

2010 Loxton Triathlon & Fun Run

Saturday April 10

This will be the 10th running of the Loxton Hotel Triathlon, and it promises to be bigger and better than ever before. This year we will have transponder timing (courtesy of Endurance Sports Promotions) enabling us to provide you with race splits. We are also offering a \$250 cash prize for the first elite competitor across the line.

The Saturday race schedule allows you to just come for the day, but many choose to stay for the night and celebrate at the end of season party at the Loxton Hotel. There is also a 5km and 2.5km fun run/walk between the two races. Why not consider enjoying a weekend in Loxton and the Riverland region?

Your accommodation options are:

LOXTON HOTEL 8584 7266. Make sure you mention that you are here for the triathlon to receive a discount on your room tariff, and don't forget 'The Big Breakfast' on Sunday morning.

Harvest Trail Lodge 8584 5646

Loxton Riverside Caravan Park 8584 7862

or contact the Loxton Tourist and Information Centre 8584 8071 for other options.

REGISTRATION & PAYMENT

Your entry fee includes: swim cap and race number, post race refreshments, random draw prizes, insurance, and accurately timed results.

There are several options below. No entries will be processed without payment, so please make our job easier by following these instructions

OPTION 1: Register online, pay (by credit card) at www.registernow.com.au. There is nothing more to do.

OPTION 2: Fill out an entry form, and post it to: Loxton Triathlon Organising Committee, 11 Anzac Crescent, Loxton, 5333. Payment can be made by cheque/postal order, or by internet banking. Please include a copy of your internet banking receipt with your entry form.

OPTION 3: Fax your entry (and a copy of your internet banking receipt to 8584 5643.

Internet banking payment can be made to ASB 105 048 Account No. 768250740. Please enter 'Triathlon' in the reference field. Cheques should be made payable to the District Council of Loxton Waikerie.

Late entry fee applies to all entries received after Wednesday, April 7, and your entry will only be processed after this time if accompanied by the late fee.

Entries will close 30 minutes prior to each race.

JUNIOR AGE RECOMMENDATIONS

SHORT COURSE

Individual should be 13 years old on 31/12/09.

Team: swimmers should be at least 10 years of age, but cyclists and runners should be 12 on 31/12/09.

LONG COURSE

Individual should be 15 years of age on 31/12/09.

Team: swimmers and runners should be at least 13 years old, cyclists should be at least 14 on 31/12/09.

For approval to compete below these limitations please contact Triathlon SA (phone 8232 6174).

AWARDS

LONGER COURSE (750s/25c/5r)

- **ELITE CATEGORY.** Senior elite male and female paid to 5th place (\$330, \$220, \$165, \$110, \$77, GST inclusive). Trophy for first male and female senior elite and junior high performance.
Elite Equaliser: A \$250 cash prize will be awarded to the first elite participant to cross the line. Elite females will start 5:47 in front of the elite males (this time is the average of the difference for the last nine years).
- **AGE GROUP AND TEAMS.** First male and female 16-17, 18-19, 20-24 and each subsequent 5 year age category. First placed team to also receive medallions (ie only one team prize).

SHORT COURSE (250s/13c/2.5r)

First male and first female 12-13, 14-15, 16-17, 18-19, 20-39, 40+, and all members of the first team (one team award only).
Trophy for fastest overall male and female

FUN RUN/WALK

- **5 KILOMETRES.** Trophy for fastest male and female and first male and female 12-13, 14-15, 16-17, 18-19, 20-39 and 40+.
- **2.5 KILOMETRES.** Trophy for first male and female under 12, 12-13 and 14-15. This event is for under 16s only (as at 31/12/09).

Random Draw prizes will be drawn at the conclusion of the trophy presentations and must be claimed by the winner at the time of announcement or they will be redrawn.

RACE DAY INFORMATION

The start/finish area is the Loxton Aquatic Club boat ramp in Loxton. Vehicle access to this area will be restricted immediately prior to the first race and during the course of the afternoon. Look for the signs showing you where to gain access, or ask one of the traffic marshals. A detailed course map will be available on the day. Our course is well marshalled, but please familiarise yourself with the entry and exit points to the transition area before your race. Triathlon Australia Race Rules will apply. Post-race refreshments will be provided to all competitors. **Full split times will be provided for both races**, and results will be available online at www.eventstrategies.com.au as soon as possible after the race.

ENDURA FUN RUNS: The fun runs will commence as soon as the last short course competitor has started the run (approx 1.15pm). Award categories are as listed. The 2.5km run is only open to children under 16 (on 31/12/09). Entry fee includes race number and post race refreshments. You may run or walk (or both), the medallion will be awarded to the first finisher in each category.

10:30am	Registration opens at the boat ramp area
12:00pm	Short course race briefing
12:30pm	Short course starts
1:15pm	Fun run/walk starts
2:00pm	Longer course race briefing
2:30pm	Longer course race starts
5:00pm	Dinner commences at Loxton Hotel
6:00pm	Trophy presentation
7:00pm	Dinner recommences
8:30pm till late	Entertainment in the main bar

Dinner at the Loxton Hotel will commence at 5pm. The cost is \$17 for adults and \$9 for children 12 years and under and is payable directly to the Hotel. This time ideally suits people returning to Adelaide after the presentation of trophies, but is open to all. There will be plenty of space as the Hotel has a second room available for diners. Trophy presentation will commence as soon as practicable (approx 6pm). The dinner will recommence after the presentation and we may need to ask those that have finished their meals to vacate their tables so that others may eat. The hotel's bistro is also open for meals on the night if you prefer.

