



World Triathlon
Championship Finals
WOLLONGONG
2025

Elite, U23, Junior, U23/Junior Mixed Relay Athlete Guide

V1 - 1st October



1 WELCOME LETTERS & INTRODUCTIONS

1.1 INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all Athletes, Coaches and Team Managers are well informed about all procedures concerning the event.

The LOC ensures that the information contained in this Guide is correct and up to date as of the production date.

However, Athletes, Coaches and Team Managers are advised to check on the event website and respective World Triathlon Slack workspaces for Team Managers regarding any changes in information included in this guide.





1.2 WELCOME LETTERS

Welcome from Destination NSW – 2025 World Triathlon Championship Finals

Welcome to beautiful Wollongong for the 2025 World Triathlon Championship Finals, supported proudly by the NSW Government's tourism and major events agency, Destination NSW.

A showpiece event on the NSW major events calendar, the World Triathlon Championship Finals marks a significant occasion for Wollongong and the entire Illawarra region, bringing together elite and age-group athletes from around the globe to compete in the ultimate test of endurance, skill, and determination against a breathtaking backdrop.

With stunning views of the Pacific Ocean, flanked by rolling hills and lush greenery, Wollongong provides one of the world's most spectacular courses for triathlon racing.

Combining dynamic terrain with scenic coastal roads, Wollongong offers a world-class challenge matched only by its natural beauty, making it a truly unforgettable experience for participants and spectators alike.

The World Triathlon Championship Finals also make a vital social and economic contribution, attracting athletes, support staff and media, who stay in hotels, dine in restaurants, and visit local attractions, supporting jobs and businesses throughout the Illawarra region.

As the third-largest city in NSW, Wollongong is home to some of the nation's best visitor experiences. A stunning coastal community with a thriving live music scene, vibrant cosmopolitan dining, beautiful national parks and world-class sporting facilities, Wollongong is building a reputation as a major destination for international sporting experiences.

Best of luck to all participants, enjoy the event and take some time to explore the exciting and diverse visitor experiences on offer throughout the Illawarra region waiting to be discovered at visit.nsw.com.





Wollongong City Council

Welcome to Wollongong

Dharawal Country

We're thrilled to welcome you, your family and supporters to the 2025 World Championship Finals in Wollongong.

Wollongong is more than just a race destination - it's a coastal city with a big heart. Here you'll find friendly locals, a welcoming vibe and a laid-back approach to life. Nestled between the sparkling Pacific Ocean and the dramatic Illawarra Escarpment, Wollongong offers a breathtaking and energising natural backdrop.

As one of only a handful of cities worldwide to be awarded UCI Bike City status, Wollongong is committed to supporting active lifestyles and sustainable transport options. Our scenic coastal cycleways, mountain bike trails, criterium track and velodrome, and more than 130km of shared paths offer plenty of options to experience the city on two wheels or two feet.

Beyond the race there's so much more to discover - from pristine beaches and rock pools to bushwalks, Aboriginal culture, delicious food, CBD nightlife and unforgettable views.

We hope your time here is filled with great performances, memorable experiences, and new connections. Enjoy everything Wollongong has to offer - and we hope to welcome you back again soon.

Tania Brown
Lord Mayor
City of Wollongong



Dear Athletes and Friends,

On behalf of World Triathlon, it is my absolute pleasure to welcome you to the 2025 World Triathlon Championship Finals in Wollongong, Australia.

The Championship Finals are the pinnacle of our sport, the stage where dreams are realised, legends are made and athletes from every corner of the globe come together to race, to celebrate, and to honour the values that make triathlon so special. Whether you are lining up for your very first World Championships or adding another chapter to your journey, wearing your nation's colours on this prestigious stage is an extraordinary honour.

Australia has a rich and proud history in triathlon, having produced some of our sport's most iconic athletes and unforgettable moments. To return here for our marquee event is a privilege, and Wollongong, with its breathtaking coastline, vibrant community, and electric atmosphere - promises the perfect setting for this world-class celebration of triathlon.

Looking ahead, it is especially exciting that the 2032 Olympic Games will be hosted in Queensland, Australia. Once again, triathlon will take centre stage on the world's biggest sporting platform, showcasing the passion, skill and determination of our athletes. This milestone offers immense inspiration for the next generation and underscores the incredible journey our sport continues to take, from grassroots racing to the Olympic stage.

I extend my heartfelt thanks to the local organising committee, AusTriathlon, Elite Energy, Destination NSW, the City of Wollongong, Wollongong City Council and the local community, whose dedication and passion have made this event possible. Their collective effort ensures an unforgettable experience for every athlete, coach, supporter and fan.

I wish you all the very best for your races. May you savour every moment, celebrate your achievements on the blue carpet and create memories that will last a lifetime.

Welcome to Wollongong. Welcome to the 2025 World Triathlon Championship Finals.

Yours in sport,

Antonio F. Arimany

World Triathlon President





World Triathlon Championship Finals

WOLLONGONG 2025

Dear Athletes,

On behalf of the Local Organising Committee, Elite Energy, it is with immense pride and excitement that we welcome you to Wollongong for the 2025 World Triathlon Championship Finals.

As triathletes ourselves, we understand the dedication and sacrifice that have brought you to this moment. We share your passion for the sport, and it's this same passion that drives us to organise some of Australia's most respected events, including the iconic Husky Tri, which regularly hosts over 7,000 competitors across various distances.

Our journey with Wollongong is a long one, having organised numerous triathlons in this spectacular location, from World Triathlon Cup and Oceania Cup races to our annual Wollongong Triathlon. Now, to welcome the world to our home region for the pinnacle of our sport is an incredible honour.

Wollongong is a city we know you will fall in love with. From its beautiful beaches to its incredible bars, restaurants, and tourist attractions, this city has so much to offer. We are proud to share our home with you, and we encourage you to explore and enjoy everything this vibrant city has to offer.

Our slogan is simple: making events memorable. We hope that beyond the incredible competition, you feel great pride in representing your country and that you leave Wollongong not just with a race result, but with memories that will last a lifetime.

All the best with your final preparations, and we look forward to seeing you at the start line.

Yours in sport,

Mark Emerton

CEO, Elite Energy Events





Welcome to the 2025 World Triathlon Championship Finals – Wollongong

On behalf of AusTriathlon, it is my great pleasure to welcome you to Wollongong and to the 2025 World Triathlon Championship Finals. From 15–19 October, Wollongong will be the stage for the world's best athletes to test themselves, to inspire us, and to celebrate everything that makes our sport extraordinary.

The 2025 World Triathlon Championship Finals mark the sixth time Australia has hosted this pinnacle event. Since Greg Welch's breakthrough win in 1990, Australia has proudly secured 19 world titles, shared amongst 12 remarkable athletes – the most of any country in the world. Each of these champions has played their role in shaping triathlon across this country.

Australia is proud to once again host the global triathlon community. Wollongong, with its breathtaking coastline, vibrant community and deep sporting culture, provides the perfect backdrop for competition at the highest level. We are confident that the atmosphere here – on the course and in the city – will make this a championship to remember.

Events of this scale are only possible through collaboration and shared commitment. I extend my sincere thanks to our delivery partners Elite Energy and World Triathlon, whose expertise ensures that athletes, officials, and fans enjoy a world-class experience. We are also deeply grateful to our major partners, New South Wales Government, Destination New South Wales, and Wollongong City Council, whose support has brought this event to life in New South Wales.

Whether you are here to compete, to support, to officiate, or simply to witness the spectacle of world-class sport, welcome. We wish every athlete the very best for their races, and we look forward to sharing five unforgettable days with you on the shores of Wollongong.

Together, let us make these World Championships the most inspiring yet.

Tim Harradine

Chief Executive Officer - AusTriathlon





2 IMPORTANT INFORMATION

2.1 KEY CONTACTS

LOC General Manager: Mark Emerton - emo@eliteenergy.com.au

LOC Event Director: Luke Palmer - luke@eliteenergy.com.au

LOC Athlete Services Manager: Brittany Crossley - brittany@eliteenergy.com.au

World Triathlon Athlete Services Manager: Johanne Suss-Burckel - johanne.sussburckel@triathlon.org

World Triathlon Team Leader: Eriketti Margari - eriketti.margari@triathlon.org

World Triathlon Technical Delegates: Thanos Nikopoulos (GRE), Juliet Fahey (NZL), Sue Horsburgh (AUS), Claire Hannan (NZL), Lyndell Murray (AUS) thanos.nikopoulos@triathlon.org

World Triathlon Head Referees: Yan Therrien (CAN), Frank Stapleton (AUS), Cathi Davey (NZL)

World Triathlon Medical Delegate: Luke Bamford (AUS) - Luke.Bamford@ambulance.qld.gov.au



3 SCHEDULES

3.1 RACE START TIMES

The 2025 World Triathlon Championship Finals in Wollongong will take place from the 16th to the 19th of October with this schedule.

Thursday 16th October	7:45am	AG Standard Distance Triathlon
Thursday 16th October	10:00am	AG Standard Distance Aquabike
Thursday 16th October	1:15pm	U23 Men Triathlon
Thursday 16th October	4:15pm	U23 Women Triathlon
Friday 17th October	8:00am	AG Sprint Distance Triathlon
Friday 17th October	2:15pm	Junior Men Triathlon
Friday 17th October	4:15pm	Junior Women Triathlon
Saturday 18th October	7:30am	Para Triathlon (PTWC/PTVI)
Saturday 18th October	10:00am	Para Triathlon (PTS)
Saturday 18th October	12:15pm	Junior & U23 Mixed Relay
Saturday 18th October	2:00pm	Women's PRO T100
Saturday 18th October	3:45 pm	Mens PRO T100
Saturday 18th October	7:30pm	Rock N Run
Sunday 19th October	8:00am	Para Triathlon Mixed Relay
Sunday 19th October	10:30am	AG Mixed Relay
Sunday 19th October	2:00pm	Elite Women Triathlon
Sunday 19th October	5:00pm	Elite Men Triathlon



3.2 EXPO AREA

The expo will be held in Lang Park, in the main event village. [Link to maps](#)

Tuesday 14th October	9:00am - 5:00pm
Wednesday 15th October	9:00am - 4:00pm
Thursday 16th October	8:00am - 6:00pm
Friday 17th October	8:00am - 6:00pm
Saturday 18th October	8:00am - 6:00pm
Sunday 19th October	8:00am - 6:00pm

The ZOGGS logo, featuring the brand name in a bold, italicized, sans-serif font with a registered trademark symbol.

OFFICIAL SWIM SPONSOR

Trusted by swimmers to perform without compromise, Zoggs world-class gear delivers the performance, precision, and reliability you need to push every limit and master every lap.

Visit the Zoggs tent from Tuesday 14th to Sunday 19th October to try on our wide range of goggles, get a personalised goggles fitting, explore our thermal swimwear collection, and more!





4 GENERAL INFORMATION

4.1 MAIN COMPETITION VENUE

The main competition venue of the 2025 World Triathlon Championship Finals in Wollongong is Lang Park. [Link to maps.](#)

4.2 VENUE PARKING (DROP OFF LOCATIONS)

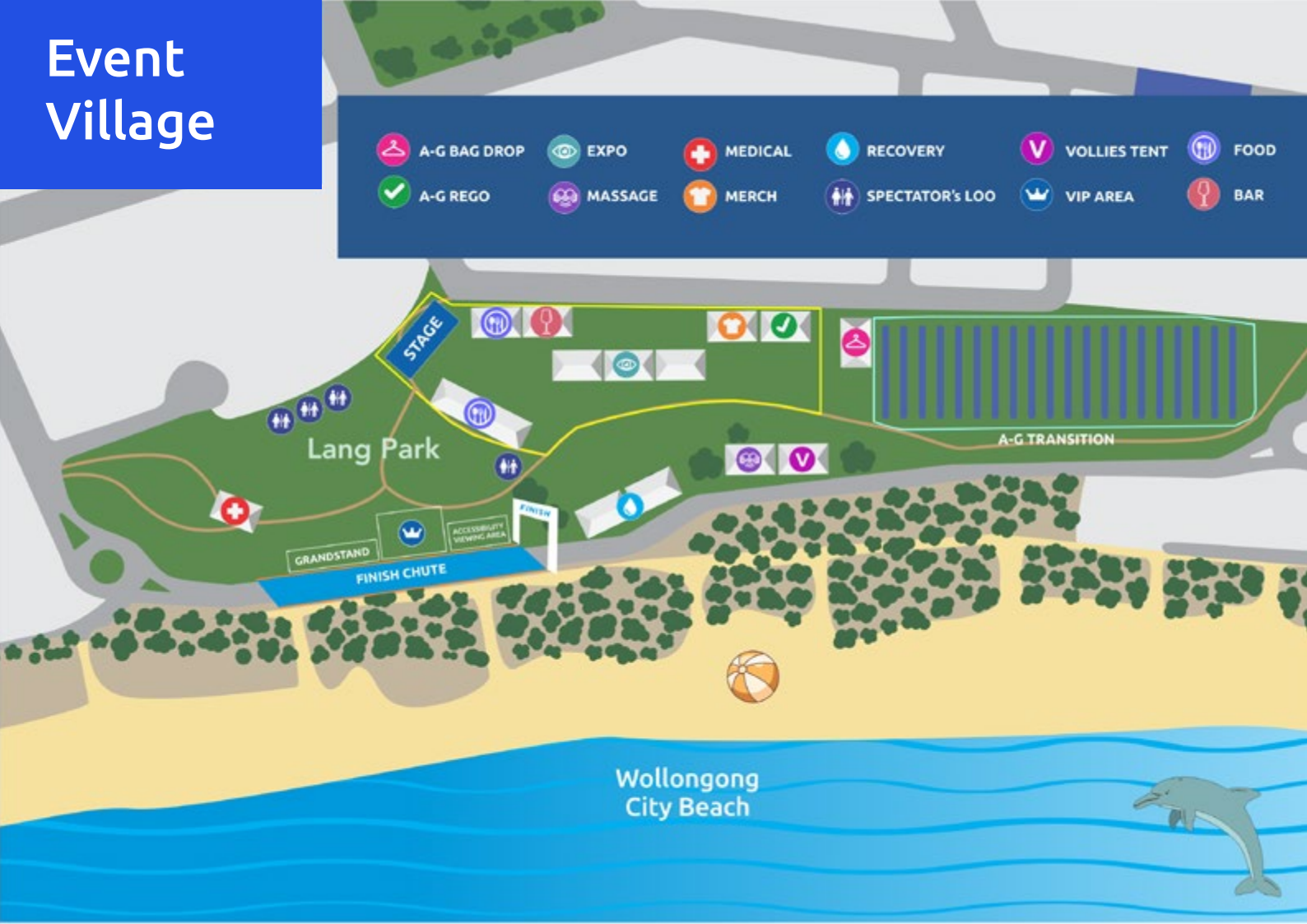
Due to the limited parking spaces available around the venue, it is highly recommended to use public transport. With significant road closures, drop-offs are not possible at the venue. The best location to be dropped off is along Bank Street, which is only a short walk to the venue.

A free bus from Wollongong Train Station to the venue will be available. No bikes will be allowed on the buses. See details below.

Event Venue Map



Event Village



4.3 COURSES

All course maps and descriptions can be found on the website under the tab 'Events'.

<https://wollongongtriathlon.com/>

4.4 INFORMATION POINTS, LOST & FOUND, WIFI

An information booth will be set up within the Event Village in Lang Park. Lost & Found will also be at the Information booth.

Free wifi will be available within the Event Village.

4.5 BIKE SHOPS & MAINTENANCE

For any small or urgent equipment repairs required during the event whilst the venue is open, limited assistance may be available at the bike mechanics tent located within the expo area, within the event village.



Athletes are encouraged to bring their own essential tools and spare parts to ensure they are fully prepared.

For additional support, please see the details of local bicycle shops and service providers listed below. These businesses can assist with a wider range of repairs and equipment needs.

Giant Wollongong

Unit 3, 9–15 Ellen Street, Wollongong NSW 2500

(02) 4228 6800 | giantwollongong.com.au

Services: Premium Giant bikes, drivetrain & wheel services, tyre/sealant replacements.

Trek Bicycle Wollongong

316 Keira Street, Wollongong NSW 2500

(02) 4228 8099 | trekbikes.com

Services: Trek & Bontrager bikes, e-bike expertise, tiered service packages.

4.6 MASSAGE SERVICES

Post-race massage services will be provided at the Finish line. Should you wish to book a massage outside of the event, please contact:

Loa Fakaua

Director - Performance Massage

0427 246 955

loa@performancemassage.com.au

4.7 VISA

If a Visa is required for your entry into Australia, please contact the LOC to obtain the necessary information.

info@wollongongtriathlon.com



World Triathlon
Championship Finals
WOLLONGONG
2025

OFF TO 2025 WORLD CHAMPIONSHIP FINALS? RENT WITH SIXT AND SAVE WITH 20% OFF: [BOOK HERE](#)

- ✓ Valid at selected locations
- ✓ For online bookings your discount will be automatically applied. For telephone bookings please quote KDNR 19676529 to receive your discount.
- ✓ Offer is subject to availability and cannot be used in conjunction with any other promotion, special offer, coupon, corporate discounted rate or for existing bookings.
- ✓ Drivers must meet the standard age, driver's licence and credit requirements of SIXT.
- ✓ Excess charges will apply for items such as Credit Card Surcharges and optional extras
- ✓ All rentals are subject to the terms and conditions of the rental agreement.

Location Listing

Sydney Metro:

Blacktown Ph 9831 6885

Campbelltown Ph 4626 7005

Carlton Ph 9547 0676

Caringbah Ph 9541 8900

Castle Hill Ph 8379 6665

Concord Ph 8999 1042

Liverpool Ph 9602 2621

Milperra Ph 8709 0700

Minchinbury Ph 8999 9311

Mulgrave Ph 8614 8399

Narellan Ph 8014 7652

Parramatta Ph 9682 2800

Penrith Ph 4731 2038

Ryde Ph 9816 3626

Smithfield Ph 8999 1473

More locations here: www.sixt.com.au/rental-guide/australia-branches/



WORLD CHAMPIONS SAVE WITH SIXT

FEEL LIKE
IT'S YOUR

FIRST WAVE





5 ABOUT WOLLONGONG

5.1 WHERE TO GO AND VISIT

Wollongong is a vibrant coastal city in New South Wales, renowned for its stunning beaches, scenic escarpment, and laid-back lifestyle. It offers a mix of outdoor adventure, cultural experiences, and a growing food and arts scene.

For more information, visit the [Official Wollongong Tourism](#) website.

You can also use this trip planner to create your perfect Wollongong itinerary [here](#).

5.2 LOCAL WEATHER

In Wollongong, the weather in October is generally mild and pleasant.

Average temperatures range from 12°C at night to 22°C during the day, with a mean of around 17°C. It's a comfortable time of year, though mornings and evenings can be a bit cool.

Check the local weather details [here](#).

5.3 LOCAL MEDICAL SERVICES & HOSPITAL INFORMATION

Emergency Medical Care

In case of illness or injury during the event:

Wollongong Hospital

Kembla Street, Wollongong, NSW 2500

+61 2 4222 5000

Radio Doctor Illawarra – After Hours Home Doctor

- Service Area: Wollongong and surrounding suburbs (Scarborough to Kiama)
- Hours:
 - Weekdays: 6:00 PM – 6:00 AM
 - Saturdays: from 12:00 PM
 - Sundays & Public Holidays: 24 hours



- Contact: 02 4228 5522 | enquiries@radiodoctor.com.au | radiodoctor.com.au
- Services: Home visits for minor illness or injury (non-emergency). Bulk-billed for Medicare holders.
- Note: Not for emergencies — dial 000 or go to the hospital.

Ambulance & Insurance Notice

If an athlete requires an ambulance to the hospital from the event, they will be charged for the service.

Athletes must have:

- Australian health insurance covering ambulance, or
- Travel insurance covering emergency medical transport.

Without appropriate coverage, athletes will be responsible for the full cost of ambulance transport and hospital treatment.

5.4 MEDICAL DURING THE EVENT

Comprehensive medical support will be available across the venue and on course to ensure the safety and well-being of all athletes. Qualified medical personnel and first aid teams will be stationed in key areas, with services ranging from immediate first aid to advanced care if required. Athletes are encouraged to seek assistance promptly if feeling unwell before, during, or after competition.



6 ATHLETES REWARDS PROGRAM

As you prepare to push your limits at the 2025 World Triathlon Championship Finals, the entire city of Wollongong is ready to welcome you with open arms. To celebrate your dedication and to help you make the most of your time here, we are thrilled to introduce the Athlete Rewards Program.

This exclusive program is Wollongong's way of saying thank you. We have partnered with over 30 of our finest local businesses, from award-winning restaurants and cosy cafes to some amazing tourist attractions to offer you a range of special discounts and unique experiences.

Embrace the vibrant culture, incredible landscapes, and warm hospitality that make Wollongong a truly world-class destination. This program is your ticket to experiencing the city beyond the finish line.

How to Redeem

Simply present your proof of entry to the World Championship Finals at any participating business to unlock these incredible offers. The benefits are for you, our extraordinary athletes, but we haven't forgotten the people who support you. Many offers also extend to team organisers, crew, and even your biggest fans, your friends and family.



Sydney ↑

MUST SEE IN THE CBD

- 2 Lighthouse
- 3 Flagstaff Hill
- 4 Wollongong Harbour
- 5 City Beach
- 6 North Wollongong Beach
- 7 Walk Wollongong's Blue Mile from Lang Park to North Wollongong Beach
- 8 Over 60 km of shared cycleway
- 9 Nuns' Pool
- 10 Continental Baths
- 11 Gentleman's Pool
- 12 Wollongong Art Gallery
- Wonderwalls on city buildings - various.



World Triathlon
Championship Series
WOLLONGONG
2025

Athlete Rewards Program

All offers valid from
13 to 26 October 2025
unless otherwise listed



Local Business Directory

- 1 Aquilla Charters
- 2 Aquilla Fishing Charters
- 3 Bombora Seafood Restaurant
- 4 Breakout Bar
- 5 Crown Currency Exchange
- 6 Harbourfront Seafood Restaurant
- 7 Humber
- 8 Lagoon Seafood Restaurant North Wollongong

North of map

- 9 Longboard Cafe
- 10 North Beach Daily
- 11 Pepe's On The Beach
- 12 Phyxit Physio and Injury Clinic
- 13 Saunau
- 14 Skydive Australia
- 15 Smash Factor
- 16 Stand Up Paddle Boarding Shellharbour
- 17 Steamers Bar and Grill
- 18 The Boathouse North Wollongong

South of map

- 19 Discovery Space
- 20 Headlands Hotel Austinmer
- 21 Phytess Healthcare
- 22 Resin Brewery
- 23 Science Space
- 24 Symblo Wildlife Park
- 25 Towradgi Beach Hotel

South of map

- 26 Club Windang
- 27 First Light Brewery
- 28 Georgia Rose
- 29 HARS Aviation Museum
- 30 Treetops Adventure Nowra
- 31 Waterfront Tavern

WOLLONGONG
press play

Athlete Rewards Program

All offers valid from 13 to 26 October 2025 unless otherwise listed

Business Name		Offering	T&C
1	Aquilla Charters	10% off whale watching tours with code WTC2025	Minimum 10 people required for tour to commence. Offer valid for select dates only. Book and redeem discount at aquillacharters.com.au/whale-watching using code WTC2025
2	Aquilla Fishing Charters	10% off deep sea fishing with code WTC2025	Minimum 8 people required for charter to commence. Minimum age 8. Offer valid for select dates only. Book and redeem discount at aquillacharters.com.au/per-person-charters using code WTC2025
3	Bombora Seafood Restaurant	20% off when you spend \$60+	Valid for athletes, organisers and crew. Proof of race registration required. Weekend 10% surcharge waived when redeeming offer.
4	Breakout Bar	Midweek Rates All Week!	Use code GONGTRIBO for \$10pp on Escape Rooms all weekend!
5	Crown Currency Exchange	Platinum exchange rates	Premium exchange rates offer valid with code WOLLONONG-TRIATHLON
6	Harbourfront Seafood Restaurant	Daily Market Menu	Seasonal 2 or 3-course set menu. Mon-Thu: \$55/\$65. Fri-Sun: \$65/\$75. Limited spots daily.
7	Humber	Happy hour every hour	Happy Hour every hour for athletes, friends and family of the World Triathlon Championship Finals. Pricing applicable to Happy Hour products only.
8	Lagoon Seafood Restaurant North Wollongong	Free bottle of wine with Seafood Platter	Mention World Triathlon Championship when ordering a Seafood Platter for 2 or 3, and get a free bottle of Telling Tales Marlborough Sav Blanc.
9	Longboard Cafe	Athlete snacks and breakfast specials	\$20 athlete breakfast combo (dine in only, proof of race registration required), \$17 Athlete Snack Pack (takeaway only, while supplies last), \$9.99 Recovery Smoothies (dine in or takeaway). Offer availalbe while supplies last.
10	North Beach Daily	Expo stall jersey giveaway	Spend \$50+ at the Expo stall to enter the draw for a signed Chicago Bulls jersey (Josh Giddey #3). Winner announced Saturday 18 October.
11	Pepe's On The Beach	Daily food & drink specials	"Mon-Fri: \$12 cocktails, \$6 beers, \$6 wines & \$6 tacos (4-6pm) Fri: 2 for \$24 Cocktails (6-8pm) Sun: \$12 Margaritas & \$7 Schooners (3-6pm), Bottomless Brunch (bookings essential, 4-6pm)"
12	Phyxit Physio and Injury Clinic	\$99 physiotherapy appointments	Discounted appointments valid for participants or visitors linked to event. Cannot be used with Cat Croghan or Darren Cave. \$20 access to Recovery boots (30 min session) or ice/compression (20 min session). Bookings required: 02 4228 9299.
13	Saunaus	30% off sauna, ice bath & recovery	Discount offer valid for all participants and associates of the World Triathlon Championship. One free session per guest. Book at saunaus.com.au
14	Skydive Australia	\$30 off tandem Skydive with code TRI30	\$30 off tandem skydive with code TRI30. Book direct at skydive.com.au . Not valid with gift vouchers or other offers.
15	Smash Factor	Free Clubs + Second Hour Half Price!	Use code GONGTRISF to play another hour for half price and get your hire clubs on us!
16	Stand Up Paddle Boarding Shellharbour	Sunrise SUP for \$49	Valid 11-15 October. Daily sunrise tours leaving from Belmore Basin at 6am. Group sessions available from 9am daily. Just \$49pp, all equipment and digital photographs included. Book at supshellharbour.com
17	Steamers Bar and Grill	Team dinner specials, free recovery drinks	2-course Team Dinner set menu with drink for \$45pp (minimum 6 people, select drink options only). Free recovery drink with any Feast Together meal (limit 1 drink per person, valid with feat together section only). Proof of race registration required.
18	The Boathouse North Wollongong	3-course Podium Lunch for \$70	3-course set menu for \$70 and a glass of bubbles on arrival with the best views in North Wollongong. Minimum 4 guests required. Book online at theboathousenorthwollongong.com.au .
North of map			
19	Discovery Space	15% discount on entry with code TWC2025	15% discount on full priced General Entry only (on weekdays or weekends). Discount can be claimed in online checkout with code TWC2025, or by telling our front desk staff upon arrival.
20	Headlands Hotel Austimmer	Daily food & drink specials	\$5.50 house schooners, wine and bubbles Sun-Fri (4-6pm). Daily dinner specials Mon-Fri with ocean views, 20 mins north of Wollongong.
21	Phytness Healthcare	25-40% off remedial massage therapy	40% off for competitors, 25% off for officials, support crew, volunteers. Proof of race registration or volunteer ID required. Multiple locations.
22	Resin Brewery	Burger & beer paddle for \$35	Normally \$49. Choose any burger + 4 beers/ciders for your paddle. Big screens showing the event all week.
23	Science Space	15% discount on entry with code TRI-SCIENCE	15% discount off standard or combo entry only (on weekdays and weekends). Discount can be claimed in online checkout with code TRI-SCIENCE or let staff know at the front desk to apply the discount.
24	Symbio Wildlife Park	Quokka and koala encounters	Step into the habitat of some of Australia's favourite animals. Encounters available from \$150, book online at symbiowildlife.com.au
25	Towradgi Beach Hotel	Daily food & drink specials	Discounted pints Mon-Fri, 3-6pm. Mon: Kids Eat Free (5-9pm), Tues: \$14 Schnitty + Trivia (5-9pm), Wed: \$20 Rump steak (5-9pm), Fri: 2 for \$25 Cocktails, \$6 Schooners, \$7 Fire & Apple + Food Specials (6-9pm).
South of map			
26	Club Windang	25% off twilight barefoot bowls	2-hour barefoot bowls session with instructor, daily from 5-7pm. Must prebook via clubwindang.com.au/barefootbowl .
27	First Light Brewery	25% off tasting paddles	Any 4 beers in the paddle for the price of 3.
28	Georgia Rose	Daily food & drink specials	Happy hour Mon-Fri (3-6pm), enjoy \$7 selected beers, wines, sparkling. Tues: Free Drag Trivia (from 7pm), Thurs: \$20 Pizza & Pasta (5-9pm), Fri: \$15 Margs, \$15 Tacos (11.30am - 8.30pm).
29	HARS Aviation Museum	Discounted museum tours	Discounted admission for guided tours. Adult \$30, Concession \$25, Student \$10, Family pass \$70. Proof of race registration required.
30	Treetops Adventure Nowra	15% off ropes course with code TREEATHOLON	15% off your next booking with code TREEATHOLON. Book at treetopsadventure.com.au Not to be used in conjunction with any other offer or voucher purchase. Cannot be applied retrospectively.
31	Waterfront Tavern	\$7 Happy hour	Happy Hour from Mon-Friday (3-6pm). Enjoy \$7 selected beers, wines, and sparkling while overlooking the marina.



7 TRANSPORT & ACCOMMODATION

7.1 HOW TO ARRIVE

Please see details [HERE](#) on how to arrive in Wollongong.

Airport Transfers

Airport Transfers can be booked directly through our travel partner Nirvana [HERE](#).

Process for the complimentary airport transfers for Elite Athletes and Coaches has been shared on Slack end of August.

Deadline to book those is October 1st. Any requests to Wollongong@nirvanaeurope.com after this will be subject to availability and costs provided from the local company.

Travel to the Venue in Wollongong (Event specific)

A free bus from Wollongong Train Station to the venue will be available. No bikes will be allowed on the buses.

Thursday 16th October	8.00am - 7.00pm
Friday 17th October	8.00am - 7.00pm
Saturday 18th October	7.00am - 9.00pm
Sunday 19th October	7.00am - 11.00pm

Buses will leave intermittently during that time every hour.

Local Travel in Wollongong (Not event specific)

Bus

The FREE Gong Shuttle runs every 10 to 20 minutes. The service operates in both directions on a loop around Wollongong.

Transport for NSW will be increasing the frequency of the Free Gong Shuttle service (55A/55C) over the weekend—from every 20 minutes to every 10 minutes between 9:00 am and 6:00 pm.

In addition to this, Transport for NSW will be supporting the event with a free event shuttle service which will operate throughout the event period to assist in



making your journey relaxed and enjoyable. The return service will operate between Wollongong Train Station to Wollongong Entertainment Centre on Harbour St, only a short 300m stroll to the event precinct. It will operate on a turn-up-and-go basis, coordinated by bus marshals and no fixed timetable will be provided.

Please see the below for further details.

Day	Start	End
Thursday 16th October	8.00am	8.00pm
Friday 17th October	8.00am	7.00pm
Saturday 18th October	7.00am	9.00pm
Sunday 19th October	7.00am	11.00pm

Uber

Uber operates in Wollongong

Taxi

There are various taxi ranks around Wollongong or Illawarra taxis can be booked by calling 4254 2111 or via <https://www.illawarrataxinetwork.com.au/booking>

Walk/Bike

The Event Village (Lang Park) is easily accessible on foot or by bike from the CBD

7.2 ACCOMMODATION

Nirvana is the official travel partner for the 2025 World Triathlon Championship Finals. Find out more about travelling with Nirvana [here](#).

8 OFFICIAL FUNCTIONS

8.1 PARADE OF NATIONS

All National Federation delegations are to meet on Wednesday, 15th at [Flagstaff Hill](#) at 4:30 p.m.

At 5:00pm, the parade will proceed south along Marine Drive before entering Lang



Park.

The National Federation flag bearer is requested to bring their own country's flag. Preferred size must be 1775mm Wide x 910mm High.

More information can be found [HERE](#).

8.2 OPENING CEREMONY

The Opening Ceremony of the 2025 World Triathlon Championships Finals will be a vibrant celebration of sport, culture, and community. Beginning with the Parade of Nations, athletes from around the world will proudly march into Lang Park, creating a powerful display of unity and diversity. The evening will feature live performances, cultural showcases, and a special stage presentation highlighting Wollongong's coastal heritage and the spirit of international competition. Athletes, officials, and spectators alike will come together to mark the start of an unforgettable week of racing and festivities.

All Age-Grouper Athletes will receive a \$30 food voucher ticket within their race packs. This voucher will be permitted to be used from Wednesday, 15th October - Saturday, 18th October 2025, at any participating venue (view [HERE](#)) and food trucks that will be on-site within the event site village.

Redemption available Wednesday 15th October 2025 - Saturday 18th October during participating businesses' hours and event village hours.

The Opening and Closing Ceremonies venue will not require a ticket, as they are held within the Event Village and are open to the public.

8.3 CLOSING CEREMONY

The Closing Ceremony of the 2025 World Triathlon Championships Finals will bring the week's celebrations to a memorable conclusion. Athletes, teams, and supporters will gather at Lang Park to honour the achievements of the competition and the spirit of international sport. The ceremony will feature official presentations, cultural performances, and a festive atmosphere as the triathlon community comes together one final time in Wollongong. It will be a moment to reflect on the triumphs, friendships, and shared experiences that define the Championships.

The Closing Ceremony will take place from 8.00pm till 10.00pm on Sunday.

RUN, JOG, WALK OR DANCE

COMMUNITY EVENT FOR THE WORLD TRIATHLON CHAMPIONSHIP FINALS

RockNRun FESTIVAL

DJ's

TIX
FROM
\$10

LIVE ENTERTAINMENT

5KM | 2.5KM

WOLLONGONG

18 OCTOBER 2025

IT'S FUN FOR THE ENTIRE FAMILY





9 SCHEDULE OF EVENTS

9.1 OPENING CEREMONY/PARADE OF NATIONS

Wednesday 15th October 5:00 - 7:00pm All Athletes

9.2 ATHLETE BRIEFINGS

Please arrive to register your attendance 30 minutes prior to each briefing start time.

Wednesday 15th October	3:00pm	U23 Men & Women (including Junior/U23 Mixed Relay)
Thursday 16th October	9:00am	Junior Men & Women (including Junior/U23 Mixed Relay)
Saturday 18th October	3.00pm	Elite Coaches Meeting
Saturday 18th October	4.00pm	Elite Athlete Briefing
Saturday 18th October	4.45pm	Elite Team Medical Briefing

Briefings will take place on Level 4 at [Novotel](#)

Race packs and accreditation will be given by technical officials after the Athlete Briefings.

Accredited coaches wristbands will be available at the Coaches Meeting or Athlete Briefings.

Bikes are NOT ALLOWED inside the hotel. Bike racks will be available outside, please bring your own lock.

The bike course may be in use for other racing please **proceed to the Novotel via the Blacket Street controlled pedestrian crossing ONLY.**

Thank you for your consideration of other athletes.



9.3 MIXED RELAY TEAM DECLARATIONS

Friday 17th October	5:00pm	Junior/U23 Mixed Relay ONLINE team declaration closes.
Friday 17th October	6:00pm	Junior/U23 Mixed Relay Team Managers Meeting and Team Confirmation (Athletes Lounge)
Saturday 18th October	10:15am	Junior/U23 Mixed Relay Final Team Declaration (Athletes Lounge)

10 COURSE FAMILIARISATIONS

The athlete course familiarisations will be held at the following times:

Wednesday 15th October 12:30pm - 1:00pm	U23 Bike Course Familiarisation	Elite Transition
Wednesday 15th October 1:00pm - 1:30pm	U23 Swim Course Familiarisation	Cove Beach Wollongong
Thursday 16th October 12:00pm - 12:30pm	Junior Swim Course Familiarisation	Cove Beach Wollongong
Thursday 16th October 12:55pm - 1:10pm	Junior Bike Course Familiarisation	Elite Transition
Saturday 18th October 11:00am - 11:30am	Elite Swim Course Familiarisation	Cove Beach Wollongong
Saturday 18th October 11:45am - 12:15pm	Elite Bike Course Familiarisation (2 laps escorted)	Elite Transition

Course Familiarisations

All athletes wishing to participate will be allowed to join in course familiarisation sessions that are planned for your race/category (only).

Swim Familiarisation

Lifeguards and medical personnel will be on-site throughout the swim familiarisation session to ensure athlete safety.



Bike Familiarisation

- The meeting point will be at the Elite transition 15 minutes prior to the start.
- A pre-ride briefing will be provided to all athletes before the session begins.
- Athletes will preview two laps of the elite individual bike course. (this will not be at race pace) Athletes will regroup at the end of the first lap in the transition zone.
- The ride will be police-escorted to ensure safety and traffic control throughout the session.
- Punctuality is essential – late arrivals will not be permitted to join the session. Once the session ends, the roads will reopen to public traffic.
- **Important:** Athletes must not attempt to ride the course independently outside of the official session. Doing so is at your own risk and must be in full compliance with local traffic laws.

Non-compliance with road rules may result in fines or disqualification.

Key Cycling Regulations:

- Ride on the left-hand side of the road at all times (Australia-specific).
- Cycling on footpaths is prohibited unless explicitly marked for shared use.
- When cycling in groups, ride single-file unless road conditions allow otherwise.
- All road signs and traffic signals must be obeyed—cyclists are considered road users under the law.

10.1 COACHES RUN COURSE MEASUREMENT

The accredited coaches run course measurements will take place at the following times:

Thursday 16th October	3:25pm	U23 Coaches
Friday 17th October	3:30pm	Junior Coaches
Saturday 18th October	1:40pm	JR/U23 MR Coaches
Sunday 19th October	4:15pm	Elite Coaches

Accredited Coaches wishing to take part should register with technical officials for this at the Athlete Briefings.

Accredited coaches please meet at the Elite Athletes Lounge 10 minutes prior to the start time.



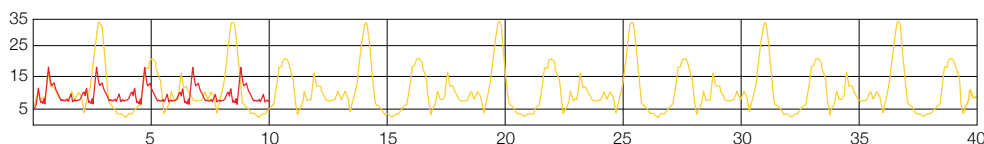
World Triathlon Championship Finals

WOLLONGONG 2025



Elite

- S** START **F** FINISH **T** TRANSITION  NEUTRAL WHEEL STATION
1 BIKE TURN **1** RUN TURN  RUN AID STATION  TEAM WHEEL STATION



SWIM 1.5KM (2 LAPS)

BIKE 40KM (7 LAPS)

RUN 10KM TOTAL
1.744KM START LAP +
4 LAPS OF 2.064KM



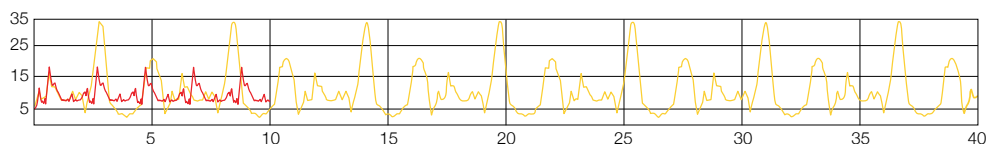
World Triathlon Championship Finals

WOLLONGONG 2025



U23

- S** START **F** FINISH **T** TRANSITION  NEUTRAL WHEEL STATION
 BIKE TURN  RUN TURN  RUN AID STATION  TEAM WHEEL STATION



SWIM 1.5KM (2 LAPS)

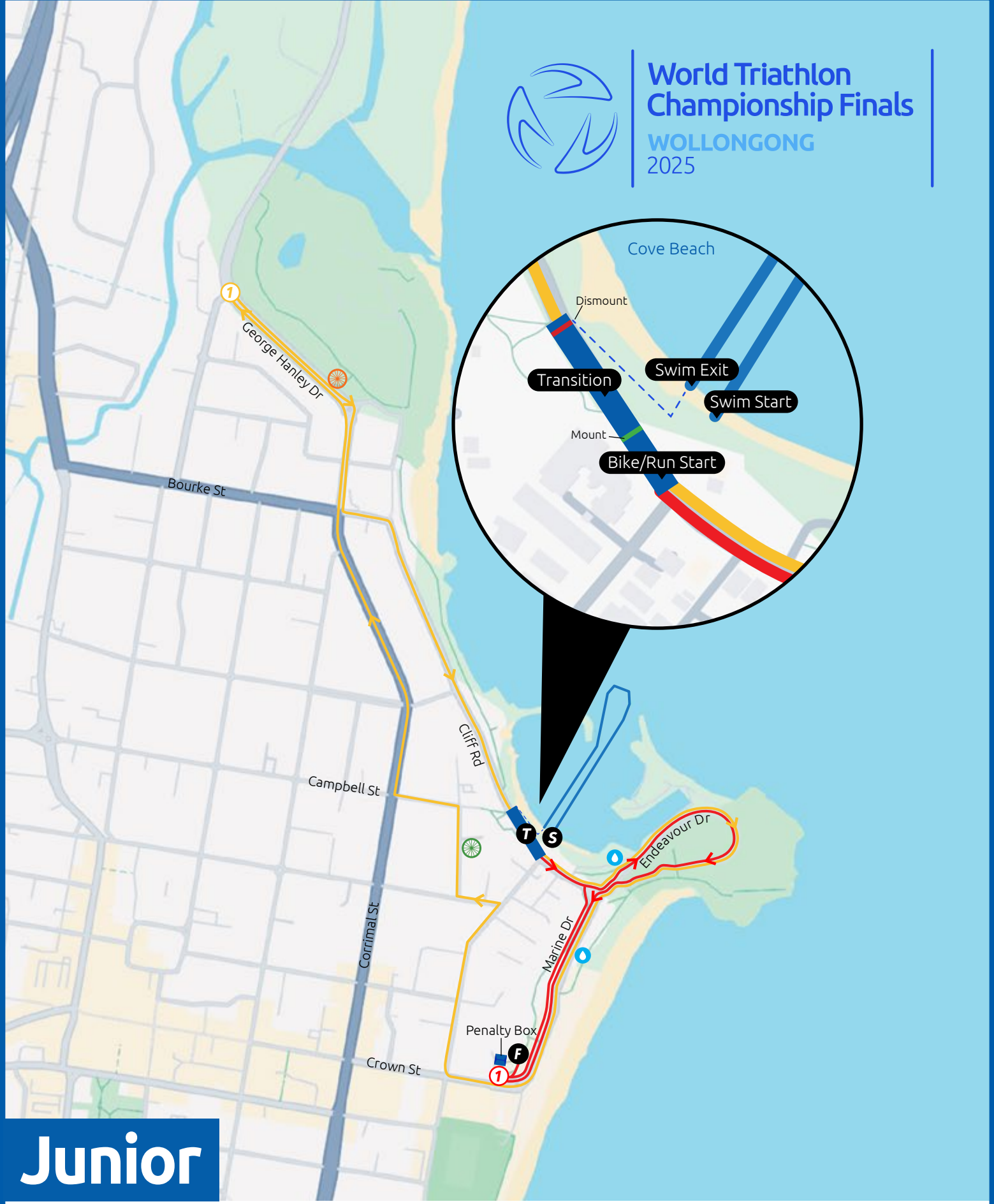
BIKE 40KM (7 LAPS)

RUN 10KM TOTAL
1.744KM START LAP +
4 LAPS OF 2.064KM



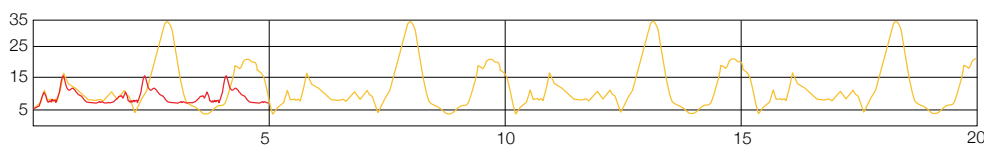
World Triathlon Championship Finals

WOLLONGONG 2025



Junior

S START **F** FINISH **T** TRANSITION  NEUTRAL WHEEL STATION
1 BIKE TURN **1** RUN TURN  RUN AID STATION  TEAM WHEEL STATION



SWIM 750M (1 LAP)

BIKE 20KM (4 LAPS)

RUN 5KM TOTAL
1.46KM START LAP +
2 LAPS OF 1.77KM



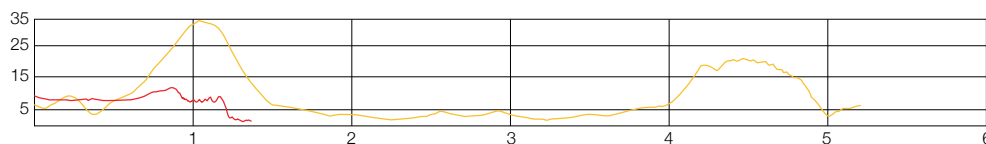
World Triathlon Championship Finals

WOLLONGONG 2025



U23 Junior Mixed Relay

- S** START **F** FINISH **T** TRANSITION NEUTRAL WHEEL STATION
 BIKE TURN RUN TURN RUN AID STATION TEAM WHEEL STATION



SWIM 250M

BIKE 5.2KM

RUN LEG 1,2&3- 1.67KM

RUN LEG 4- 1.7KM



12 RACE DAY

12.1 ATHLETE LOUNGE

The Athlete Lounge is located in [Osborne Park, Wollongong](#), near Transition on Cliff Road.

Athlete Lounge Check-in will take place at the following times:

Thursday 16th October	11:45am - 12:45pm	U23 Men
Thursday 16th October	2:45pm - 3:45pm	U23 Women
Friday 17th October	12:45pm - 1:45pm	Junior Men
Friday 17th October	2:45pm - 3:45pm	Junior Women
Saturday 18th October	10:45am - 11:45am	Junior/U23 Mixed Relay
Sunday 19th October	12:30pm - 1:30pm	Elite Women
Sunday 19th October	3:30pm - 4:30pm	Elite Men

12.2 TRANSITION CHECK IN

Transition is located on Cliff Road, near the Athlete Lounge. The Transition Check-In will take place at the following times:

Thursday 16th October	12:30pm - 1:00pm	U23 Men
Thursday 16th October	3:30pm - 4:00pm	U23 Women
Friday 17th October	1:30pm - 2:00pm	Junior Men
Friday 17th October	3:30pm - 4:00pm	Junior Women
Saturday 18th October	11:30am - 12:00pm	Junior/U23 MR
Sunday 19th October	1:15pm - 1:45pm	Elite Women
Sunday 19th October	4:15pm - 4:45pm	Elite Men

12.3 SWIM WARM UP

The swim warm up will take place at swim start Cove Beach.

Thursday 16th October	12:30pm - 1:00pm	U23 Men
Thursday 16th October	3:30pm - 4:00pm	U23 Women



Friday 17th October	13:30pm - 2:00pm	Junior Men
Friday 17th October	3:30pm - 4:00pm	Junior Women
Saturday 18th October	11:30am - 12:00pm	U23/Junior MR
Sunday 19th October	1:15pm - 1:45pm	Elite Women
Sunday 19th October	4:15pm - 4:45pm	Elite Men

12.4 ATHLETES INTRODUCTION

Thursday 16th October	1:08pm	U23 Men
Thursday 16th October	4:08pm	U23 Women
Friday 17th October	2:08pm	Junior Men
Friday 17th October	4:08pm	Junior Women
Saturday 18th October	12:07pm	Junior/U23 MR
Sunday 19th October	1:53pm	Elite Women
Sunday 19th October	4:53pm	Elite Men

12.5 RACE STARTS

Thursday 16th October	1:15pm	U23 Men
Thursday 16th October	4:15pm	U23 Women
Friday 17th October	2:15pm	Junior Men
Friday 17th October	4:15pm	Junior Women
Saturday 18th October	12:15pm	Junior/U23 MR
Sunday 19th October	2:00pm	Elite Women
Sunday 19th October	5:00pm	Elite Men



13 SWIM TRAINING

13.1 SWIM TRAINING DETAILS

Elite/U23/Junior athletes' training times have been pre-booked at the Wollongong University - UniActive Facility. The university hosts a 50m competition pool that will be set aside for those who wish to book training sessions.

Lanes will be available for Elites, U23s, Junior and Para athletes for swim training from Monday 13th October.

There will be 2 lanes available from 9am until 6pm and another 2 lanes available from 9am until 3pm daily. Please note that Para athlete time slots will be from 10am - 2pm daily.

All sessions are 1 hour in duration and will have a maximum of 10 athletes in one lane at any one time. Please arrive 15-20 minutes before your allocated timeslot.

Only 1 session per athlete, per day, will be allowed.

13.2 HOW TO BOOK

Bookings will be on a first-come, first-served basis. Team managers will be able to book for their athletes on the link below:

[Swim Training Facility Booking System](#)

Team managers can book on the system for athletes; however, they will only be able to book a maximum of 1 session per day, per athlete.

Team managers will be able to modify/cancel their bookings up to 1 week before the session. We count on your support to release bookings you are not planning to attend anymore.

13.3 GETTING THERE

The location is within the UniActive facility on the University of Wollongong main campus. Entry is through the main reception at Building 13.

UOW Campus Map – UniActive

The University of Wollongong is approximately 20-25 minutes walk or a 10-15 minute bike ride from Lang Park (the main event Hub).



Bike racks will be available for use during training sessions. Please note these are not supervised, so you'll need to bring your own lock. All bikes remain the responsibility of their owners.

14 BIKE TRAINING

14.1 BIKING

Cycling is permitted throughout Wollongong; however, safety and local compliance are essential.

Short Ride (~40–50 km)

- Warm-up along the coastal road (Thirroul -> Wollongong).
- Do 2 laps of the City Circuit, including the Mount Pleasant climb (1.1 km at up to 14%).
- Spin out along Marine Drive to finish.
- Focus: sharp efforts, climbing legs, cornering practice.

Medium Ride (~80–100 km)

- Start with the Mount Keira climb (8.7 km at ~5–6%) for strength.
- Roll back via coastal roads (Scarborough -> Wollongong).
- Complete 3–4 laps of the City Circuit with Mount Pleasant each lap.
- Cool down along the beachfront roads.
- Focus: sustained climbing, repeated punchy efforts, and technical handling.

Please note the following guidelines:

- Traffic conditions: Central Wollongong roads can be busy, especially during peak hours. Riders are strongly encouraged to use designated cycling paths and quieter suburban routes wherever possible to minimise risk.
- Safety gear: Helmets are mandatory under NSW law. Athletes are also advised to wear high-visibility clothing, especially in overcast or low-light conditions.
- Group riding etiquette: When riding in groups, cyclists must ride single-file where the road narrows and must not impede traffic flow. Be courteous to local drivers and pedestrians at all times.
- Training hours: To ensure visibility and safety, cycling is only permitted during daylight hours.



- Event-specific bike maps: A curated map of recommended training routes—featuring low-traffic areas and scenic bike paths—will be made available closer to the event. These routes are suggested based on both safety and ride quality.

Important: Training rides are undertaken at your own risk. Cyclists are required to follow all Australian road rules, including riding on the left-hand side, obeying traffic signals and signage, and avoiding sidewalks unless otherwise marked for bike use.

Failure to comply may result in fines or disqualification.

15 RUN TRAINING

15.1 WOLLONGONG FORESHORE PATH

Athletes are encouraged to make use of the scenic 2.3 km loop that connects Wollongong Foreshore and Stuart Park, located adjacent to the Race Venue.

This route offers:

- Flat, wide, and well-maintained paths, ideal for tempo runs, intervals, or light recovery sessions
- Spectacular coastal views, shaded sections, and refreshing sea breezes provide comfortable conditions in various weather
- A safe, multi-use surface shared respectfully with local runners, walkers, and cyclists
- Immediate proximity to the event site makes it perfect for pre-race warm-ups or post-race cooldowns

Additional Highlights:

- The loop is part of the larger Wollongong Blue Mile, with the option to extend runs north towards the Emma McKeon Promenade or south along the coastal trail
- The route includes access to amenities such as:
 - Wheelchair-accessible pathways
 - Water fountains
 - Public toilets
 - Seating areas
 - Children's playgrounds



- A free-to-use outdoor fitness gym
- Suitable for runs between 2–5 km, with opportunities to expand to longer distances along the coastline

This area is popular with both locals and tourists. Please remain aware of your surroundings and be courteous to others using the shared paths.

16 SWIM COURSE

16.1 COURSE DESCRIPTION

ELITE / U23

1.5 kms (2 laps of 750m) with AUSSIE EXIT after 1st lap and then re-enter the water for 2nd lap. It will be an anti-clockwise swim. Athletes will swim in a mix of protected harbour and open ocean water. After completing 2 laps the athletes will exit at the beach and use the swim exit lane to transition. The distance to the first turn buoy is 350m.

The layout of buoys is as follows:

- Pass either side of the orange buoy as you exit the harbour on your first lap
- Yellow buoys line each side of the harbour entrance, these buoys are for sighting and safety only.
- Make left turns at each of the four pink turn buoys.
- Pass back through the harbour walls, with the yellow buoys on either side.
- Pass the orange buoy to your left as you reenter the harbour
- Exit the water and complete the Aussie Exit, reentering the water at the end of the start area
- Keep the orange buoy to your left as you exit the harbour for the second lap.

JUNIOR

Junior swim course is a 750 metre, 1-lap anti-clockwise swim. Athletes will swim in a mix of protected harbour and open ocean water. After completing the lap, athletes will exit on the beach and use the swim exit lane to run to transition. The distance to the first buoy is 350m.

The layout of buoys is as follows:

- Yellow buoys line each side of the harbour entrance, these buoys are for sighting



and safety only.

- Make left turns at each of the four pink turn buoys.
- Pass back through the harbour walls, with the yellow buoys on either side.
- Pass the orange buoy to your left as you reenter the harbour
- Keep the orange buoy to your right as you approach the beach

JUNIOR/U23 MIXED RELAY

The Junior/U23 Mixed Relay swim course is a 250 metre, point-to-point swim in the protected waters of Wollongong Harbour beginning at the relay exchange zone near Yachties cafe and finishing at Cove Beach. Athletes will then exit on the beach and use the swim exit lane to run to transition. The distance to the first buoy is 70m.

The layout of buoys is as follows:

Turn left at the pink turn buoy.

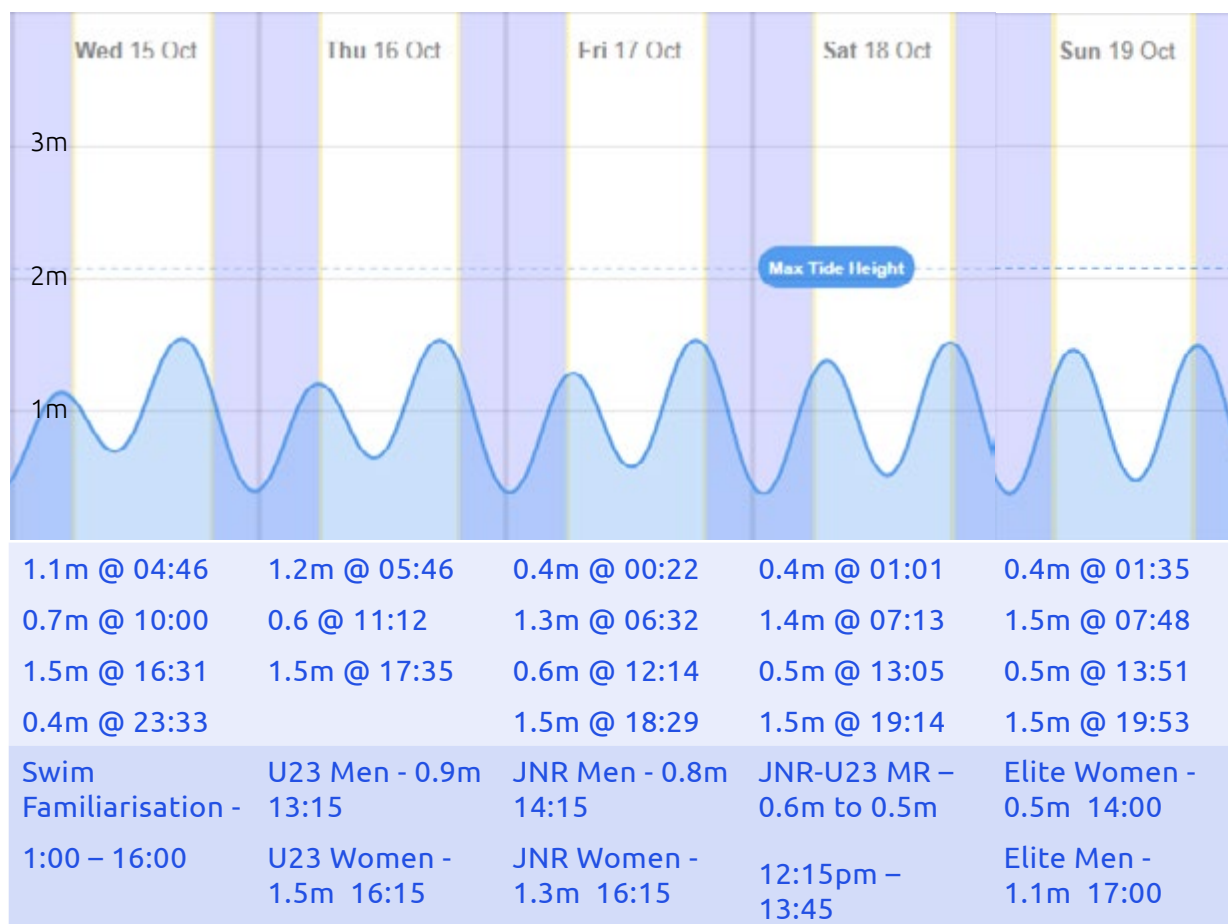
Keep the orange buoy to your right as you approach the beach.

16.2 WATER QUALITY

Water quality for our swim course is meeting World Triathlon standards. Updated water quality tests will be shared through the Athlete Briefings on race week.



16.3 TIDES





17 BIKE COURSE

17.1 COURSE DESCRIPTION

ELITE / U23

The Elite bike course is a 7-lap, 40km clockwise course through the heart of Wollongong's spectacular coastline.

Athletes exit transition on Cliff Road and take on a climb of 10 metres elevation up Endeavour Drive. The course flows in a clockwise direction around the iconic Wollongong Lighthouse atop Flagstaff Hill, then a fast downhill section before a left turn onto Marine Drive with the venue/finish line precinct on your right.

There is then a right turn onto Crown Street at the roundabout, and athletes will then take a quick 90-degree right turn onto Harbour Street. Following Harbour Street with a slight veer to the right, followed by a quick, sharp left-hand turn onto Smith Street. Athletes then have another 90-degree right-hand turn onto Wilson Street, where the Teams Wheel Station is located. The next turn is a left-hand turn onto Campbell Street, followed by another right-hand turn onto Corrimal Street.

Following Corrimal Street north with a veer to the right, where it becomes Kembla Street. Sweeping left onto George Hanley Drive at the roundabout before veering right onto Squires Way. The Neutral Wheel Station is located on the corner of Virginia Street and George Hanley Drive. The bike turnaround is located on Squires Way just before the bridge at Fairy Creek.

After completing the turn, athletes will then return south along Squires Way, George Hanley Drive and Kembla Street before taking a 90-degree left-hand turn onto Bourke Street, followed by a right-hand turn that will take them onto Cliff Road and a fast downhill. Athletes then pass through transition to commence their next lap.

JUNIORS

The Junior bike course is a 4-lap, 20.6km clockwise course through the heart of Wollongong's spectacular coastline.

Athletes exit transition on Cliff Road and take on a climb of 10 metres elevation up Endeavour Drive. The course flows in a clockwise direction around the iconic Wollongong Lighthouse atop Flagstaff Hill. Then a fast downhill section before a left turn onto Marine Drive with the venue/finish line precinct on your right.

There is then a right turn onto Crown Street at the roundabout. Athletes will then take a quick 90-degree right turn onto Harbour Street. Following Harbour Street with a slight veer to the right followed by a quick, sharp left hand turn onto Smith Street.



Athletes then have another 90-degree right hand turn onto Wilson Street. The Team Wheel Station is located on Wilson Street. The next turn is a left hand turn onto Campbell Street followed by another right hand turn onto Corrimal Street with a veer to the right where it becomes Kembla Street.

Sweeping left onto George Hanley Drive at the roundabout and the turnaround is located at the Virginia Street/George Hanley Drive corner.

Following the turnaround heading south on George Hanley Drive the Neutral Wheel Station is located approx 200m after the turnaround.

Athletes continue along George Hanley Drive veering right into Kembla Street before taking a 90-degree left hand turn onto Bourke Street followed quickly by a right hand turn that will take you onto Cliff Road and a fast downhill. Athletes then pass through transition to commence their next lap.

JUNIOR/U23 MIXED RELAY

Junior/U23 MR bike course is a 1-lap 5.6km clockwise course through the heart of Wollongong's spectacular coastline.

Athletes exit transition on Cliff Road with a 90-degree right-hand turn onto Harbour Street followed by another right-hand turn onto Smith Street, and another quick right-hand turn onto Wilson Street. The Team Wheel Station is located on Wilson Street.

Athletes then turn left onto Campbell Street, then right on Corrimal Street.

Follow Corrimal Street north veering right where it becomes Kembla Street. Sweep left onto George Hanley Drive at the roundabout. The Neutral Wheel Station is on the left on the cnr of Virginia Street & George Hanley Drive.

Veering right onto Squires Way, follow Squires Way north, crossing the bridge at Fairy Creek and continue until the bike turnaround.

After the turn, athletes will then return south along Squires Way and George Hanley Drive veering right into Kembla Street before taking a 90-degree left hand turn onto Bourke Street.

This is followed quickly by a right hand turn that will take you onto Cliff Road and a fast downhill to the dismount line at the beginning of transition.

17.2 TEAM WHEEL STATION

This is located on Wilson Street behind Osborne Park (where the Elite Athletes Lounge is located).



Team Wheels must first be checked and labelled at the Elite Athletes Lounge Bike Check Area.

It is the responsibility of the athlete/or coach to deliver the wheels to the Team Wheel Station and collect promptly post race.

17.3 NEUTRAL WHEEL STATION

This is located at the far end of the course, just prior to the bike course turnaround, on the Cnr of Virginia Street & George Hanley Drive. FOR JUNIORS ONLY this is located after the far turnaround on the way back inbound on George Hanley Drive.

The wheels supplied at the Neutral Wheel Station will be as follows:

Below is the list of wheels for the Neutral Zone:

- Front
 - Shimano 700c Rim Brake X 1
 - Shimano 700c 140mm rotor disc brake X 1
 - Shimano 700c 160mm rotor disc brake X 1
- Rear
 - 11 Cassette Shimano 700c rim brake X 1
 - 11 Cassette Shimano 700c 140mm rotor disc brake X 1
 - 11 Cassette Shimano 700c 160 mm rotor disc x 1
 - 12 cassette Shimano 700 c 140 mm disc brake x 1

At both the Team Wheel Station & Neutral Wheel Station there will be a littering zone 20m prior to and 100m past which will be indicated by signage "Littering Zone Starts" & "Littering Zone Ends" and with tape on the ground.



18 RUN COURSE

18.1 COURSE DESCRIPTION

ELITE/U23

The Elite/U23 run course is a 10km clockwise course; the start lap is 1.744km + 4 laps of 2.064km.

From transition, athletes run southeast along Cliff Road, veering left at the roundabout. Athletes then run past the Endeavour Drive aid station on their left as they begin the climb towards the famous Wollongong Lighthouse that sits on top of Flagstaff Hill.

Then a steady downhill section before veering left onto Marine Drive, passing the second aid station on the left. Continue south on Marine Drive before a right turn at the roundabout onto Crown Street, then approach the run turn at the corner of Crown and Harbour Streets and head back towards the roundabout, where athletes will pass the penalty box. This is the end of the first short lap.

From here, athletes will complete 4 laps of the following:

Turn left on Marine Drive in a north-east direction and then take a sharp right-hand turn at the Marine Drive and Cliff Road roundabout. Athletes then run past the Endeavour Drive aid station on their left as they begin the climb towards the famous Wollongong Lighthouse that sits on top of Flagstaff Hill.

Then a steady downhill section before veering left onto Marine Drive passing the second aid station on the left. Continue south on Marine Drive before a right turn at the roundabout onto Crown Street then approach the run turn at the corner of Crown and Harbour Streets and head back towards the roundabout, where athletes will pass the penalty box.

On the final lap, athletes turn down the finish chute onto the iconic blue carpet to the finish gantry.

JUNIOR

The Junior run course is a 5km clockwise course. The start lap is 1.46km, then 2 laps of 1.77km.

From the transition, athletes run southeast along Cliff Road, veering left at the roundabout. Athletes then run past the Endeavour Drive aid station on their left as they begin the climb towards the famous Wollongong Lighthouse that sits on top of Flagstaff Hill.



Then a steady downhill section before veering left onto Marine Drive, passing the second aid station on the left. Continue south on Marine Drive before a right turn at the roundabout onto Crown Street, continuing right where athletes will pass the penalty box situated before the Finish chute. This is the end of the first short lap.

From here, athletes will complete 2 laps of the following:

Turn left on Marine Drive in a north-east direction and then take a sharp right-hand turn at the Marine Drive and Cliff Road roundabout. Athletes then run past the Endeavour Drive aid station on their left as they begin the climb towards the famous Wollongong Lighthouse that sits on top of Flagstaff Hill.

Then a steady downhill section before veering left onto Marine Drive, passing the second aid station on the left. Continue south on Marine Drive before a right turn at the roundabout onto Crown Street, where athletes will pass the penalty box situated before the Finish chute.

On the final lap, athletes turn down the finish chute and onto the iconic blue carpet to the finish line.

U23/JUNIOR MIXED RELAY

Run legs 1, 2, and 3 are 1.675km, anticlockwise. The run begins at transition and heads southeast along Cliff Road before turning right and heading south on Marine Drive.

Athletes will continue until they reach the roundabout, turning right at Crown Street and then left turn around the roundabout, passing by the penalty box. Returning along Marine Drive, passing the aid station, then veering right at the Marine Drive and Cliff Road roundabout and up the hill with the lighthouse on your right. Athletes take a sharp left here and head towards the exchange zone.

Run leg 4 is 1.707km, anticlockwise. The run begins at transition and heads southeast along Cliff Road before turning right and heading south on Marine Drive.

Athletes will continue on Marine Drive until they reach the roundabout, turning right at Crown Street and then left to turn around the roundabout, passing the penalty box. Returning along Marine Drive, passing the aid station and returning to the Cliff Road and Marine Drive roundabout to complete a left-hand run turn. Heading south again on Marine Drive, making a sharp right-hand turn, passing the Penalty box, down the Finish chute onto the iconic blue carpet to the finish line..



18.2 AID STATIONS

ELITE/U23/JUNIOR

There are two aid stations:

- Endeavour Drive
- Marine Drive.

JUNIOR/U23 MIXED RELAY

There is one aid station:

- Marine Drive.

Each Aid Station will contain sealed water bottles.

A litter zone will be installed at each Aid Station 20m prior to and 100m past, indicated by signage “Littering Zone Starts” and “Littering Zone Ends” and with tape on the ground.

All rubbish must be disposed of within this zone.

18.3 PENALTY BOX

The Run Penalty Box will be located opposite the roundabout and before the entrance to the Finish chute.

19 RACE DAY SERVICES

19.1 MEDICAL SERVICES

Comprehensive medical support will be available across the venue and on course to ensure the safety and well-being of all athletes. Qualified medical personnel and first aid teams will be stationed in key areas, with services ranging from immediate first aid to advanced care if required. Athletes are encouraged to seek assistance promptly if feeling unwell before, during, or after competition.

19.2 LIVE TIMING

During the races, live timing will be available here [Live Timing Triathlon Landing Page](#)



20 POST RACE INFORMATION

20.1 RECOVERY

Recovery will be stocked with a range of refreshments to help athletes rehydrate and refuel after their race. Competitors will have access to PURE Electrolyte Hydration, water, fresh fruit, and a selection of lollies to restore energy level.

20.2 MEDAL CEREMONIES

Thursday 16th October	3:25pm	U23 Men
Thursday 16th October	6:30pm	U23 Women
Friday 17th October	3:25pm	Junior Men
Friday 17th October	5:30pm	Junior Women
Saturday 18th October	1:40pm	Junior & U23 MR
Sunday 19th October	4:15pm	Elite Women
Sunday 19th October	7:10pm	Elite Men

All medal ceremonies will take place at the finish line.

20.3 POST RACE PRESS CONFERENCE

The Official Press Conference for WCH podium athletes will be held at the finish line as follows:

Sunday 19th October	16:30pm - 16:50pm	Elite Women
Sunday 19th October	19:30pm - 19:50pm	Elite Men

The post-race press conference/media opportunity is mandatory for the top three world championships finishers, plus the winner of the race (if different from the podium of the World Championships)

20.4 CLOSING CEREMONY

Sunday 19th October	8:00pm - 10:00pm	Lang Park
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20.5 RESULTS

Official results will be posted on the website: [2025 World Triathlon Championship Finals Wollongong Results - Official Results](#)

21 CONTINGENCY PLAN

If/when the contingency plan needs to be implemented, athletes will be notified by the World Triathlon Technical Delegates.

22 SUSTAINABILITY

World Triathlon and the events delivery partner (the LOC) has set itself the goal of promoting the concept of sustainability at the 2025 World Triathlon Championship in Wollongong, Australia. The Delivery Team are looking to obtain a Gold Certificate in Sustainability from World Triathlon.

As part of the World Triathlon Gold Certification, the Delivery Team have put in place initiatives to promote and optimise sustainability across this event. These initiatives will attempt to drive environmental, social and economic sustainable practices, as well as look to drive health and well-being within the community. In Australia protecting its biodiversity is of paramount importance to protect both its environment and heritage - this will be a core factor across this event. By utilising the sport of Triathlon and the location of Wollongong, we will also attempt to drive strong community values by bringing people from across the World together for this event. You will find a number of the sustainable measures put in place across this event below:

- **Sustainable Waste Management:** We will collaborate with our Sustainability Waste Management Partner to make sure we are managing all waste across our site in a sustainable manner. We will have multiple recycling and refuse waste streams on site as we look to divert as much waste as possible from landfill sites. We are targeting a waste diversion target of 80%. We also aim to use recyclable or reusable materials where possible, with a reduction in the use of disposable products.
- **Key Contractor and Procurement Strategy:** Across event planning we will prioritise working with key contractors and suppliers who are local to the region. This will reduce travel / transportation needed for each contractor and thus optimise sustainability across the event. We will also collaborate with these contractors on measures that can be put in place to make their services as environmentally friendly as possible. For example, our portaloos will only use



water to flush which will reduce any chemicals from damaging the environment. We will also be using hybrid light-towers, which use solar panels for energy across the event.

- **Public Transport:** Through discussions with Transport New South Wales, a free shuttle bus service has been brought in for the event days - travelling from Wollongong Train Station to the event venue. This is an additional piece of travel infrastructure which we hope will be used by participants, spectators, workforce, volunteers and any other individuals who need to access the venue. We will also have limited public bike racking available within the event venue for individuals to use if they are cycling to the event (please note, bikes here are left at individuals' risk!).
- **Water Taps in Venue:** A number of water taps will be available at the event venue for all individuals to fill up their own reusable water bottles.
- **Community Activations & Opportunities:** Across the event we have a number of activations and opportunities that will allow the community to be a part of this global event. One of these is the Rock N Run Community Run which is taking place on the Saturday evening, after Triathlon racing. Open to the community, this is an incredible way to be a part of this event and to be active within your community. We also have individual and group volunteer opportunities available for people to be a part in delivering this event.
- **Health & Wellbeing:** Heart Disease is the No. 1 killer in both Australia & Globally for men and women, and we are working with Heartbeat of Sport to build awareness surrounding this Disease. The Heartbeat of Sport will be present in our Expo and will deliver preventative heart health screening to individuals at the event, removing barriers to get tested and providing information in a friendly and familiar setting.
- **Tracking our Green-House-Gas Emissions:** Through a bespoke tool, we will track our GHG Emissions across the event which will provide a basis for future events as World Triathlon looks to develop more Sustainable events and initiatives across their full portfolio of events.

There are ways that you can support us in making this event as sustainable as possible:

- **Promote Sustainable Travel:** Many of you will be travelling around the world to compete in Wollongong. We ask that wherever you are coming from, where possible you use sustainable travel where possible. We have put initiatives in place within Wollongong to assist with this, so at the very least make use of these!
- **Reduce, Recycle and Reuse:** Always look to reduce, recycle or reuse if you can across our site. We have water taps in operation within our event venue, so please bring along a reusable water bottle to fill that up!



- **Be Sustainable with your Waste:** Sort your waste appropriately at waste stations at the race venue, take a moment to get this right and this can support us in the long run.
- **Keep Wollongong Clean:** Use the bins provided on the race course and at the race venue, and do not litter across the surrounding event footprint or region.
- **Promote your Wellbeing:** As you are participating in this event, you are already being active. But do engage in some of the activities we have on site to optimise your health and wellbeing. We will have massage and recovery zones, as well as opportunities to test your heart health.

The Wollongong Local Organising Committee are closely following their event sustainability plan.

Elite/U23/Junior & Junior/U23 MR this means that bottled water will be served for the ATHLETES ONLY at the briefings, in athletes' lounge, aid stations on the field of play and finish/recovery. Any coaches/team medical/support staff should refill their own bottle from the refuelling stations located at the venue. Therefore for coaches, team medical/support staff please bring your own water bottle to the event.

Thank you for helping reduce single use plastic at 2025 World Triathlon Championship Finals Wollongong.

23 VOLUNTEERS

We are always looking for more volunteers to be a part of the World Triathlon Championships in Wollongong. If you are interested, please visit the details below for more information.

Volunteer registration link - <https://eliteenergy.volunteerlocal.com/volunteer/?id=102287>

SPONSORS

