























## WELCOME TO ALL COMPANIES A-K MELBOURNE TEAMS CORPORATE TRIATHLON



2XU	Donald Cant Watts Corke
	EastLink
4D Workshop	
ACCIONA Energia Ace Contractors	ecoDynamics
ACOR Consultants	Edgewise Insurance Brokers
	Emanate Technology
ADCO Group	Enviropacific
adidas	ERM
ADP Consulting	ExxonMobil
Advanced Cranes	Fast Labour Hire
AFH	FB Rice
AGL	Fetch Recruitment
Akambo Financial Group	FMD Financial
Alchemy Construct	Future Fit Finance
Aliro	Future Food
Allens	Gadens
Altus Traffic	Gallagher Jeffs
Ampol & Future Energy	GHD
ANZ Worldline Payment Solutions	Glad Group
Architectus	Growth Psychology Practice
Armitage Jones	Hacer Group
Arup	Hamton
Ashurst	Harwood Andrews
Austin Group	Havcon
Australia Pacific Airports Corporation	Hays Recruitment
Australian Maritime Technologies	Heidelberg Flyers
BayleyWard	Helia EHS
Beach Energy	Henny Pty Ltd
Beyond Electrical Engineering	HFW
BildGroup	Hitachi
Black Label	Hobsons Bay City Council
Blaze Acumen	Home Energy Assessments
BMD	Hunter Mason (VIC) Pty Ltd
Brandon Capital	Hydrix
Brighton Grammar School	HydroTerra Pty Ltd
Brix Property Group	Infosys Portland
BROMPTON CONSTRUCTION	Initial Capital Projects
Building Engineering	Inovayt
Burnet Institute	INTREC Management
CarCram	lpsos
Cera Stribley	Ireland Brown Constructions
Chen Foods	IRONMAN
Chroma Group	Ironside Construction
ClarkeHopkinsClarke	J.P. Morgan
Cobild	Jardon Group
Coldflow Group	JDS Australia
Colin Biggers & Paisley	Kane Constructions
Contour Consultants	Kapitol Group
Core Projects	KD Engineering
Costa Group	Keywords Studios
CPT Global	KPMG Australia
Cummins&Partners	KPMG Deals Advisory & IAP
DB Results	KPMG GRC
Deleted Group	
Dennis Family Corporation	
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## WELCOME TO ALL COMPANIES L-Z MELBOURNE TEAMS CORPORATE TRIATHLON



Laing	RSM Australia
Lander & Rogers	Rural City of Wangaratta
Learning Online	Russell Corp Australia
Leebridge Group	Salta Properties and CBP
Leica Biosystems	SCHOTT MINIFAB
Ling HR	Securitas
Local Brewing Co	See-Mode
Local: Residential	Senversa
Lowe Living	SEPHU
LSR Construction Group	Siemens
Lysander	Six Degrees Executive
M80 Ring Road Project	SJ Higgins
Maccabi Victoria	Slattery
Macpherson Kelley	South East Leisure
Marshall Day Acoustics	South East Orthopaedic Surgery
MathStatsUnimelb	Spring Point Consulting
Maxwell Medical Group	Squad SALTO
Mazda Australia	STIHL
McColl Smith Projects Pty Ltd	Struxture
McCormick Foods	SYSTRA ANZ
MECCA Brands	Team Doherty
Medicines Development for Global Health	Tetra Tech Coffey
Medmate	Texco Construction
Melbourne Girls Grammar School	The APP Group
	•
Mercedes-Benz Australia/Pacific Pty Ltd Merit Medical ANZ	The Commercial Advisory Partnership
	The Knight
Milton Architects	TMX
Mitsui & Co. (Australia)	Toorak College
Mondelez Australia	TotalEnergies Australia
Multiplex	TotalEnergies Renewables
Netwealth	Tract
Newpol Construction	Trinity Grammar School Kew
NHP Electrical Engineering	TSA Management
NJM Design (Vic) Pty Ltd	Tsimos Commercial
Nova Systems	πw
Octopus Investments	Turner & Townsend
Omexom Australia	Tycorp.
Ontoit	Urbis
Oracle Group	Utility Mapping
Our Community	Verbrec
Phase 1 Performance	Videre Group
Physease	Villawood Properties
Pitcher Partners	Viva Energy Australia
Planet Innovation	Watson Young Architects
Positive Electrics	Wave Digital
Prime Building Surveyors Pty Ltd	WB Built Pty Ltd
Protiviti	Western Program Alliance
proUrban Advisory, Planning & Management	Westlab
Ratio Consultants	Westwoods Electrical
RCH Rehab	WGA
	William Buck
Reece	
Remedy Drinks	Winslow Constructors
RMBL Investments	Zinc Cost Management
ROSEBANK ENGINEERING	



## YOU CAN'T BEAT SCIENCE

**FUEL NOW** 







## **KEY TIMES**

#### **SATURDAY 24TH FEBRUARY**

10:00am - 2:00pm Team Kit Collection and Bike Drop

(Mandatory for all Teams without Express Bike Check-In purchase)

10:00am - 2:00pm Team Member Changes (Names and Order)

2XU, SIS & #TRI-SHOP Retail Stores - Bike Mechanic

**12:00pm** FREE Triathlon Clinic - Tips and Tricks

Hosted by TRI-ALLIANCE

Just bring yourself! No equipment is needed. Free registration here.

#### **SUNDAY 25TH FEBRUARY - EVENT DAY**

5:30am	Event Village Open
5:30am	Express Bike Drop Open (By Purchase Only)
6:30am - 12:00pm	Road Closure: Beach Rd, Kerferd Rd to St Kilda St
7:30am	Full Relay Bike Compound Closes
8:00am	Full (Main Event) Team Relay Starts (Team Member 1,
	Please be ready at the Beach Swim Start ready to swim 15
	minutes before your wave start time).
9:15am	Fun Relay Bike Compound Closes
9:30am	Fun Team Relay Starts (Swimmer, please be ready at the
	Beach Swim Start 15 minutes before your wave start time).
11:15am	Presentations (Fastest Male, Female, and Mixed Teams) &
	'Corporate Colours Dance Off'
11:30am (Approx.)	Bike Collection Open (Once Cycle Course is clear)
12:00pm	Beach Rd Reopens

## **VENUE**

### **LOCATION: Head Reserve, Elwood Sporting Fields**



#### **TRANSPORT**

We highly suggest that all competitors rideshare (carpool) or take public transport where possible, due to limited parking space and traffic congestion on race-day.

#### **PARKING**

There are several non-ticketed and ticket parking areas around the venue.

Parking is available around <u>Elsternwick Park (New St)</u>, or at <u>St Kilda Triangle</u> where there will be a short bike ride to the event.

Alternatively, parking is around side streets, allow extra time to walk or ride to the event.

## **FULL RELAY**

#### **INSTRUCTIONS**

3 full triathlons one after another to post a total team time Swim 400m | Bike 10km | Run 4km





## MEMBER 1 Green



## MEMBER 2 Yellow



## MEMBER 3 Red



#### WHAT'S IN YOUR RACE KIT?

For access into the bike compound.
Team Member 1 please start according to the cap
colour in the wave start list.
To be worn facing the front on run leg. Use Race
Belt to attach to waist after finishing bike leg.
Attach to Helmet and Bike before checking them
into Bike Compound. (Please ensure your helmet is
on your head to demonstrate fit, and the straps
done up when checking bike in).
To be worn on the left ankle during the entirety of
the event, passing it from Team Member 1, to 2, to 3.

The **changeover** occurs at **'Full Relay Team Transition'** when the team member who next needs to be ready to swim.



## **FUN RELAY**

#### **INSTRUCTIONS**

1 triathlon split between 2 or 3 members Swim 400m | Bike 10km | Run 4km

#### WRISTBAND



#### **BIKE STICKERS**



#### **RUN BIB**



### WHAT'S IN YOUR RACE KIT?

**Swimmer** 1 x Security Wristband to Access Bike Compound & 1 x Swim Cap

Rider 1 x Security Wristband & 1 x Bike and Helmet Stickers, to attach to

Helmet and Bike before checking them into Bike Compound.

(Please ensure your helmet is on your head to demonstrate fit, and

the straps done up when checking bike in)

**Runner** 1 x Security Wristband & 1 x Run Bib & Race Belt Use the Black Race

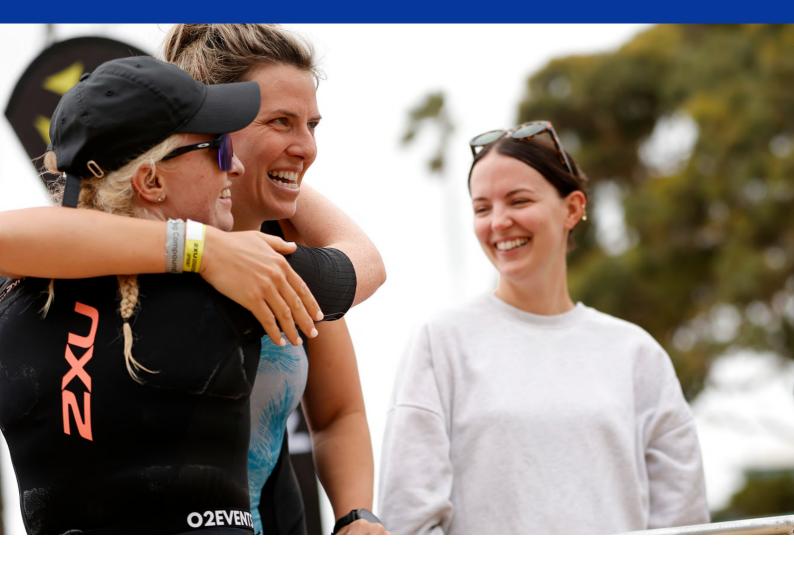
Belt to attach to the waist for the Run Leg.

1 x Ankle Timing Band - To be worn on the left ankle during the entirety of the event. Passing this from Swimmer, to Rider, to Runner.

The changeover occurs at the bike rack position.

## **COMPETE FOR A CAUSE**

**TEAM FUN AND FUNDRAISING** 



You can now compete at Melbourne Teams Corporate Triathlon for a charity close to your heart.

All your company has to do is choose your charity through The Melbourne Teams Corporate Triathlon Grassrootz fundraising page <a href="https://example.com/here">here</a>. Once you have created an account and picked your charity, you can then share your fundraising page with your team, work colleagues, loved ones and corporate network to start fundraising! With a long list of charities for you to choose from, you can now compete with other teams/competitors on and off the course.

Tip: Company Co-Ordinator's can set up one page for all their team members to share OR individuals can set up their own pages for a cause.

## HELPFUL VIDEOS

## TRI-ALLIANCE



Triathlon Transition Set Up with Erin Densham



Tri Alliance Race Tips - Knowing Your Race Day Kit



**Bike Rules for Triathlon Racing** 

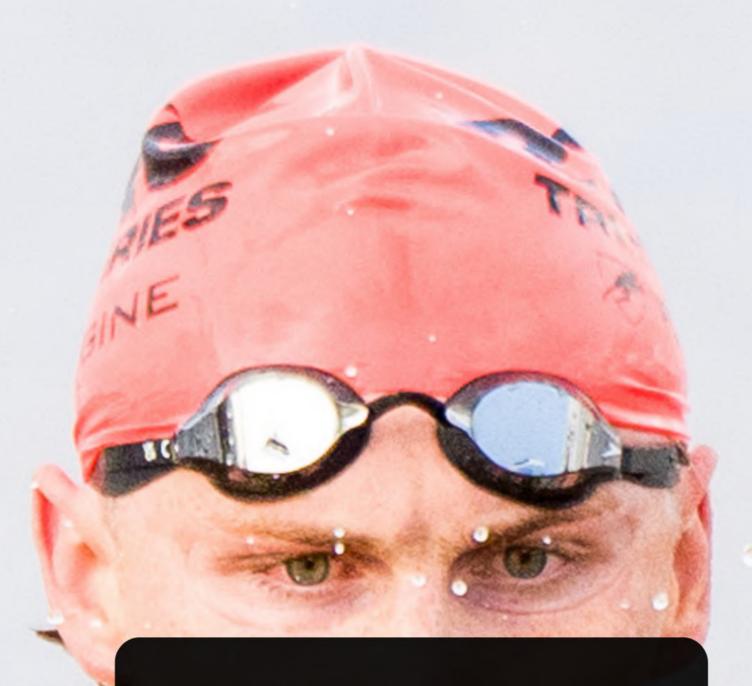


Tri Alliance Basic Triathlon Bike Tips

#### AUS TRIATHLON



#### **HOW TO CORRECTLY FIT YOUR BIKE HELMET**



## ENGINE

#### **BULLET GOGGLES**

- Compact design for racing and training for both surf and pool.
  - ₹ Built for speed, comfort and style.
- ₹ Liquid silicone rim ensures softness & suction.

**SHOP TODAY** 



## **WAVE STARTS**

#### **FULL RELAY - TEAM MEMBER 1 START**

Wave #	Wave 1 + MM:SS	Swim Cap Colour / Print
1 - 8:00am	00:00	Red / White
2	03:00	Fluro Pink / White
3	06:00	Sky Blue / Black
4	09:00	Fluro Yellow / Black
5	12:00	Fluro Orange / Blue
6	15:00	Purple / Black
7	18:00	Fluro Green / White
8	21:00	White / Red
Result Categories: Male Team / Female Team / Mixed Team		

#### **FUN RELAY - START**

Wave #	Wave 1 + MM:SS	Swim Cap Colour / Print
1 - 9:30am	00:00	White / Blue
2	03:00	Fluro Pink / Black
3	06:00	Orange / White
4	09:00	Fluro Green / Black
5	12:00	Purple / White
6	15:00	Fluro Yellow / Red
7	18:00	Red / Black
8	21:00	Royal Blue / White
Result Categories: Male Team / Female Team / Mixed Team		

## platinumphysio healthcare and fitness

## FINISHED YOUR TRI? FEELING A BIT SORE?

TAKE ADVANTAGE OF YOUR

## \*FREE INITIAL CONSULTATION

AT OUR CLINICS IN

BRIGHTON, CAULFIELD,
MALVERN & WINDSOR

COME AND FIND US AT THE PLATINUM PHYSIO

MARQUEE FOR MORE INFORMATION OR BOOK

ONLINE.

\*PRESENT THIS FLYER TO REDEEM

CALL US!



BRIGHTON CAULFIELD MALVERN WINDSOR

## **COURSE MAPS**



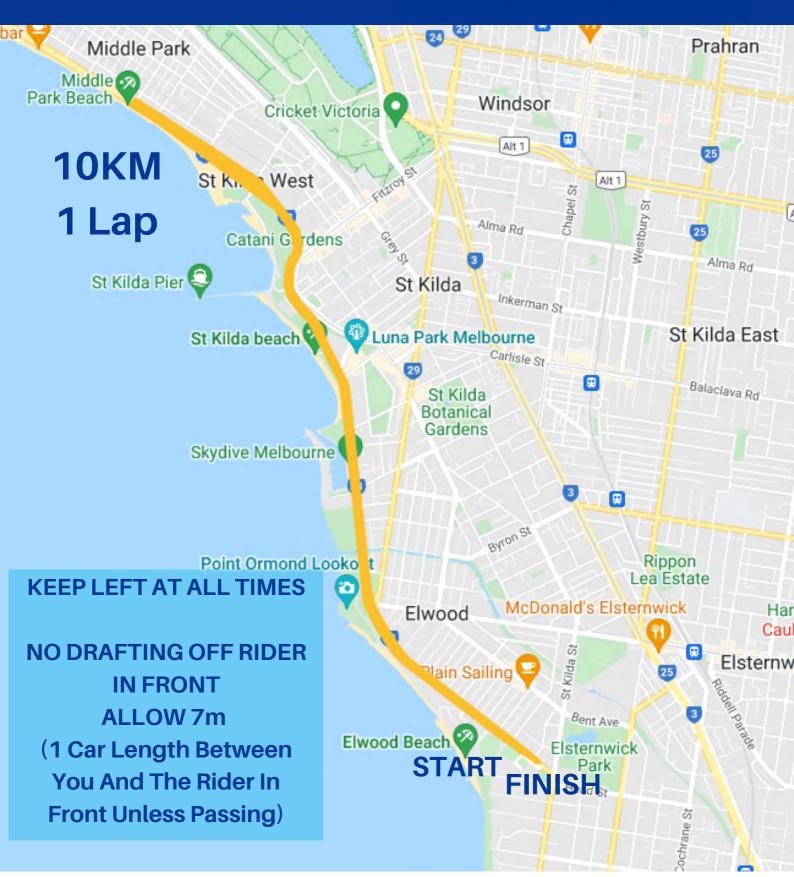


## **SWIM 400M**



## **RIDE 10KM**







## **RUN 4KM**



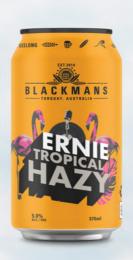


## BLACKMANS

TORQUAY . AUSTRALIA











## WHEN IN TORQUAY, DRINK LOCAL

(BREWED AROUND THE CORNER)



## **CHECKLIST**

#### WHAT TO DO BEFORE RACE MORNING

	Team Captain distributes race kit items to team members. Wristbands
	essential.
	Attach helmet sticker to your helmet and your bike security sticker to
	the head stem of your bike (cyclist only in the Fun Tri Event)
	Team Members need to attach the timing band to their left ankle
	(Member 1 for the Main Event & Swimmer for the Fun Tri Event). Please
	ensure it is attached securely to receive your team's times.
	A \$50 charge applies for any timing bands lost.
	Attach the Race Bib facing the front during the run leg of the race, using
	the Race Belt provided in your pack.
	Optional Category and Number writing - at home with a black marker.
	Write a category letter, then team number on Right Arm of each team
	member. (M - MALE TEAM, F - FEMALE TEAM, X - MIXED TEAM).



NOTE: Please advise the timing tent if you withdraw during or prior to the race on event day.

#### AusTriathlon

 AusTriathlon work to regulate the races on the day, ensuring participant safety and fairness. Please listen to their direction as they have your best interests, and the interests of others in mind.

## **RACE DAY RULES**

#### **BIKE COMPOUND RULES**

- Only competitors are allowed into the compound.
- Your team bike rack will be clearly marked with your race number and team name. If this does not appear on the sticker please see a marshall for assistance.
- Please arrange your gear on the chain ring side of your bike.
- Climbing the bike compound fence will result in disqualification of you and your team.
- All competitors must be out of the compound by 7:50am.
- PRIOR to checking in your bike please ensure you have stickers on helmet and bike. Your wristband will need to be worn Sunday to access the bike compound.

#### **RACE RULES**

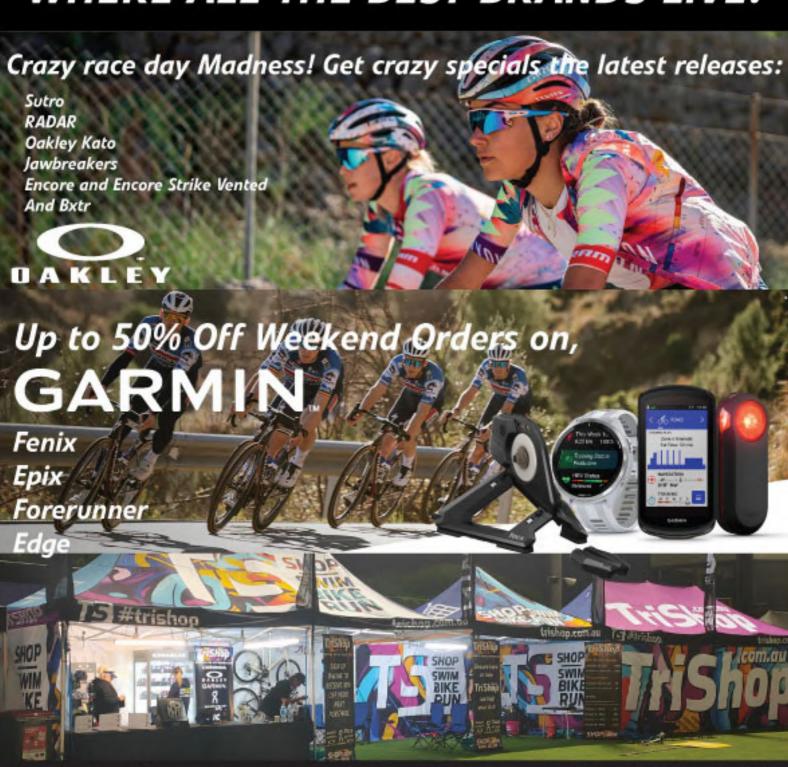
- Don't discard swim cap prior to transition.
- You must have a shirt on during the cycle and run leg.
- No MP3 Players are to be used during the event, no earphones & music are permitted on the course.
- No drafting allowed (space yourself 1 car length behind the cyclist in front unless overtaking). Check out the video on drafting rules from AusTriathlon here.

#### **BIKE COLLECTION**

 The bike compound will be RE-OPENED for competitors to retrieve their bike and gear AFTER the LAST competitor has left the compound to START THE RUN. This will be announced over the PA. There are strictly no exceptions to this rule. Climbing the bike compound fence will result in disqualification of you and your team.



## WHERE ALL THE BEST BRANDS LIVE!



See us for all you race day needs; Bike Mechanics | Helmets | Goggles | Race Laces | Sunnies | Body Lube | Tubes | Tyres | Puncture Repair Kits



CAFES • BARS • RESTAURANTS

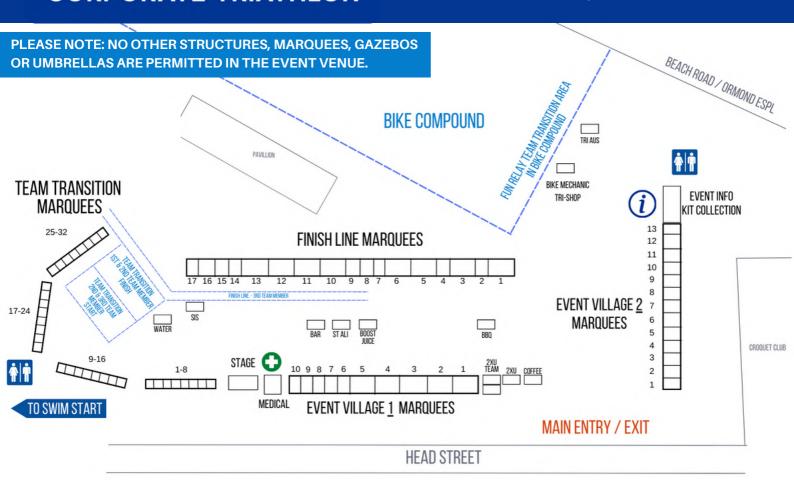
Discover Elwood Village and surrounds:

whatsonstkilda.com/news





# **COMPANY MARQUEES**



Event Village 1	Team name	Team Transition	Team name	Finish Line	Team name	
1	TSA Management	1	ACOR Consultants	1	Kapitol Group	
2	ADCO Group	2	Alchemy Construct	2	Cobild	
3	Ironside	3	Allens	3	Netwealth	
4	Octopus Investments	4	Ampol & Future Energy	4	Donald Cant Watts Corke	
5	AGL	5	Architectus	5	RSM Australia	
6	KPMG	6	Arup	6	Texco Construction	
7	Multiplex	7	Australia Pacific Airports Corporation	7	BildGroup	
8	adidas	8	Brix Property Group	8	Building Engineering	
9	MECCA	9	BROMPTON CONSTRUCTION	9	Chen Foods	
10	M80 Ring Road Project	10	Cera Stribley	10	Mondelez	
	2XU		Dennis Family Corporation		Salta Properties + CBP	
		12	FMD Financial	12	NHP Electrical Engineering	
		13	Hamton	13	GHD	
		14	Hays Recruitment	14	Lowe Living	
		15	Hunter Mason	15	Reece	
Event Village 2	Team name	16	Jardon Group	16	Hacer Group	
1	Ratio Consultants	17	Mazda Australia	17	Westwoods Electrical	
2	HFW	18	McCormick Foods			
3	Beach Energy	19	Mercedes-Benz Australia			
4	Rural City of Wangaratta	20	Nova Systems			
5	Akambo Financial Group & First Financial	21	Ontoit		CATERING:	
6	Fast Labour Hire	22	Our Community			
7	Henny Pty Ltd	23	Pitcher Partners	PLE	EASE NOTE ANY	
8	ADP Consulting Engineering	24	Positive Electrics		PREORDERED	
9	ExxonMobil	25	RMBL Investments		CATERING WILL BE AVAILABLE IN YOUR MARQUEE	
	Lander & Rogers	26	SCHOTT MINIFAB			
11	Mitsui & Co. (Australia)	27	Six Degrees Executive			
12	Tract	28	The Knight			
13	IRONMAN	29	Urbis	FR	FROM 5:30AM ON	
		30	Viva Energy		EVENT DAY	

31 Watson Young Architects

32 O2 Events



### **GOOD LUCK TO ALL COMPETING!**

(Keep an eye on emails post-event for the fastest teams by industry!)

Industry	Teams
Construction	280
Professional, Scientific and Technical Services	92
Engineering	84
Energy	51
Accounting	40
Finance and Insurance	40
Legal	33
Manufacturing	33
Property Development	32
Sport and Leisure	29
Healthcare and Social Assistance	24
Retail Trade	24
Aviation and Automotive	23
Educational Services	18
Recruitment	18
Government	17
Real Estate and Rental and Leasing	16
Other=Plumbing + Construction Supply	13
Other=Refurbishment	12
Other Services (except Public Administration)	11
Other=Road Construction	11
Information	9
Other=Medical Research	9
Other=Convenience Retail and Down stream Petrochemicals	8
Other=FMCG	8
Utilities	8
Agriculture, Forestry, Fishing and Hunting	7
Wholesale Trade	7
Other=Life science venture capital firm	4
Other=Town Planning	4
Other=Video Games	4
Other=Access Control	2
Other=Environmental Monitoring Instrumentation	2
Other=Management Consulting	2
Human Resources	1
Media and Advertising	1
Other=Cleaning and Security Services	1
Other=Digital Consulting	1
Other=Technology	1
Transportation, Warehousing & Supply Chain	1



# SPECTATOR POSITIONS



**EXCLUSIVE** 

# RACV Bike Assist For \$10

Claim Your Melbourne Teams Triathlon Registration Offer!

Use the code **BA10\_MTT** to redeem.







SAVE 15% OFF EACH ENTRY