



# XTEERRA<sup>®</sup>

## DUNSBOROUGH



# EVENT PROGRAM

20 - 21 APRIL 2024 / DUNSBOROUGH / AUSTRALIA

A silver level event as part of the world's premier off-road triathlon series.



WESTERN AUSTRALIA





## WELCOME FROM: HON RITA SAFFIOTI MLA, DEPUTY PREMIER; MINISTER FOR TOURISM and HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT

The State Government is a proud sponsor of XTERRA Dunsborough through Tourism Western Australia's Regional Events Scheme (RES).

RES was established to support event holders across WA with the development of events to drive tourism to regional Western Australia. The scheme plays an important role in positioning the state's five tourism regions as exciting destinations to visit and great places to live by showcasing and promoting the host region's unique and diverse attractions.

A total of 65 regional events across WA have been funded through the 2023-24 RES, which also includes a \$250,000 funding pool for the Regional Aboriginal Events Scheme, which exclusively allocates funding to events delivering Aboriginal activities and experiences.

The State Government, through Tourism WA, is proud to sponsor these regional events, which help bring vitality to local communities and drive visitor spend, injecting millions into regional economies.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the State Government sponsoring a range of sporting, cultural, arts and culinary events across Western Australia through Tourism WA, to attract visitors to our state and encourage them to stay longer, disperse further and spend more while they are here.

We hope everyone enjoys this event and takes the time to explore the South West region.



HON RITA SAFFIOTI MLA  
DEPUTY PREMIER  
MINISTER FOR TOURISM



HON DON PUNCH MLA  
MINISTER FOR REGIONAL DEVELOPMENT

## THE MAYOR OF THE CITY OF BUSSELTON

On behalf of the City of Busselton, I welcome both spectators and participants to this year's XTERRA Dunsborough, as part of the XTERRA Global Series of premier off-road triathlon events.

The City is proud to continue its support of this event which provides opportunity to showcase the region. XTERRA attracts elite competitors from across the globe ranging in abilities and age, ranging from 4 years to 70 years.

Whether participating as an individual or in a team, the course will not disappoint. XTERRA Dunsborough has something for all ages and levels, which makes it uniquely special. New trail running races have been added to this year's program taking participants through WA's most picturesque coastline and renowned coastal trails.

While visiting, I encourage you to explore and discover the many delights our region has to offer. Busselton, Dunsborough and Yallingup are friendly, bustling towns offering great shopping, relaxed dining and fantastic entertainment.

Congratulations to event organisers. The name may have changed, but the prestige of participating in this event remains. All the very best to those participating. I hope you have a fantastic race day.



Mayor Phil Cronin  
City of Busselton

# WHERE DREAM EVENTS HAPPEN

Step into a dreamscape of wondrous events and embark on unforgettable adventures. Experience the Margaret River Region, Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

- Surf world-class breaks, watch migrating whales and be awed by other native wildlife.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Catch world-class waves with over 135 km of coastline and 75 breaks to choose from – there's a wave here for everyone.
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Picnic or camp among the karri trees in Boranup Forest and stargaze at an endless canopy of constellations at Injidup Natural Spa.
- Taste the flavours, hear the stories and learn the traditions of Wardandi Noongar culture on an Aboriginal tour.
- Walk a section of the 135km-long Cape to Cape Track, and spot sea creatures, beautiful wildflowers and magnificent coast along the way.
- Wander further and experience where the Southern and Indian Ocean meet at Cape Leeuwin Lighthouse, Australia's tallest mainland lighthouse.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.

Follow us at [@WesternAustralia](#) | [#WAtheDreamState](#)



WESTERN  
AUSTRALIA  
WALKING ON A DREAM

WESTERNAUSTRALIA.COM



# EVENT SCHEDULE

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## Thursday 18th April

3:15pm – 4:00pm XTERRA Clinic and Q+A run by Kate Bramley - Dunsborough Country Club

## Friday 19th April

3:00pm – 7:00pm Registration: all competitors

4:45pm – 5:45pm XTERRA Clinic and Q+A run by Kate Bramley - Dunsborough Country Club

6:00pm Competitor briefing for short course and kids' triathlons

## Saturday 20th April

7:00am – 9:00am Registration: Short Course only

7:30am Short Course transition areas open for equipment drop off (short course only)

9:30am / 9:35am XTERRA Short Course - RACE STARTS

11:00am – 6:00pm Registration: all races

1:00pm Kids' Course transition areas open for equipment drop off (kids course only)

2:00pm – 2:12pm XTERRA Kids - RACE STARTS

4:30pm XTERRA Groms - RACE STARTS

4:45pm – 5:30pm Social Trail Run lead by Dave Byrne & Blake Hose

5:00pm Presentations: Short course, Kids and Groms

5:30pm Competitor briefing for long course triathlon and trail runs

6:00pm Dinner available in the Country Club buildings

7:00pm Film showings by The North Face and XTERRA followed by Q&A - Country Club

## Sunday 21st April

6:30am Long Course transition areas open for equipment drop off (long course only)

6:30am – 8:30am Registration for Sunday's races

7:55am XTERRA 21km Trail Run - RACE START

8:10am XTERRA Long Course – AGE GROUP AND TEAMS RACE START

8:20am XTERRA 10km Trail Run - RACE START

11:30am PRESENTATIONS: for trail running events

12:30pm PRESENTATIONS: for long course triathlon

# RACE LOCATIONS

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The race operations are centred around 2 locations that are no more than 500m apart (easy walking distance)

- **Event centre, registration, T2 (MTB > run) and finish line. Trail run start & finish.** The event centre will be located on the 18th fairway on the Dunsborough Country Club, 40 Gifford Rd, Dunsborough.
- **Triathlon swim start and (T1 swim > MTB):** Adult races will start in the water at the Old Dunsborough Boat ramp at the end of Finlayson St. T1 will also be in the car park at the Old Dunsborough Boat Ramp,

# REGISTRATION

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All participants must collect your registration kit prior to your race start. Competitors do not necessarily need to collect their own registration kit in person. Friends, team mates and family members can collect items on your behalf.

The Registration Marquee will be located in the event expo on the 18th fairway near the Dunsborough Country Clubhouse.

## XTERRA Short course registration kit collection

- Friday 3:00pm - 7:00pm OR Saturday 7:00am – 9:00am

## XTERRA Kids' registration kit collection

- Friday 3:00pm - 7:00pm OR Saturday 11:00am - 1:30pm

## XTERRA Groms registration kit collection

- Friday 3:00pm - 7:00pm OR Saturday 11:00am - 4:20pm

## XTERRA Long course AND Trail Run registration kit collection

- Friday 3:00pm - 7:00pm OR Saturday 11:00am – 6:00pm
- Sunday: 6:30am – 8:00am - prearranged only



# COMPETITOR REGISTRATION KIT

Carrying these items on the appropriate leg is part of the race rules.

## TRIATHLON INDIVIDUAL COMPETITORS

Individual competitors in any triathlon race (long / short / kids) will receive the following:

- **1 x Swimming cap.** All swimmers must wear the swim cap provided during the swim leg. The colour of the cap will match the category and event you are racing in, as follows:
  - Long Course - Solos: Black Cap. Teams: White Cap
  - Short Course - Solos: Red Cap. Teams: White Cap
  - Kids' Course - Solos: Black Cap. Teams: Yellow Cap
- **1 x Run number plate.** This is your identifier during the run leg and must be worn for the duration of the run. We recommend attaching it to an elastic triathlon / race belt and putting it on immediately after the swim. The number must face forwards at all times.
  - COLOURS: Long course: black, Short course: white, Kids course: silver, Groms course: green.
- **1 x MTB number plate for your bike.** Attach number plate firmly onto the handlebars of your bike using the zip ties provided. Do not modify, cut or change it.
  - COLOURS: Long course: black, Short course: white, Kids course: silver, Groms course: green.
- **1 x Timing band.** Place around your ankle for the duration of the race and then hand back at the finish line. *NOTE: Timing bands must be returned after racing. Failure to return the band will result in a fee to you of \$100. Note: Timing band number may be different to your race number.*
- **2 x wristbands for Support Crew.** This allows entry to transition areas and denotes you as a support crew member. Each entrant will receive 2 wrist bands.
- **3x Wristbands.** There are 2x wrist bands for support crews (that allow access to the transition areas) and 1x to denote you as a competitor.
- **XTERRA towel.** For triathletes (teams and solos) who entered before 1st February.
- **XTERRA sweat bands.** For all kids and groms.
- **XTERRA tattoo.** For kids and groms - please place on your arm so visible during the event.

## TEAM COMPETITORS

Registration kits for all team members will be together in the one racepack under your team captains name, containing:

- **1 x timing band - for the swimmer.** Place around your ankle for the duration of your discipline in the race. The timing band is your relay baton and must go from team mate to team mate. *NOTE: Timing bands must be returned after racing. Failure to return the band will result in a fee to you of \$100. Note: Timing band number may be different to your race number.*
- **1 x swimming cap - for the swimmer.** Swimmers must wear the White Cap provided.
- **1 x run number plate - for the runner.** This is your identifier during the run leg and must be worn for the duration of the run. The number must face forwards at all times.
- **1x MTB number plate - for the mountain biker.** Please attach number plate firmly onto the handlebars of your bike using the zip ties provided. Do not modify, cut or change it.
  - COLOURS: Long course: black, Short course: white, Kids course: silver, Groms course: green.
- **Wristbands.** There are wrist bands for support crews (that allow access to the transition areas) and for competitors.

## TRAIL RUNNERS

Trail runners will receive the following:

- **1 x Run number plate.** This is your identifier during the run and must be worn on your outmost garment for the duration of the event.
  - COLOURS: 21km course: black, 10km course: cream
- **1 x wristbands.** To denote you as a competitor.
- **XTERRA socks.** For trail runners who entered before 1st February.

## TRIATHLON PLATES

Long Course



Short Course



Kids Course



Groms



## TRAIL RUNNER PLATES

21km trail run



10km trail run







# City of Busselton

## *Events Capital WA*

Welcome to XTERRA Dunsborough.

The City plays host to a diverse calendar of events all year round – food, film and wine festivals, adventure races, arts and crafts and everything in between.

It's fantastic to see so many keen competitors here for another year of action packed adventure in one of the most beautiful and pristine parts of the world.

It truly is where adventure meets nature!

Whether you are participating or spectating, enjoy the race and all that our region has to offer.

Photo credit: Rapid Ascent

[www.busselton.wa.gov.au](http://www.busselton.wa.gov.au)





# RACE HQ – THE DUNSBOROUGH COUNTRY CLUB

The friendly folks at the Dunsborough and Districts Country Club welcome the XTERRA event with open arms and are our hosts for the weekend.



## Race administration, expo area and finish line

The event centre - incorporating the event expo, race registration and finish line will be on the 18th fairway on the Country Club's golf course - located approximately 100m from the Country Club buildings. The T2 bike > run transition is immediately adjacent to the event centre.

## The Running Centre and Brooks expo stand

The Running Centre will have an extensive pop-up shop set up in the event expo area with a range of Brooks shoes to try and buy, a range of triathlon accessories, sports hydration and nutrition products and more. Make sure you drop past and say g'day to Sam and the TRC team and purchase what you need.



## Refresh Physiotherapy

Refresh Physiotherapy and Sports Clinic will be onsite supplying taping, massage and injury assessment on race days. Spots are limited so book online through their website [www.refreshphysio.com.au](http://www.refreshphysio.com.au) or call 9700 9024. Taping is \$25 and Massage or injury assessment \$50 for a 20 minute session.

## Ekoï cycling equipment

Simon Billeau from Ekoï will have an expo stall selling their world renowned helmets, eyewear and outdoor apparel.

## The Bike Shed expo stand - servicing & support

Dunsborough's local bike shop 'The Bike Shed' will be available to provide support and any last minute bike related items. Graham will be around the event at times or can be found at his shop at 1/10 Clark St, Dunsborough or contact him via (08) 9759 1495 or via [Facebook](https://www.facebook.com/bikeshed) if you need assistance with your bike.

## Maxiblock sunscreen

The event is kindly supported and supplied with Maxiblock Sunscreen that will be freely available throughout the event expo area. Make sure you stay protected with this dry touch, non-greasy sunscreen - born & bred under the Aussie sun.



## Event expo area entertainment

There will be an extensive range of food stands set up in the event expo area including: Petit Blue Cafe, The Melt Method, Ice Queen, Raw Juice and the Malay Islander Food Van. With DJ beats all weekend the place will be pumping!

## Event parking

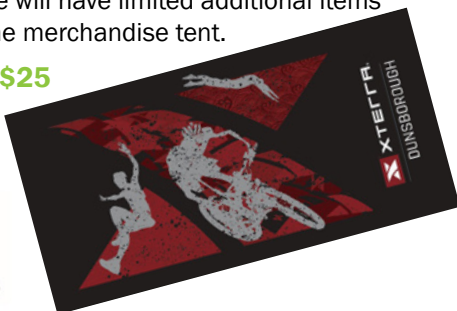
A considerable amount of event parking will be located on the fairways of the Country Club. Access off Chapman Street.

# EVENT MERCHANDISE

Please collect any pre-ordered merchandise when you register. We will have limited additional items for sale from the merchandise tent.

Towel \$25

Trucker cap \$30





# SOCIAL FUN AND ACTIVATIONS

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The following activities and activations are being conducted alongside the races and are open for anyone and everyone to attend.

## Triathlon clinics - Thursday and Friday afternoons

Kate Bramley, an elite XTERRA Athlete, will be conducting two athlete workshops on Thursday 18th April 3pm-4pm and Friday 19th April 4:45pm-5:45pm. FREE to attend.

The workshops are open to all competitors (kids and adults) and will include a quick course recap, a ride recon including skill focus and athlete transition set up. The session will include simulations and practice of the following transitions: T1 (swim to Bike) T2 (bike to run) as well as a short ride, run and a Q&A.

Meet Kate at in the expo area on the 18th fairway of the Dunsborough Country Club at the listed time and bring your bike, run gear and other transition items (like cap and goggles if you want the full experience)

## Social trail runs - 4:45pm Saturday

Elite trail runners Blake Hose and Dave Byrne (sponsored by The North Face) will be hosting a social run at 4:45pm on Saturday afternoon for approx. 45mins. Meet at the stage in the expo area at the Country Club.

They'll lead runners along some of the local trails at a pace that caters for runners of all abilities, and provides the opportunity to meet, turn over the legs, see the terrain and meet other runners. FREE to attend.

## Dinner then Film Night - from 6pm Saturday in the Country Club-house

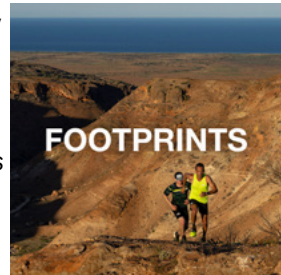
**Dinner:** The Country Club are hosting a roast dinner on Saturday night from 6:00pm Saturday onwards that's open for all to attend. It's \$35pp to attend the dinner only or \$10 if you attend the dinner and the films! (thanks to the generosity of The North Face). This will be a great way to celebrate Saturday's racing with friends or get ready for Sunday together.

**Films:** We are excited to incorporate a film night into the weekend between 7:00pm - 8:30pm on Saturday in the Country Club - featuring the premier of The North Face's new 'Footprints' a film that's currently touring Australia.

*Footprints follows North Face trail running athletes Dave and Blake as they undertake a 3-day 192km journey through Cape Range battling wind, heat and wild landscapes. They also hear stories from Baiyungu Woman, Hazel Walgar who shares the tales of connection to the land.*

XTERRA will also showcase a couple of their 'Discovery' films and the ethos behind XTERRA global.

[CLICK HERE](#) to buy a ticket for the dinner and films for \$10 and for more information about the evening. All money is donated to [Project Ningaloo](#).



# RACE UPDATES & RESULTS

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## Live event updates on Facebook and Instagram #XTERRADunsborough

We will be sharing live event updates on the @XTERRA\_asiapacific and @RapidAscent instagram accounts as well as a daily summary on the 'WA Adventure' facebook page



## Live timing splits and results [www.XTERRAdunsborough.com.au](http://www.XTERRAdunsborough.com.au)

Live splits from each transition area and provisional results can be seen live on the event website during the race. Track your friends or check your own performance...

# SAFETY NOTE FROM THE DUNSBOROUGH POLICE

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Although Dunsborough is a very nice place to live and visit, we are not immune to crime and theft and in the past bikes have been stolen over the event weekend. We encourage you to protect the safety of your bikes and belongings by not leaving them un-secured either on the back of vehicles or at your accommodation. Please also be sensible with belongings left in vehicles by moving them out of view (or take them with you). Take care and we're sure you'll enjoy your stay.





AN INCREDIBLE RUN ALONG  
SPECTACULAR SECTIONS OF THE  
FAMED BIBBULMUN TRACK



# RUN BIBBULMUN TRACK



**15 - 17 NOVEMBER, 2024**

**DENMARK, WESTERN AUSTRALIA**

**[RUNBIBBULMUN.COM.AU](http://RUNBIBBULMUN.COM.AU)**

- > 3 day stage race for solo runners
- > Long course: 35-40km each day
- > Short course: 18-24km each day
- > Full support available

OFFICIAL  
QUALIFYING  
EVENT



'RUN BIBBULMUN' IS A RENEWED VERSION OF THE  
POPULAR GREAT SOUTHERN STAGE RUN.

**skraitch** LABS

**TARKINE**



# COURSE DESCRIPTIONS – XTERRA SHORT COURSE

## Race Start, Saturday 20th April

- 9:30am Short Course - individuals and relay teams - COMPETITIVE RACER START  
9:35am Short Course - individuals and relay teams - RECREATIONAL START

NOTE: We will commence with 2 wave starts with athletes voluntarily allocating themselves to either the 'racers' wave starting at 9:30am or the 'recreational' wave starting at 9:35am. This is to help people feel comfortable with the mass start and choose a start that suits your ability and confidence. Your race time commences when your wave starts, so the wave start you choose will not influence your overall placing or time.

### START LOCATION:

At the Old Dunsborough Boat Ramp, at the end of Finlayson St.

**COURSE MARKING:** The course will be marked as follows:

- Blue arrows and tape for the Bike leg
- Red arrows and pink surveyors' tape for the Run leg

## 750m Ocean Swim

Each wave start will commence in waist deep water, between the end of the jetty and a small buoy. Once under way swimmers complete a single 750m loop in a clockwise direction, keeping all buoys on your right with a series of right hand turns. Exit the water at the end of the loop by coming up the boat ramp and enter T1 in the car park.

- Swimmers should spread out along the entire start line with plenty of space, all positions on the start line will be equal.
- Be aware of the buoys marking the course as indicated on the map – *it is up to you to make sure you know where to go.*

### Transition 1 (T1): Old Dunsborough Boat ramp car park. Swim > MTB

- The TA will be divided into individual and team zones (not specific numbered locations). Individuals must pre-place your bikes in the designated area. Leave your wetsuit / swim gear in the same area after changing.
- MTB gear may be dropped off after 7:30am on Saturday and swim gear must be picked up before 1:00pm
- Team riders must wait for their team swimmer beside your bike and hand over the timing chip here.

## 15.1km Mountain Bike

Riders exit the TA and proceed along Bay View Cres and then Hurford St (keeping right of the witches hats) before turning into the single track at the 0.6km pt. At the 1.4km pt riders turn right to commence a 14km single track loop along the Golf Course and Brown Street single tracks. The short course includes 1 LAP of this MTB loop, after which you come back past the turn off but continue straight ahead to ride the final 800m to T2.

### The MTB leg:

- The Bike leg is marked with Blue arrows and blue tape.
- Riders must remain alert and watch out for course marking at all times as it is a very twisty course and it is easy to get onto the wrong section of track if you do not pay attention and follow the course markings ahead of you.
- The course is quite technical and includes a lot of loose pea gravel, rocks, obstacles and logs. There are separate A and B lines with the A line being more technical and the B line generally being slower but easier.
- There are no water points on the MTB course - riders must carry their own hydration / nutrition the whole way.
- Slower riders must give way to faster riders by making space for them to pass. Faster riders MUST NOT just barge their way past a slower rider but alert them that you are there and then wait until called past.

### Transition 2 (T2): Dunsborough Country Club – 18th Fairway. MTB > Run

- The TA will be divided into separate individual and team zones (not specific numbered locations). Individuals must pre-place your running gear in the designated area. Riders must park your MTB at this same spot at the end of the bike leg.
- T2 will be open for run gear to be dropped off after 7:30am and MTB gear must be picked up before 1:00pm.
- Team runners must wait for their team rider in the designated teams area and transfer timing chip there. DO NOT crowd around the entry to the TA. Team riders are encouraged to take your bikes once you've transferred the timing chip.

## 5.1km Brooks Trail Run

Runners exit T2 and follow the red course markings, running trails in the golf course area to start with and then following a range of twisting single tracks through the bush land leading to the beach at the 2.8km pt. Turn right at the beach for a short sand / rock hop section. After leaving the coastline the trail is generally less technical as it climbs away from the coast and descends down the slalom tracks to the finish line. NOTE: Runners must remain on the left hand track during the final descent to the finish line - the right hand track is used by MTB riders!



### Run leg:

- The Run leg is marked with Red arrows and pink tape.
- Runners must remain alert and watch out for course markings at all times as it is easy to get onto the wrong section of track if you do not pay attention and follow the course markings ahead of you.
- The run course crosses the MTB course on several occasions - so make sure it is safe to cross before proceeding.
- There will be NO water points along the course.
- Individuals - remember to put on your run number plate after the MTB leg.



## SUPPORT CREWS

Support crews are not mandatory for any of the XTERRA races. They can make logistics a bit easier as they can place and collect your equipment for you but they will have virtually no impact on your overall placing if you are organised.

- All teams and each individual will receive two wrist bands for your support crew to allow them to enter the TAs.
- Support crews may NOT help competitors at any point inside or outside of the designated transition areas.
- Support crews are only able to enter transition areas to drop off equipment, or collect equipment when your competitor is not there. Entry to the TA will only be permitted upon presentation of a support crew wrist band
- Support crews are able (and encouraged) to enter transition areas to collect competitor's equipment after they have departed. We particularly encourage support crews to collect equipment during the times outlined above.

# XTERRA KIDS' RACE

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## Race Start, Saturday 20th April

- 2:00pm Under 15yrs individual boys and girls, plus  
Under 15yrs relay teams, plus  
Under 13yrs individual boys and girls
- 2:06pm Under 11yrs individual boys and girls, plus  
Under 11yrs relay teams, plus
- 2:12pm Under 9yrs individual boys and girls

### START LOCATION:

The start is located on the beach, at the end of Highview Rd inside the swimming enclosure. This is the same location as the kids' race in previous years but a different location to the short and long course XTERRA Races. The entire swim is inside the swimming enclosure.

**COURSE MARKING:** The course will be marked as follows:

- Blue arrows and tape for the Bike leg
- Red arrows and pink surveyors' tape for the Run leg

## 200m Swim

Swimmers in each wave will start inside the designated start enclosure on the beach. After starting, swimmers run into the water and swim across the enclosure, turning left around a large buoy (approx 50m away), then swim parallel to the shore before turning left around a second buoy (100m away) and then swim back to shore (50m away). After exiting the water, all swimmers run along the beach, up the boat ramp and then into T1.

### Transition 1 (T1): Old Dunsborough Boat ramp car park. Swim > MTB

- The TA will be divided into individual and team zones (not specific numbered locations). Individuals must pre-place your bikes in the designated area. Leave your wetsuit / swim gear in the same area after changing.
- MTB gear may be dropped off after 1:00pm on Saturday and swim gear must be picked up before 3:30pm
- Team riders must wait for their team swimmer beside your bike and hand over the timing chip here. DO NOT crowd around the entry to the TA.
- Support crews and parents are NOT permitted to help competitors inside the TA.

## 6km Mountain Bike

Riders exit the TA and proceed along Bay View Cres and then Hurford St (keeping right of the witches hats) before turning into the single track at the 0.6km pt. The course then winds uphill on a mix of single tracks before turning down the popular Firey's descent at the 3.6km pt, then its a slight uphill before the dual slalom track that leads you into T2.

### The MTB leg:

- The Bike leg is marked with Blue arrows and blue tape.
- This is a 'real deal' MTB course, on single track that includes a range of technical features like loose pea gravel, rocks, obstacles and logs. It is most appropriate for mountain bikes and requires skill to ride. If anyone feels uncertain about a section of trail then it is 100% OK to walk it and get back on your bike afterwards.
- Slower riders must give way to faster riders by making space for them to pass. Faster riders MUST NOT just barge past a slower riders but alert them that you are there and wait until called past.

### Transition 2 (T2): Dunsborough Country Club – 18th Fairway. MTB > Run

- The TA will be divided into separate individual and team zones (not specific numbered locations). Individuals must pre-place your running gear in the designated area. Riders must park your MTB at this same spot at the end of the bike leg.
- Team runners must wait for their team rider in the designated teams area and transfer timing chip there. DO NOT crowd around the entry to the TA. Team riders are encouraged to take your bikes once you've transferred the timing chip.
- T2 will be open for run gear to be dropped off after 2:00pm and MTB gear must be picked up before 4:15pm.

## 2.6km Brooks Trail Run

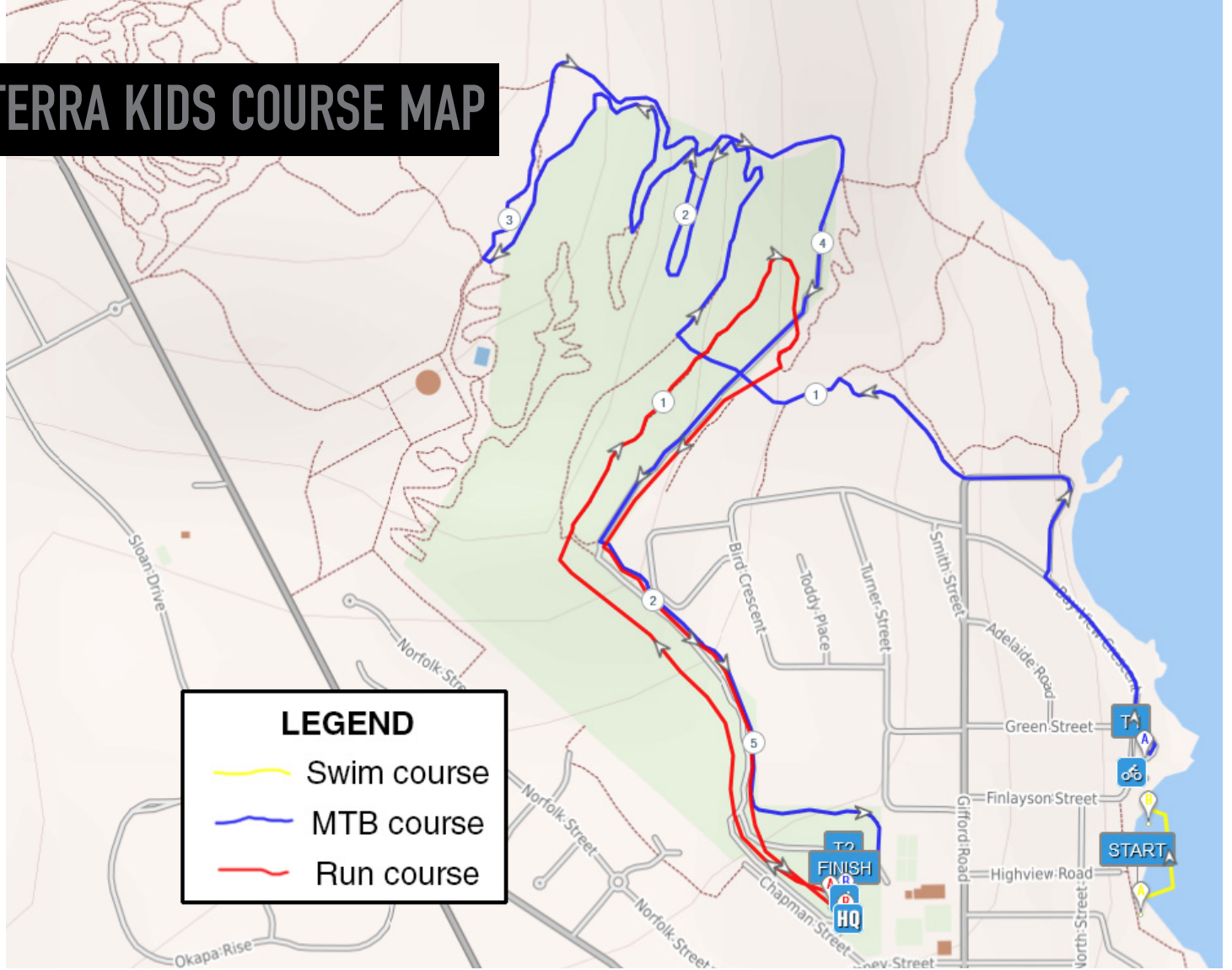
Runners exit T2 and follow the red course markings, up a slight hill on a trail between the fairways before turning right, crossing a fairway and run back downhill on a single track that weaves between the trees and ultimately into the finish line in the event expo. Well done kids!

### Run leg:

- The Run leg is marked with Red arrows and pink tape.
- The run course crosses the MTB course on several occasions - so make sure it is safe to cross before proceeding.
- There will be NO water points along the course.
- Individuals - remember to put on your run number plate after the MTB leg.



# XTERRA KIDS COURSE MAP



# zap

# TRAIN FOR FREE\*

TRAIN FOR FREE ANY DAY THIS WEEK AT ZAP FITNESS WITH THIS FREE PASS. THEN GET 20% OFF WHEN YOU JOIN.

1. [CLICK HERE](https://tinyurl.com/yudmmtjf) OR VISIT:  
[HTTPS://TINYURL.COM/YUDMMTJF](https://tinyurl.com/yudmmtjf)

2. Register for a free pass.

3. Start training!



# XTERRA LONG COURSE

The Long Course event is a Silver Level qualification event as part of the XTERRA World Series AND The Triathlon Western Australia Off-Road Triathlon State Championships.

## XTERRA World Series status:

- a total of \$US3,750 prize money will be awarded to the top 5 male and female individuals competing as elite athletes in the XTERRA Long Course race. To be eligible for the prize money an athlete must be recognised as an elite competitor by XTERRA Global.
- a number of XTERRA Age Group World Championship qualification spots will awarded to age group athletes. To be eligible you must race as a standard entrant in the mass start.
- further details on the XTERRA World Series status is on the [website here](#).



## Tri-WA State Championships status:

- a total of \$AUD2,400 prize money will be awarded to the open category top 3 male and female individuals competing in the XTERRA Long Course race. To be eligible for the prize money an athlete must:
  - be a current Triathlon WA standard or premium member
  - must be entered into the open category (NOTE: Athletes can only race in either the Open category OR their age category - not both).
  - You do not have to race as an XTERRA Elite competitor to be eligible for the TWA prize money.
- to race for an age group championship medal, an athlete must:
  - be a current Triathlon WA (TWA) standard or premium member
  - enter your TWA membership number in the online entry form
  - be entered into their relevant age category (NOTE: Athletes can only race in either the Open category OR their age category - not both).
  - NOTE: TWA age cut off is 31 Dec 2023.
- further details on the Tri-WA State Championships status is on the [website here](#).



## Race start, Sunday 21st April

8:10am All long course competitors start together.

### START LOCATION:

At the Old Dunsborough Boat Ramp, at the end of Finlayson St.

### COURSE MARKING: The course will be marked as follows:

- Blue arrows and tape for the Bike leg
- Red arrows and pink surveyors' tape for the Run leg

## 1.5km Ocean Swim

The swim leg commences in waist deep water, between the end of the jetty and a small buoy. Once under way swimmers complete two 750m loops in a clockwise direction, keeping all buoys on your right with a series of right hand turns. Once you have completed two laps swimmers must exit the water by coming up the boat ramp and enter T1 in the car park.

- Swimmers should spread out along the entire start line with plenty of space, all positions on the start line will be equal.
- Be aware of the buoys marking the course as indicated on the map – *it is up to you to make sure you know where to go.*

### Transition 1 (T1): Old Dunsborough Boat ramp car park. Swim > MTB

- The TA will be divided into individual and team zones (not specific numbered locations). Individuals must pre-place your bikes in the designated area. Leave your wetsuit / swim gear in the same area after changing.
- MTB gear may be dropped off after 6:30am on Sunday and swim gear must be picked up before 12:30pm
- Team riders must wait for their team swimmer beside your bike and hand over the timing chip here.

## 30.2km Mountain Bike

Riders must complete 2 laps of the bike course: Riders exit the TA and proceed along Bay View Cres and then Hurford St (keeping right of the witches hats) before turning into the single track at the 0.6km pt. At the 1.4km pt riders turn right to commence a 14km single track loop along the Golf Course and Brown Street single tracks. Ride one complete loop, coming past T2 and expo area, and then ride a second complete loop on the same course. Finish the second loop and finish the bike leg by riding into the T2.

### The MTB leg:

- The Bike leg is marked with Blue arrows and blue tape.
- There is one **water point** on the MTB course - located on the start of the 2nd loop just past T2 at the 15km pt. Riders can pre-place hydration / nutrition here but cannot receive any external support (here or anywhere else on the course).



- Riders must remain alert and watch out for course marking at all times as it is a very twisty course and it is easy to get onto the wrong section of track if you do not pay attention and follow the course markings ahead of you.
- The course is quite technical and includes a lot of loose pea gravel, rocks, obstacles and logs. There are separate A and B lines with the A line being more technical and the B line generally being slower but easier.
- Slower riders must give way to faster riders by making space for them to pass. Faster riders **MUST NOT** just barge their way past a slower rider but alert them that you are there and then wait until called past.

### Transition 2 (T2): Dunsborough Country Club – 18th Fairway. MTB > Run

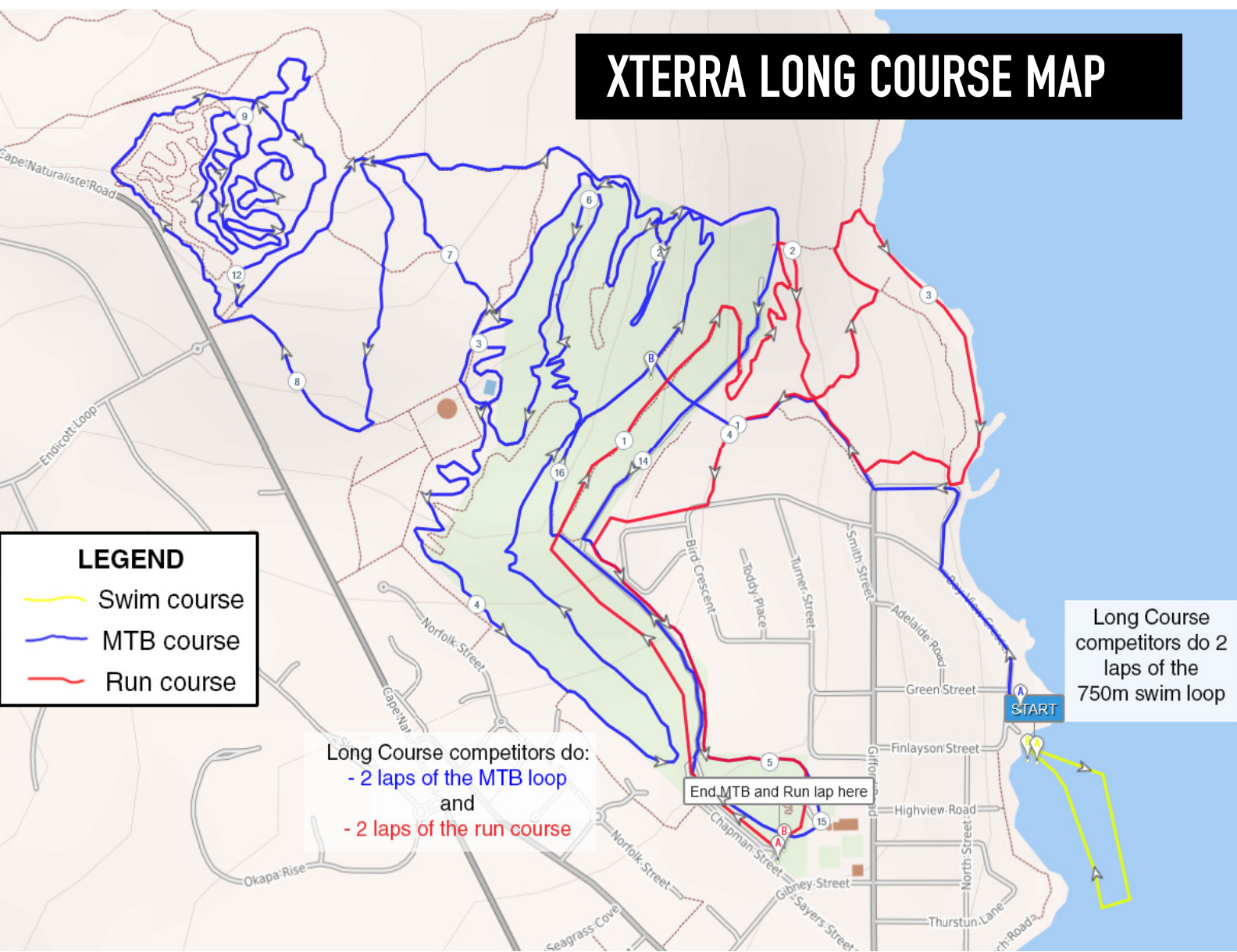
- The TA will be divided into separate individual and team zones (not specific numbered locations). Individuals must pre-place your running gear in the designated area. Riders must park your MTB at this same spot at the end of the bike leg.
- T2 will be open for gear to be dropped off after 6:30am on Sunday and all gear must be picked up before 12:30pm.
- Team runners must wait for their team rider in the designated teams area and transfer timing chip there. **DO NOT** crowd around the entry to the TA. Team riders are encouraged to take your bikes once you've transferred the timing chip.

## 10.3km Brooks Coastal Run

Runners must complete 2 laps of the run course: exit T2 and follow the red course markings through the golf course area and along a range of twisting single tracks to join the coastal path at the 2.8km pt. Turn right at the beach for a short sand / rock hop section then climb uphill and away from the coast, running down the dual slalom tracks and past T2 to complete one lap. Repeat the exact same course to complete a second lap and then run through the arch to finish. Well done!

### Run leg:

- The Run leg is marked with Red arrows and pink tape.
- There is one **water point** on the run course - located on the start of the 2nd loop just past T2 at the 5km pt. Runners can pre-place hydration / nutrition here but cannot receive any external support (here or anywhere else on the course).
- Runners must remain alert and watch out for course marking at all times as it is a very twisty course and it is easy to get onto the wrong section of track if you do not pay attention and follow the course markings ahead of you.
- The run course is not closed to the public and you may encounter other trail users



# XTERRA GROMS RACE

The Groms' event is designed especially for kids aged under 9yrs (on race day) and includes a similar off-road course to everyone else but is just toned right back to be fun and achievable for little kids. We have ~150+ groms participate each year over and it is always a highlight of the entire weekend to see these juniors having a go!

The entire event is held within very close proximity to the race HQ at the Dunsborough Country Club and kids are welcome to be supervised / escorted by their parents if needs be.

The XTERRA Groms is for solo competitors only and is a participation-only event and therefore will not be timed and no results will be recorded. All finishers will receive an XTERRA temporary tattoo at registration.

## Race Start, Saturday 1st April

4:30pm All Groms competitors start together.

### START LOCATION:

The start is located on the fairway immediately adjacent the event expo area on the 18th fairway of the Country Club.

### 800m trail run

All Groms commence together in a mass start filled with happy enthusiasm. Kids complete a short out and back run on the grassy fairways and MTB tracks before returning to the transition area to pick up their bikes

### Run leg:

- Keep an eye out for course markings at all times (red arrows and pink tape)

### Transition 2 (T2): Dunsborough Country Club – 18th Fairway. Run > MTB

- There will be an area inside T1 that is set aside for the Groms XTERRA so please pre-place your MTB gear (anywhere) in this area. Leave your running gear in the same spot after changing.
- MTB gear may be dropped off after 4:00pm on Saturday and run/MTB gear must be picked up before 5:30pm



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## 1,400m mountain bike

Groms then head out on their bikes, up a slight hill on a wide gravel track a short way before doing a sharp right hand turn to descend back to the finish area on a twisting single track with little roll-overs, loose corners and lots of fun. Riders continue on their bikes directly through to the finish.

### The MTB leg:

- Slower riders must give way to faster riders by making space for them to pass. Faster riders **MUST NOT** just barge past a slower rider but alert them that you are there and then wait until called past.
- The MTB course will be marked with blue arrows and blue surveyors tape.

### Finish by riding your bike across the finish line

- Riders continue on their bikes directly through to the finish on your bike

## XTERRA GROMS COURSE MAP



*- drink when thirsty  
- don't drink when not thirsty*

# hydration

SPORT DRINK MIX

Hydrates faster than water

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*90% of electrolytes in sweat is sodium*

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We use science to inform what will help **your body perform its best.** We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The **human body is complex** but the solutions to help it perform aren't. We follow this rule when we create products that **solve problems** and simple ingredients that each have a purpose !!

# XTERRA TRAIL RUNS

We are very excited to include 2 stand alone trail running events into the XTERRA weekend and welcome all trail runners to Australia's largest off-road triathlon (and now trail running) event weekend!

Although the trail runs and long course triathlon are on at the same time, the courses are designed to be mutually exclusive with minimal overlap between event participants.

## Race starts, Sunday 21st April

7:55am 21km trail run RACE START  
8:20am 21km trail run RACE START

### START LOCATION:

The start is located on the fairway immediately adjacent the event expo area on the 18th fairway of the Country Club. Races will commence with a mass start.

**COURSE MARKING:** The trail run courses will be marked with Red arrows and pink surveyors' tape.



## 21km trail run - course description

Trail runners start immediately adjacent the finish line and event expo. Once under way runners follow the red course markings through the golf course area and along a range of twisting single tracks to join the coastal trail at the 2.8km pt. Turn left to follow the coastal trail past Castle Bay (and water pt) at the 4.5km pt, past Meelup Beach (and WP) at the 6km pt and continue all the way to the Eagle bay village and WP at the 9km pt.

From Eagle Bay turn left and follow a mix of undulating 4WD and 2WD roads that lead to a left hand turn onto Cape Naturaliste Rd at the 13km pt, run 400m along the road (remain in road verge at all times) and turn left onto Meelup Beach Rd and 300m later turn left onto single track leading downhill, back past Meelup Beach at the 15.5km pt and along a section of rocky and sandy foreshore for 2km to rejoin the coastal trail at the Castle Rock outcrop. Continue along the coastal trail, including a second short beach section, and follow the markings as the course leaves the coast and climbs uphill to the country club trails and into the finish line in the expo area. Well done!

### 21km course water points:

1. 4.5km at Castle Bay,
2. 6km at Meelup Beach,
3. 9km Eagle Bay Village,
4. 15.5km at Meelup Beach a 2nd time.

## 10km trail run - course description

The 10km course is similar to the 21km but misses the loop north of Meelup beach: Once under way runners follow the red course markings through the golf course area and along a range of twisting single tracks to join the coastal trail at the 2.8km pt. Turn left to follow the coastal trail past Castle Bay (and water pt) to the southern end of Meelup Beach at the 5.3km pt.

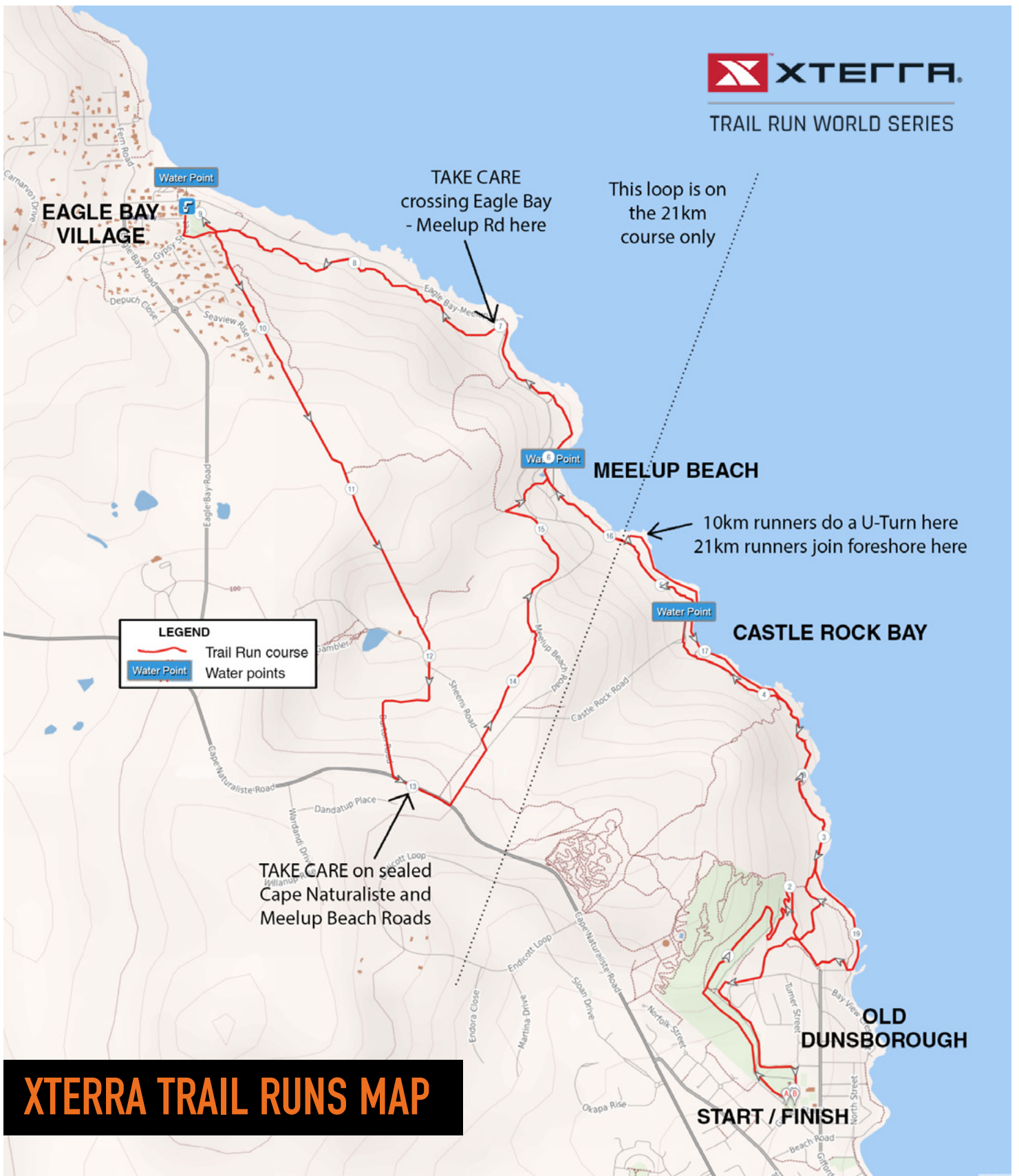
Upon reaching Meelup Beach 10km runners basically do a U-turn and run back along the rocky and sandy foreshore for 2km and rejoin the coastal trail at the Castle Rock outcrop. Continue back along the coastal trail, including a second short beach section, and follow the markings as they leave the coast and climb uphill to the country club trails and into the finish line in the expo area. Well done!

**10km course water points:** 4.5km at Castle Bay,

### Trail Run courses:

- The courses are marked with Red arrows and pink tape.
- KEEP LEFT and WATCH FOR CARS whenever you are on sections of sealed roadway, and when crossing Eagle bay - Meelup Rd - all roads remain open.
- The foreshore sections of the run are very technical and pass over boulders, along soft sandy beaches. TAKE CARE.
- The run course is not closed to the public and you may encounter other trail users.





# XTERRA TRAIL RUNS MAP

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# TRANSITION AREAS

The following requirements apply to all transition areas (TA) and constitute part of the event rules:

- For teams: Only the team mate in the immediate next leg is permitted to wait inside the TA – other team mates and support crews must wait outside the fenced off enclosure. Do not crowd around the entry to the TA but leave space for other competitors. Exchange the timing chip next to your equipment. These points will be strictly enforced.
- For teams and individuals: No external support may be provided inside the fenced off TA (or out on the course).

**Bike collection:** Bikes may only be collected from the TA upon presentation of the matching 'bike collection tag' that was attached to the bike number plate. (Remember to remove the bike collection tag before placing your bike in the TA)

**Transition opening times** - Opening and closing times of each TA are listed below. Any equipment left in the TA outside these times is left at the owner's risk. Note that T1 in particular is in a public location so please collect items ASAP.

## Saturday 20th April

7:30am	Transition areas open for equipment drop off ( <b>Short course only</b> )
1:00pm	All short course equipment to be collected
1:00pm	Transition areas open for equipment drop off ( <b>Kids course only</b> )
3:00pm	All kids course equipment to be collected
4:00pm	Transition areas open for equipment drop off ( <b>Groms course only</b> )
5:30pm	All equipment to be collected

## Sunday 2nd April

6:30am	Transition areas open for equipment drop off ( <b>Long course only</b> )
1:30pm	All equipment to be collected



Remove the MTB collection token before racing, use it to identify and collect your bike after racing

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# RACE RULES

- Prior to being accepted into the event:
  - (all participants) must read and sign the Participant Indemnity or check the acknowledge box on the online
  - (Juniors only - i.e. under 18 on race day) must have their parent or guardian advise the organisers, Rapid Ascent, of their intention to enter and the parent or guardian must read and sign an authorisation and indemnity
  - (swimmers) must be able to swim 1km unassisted in open water
- Wetsuits are OPTIONAL for ALL events and age categories. Expected water temp is approx 21 degrees
- Use of snorkels is permitted in the short course event only
- For events including riding: Competitors must use the same bike frame and wheels for the entire bike leg and may only receive assistance from other competitors to repair their own bike. Penalty for using someone else's bike frame or wheels and for lending your own bike frame or wheels to another competitor is 60 minutes for the borrower and 60 minutes for the lender.
- For events including riding: No riding is permitted in the TA and helmets must be fastened before exiting the TA.
- Competitors shall not receive any external assistance on the course.
- One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor except in emergency circumstances. Competitors may only assist others through the provision of pumps, inner tubes, puncture repair kits and the repair of equipment for safety.
- All competitors must carry the listed compulsory equipment for each leg. Failure to carry any listed item will result in a 30 minute penalty per item found to be missing.
- Competitors must follow the complete course as marked and directed. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed.
- Australian Road Rules apply at all times on all roads, tracks and trails.
- The requirements listed throughout this event program form part of the rules
- All competitors are permitted to lodge protests against results or decisions enforced during the event. A judging panel of three Rapid Ascent staff members will adjudicate on all protests and their decision will be final.
- Rapid Ascent has sole discretion to alter or amend the race rules in order to increase the safety of participants or for any other reason deemed appropriate.
- Additional rules are included on the event webpage at [www.xterradunborough.com.au](http://www.xterradunborough.com.au)

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# WANT MORE ACTION?

Then check out these other Rapid Ascent races taking place all around the country in 2024.

## Margaret River Ultra Marathon **SOLD OUT**

Margaret River, WA. 11-12 May, 2024. [www.MRUltraMarathon.com.au](http://www.MRUltraMarathon.com.au)

Providing a spectacular 80km journey for solo runners and relay teams (with up to 5 runners), and a new 42km marathon option, the Margaret River Ultra Marathon provides runners with an incredible race in Western Australia's Cape to Cape coastline.



## The Trail Running Series

3 locations 1hr from Melbourne, Jun - Oct 2024. [www.TrailRunningSeries.com.au](http://www.TrailRunningSeries.com.au)

Trail running races for everyone... The Trail Running Series includes 3 different race venues all within one hour's drive of Melbourne with short (~7km) / medium (~15km) / and long (~22km) course runs through spectacular wilderness. Make sure you are part of this revolutionary series in 2024.



## Run Larapinta **SOLD OUT**

Alice Springs, NT. August 2024. [www.RunLarapinta.com.au](http://www.RunLarapinta.com.au)

A four day, four stage trail running race along the most spectacular sections of the iconic Larapinta Trail in Central Australia. Race either the Malbunka with 20km - 45km stages or the Namatjira with 10km - 30km stages for an incredible event experience.



## Shimano Gravel Muster **NEW!**

Alice Springs, NT. 22 - 25 August, 2024 [www.GravelMuster.com.au](http://www.GravelMuster.com.au)

Australians most iconic gravel stage race. Riding 380km through the outback in a coordinated event environment over 4 spectacular days. With a mix of timed and untimed stages, staying in cabins and camping at remote cattle stations, this will be an incredible experience for all riders.



## Surf Coast Century

Anglesea, VIC. 21 September, 2023 [www.SurfCoastCentury.com.au](http://www.SurfCoastCentury.com.au)

A spectacular 100km trail run along Victoria's surf coast and wildflower hinterland with the promise that no two steps will be the same. Do it either as an individual and tick off the whole 100km solo or join up with some friends in a relay team of up to 4 and run 25km each.



## Run Bibbulmun Track Stage Race **NEW!**

Denmark, WA. 15 - 17 November, 2024 [www.runbibbulmun.com.au](http://www.runbibbulmun.com.au)

A 3 day stage race along the most spectacular sections of the famed Bibbulmun Track in Great Southern WA. For solo runners, with long and short course alternatives this event provides breathtaking running along rugged coastlines, remote beaches, protected bays.



## Otway Odyssey and Great Otway Gravel Grind presented by Focus

Forrest, VIC. 22 - 23 February, 2025. [www.OtwayOdyssey.com.au](http://www.OtwayOdyssey.com.au)

The Otway Odyssey is the most respected MTB marathon in Australia, comprising 100km, 50km 30km and 10km courses on some of the best single tracks in Australia. Sunday includes Great Otway Gravel Grind with 97km or 49km gravel grinds on gravel roads through the region's magnificent tall timber forests.



## Rapid Ascent Journeys

Our next Otway Gravel Journey will be in early November 2024 + more. [www.rapidascentjourneys.com.au](http://www.rapidascentjourneys.com.au)

A new venture we're conducting alongside our events – Rapid Ascent Journeys offers genuine adventure holidays and guided tours for those who want to use their fitness to explore more. We organise set trips in popular disciplines (like gravel riding and trail running) or we'll organise your own custom trip if you want a real adventure wherever / whatever / whenever you want. These are the ultimate adventure holidays.



Good luck on race day and we hope to see you at another Rapid Ascent event soon.

# [www.RapidAscent.com.au](http://www.RapidAscent.com.au)

