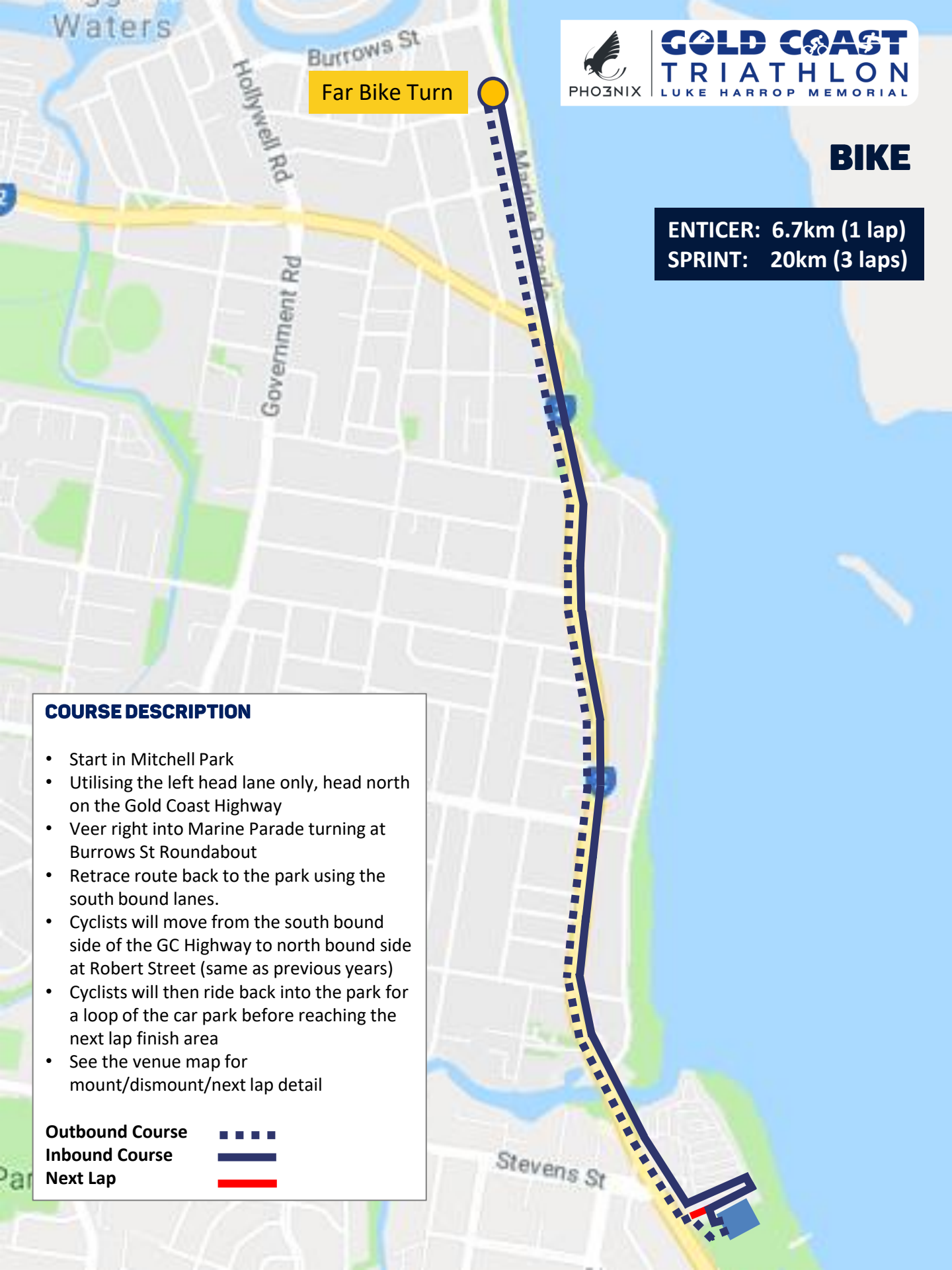
**ENTICER: 6.7km (1 lap)**  
**SPRINT: 20km (3 laps)**

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

<b>Outbound Course</b>	■ ■ ■ ■
<b>Inbound Course</b>	■ ■ ■ ■
<b>Next Lap</b>	■ ■ ■ ■





## 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.

