



# MELBOURNE TEAMS CORPORATE TRIATHLON



## 2025 EVENT GUIDE

O2EVENTS



Fast Labour Hire



**Launch**  
HOUSING

IT'S TIME TO END  
HOMELESSNESS

**EVERYONE  
DESERVES...**



**A SAFE  
NIGHT'S  
SLEEP.**

Register to fundraise today



**Together we can end homelessness in Melbourne**

1000 Mile Travel	CBCo Brewing
2Construct	Cera Stribley
2XU	Chen Foods
4Site Design Group	Chroma Group
Access Covers Australia - Precast And The Furious	CMA CGM
Acciona	Cobild
ACOR Consultants	Coldflow Group
Acton Advisory	Colin Biggers & Paisley
ADCO Group	Colliers
ADP Consulting	Costa Group
Agile Information Management	DAA
AGL Energy	David Jones
Aitken Partners	Dennis Family Corporation
Akambo Financial Group	Doherty Institute
Alchemy Construct Pty Ltd	Donald Cant Watts Corke
Alexander Funds	Draeger
Alfred Health	Driven by our Parents
Amber Organisation	Eastern Freeway Burke to Tram Alliance
Amotiv Limited	EastLink Amigos
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Ardreagh Formwork Pty Ltd	ERM
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Armitage Jones	ExxonMobil
Arup	Fast Labour Hire
Atomic212	Fast Slow Medium
AusNet	FB Rice
Austin Group	Flying Bergers
Australian Maritime Technologies	FMD Financial
Australian Red Cross Lifeblood	Fredon Air VIC
Avery Dennison	FSC Group Pty Ltd
AXA XL	Gadens
Banjo Loans	Gatehouse Gladitors
BayleyWard	GeelongPort
Beach Energy	GHD
belle property armadale	Glad Group Services
Betfair Pty Ltd	Hacer
Beyond Electrical Engineering	Hamton
BG Private	Hays Recruitment
BIC Australia	HFW
BildGroup	Holcim Australia
Blaze Acumen	Hunter Mason
Bluetree	Hutchinson Builders
Brandon Capital	Hydrix Ptd Ltd
BRE	ID_Corp
brix property group	Infosys Portland
Building Engineering	Inplace Living Pty Ltd
Builtwise Constructions	INTREC Management
Caalan.com	Ironside Construction Pty Ltd
CarCram	J.P. Morgan

Jacobs	proUrban
Jardon Group	PwC
Jinding	Ratio Consultants
Kane Constructions Pty Ltd	RCH
Kapitol Group	REA
KD Engineering	Reece
Keystone Underwriting	Resolve Environmental
Knowledgequity	RMBL Investments
Lander & Rogers	Russell Corp Australia Pty Ltd
Launch Housing	Salta Properties
LCI	Salto
Leica Biosystems	Securitas Australia
Lemon Baxter	Select Architects
Level 10	SEMZ Property Advisory & Project Management
LK Group	Sheet Society
Local Brewing Co	SICE
Local: Residential	Siemens
Low Battery Operators	SIMBA
Lumus Imaging The Avenue	South East Leisure
M80 Ring Road	South East Public Health Unit
Macpherson Kelley	Stockland Development Pty Ltd
Marshall Day Acoustics Pty Ltd	Strikeforce
Marshall White	Struxture
Maths Stats Unimelb	SYSTRA ANZ
Matterhorn Refrigeration	TelstraSuper
McCull Smith Projects Pty Ltd	Texco Construction
McCormick Foods	THALES
MECCA Brands	The Commercial Advisory Partnership (TCAP)
Medtronic	The Knight
Mentholatum	Thomson Geer
Mitsui & Co (Australia)	TIME & PLACE
Moragoe	TMX Transform
MULTIPLEX	TotalEnergies
Nabenet	Tract Consultants
NativeSpace	Treasury Wine Estates
Nelson Alexander Real Estate	TSA Riley
Netwealth	TTW Engineers
Newpol Construction	TURN GROUP PTY. LTD.
NHP Electrical Engineering	Urbis
Northern Health	Venko Design
Northrop Consulting Engineers Pty Limited	Villawood
Nova Systems	Vinomofo
Octopus Australia	Viva Energy Australia
Omexom Australia	W&W
Ontoit	Watson Young Architects
Our Community	Wave Racers
Phase 1 Performance 1	WB Built
Pitcher Partners	Western Program Alliance
Planet Innovation	Westwoods Electrical
Point Force Group	WGA
Positive Electrics	William Buck
Prensa	WINSLOW
Protiviti	Worrells

**YOU  
CAN'T  
BEAT  
SCIENCE**

FUEL NOW





# KEY TIMES

## SATURDAY 22ND 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)  
SIS & #TRI-SHOP Retail Stores - Bike Mechanic
- 
- 10:00am - 11:00am** FREE Triathlon Clinics - Tips and Tricks  
& Transition Walk Through and Q&A. Hosted by TRI-ALLIANCE
- 12:30pm - 1:30pm** Just bring yourself! No equipment is needed. Free registration [here](#).

## SUNDAY 23RD FEBRUARY - EVENT DAY

- 6:00am** Event Village Open
- 
- 6:00am** Express Bike Drop Open (By Purchase Only)
- 
- 6:30am - 11:30am** 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)
- 
- 11:30am** Beach Rd Reopens

# VENUE

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

**GOOGLE MAPS LINK HERE**



## 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 ticketed parking areas around the venue.

Parking is available around Elsternwick Park (New St), or at St Kilda Triangle 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.



# TIPS & tricks

## PREPARE FOR THE MELB TEAMS TRI WITH EXPERT GUIDANCE

Signed up with your workmates?  
Not sure what to expect?  
Relax – we'll get you race-ready!

Join our FREE Triathlon Tips & Tricks Session for simple, practical advice.

No stress, no jargon – just easy tips to help you enjoy race day with your team!

📍 Elwood Park, Event Village

💬 Info & Registration: [HERE](#)



What to expect on race day



Valuable swim tips



How to ride the bike more efficiently



Running techniques to make it feel easier



Tips for seamless transition



Transition area walkthrough



Additional insights from professional & qualified coaches

**SATURDAY FEB 22**

10 AM – 11 AM (SESSION 1)

12.30 PM – 1.30 PM (SESSION 2)

**TRI-ALLIANCE**

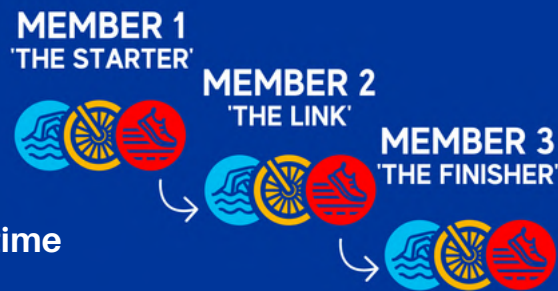


# FULL RELAY

## INSTRUCTIONS

3 full triathlons one after another to post a total team time

Swim 300m | Bike 10km | Run 4km



### MEMBER 1 Green



### MEMBER 2 Yellow



### MEMBER 3 Red



## WHAT'S IN YOUR RACE KIT?

### 3 x Security Wristbands

For access into the bike compound.

### 3 x Swimming Caps

Team Member 1 please start according to the cap colour in the wave start list.

### 3 x Run Bib & Belt

To be worn facing the front on run leg. Use Race Belt to attach to waist after finishing bike leg.

### 3 x Bike & Helmet Stickers

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).

### 1 x Ankle Timing Band

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**', where the team member who is finishing their run, hands over to the next swimmer.

MEMBER 1  
'THE SWIMMER'

MEMBER 2  
'THE RIDER'

MEMBER 3  
'THE RUNNER'



# FUN RELAY

## INSTRUCTIONS

1 triathlon split between 2 or 3 members

Swim 300m | 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**.



**ENGINE**

**WEAPON  
GOGGLES**

**CODE: VICTRI**  
[WWW.ENGINESWIM.COM](http://WWW.ENGINESWIM.COM)

**\$25**

**SAVE \$10**



# HELPFUL VIDEOS

## TRI-ALLIANCE

COACHING | SWIM | BIKE | RUN | RACE



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

- Position the helmet** so that it protects your forehead. (1-2 fingers above your eyebrows).
- Fasten the clip** on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.
- Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.
- Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

## HOW TO CORRECTLY FIT YOUR BIKE HELMET



## FULL RELAY - TEAM MEMBER 1 START

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



1300 700 003

# Fast Labour Hire

VIC / NSW / QLD



## HOW WE CAN HELP

Thanks to our industry experience and people-first approach, we can pick from more than 1,000 skilled workers and specialists for your project. Whether you need a single person or an entire crew, we match you to qualified workers for a range of jobs, locations and contract types. With Aussie businesses now spending \$20,000 on average to recruit a single employee, we help you save by building a productive and dependable workforce that can grow as you do.

## OUR SERVICES



**General Labourers**



**Electrical Spotters**



**Carpenters**



**Skilled Labourers**



**Forklift Operators**



**Ticketed works**



**Traffic Controllers**



**Site leaders**



**OHS REPs**

# COURSE MAPS

[INTERACTIVE MAP HERE](#)



**SWIM 300M**

**RIDE 10KM**

**RUN 4KM**



# MELBOURNE TEAMS CORPORATE TRIATHLON

## SWIM 300M



**FULL TEAM RELAY**  
Team Member 2 & 3  
**Start Swim From**  
Team Transition  
(Be Ready To Swim  
When Changing Over  
Timing Band)

**TO SWIM START VIA  
HEAD ST**

**FUN TEAM RELAY**  
Changeover At Bike  
Rack Position



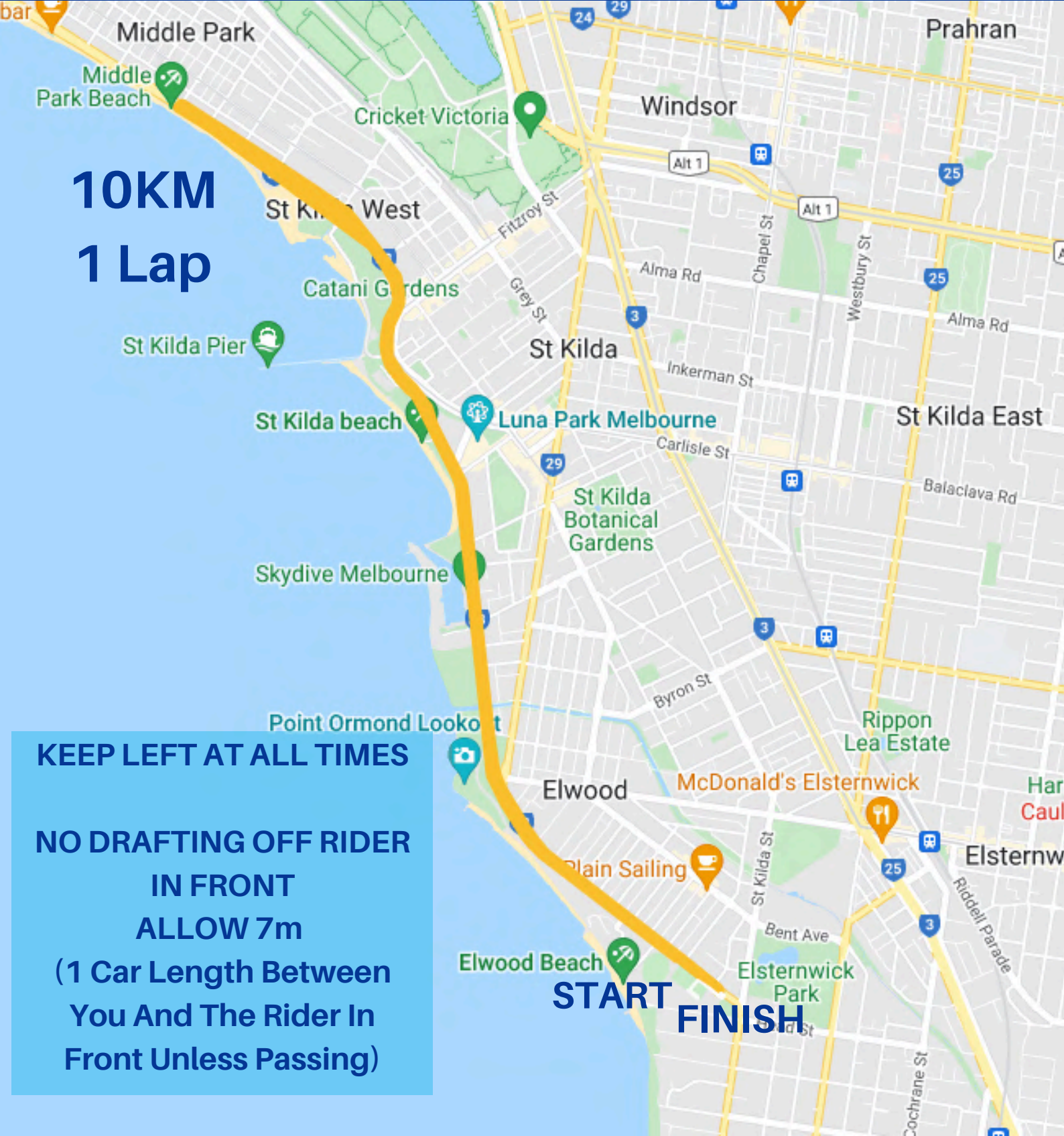
**RIDE 10KM**



**MELBOURNE TEAMS  
CORPORATE TRIATHLON**

**10KM  
1 Lap**

**KEEP LEFT AT ALL TIMES**  
**NO DRAFTING OFF RIDER  
IN FRONT**  
**ALLOW 7m**  
**(1 Car Length Between  
You And The Rider In  
Front Unless Passing)**





# MELBOURNE TEAMS CORPORATE TRIATHLON

**RUN 4KM**



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!**

**☎ 8554 0111**



**BRIGHTON CAULFIELD MALVERN WINDSOR**

# 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.

# AUS TRIATHLON



[FIND EVENTS](#)

[FIND A CLUB](#)

- 1. Find your next event**, novice or beginner events are a great way to learn.
- 2. Get your work mates together and enter as a relay team or **support each other** individually.**
- 3. Join a triathlon club** to meet heaps of friendly athletes like you, access club training sessions and improve your skills.

# 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 your 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.



*We've got your bits covered!*

We'll be set up in the Event Village all race weekend, ready to help you with last-minute gear, advice and essentials to make sure you're ready to race with confidence.



20% off

**OAKLEYS**



20% off

**HELMETS**



\$40

**STARTER  
PACKS**

**TriShop** [.com.au](http://trishop.com.au)

# Refuel post-race

CAFES • BARS • RESTAURANTS

Discover Elwood Village and surrounds:

📍 [whatsonstkilda.com/news](https://whatsonstkilda.com/news)

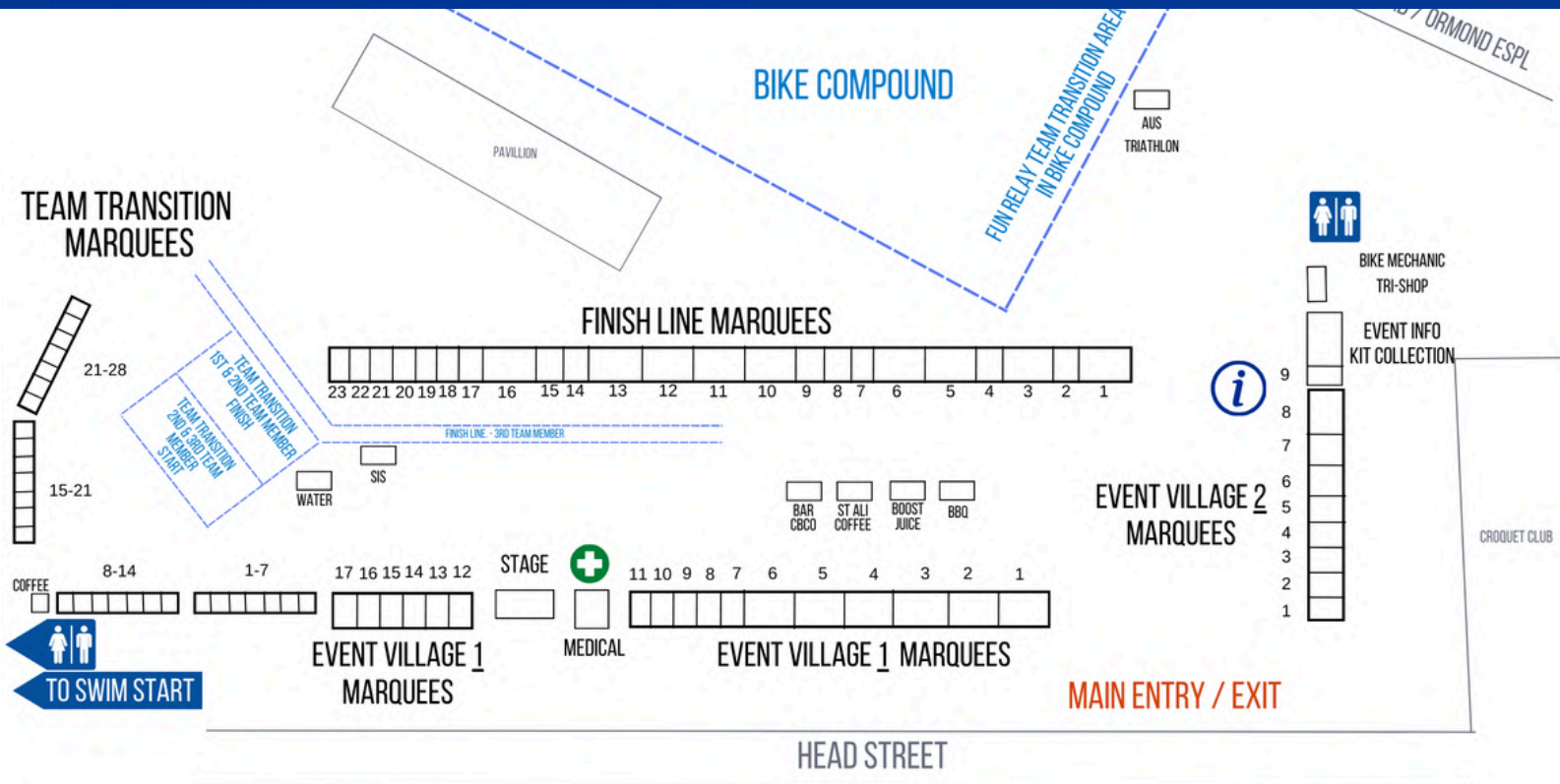






# MELBOURNE TEAMS CORPORATE TRIATHLON

# COMPANY MARQUEES



Event Village 1	Team name	Team Transition	Team name	Finish Line	Team name
1	Hunter Mason	1	The Knight	1	Holcim Australia
2	TSA Riley	2	Brix Property Group	2	Cobild
3	Salto	3	Watson Young Architects	3	Hacer
4	Nelson Alexander Real Estate	4	Dennis Family Corporation	4	Westwoods Electrical
5	AGL	5	Cera Stribley	5	Salta and Collin Biggers & Paisley
6	Reece	6	Ontoit	6	Texco Construction
7	Lander & Rogers	7	RMBL Investments	7	BILDGROUP
8	Stockland	8	Lemon Baxter	8	Building Engineering
9	Jardon Group	9	Newpol Construction	9	Mr Chen's Damn Good Dumplings
10	ADP Consulting	10	Beach Energy	10	M80 Ring Road
11	Fast Labour Hire	11	Urbis	11	ExxonMobil
12	ADCO Group	12	McCormick Foods	12	NHP Electrical Engineering
13	Viva Energy Australia	13	Jacobs	13	GHD
14	Thomson Geer	14	CARCRAM	14	POINT FORCE GROUP
15	Tract	15	Our Community	15	HFW
16	MECCA	16	BIC Australia	16	ACCIONA
17	Arup	17	2Construct	17	Netwealth
		18	Securitas	18	Kapitol Group
		19	Positive Electrics & Builtwise	19	Daniel Allison & Associates
		20	Gadens	20	Coldflow Group
		21	TTW	21	Akambo FG, First Financial, Whittle&Skok & Accordius
		22	Nova Systems	22	Donald Cant Watts Corke
		23	Hays	23	Ironside
		24	ACOR Consultants		
		25	ALCHEMY CONSTRUCT		
		26	Hamton		
		27	FMD Financial		
		28	Colliers		
<b>Event Village 2</b>	<b>Team name</b>				
1	Ratio Consultants				
2	Resolve Environmental				
3	Pitcher Partners				
4	Draeger Australia				
5	MULTIPLEX				
6	TIME & PLACE				
7	Mitsui & Co.				
8	Australian Red Cross Life Blood				
9	Launch Housing				

PLEASE NOTE: ANY PREORDERED CATERING WILL BE AVAILABLE IN YOUR MARQUEE FROM 6AM

Industry	Count Of Teams (As At 13 Feb 2025)
Accommodation and Food Services	2
Accounting	21
Agriculture, Forestry, Fishing and Hunting	6
Arts, Entertainment and Recreation	1
Aviation and Automotive	1
Construction	234
Educational Services	13
Energy	36
Engineering	82
Finance and Insurance	60
Healthcare and Social Assistance	35
Information	1
Legal	31
Manufacturing	14
Media and Advertising	2
Other Services (except Public Administration)	32
Professional, Scientific and Technical Services	113
Property Development	52
Real Estate and Rental and Leasing	26
Recruitment	5
Retail Trade	37
Sport and Leisure	17
Transportation, Warehousing & Supply Chain	5
Utilities	3
Wholesale Trade	5

[START LIST](#)



PLEASE NOTE, WHERE TEAM MEMBER DETAILS HAVEN'T BEEN COMPLETED -  
THE TEAM WILL AUTOMATICALLY BE RANKED AS A MIXED GENDER TEAM



MELBOURNE TEAMS  
CORPORATE TRIATHLON

# SPECTATOR POSITIONS

SWIM 300M



FULL  
RELAY  
TEAM  
TRANS.

TO SWIM  
START

FINISH

ENTRY/  
EXIT

FUN  
RELAY  
TRANSITION

RUN 4KM



RIDE 10KM



EXCLUSIVE

# RACV Bike Assist For \$10

Claim Your Melbourne Teams Triathlon Registration Offer!

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

Ride with peace of mind with 8 call outs per year Victoria wide.



**RACV**

Offer is valid for new Bike Assist members only. Terms and conditions apply.  
Offer expires 18/03/2025. See website for more information.

# GREAT OCEAN & OTWAY CLASSIC RIDE



Peter Mac  
Peter MacCallum Cancer Foundation  
Proud Supporter

**RIDE THE GREAT OCEAN ROAD  
IN STYLE 12TH APRIL 2025  
START & FINISH IN TORQUAY  
ENTRY INC. JERSEY**

  
**204km**  
Amy's Ride

**Classic  
145km**  
The Original Ride

**Family  
60km**  
The Social Ride

**GROUP SPECIAL**  
**ENTER A GROUP OF 4 OR MORE TOGETHER &  
SAVE 10% OFF EACH ENTRY**