

EVERY WOMAN



9 MARCH 2025



ATHLETE INFO
GUIDE 2025





CONTENTS

EVENT CONTACT.....	3
EVERY WOMAN CHAT GROUP	3
EVENT SCHEDULE.....	4
MEDALS AND PRIZES.....	4
SPECTATORS.....	5
THINGS TO DO, FOOD & ENTERTAINMENT	5
FREE ROAMING PHOTOBOOTH.....	5
FREE FACEPAINTING	5
ICE BATHS.....	6
SHARE THE DIGNITY	6
MEET OLYMPIC CYCLIST CHLOE HOSKING	6
EXPO AREA	6
PRE-RACE INFORMATION.....	7
WHAT TO BRING ON RACE DAY	7
WHAT KIND OF BIKE SHOULD I USE	7
WHAT TO WEAR TO THE EVENT	8
WHAT TO DO IF YOU HAVE YOUR PERIOD ON RACE DAY.....	8
FLOTATION AIDS IN THE SWIM	8
CAN I WEAR A WETSUIT	8
ABOUT OUR VENUE	9
PARKING	9
RACE DAY INFORMATION	9
ATHLETE REGISTRATION	9
TUTUS – PLEASE HELP US REDUCE WASTE	10
SWIM CAP AND RACE BIB COLOURS.....	10
BIKE CHECK - IN	10
BAG DROP.....	11
BEGINNERS GUIDE TO TRANSITION	11
HOW TO RACK A BIKE	12
SWIM START TIMES	13
MEDICAL	13
RESULTS	14
EVENT PHOTOGRAPHY	14
RACE RULES AND COMPETITOR CONDUCT.....	14
COURSE INFORMATION	16



AID STATIONS.....	16
RECOVERY AREA.....	16
DNF OR MID-RACE WITHDRAWAL.....	16
BIKE COLLECTION	16
LOST PROPERTY	17
INSTRUCTIONS FOR THE TEAMS EVENT	17
INSTRUCTIONS FOR THE FAMILY/PARENTS WAVE	17
INSTRUCTIONS FOR DISPOSABLE TIMING CHIPS	18
OTHER FREQUENTLY ASKED QUESTIONS.....	19
COURSE MAPS.....	23
OUR EVENT SPONSORS AND PARTNERS.....	35

EVENT CONTACT

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Phone: (08) 9443 9778

Email: admin@wa.triathlon.org.au

Website: www.everywomantriathlon.com

EVERY WOMAN CHAT GROUP

Brand new for 2025! We've created a social Facebook group for participants of Every Woman Triathlon to make new friends, ask questions and share their journey. All are welcome.

Join the community: <https://www.facebook.com/groups/everywomanchatgroup>

TAG US IN YOUR STORIES AND POSTS!

@everywomantriathlon

Facebook: www.facebook.com/everywomantriathlon/

Instagram: <https://www.instagram.com/everywomantriathlon/>



EVENT SCHEDULE

Please note that times are subject to change. See [live website schedule HERE](#).

Time	Activity	Location
6:15am	Pack pickup desk & transition open for all competitors Collect your race pack and rack your bike	Finish area
7:10am	Pack pickup closes, all athletes must have collected their race pack by this time	Finish area
7:10am	Transition and bike racking closes for Kids Triathlon athletes.	Transition
7:15am	Kids Triathlon race briefing	Beach start area
7:15am	Island access bridge closes, parking is still available on Henley Drive off the island.	Access bridge
7:20am	Kids Triathlon begins	Beach start area
7:20 am	Transition closes for all other athletes	Transition
7:35am	Long distance race briefing	Beach start area
7.40am	5km Fun Run race briefing	Meet at the start point closest to the aid station/run turn (see course map)
7:45am	Long distance race start	Beach start area
7:45am	5km Fun Run race start	Meet at the start point closest to the aid station/run turn (see course map)
8.10am	Duathlon race briefing	Meet at the start point closest to the aid station/run turn (see course map)
8.10am	Enticer distance race briefing	Beach start area
8.15am	Duathlon race start	Meet at the start point closest to the aid station/run turn (see course map)
8.20am	Enticer distance race start	Beach start area
8.30am	Mini distance race briefing	Beach start area
8.35am	Mini distance race start	Beach start area
9.00am	Transition opens for athletes to collect their bikes* *Dependent on last competitor being off the bike course	Transition
10/11am	Event concludes* Island access bridge open for traffic* *Dependent on last competitor being off the course	Finish area Access bridge

MEDALS AND PRIZES

There are no podiums or presentations for this event. All competitors who finish the race are awarded a finisher medal at the finish line.



SPECTATORS

Spectators of all ages are very welcome! Bring as many people as you want to be part of your cheer squad. Supporter signs, noise makers, cowbells, dress ups, matching tees and pom poms are highly encouraged. Go all out!

Can my kids or friends grab a tutu?

No, sorry. Tutus at pack collection are only for our registered participants and are part of the race pack, so please make sure your spectators and non-racing kids don't take one. We have just enough this year and would hate for any triathletes to miss out because someone took two.

Can I bring my dog/pet to the event?

We kindly ask that you leave your dog and other pets at home on event day. While dogs are technically allowed at Champion Lakes Regatta Centre if leashed, we recommend that they stay at home during the event. The hot bitumen and prickly grass can be uncomfortable for your dog's paws, and with so many people and noise around, it may cause upset/stress for some dogs. Dogs are also not permitted to swim or wade in the lakes, so if it is hot they will not be able to cool down. We appreciate your understanding and cooperation.

Can I volunteer to help on the day?

Yes! We are always looking for helping hands. Jump in on race day by showing up before rego opens and talk to our team, or register here so we can allocate you a role before race day:

<https://www.everywomantriathlon.com/volunteering>

THINGS TO DO, FOOD & ENTERTAINMENT

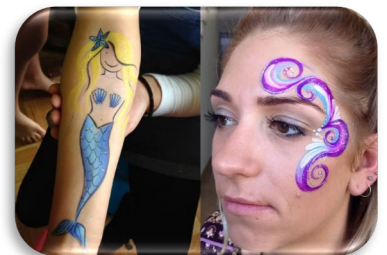
FREE ROAMING PHOTOBOOTH

We know how much everyone loved the photobooth last year, so this time we've brought in a roaming photobooth! The team from Mighty Booths will be moving around the event with a portable photobooth camera, capturing photos, creating GIFs, and sending them straight to you via text or email. Be sure to track them down and snap a pic—it's a fun and free souvenir from the day! We can't wait to see how you use it. Please tag us in your posts and stories if you share any race day pics. There will also be an online gallery available the week after the event, so you'll be able to download and share from there if for any reason the original text/email doesn't come through.

FREE FACEPAINTING

Skylark Face and Body Art will be providing free arm or cheek face paint designs for our participants this year. If you want to get one, be sure to get it after your race to avoid washing it off in the swim. The paint is not waterproof. Spectators are welcome to join in the fun as well.

If it's busy, there may be a wait/line. We will only have one face painter this year, because it's a new addition and we aren't sure what the demand will be, so we ask that you are patient and kind while waiting your turn. Please be mindful of other people's experience and feelings too – we are all out here to have a fun day! 😊





ICE BATHS

The team at [Mobile Recovery Station](#) are bringing Ice Baths to Every Woman! These are fantastic for recovery, with benefits including reducing muscle soreness or inflammation, improving circulation, and leaving you feeling more alert and refreshed. If you'd like to try the ice bath after your race, please note that it is user pays – each dip is around \$5. Head to the Mobile Recovery Station stall on race day for all the info.

SHARE THE DIGNITY

Share the Dignity, our event Charity Partner, will have a stall in the expo area again this year. They'll be selling their awesome merch including [Bloody Good Socks](#), [Tote Bags](#) and [Dignity First Aid Kits](#).

Donate Period Products

The wonderful Share the Dignity volunteers will be collecting donations of period products as part of their [March Dignity Drive initiative](#). Items you can bring and donate include unopened packs of pads, tampons, and incontinence products, menstrual cups, and period underwear.

About Share the Dignity

Share the Dignity is an Australian women's charity that works to end period poverty and make a real difference in the lives of those experiencing homelessness, fleeing domestic violence, or doing it tough. Their incredible volunteers distribute period products and other essentials to women, girls, and anyone who menstruates that needs support.

Since Share the Dignity was founded in 2015, they have collected and distributed over 5 million period products to those who menstruate. Their goal in 2025 is to collect 500,000 period products as part of the March and August Dignity Drives. Let's help them out!

Learn more at www.sharethedignity.org.au/

MEET OLYMPIC CYCLIST CHLOE HOSKING

We're really excited to be partnering with [Hosking Bikes](#), a female-focused brand founded by Professional Cyclist and London 2012 Olympian Chloe Hosking. Chloe holds the record for the most professional cycling wins for an Australian woman with 39 professional wins in her career so far, including a Commonwealth Games road race win!

Chloe is based in Victoria but is travelling to Perth especially for our event and will be helping out around aid stations and the finish line. If you have cycling questions, she is the expert to chat to! Learn more about Hosking Bikes at <https://hoskingbikes.com/>. Use the code **EveryWoman** at checkout to redeem 10% off all HOSKING Road Bikes.



EXPO AREA

KC Australia will be there on the day selling **Every Woman event merch**, but you can also pre-order or buy it after the event online here: <https://shop-kcaust.com.au/pages/every-woman-triathlon>. If you already pre-ordered merch during registration, the KC Australia tent is where you collect it on race day. They'll look up your order and hand over the goods!! 😊



If you're looking to buy a race belt or other triathlon equipment, check out **Transition Wear** or **PA Sports** over near the food trucks.

Transplant WA will have an activation in the main event area. Visit them to learn about organ donation, how to volunteer with their organisation, and the work they do providing social and recreational opportunities to Transplant recipients, their families, living donors and donor families.

There will be a coffee van, ice cream truck and a food option near the finish line area.

PRE-RACE INFORMATION

WHAT TO BRING ON RACE DAY

As general advice for beginners, here is a checklist of items to bring with you to a triathlon:

- Race pack provided on the day (swim cap, race number, timing chip, tutu, pins)
- Goggles
- Swimwear or tri suit
- Cycling / Running clothes (if not wearing a tri suit the whole race)
- Bike in good working order
- Bike helmet that fits well and clips under your chin – this is required
- Running shoes and socks
- Hat, sunscreen, and sunglasses
- Flip flops or other shoes to wear when your running shoes are in transition.
- Any medicines you need to take (e.g. EpiPen, Asthma Puffer)
- Personal bike repair kit
- Towel
- Filled water bottle or two – it will be hot!

- Optional: Change of clothes for after the race
- Optional: Race Belt – our expo retailer TransitionWear/PA Sports will be selling these if you'd like to buy one. They are around \$15-20.
- Optional: Cycling shoes and socks (otherwise your running shoes are fine for the bike)
- Optional: Small personal medical kit
- Optional: Race nutrition items / snacks
- Optional: Money to grab some merch, an ice cream, or a coffee

WHAT KIND OF BIKE SHOULD I USE

You can use any standard bike in safe working order, you do need to bring your own bike. This means any mountain bike, beach cruiser, or road bike. It's ok for this race if your bike has a basket attached, but please remove any baby seats for the race if you can. E-bikes are also now allowed. Don't forget to bring a helmet that clips under your chin, as this is mandatory.

NOTE: Participants must bring their own bike and helmet to the event. Bikes/helmets are NOT provided or available for hire on race day.



WHAT TO WEAR TO THE EVENT

The answer is really whatever you are comfortable in, as there is not a specific 'uniform' for triathlon. A good guide is to look at the images from past years on our Instagram or Facebook page and see what other ladies wore. Below is some general advice.

PRE-RACE: It can be cold at the start of the morning so make sure you bring a jumper to keep you warm. Apply sunscreen and stow any valuables like car keys in your bag to be placed in bag drop. Please leave headphones, mobiles, and other tech at home or in your bag. Watches are allowed. Make sure you have collected your race pack and racked your bike in transition.

SWIM: Most ladies will wear either a tri-suit or swimwear they feel comfy in, plus goggles and of course the swim cap and timing chip from your race pack. You can even swim in your active wear if you want to. You don't need to wear the paper race number in the swim. Don't forget a towel!

BIKE

If you didn't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes for the bike and run to put over your swim wear. Activewear or just leggings/shorts and a t-shirt is fine. If you don't have a race belt, we find it's easiest to pre-pin your race number onto a T shirt or your tutu which you can just slip-on during transition. Safety pins are included in your race pack. You will also want to pop on your running shoes, or bike shoes if you have some. Whether you want to wear socks or not is up to you. Be sure to bring some sunglasses to protect you from UV during the cycle. Make sure you are wearing your helmet BEFORE you touch your bike.

RUN

You can keep wearing your running shoes and activewear or tri-suit for this leg. Pop on a hat and sunglasses too. Please note that music devices, earphones, phones, and other communication devices are not allowed to be used at any time during the race. This is part of the race rules.

WHAT TO DO IF YOU HAVE YOUR PERIOD ON RACE DAY

Periods are a totally normal part of life so don't be embarrassed!! You'll be totally fine. If you have your period on race day, we recommend using a tampon or menstrual cup if you can, combined with some black bike shorts or leggings so that you feel totally secure. You can pop some short bike pants over your swimsuit in the swim or just swim in your activewear if you're worried about leaking. There are plenty of bathrooms in the building behind registration, so if you want to stop and change then just duck into a toilet and do so. You'll need to leave transition to do this, but just let the officials know.

FLOTATION AIDS IN THE SWIM

If you need to use a flotation aid like a pool noodle or foam kickboard to feel confident swimming, we can make it work. Please note that for water safety reasons any athletes needing to use flotation aids will start in the last wave of each distance. **Snorkels and fins are not permitted, no exceptions.** Please [contact our team](#) to let us know if you plan to use a flotation aid.

CAN I WEAR A WETSUIT

Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature. The use of wetsuits will be determined by the Technical Team on race day; so, we cannot say for



sure until race day if you are able to wear one. That said, it will probably be too hot. If you do want to wear one, just bring it along with you and check the ruling on the day. Please see section 2 Swimming Conduct of the [AusTriathlon race rules](#) for full info on how wetsuit rulings work.

ABOUT OUR VENUE

SWIM: Champion Lakes is a man-made lake purpose built to be a world class event venue. It's always flat and calm which makes it a great place to do your first open water swim and practice your sighting (swim course navigation) skills. It's also one of the most tested bodies of water in WA, and regularly undergoes independent water quality tests to make sure it is safe for use. We get the results of these tests before race day to confirm water quality, and we would not run the swim leg if there were any issues.

In terms of depth, it is a shallow beach start getting deeper as you go out. When you get about 5m off the beach, the sandbank starts to drop down and an average height woman will then be at armpit depth. Once the sandbank drops off completely (7-10m out) it does get deep quite quickly. It is around 3-4m deep at the deepest point of the lake BUT there are plenty of water safety on course, and pontoons to hold on to if you need a break. Our course won't take you too far from the main beach area, so you can always cut back to shore if you need to.

BIKE/RUN: The island area at champion lakes boasts closed roads for cycling and a flat, looped footpath run making it a very safe and enjoyable course for beginners of all ages.

PARKING

Parking is available on the Island, or a short walk away off the island before the main gate/bridge. **If spectators need to leave early**, we suggest you park off the island as cars will only be allowed off the island once all bikes are off the course.

FLEXIBLE AND BEGINNER FOCUSED COURSE CUT OFF TIMES

- We are unlikely to pull you off the course unless there is a problem, as we do have the venue booked until 1pm. However, as a general guide we say that all athletes must have started their first run lap by approximately 9.15am. This time is flexible, so please don't worry. We will make sure you are able to finish the race, even if we send you in a little early.
- Our team may pull you off the course if you are experiencing distress or medical issues, so that we can get you support/treatment.

RACE DAY INFORMATION

ATHLETE REGISTRATION

All participants must collect their race pack at the event on race day, Sunday 9 March 2025, **between 6:15am and 7:10am** from the registration desk at Champion Lakes.

We will be able to look you up in the registration system by name or race number. Upon presentation at the registration desk, you will be given your race pack which will contain the following items:

Race Number: It is **MANDATORY** for all participants, whether competing as an individual or in a team, to wear the race number on your **BACK** for the **BIKE LEG** and on the **FRONT** during the **RUN**



LEG. You don't need to wear the race number during the swim. Safety pins will be supplied at Registration for those participants without a race belt. The number may also be pinned to the non-stretchy part of your tutu. See our "what to wear" section for some advice on wearing your race number. Your race number also has a "baggage tag" which you can use to mark your own bag if you want to leave it at bag drop during the race.

NOTE: Kids triathlon participants can keep their race number on the front the whole time, as the rules are a bit more lenient for little ones! You can pre-pin the number to a t-shirt to make things easy; just slip it on in transition. If they do want to practice swapping the number back and front, pinning it to a tutu or race belt is easiest. Then they just swivel it round.

Electronic Timing Chip: Timing of the event is done via a disposable electronic chip and band that is to be worn on your LEFT ankle. Leave 1 finger's space between the band and your skin so it is not too tight. If it is too tight, it will rub your skin as you run. Specific instructions are provided further in this Athlete Guide. After the race, you may safely dispose of the chip instead of returning it.

NOTE: Kids Tri participants **do not** get a timing chip or strap as the kid's tri is not timed. Kids will not get a race time on the timing portal.

Swim Cap: You will be provided with a coloured swim cap that corresponds to your race distance. It is compulsory to wear the cap provided during the swim. The swim cap helps our water safety team keep track of everyone in the water. It's ok if it falls off during the swim, sometimes things happen. Try your best to keep the cap on because it helps us keep you safe.

TUTUS – PLEASE HELP US REDUCE WASTE

A tutu is included in your race pack for those who want them, but it's completely optional to take and wear. If you've done this event before and still have your tutu from last time, or if you already own one you like, we'd love for you to wear it again instead of taking a new one on race day.

If you don't plan to wear the tutu, or you just don't really want one, please leave it behind at registration so it can be used by someone else. Tutus are only for registered participants, and we kindly ask that each person takes just one. They are not intended for spectators to take.

Any tutus that aren't used this year will be saved for next year, helping us reduce waste and keep event items out of landfill. Thanks for being part of this effort! 😊

SWIM CAP AND RACE BIB COLOURS

Long	Purple caps	Purple bibs
Enticer	Pink caps	Pink bibs
Mini	Blue caps	Teal blue bibs
Kids Triathlon	Yellow caps	Red bibs
Duathlon	No cap (no swim)	Orange bibs
Fun Run	No cap (no swim)	Yellow bibs

BIKE CHECK - IN

Your bike must be checked into transition between 6.15am and 7:10am on race morning, Sunday 9 March 2025.



Once you have your race pack from registration, you are required to check your bike into transition for the race. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection. **Please put your helmet on and clip it up prior to heading to transition** so that officials can check the fit of your helmet. Helmets are compulsory.

Technical Officials will carry out a cursory inspection of your bike and helmet. No bike will be accepted unless it passes the inspection. This is an extra service for the competitors and is **NOT** a guarantee of safety.

Officials will be checking for such things as:

- End plugs on handlebars (we have spares to lend if yours are missing)
- Tyres in reasonable condition
- Brakes in safe working order

Participants are requested to rack only in the designated rack space for your race category. Please respect your neighbours when you lay out your equipment. TWA takes no responsibility for lost, damaged or misplaced accessories. Bags cannot be left in transition.

BAG DROP

No bags are to be left in Transition. A complimentary Bag Drop area is available next to transition so that you can leave your personal items in a safe spot. Your race number has a baggage tag on it.

The bag drop does not have official security, but our officials and volunteers will keep an eye on it. Please note, Triathlon WA accepts no responsibility for any loss or damage, so please leave all unnecessary valuables and electronic devices at home. If you have a spectator accompanying you, ask them to look after important items like wallets or mobile phones. Remember, no earphones, mobile devices, music players or other distracting electronics are allowed to be used during the race. Watches that track your progress, e.g., Garmin's, are allowed to be worn. Basic jewellery is allowed.

BEGINNERS GUIDE TO TRANSITION

Transition is the 'storage place' for all the equipment required to complete the event, but it can only have the necessities. Your transition area will need to be set up prior to the race start. Be sure to check the event schedule for timing. When you enter transition, technical officials will be checking your bike and helmet, so ensure you enter transition with your helmet ON and done up for checking.

The space allocated to you in transition is enough for your bike to be racked, and then a small area below (either on the left or right side of your bike – personal preference) for any equipment you may need. Please be courteous of how much space you are taking up. Extra bags are not allowed and should be left in bag drop or with a friend

Equipment required to set up in transition are as follows:

1. **Bike:** Can't complete the cycle leg without the trusty steed! See below the different ways you can rack your bike.
2. **Helmet:** Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on you head.



3. **Cycling shoes:** These can be any shoes you will be wearing for the bike course, runners or cycling shoes are fine. Have the shoes open, ready for your feet to slide on in!
4. **Running shoes:** If you do have cycling shoes, you will need your different shoes that you will be completing the run in. However, using your running shoes in the bike leg is perfectly fine.
5. **Race number:** You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.
6. **Water bottle:** If you have a water bottle holder on your bike, keep your water bottle on the bike so you can drink on course. Otherwise, just leave a water bottle in transition and utilise the free water cups at aid stations on the run.

Suggested items for transition but not essential:

- **Hat:** We always want to protect our skin from the Australian sun, having a hat in transition means you can grab that to head out onto the run for added protection.
- **Socks:** This is a personal preference, some people prefer to pop some socks on for the ride or run, as socks can assist with reducing the risk of blisters and are that added level of comfort. This is something to practice in training.
- **Sunglasses:** Eye protection is extremely important, having a comfortable, secure fitting pair of sunnies will not go astray. Practice wearing on a run prior to race to make sure they won't slip around and annoy you on the day.
- **Towel:** Having a towel to wipe your face, hands or feet from water, sweat or dirt is always handy.
- **T-shirt or shorts:** If you do not have a Tri suit and do not want to complete the full race in your swim wear, you can slip on these items of clothing in transition for the ride and run.

In the example below, the participant has a towel at the bottom, with their hat, race number, helmet, shoes, socks and water bottle all laid out on top next to their bike. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



HOW TO RACK A BIKE

There are two ways to set your bike up in transition, down to personal preference and bike set up.

Option 1: Hanging your bike up by the seat. This is the less stable choice out of the two options



because it only has one point of contact on the rack but is a very common and easy method.

Option 2: Hang by the handlebars (brake hoods). This is more secure; however, it is dependent on your bike set up and if you have the style of handlebars required.



SWIM START TIMES

Wave	Cap Colour	Distance	Age Groups	Briefing	Start Time
1	Yellow	Kids Triathlon	Kids aged 10 - 15 years	7:15 AM	7:20 am
2	Purple	Long	All Long Athletes Self-seeded rolling start	7:35 AM	7:45 am
3	Pink	Enticer	All Enticer Athletes Self-seeded rolling start	8:10 AM	8:20 am
4	Blue	Mini	All Mini Athletes Self-seeded rolling start	8:30 AM	8:40 am

*Please note that the above is subject to change on race day, and may be later than the above stated time.

Self-seeded means you decide if you want to start at the front or the back of the group. If you are a fast swimmer please start at the front. If you are a slow swimmer or are using a flotation aid (kickboard, pool noodle) please start at the back. A rolling start means swimmers will be sent off one at a time, 1 person each 1 second or so. This ensures that everyone has their own space to swim and are spread out evenly.

NOTE FOR DUATHLON/FUN RUN: Your races do not have a swim component, so you don't have a swim start time. Your races start at the following times as per the event schedule.

- Duathlon – briefing 8.10am, race starts 8.15am
- Fun Run – briefing 7.40am, race starts 7.45am

MEDICAL

Medical assistance will be available on the course. Please ask for medical help if you have even the slightest hint you may need it. You can ask any of our volunteers or staff and we will get you medical



help. All volunteers and staff will be wearing fluorescent vests, so they are easily identifiable. Please note - if you are transported by ambulance, you could be required to meet costs involved unless you are covered by an appropriate fund. Any aid given by race medical personnel is permissible and will not lead to disqualification. However, if you receive any outside assistance, you may be disqualified.

RESULTS

Results will be available on the event website & Facebook page the week after race day. We will be using BlueChip Timing: <https://bluechipresults.com.au/> so if you'd like to see your results straight away, please visit their website.

RACE DAY TIPS

1. **Course maps:** Print outs will be posted in hardcopy on the outside wall near the bathroom, on the side of the building where the finish line is. You can also find them in this guide or on our website here: www.everywomantriathlon.com/course
2. **Island access for cars:** If you need to leave early, we suggest you park off the island before the main entry bridge as cars will only be allowed off the island once all bikes are off the course. Please pay attention to the announcer.
3. **Plan your race route:** Make sure you walk around the transition areas and observe the path from the swim to transition and out to the run, and the path from the run into transition and out to the bike. This will help you know where to go during the race. If you get confused, please ask one of our friendly officials.
4. **Bring water bottles:** Please bring at least 2 x filled water bottles for yourself to use during and after the race. There will be taps to refill your water bottle at the venue, and water cups available at recovery and aid stations on course.
5. **Refill water bottles:** If you stand with your back to the finish line and face the merch tent, the tap to refill your water bottle is located near the stairs on the right-hand side of the main building. There is also a tap on the left-hand side of the building near the BBQ, or sinks in the changerooms.
6. **Maximise comfiness:** Bring an extra towel and change of clothes so that you can make use of the shower and changeroom facilities at the venue. Showers are located inside the building behind registration.

EVENT PHOTOGRAPHY

Triathlon WA understands that some athletes may prefer not to have their race images taken or shared online. The below measures will be in place at Every Woman Triathlon.

Do the "No Photo Please" action:

Participants can cross their arms in front of their body when in view of a photographer if it is safe and possible to do so. This indicates that you do not want your image taken/used.

Our photographers will be wearing fluorescent vests so they will be easy to spot. If you have any concerns or queries, please contact us or talk to a TWA staff member on race day.

RACE RULES AND COMPETITOR CONDUCT

AUS TRIATHLON RACE COMPETITION RULES

Race Competition Rules are essential to maintaining a safe, fair and quality level of competition for



participants of the sport. Each year the AusTriathlon Race Competition Rules are reviewed and updated to ensure the rules reflect the ever-evolving conditions of our sport. The AusTriathlon competition rules also comply with the international governing body rules of World Triathlon.

Find a copy of the rules here: <https://www.triathlon.org.au/rules/>

GENERAL CONDUCT OF COMPETITORS

- Practice good sports conduct at all times
- Competitors are responsible for following the Triathlon Australia Race Competition Rules and any special rules applicable to the event.
- Obey instructions from event officials, marshals, and Police. Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, officials, volunteers, and spectators with respect
- Know and keep on the designated event course
- Not wear electronic devices e.g., iPod, earphones, mobile phone etc.
- Not obstruct or interfere with the forward progress of another competitor or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public
- Only accept assistance from an event official, otherwise no outside assistance.
- Not discard any equipment or litter on the course except at approved dedicated location (please do not litter)

BAG COMPOUND / BAG DROP

- All bags should be removed from transition prior to transition closing for the start of the event.

SWIM COURSE

- Interim and final water temperatures will be taken 24 hours and 2 hours before the event to determine wetsuit use.
- Must wear the swim cap provided
- May use any swimming stroke for propulsion through the water, and may tread water or float
- May stand on the bottom or rest by holding an object e.g., boat, buoy or paddleboard. However, they must not make forward progress whilst doing this.
- Should raise an arm overhead and call for assistance in an emergency. If assistance is rendered beyond resting, the competitor will be deemed to have not finished the event.
- Must take all their equipment i.e., swim cap and goggles to their designated rack in transition.
- Any competitor receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the course

CYCLE CONDUCT

- Must wear footwear and a top.
- Display the race identification number on their back.
- Must wear a helmet approved by a testing authority and it must remain securely



fastened at all times once the bike is removed from the rack, on the bike course and until bike is replaced on bike rack.

- Must cycle in single file on left hand side of bike course unless passing. Failure to do so will incur a penalty for a blocking infringement.
- Must keep a distance of 10 meters between leading edge of front wheel of the forward bike and leading edge of front wheel of following bike, unless passing.
- Draft zones may overlap for safety reasons, leaving or entering transition and when making an acute/U turn

RUN CONDUCT

- Must wear shoes and a top
- Display the race identification number on their front.
- Outside assistance is not permitted
- Receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the run course.

PENALTIES

Penalties and disqualifications are unlikely at this event, as it's focused on beginners. If you break any race rules, the official will most likely ask you to stop so they can explain and help you correct it—it's all part of the learning experience!

That said, if an official shows you a yellow, blue, or red card, you may be asked to serve a time penalty. They'll explain the reason, and you'll need to stop and listen to them. A penalty usually lasts a few seconds to a few minutes, where you must pause before continuing the race. Nothing scary!

COURSE INFORMATION

AID STATIONS

Aid stations will provide hydration for all athletes and will be self-serve. There will be water and Tailwind Nutrition electrolytes that you can choose from. Aid stations will be dotted around the course and at recovery (finish line area). Volunteers will be at the aid station to ensure it is appropriately stocked and collect rubbish. Please do your best to place your used cups in the bins adjacent to the aid station. Please do not litter!

RECOVERY AREA

As you cross the finish line, you'll be given your finisher medal! All finishers receive a medal. Head to the recovery table where water and fresh fruit will be available for you. Because you have a disposable timing chip, **YOU DON'T NEED TO RETURN THE CHIP TO US.**

DNF OR MID-RACE WITHDRAWAL

If you have the misfortune of having to withdraw at any stage of the race you (or someone representing you, such as a relative or friend) **MUST** report to the timing van that is located the finish line. This ensures that the event officials are not searching for you.

BIKE COLLECTION

Athletes will be advised via the MC/Announcements when bikes can be removed from transition.



Please keep an ear out on event day. The event schedule also provides a guide.

LOST PROPERTY

You should identify all your personal gear and property. Mark it with your name and address if possible. If it is misplaced, it will most likely be handed in to race officials. Please note that the race organiser does not take responsibility for lost property. Any lost property handed in, will be available for collection from by calling Triathlon WA 08 9443 9778 the Monday after the event. Lost property will be held for a maximum of 3 months and then it will be disposed/donated appropriately.

INSTRUCTIONS FOR THE TEAMS EVENT

These instructions are to ensure that all team changeovers are FAIR AND SAFE. Because we are utilising disposable timing bands, team members do not need to pass their timing chip on in transition. Instead, they 'tag' each other in transition (hi-five basically) and all team members wear a timing band on their left ankle.

The team swimmer does the first leg of the race then heads into transition. The team Cyclist will wait for the swimmer at their bike in transition. The Cyclist may have their helmet on whilst waiting. The cyclist's race number must be on their back.

The team Swimmer will meet the cyclist at transition. When the swimmer reaches the cyclist in transition, the team cyclist may move to their bike and exit the transition. They must not mount their bike until they reach the MOUNT sign.

Meanwhile, the team Runner must estimate the expected time of return of their Cyclist. The team Runner may enter the transition area and wait at the transition rack, taking care not to impede others.

At the end of the cycle course, the team Cyclist must dismount their bike at the DISMOUNT sign and run their bike back to the rack and RACK THEIR BIKE. ONLY AFTER THEY HAVE RACKED THEIR BIKE can the team Runner start the next leg.

The team Runner must have the race number on the front. THEY MUST NOT LEAVE TRANSITION UNTIL THIS IS DONE.

The team Runner will then complete the run course and pass through the finish chute at the end. Other team members can run down the finish chute with the team runner. Please wait at the top of the finish chute to join your runner.

INSTRUCTIONS FOR THE FAMILY/PARENTS WAVE

Our Kids Triathlon includes the family wave for kids aged 7-11 years who are not confident competing alone. The Family Wave allows parents/guardians* of participants to swim and run alongside their child and assist with transition.

Chaperones can swim with the child, then must wait by transition during the cycle leg, and then can join the child for the run leg and finish line moment. Chaperones must be wearing a YELLOW swim cap during the swim – please ensure you grab one of these at pack collection.



*Limit to one adult entry per registered child, adult must be 18 years or over to be included.

INSTRUCTIONS FOR DISPOSABLE TIMING CHIPS

Disposable Ankle Band Timing Chip

2022-23



You have been provided with a **one use only** disposable timing chip that fits around your **LEFT** ankle. It is important to fit it correctly to get your times.



FRONT



BACK

What the Disposable Strap looks like

Follow these instructions for optimal performance:

1. Ensure that you have been given the correct timing chip at registration
2. Practice putting the band around your **LEFT ankle** to get a feel for where you will apply the adhesive strip
3. The band needs to be 'comfortably loose' around your ankle so that the chip will have 'air' around it
4. Remove the adhesive backing from the back of the band in order to secure the strap onto itself
5. Run the strap around your finger when finally attaching the strap, then remove your finger. This is how you ensure the strap is not tight on your ankle
6. The Race Number should be facing outwards on your LEFT ankle as that is where the chip is located. The front of your ankle should show the logo
7. IT IS A SINGLE USE band. The Event may not have a replacement if you damage the band or chip. The chip SHOULD NOT be placed under the wetsuit or sock - it needs to always be seen to be read accurately





OTHER FREQUENTLY ASKED QUESTIONS

Do I have to bring my own bike and helmet?

Yes, participants must bring their own bike and helmet to the event. Bikes/helmets are NOT provided or available for hire on race day.

Is the water at Champion Lakes clean and safe for swimming?

Yes. Champion Lakes is one of the most tested bodies of water in WA, and regularly undergoes independent water quality tests to make sure it is safe for use. We get the results of these tests before race day to confirm water quality, and we would not run the swim leg if there were any issues. Champion Lakes is a man-made lake purpose built to be a world class event venue. It's always flat and calm which makes it a great place to do your first open water swim and practice your sighting (swim course navigation) skills.

Are there any jellyfish, sharks or other fish in the water?

Champion lakes is a man-made freshwater lake purpose built for racing and paddling events. It does not connect to an ocean or river, so there are none of the marine creatures you'd find at a beach. There are some ducks, frogs, and maybe some schools of tiny minnow fish. Nothing that will bite or sting you. Our team have swum in it every year (3 years running) and had no issues at all. The bindis/prickles in the grass near transition are the main thing to watch out for!

Where do we take our bike to rack it on the day?

Pick up your race pack from the rego desk, then head around the back of the building and go into transition. You'll pick a spot on the bike rack based on the distance you're racing. Our volunteers will help you out, and the venue is not that big so it will be really easy to find. Check out the Event village map, transition and pack pickup are marked.

What is a race belt? Where can I buy one?

A race belt, also known as a bib holder or tri-belt, is a stretchy elastic band that holds a race number in place during a race. Some also hold nutrition products like gels. It's not the same thing as a running belt. Race belts are commonly used in triathlon because it makes it easier to move your paper race number from back (for bike) to front (run). We give out tutus at our event because they can function like a whimsical race belt if you pin your number to it! 😊

If you want to buy a race belt, they should be available at most running stores ([2XU](#), [Running Warehouse](#), Keep on Running), online ([Amazon](#) etc), and at the triathlon-specific store [XTR Multisports](#) in Joondalup. Our expo stallholders [TransitionWear](#) and [PA sports](#) should be selling them on race day too.

Do we change our clothes in transition after the swim?

During the race, you put your cycling/running stuff on in transition yep! If you're wearing a tri-suit for the swim you don't change clothes before the bike or run. If you're wearing normal bathers, just pop your dry cycling/running clothes over the top of the bathers after a quick towel off. You'll dry off on the way round the course. If you want to change your clothes completely, or need to change a menstrual product, you can always pop to the toilets/showers which are right by transition anyway. Please make sure you are not nude or topless in transition, as that is not allowed. That includes stripping down completely under a towel.



When we take shoes off for the swim what happens? Do I bring two pairs of shoes?

Yes – sometimes three! Some triathletes have bikes that need special bike shoes (they clip in to the pedal), but if your bike doesn't need that or if you don't own bike shoes then normal running shoes are fine for both the bike and the run. You'll wear the same pair. Then you'll also need a pair of shoes for pre-race, because you leave your running/bike shoes in transition when you rack your bike so that they're waiting when you come back after the swim.

For beginners, we would recommend doing this:

- Come to the event wearing thongs/flip flops, but make sure you have your running shoes and socks with you as you will need them later
- Put your running shoes and socks in transition with your bike and other items (your transition pile). You'll be wearing flip flops so won't be barefoot.
- Leave your flip flops by the shore or with a friend when you go to start the swim (race start).
- When you come out of the water you go into transition, dry yourself off and pop on your bike/run clothes. Over your bathers is fine. Put on your socks and running shoes for the bike. Put on your race number. Put on your helmet BEFORE you grab your bike.
- When you come back off the bike, you rack your bike again in transition and take off your helmet once the bike is racked. Keep wearing the same clothes and shoes for the run, but make sure your race number is on the front.
- You'll finish the race in your running shoes, so just go grab your flip flops afterward from where you left them.

Can I push a pram during the Fun Run?

Yes, babies and children under 7 years can be pushed in prams by a registered adult (parent/guardian aged 18 years or older). Kids in prams do not need their own registration. For safety reasons, please ensure your little one stays inside the pram at all times during the race.

Can my kids run down the finish line with me?

The AusTriathlon race rules technically do not allow it, but we do appreciate that kids are going to be kids and will want to celebrate with their mums. Please don't run down the finish line holding babies or young kids, just for safety reasons. The finish line is on asphalt and so a fall while holding a child could be really dangerous for both of you. This is a huge bummer, we know, but something to keep in mind is that unless they're a registered participant they are not covered by our racing insurance if they get injured. Non-registered adults and kids shouldn't be racing, which includes the run down the finish chute. Sorry!

What happens if my swim cap or timing chip falls off during the race?

The main purpose of the swim cap is so that our water safety team can see you better in the water. That's why we choose bright colours and require all swimmers to wear one. Try your best to keep it on, but if it falls off and gets lost that's alright. Just keep swimming!

If your timing chip gets lost or comes off, we'll need to get you a replacement ASAP otherwise your time will be listed as a DNF (did not finish) because you won't be tracked around the rest of the course. Without leaving the course, stop and find the closest volunteer in a high vis vest and tell them you have lost your chip. We'll get you sorted and on your way again in no time

My child didn't get a timing chip in their race pack. Is that correct?

Mini, Enticer, Duathlon, Fun Run and Long should have timing chips. Kids Triathlon participants **do not** get a timing chip or strap as the kid's tri is not timed. Kids will not get a race time on Bluechip.



After each leg of the race (swim, bike, and run) do I just continue to the next one?

Yes! Transition is your designated area to store gear between race legs.

Before the race, rack your bike and set up your equipment. Bring your goggles and swim cap to the swim start. After the swim, head to transition, grab your cycling gear, and start the bike leg. After the bike, return to transition, rack your bike, switch to your running gear, and begin the run. After the run, go straight to the finish line!

You can collect your bike and gear from transition once all bikes are off the course.

When does my race start?

Please see the [event schedule](#) for the start times for each distance. It is important that you have collected your race pack and racked your bike before 7.10am on race morning or you may not be allowed to race. All participants must be checked in by 7.10am. In the gap between racking your bike and starting your race, we encourage you to re-read the athlete guide/course maps, or to cheer for the participants racing before you.

Where do I collect my pre-ordered event merch?

Head to the KC Australia Merch tent in the expo area on race day. They'll look up your order and hand over the goods! Limited merch will also be for sale on race day, and available [online HERE](#) after the event if you forgot to grab something you really wanted 😊

ASK US ANYTHING

Please give our team a call on 08 9443 9778 or email admin@wa.triathlon.org.au. There are no silly questions! We would rather you feel confident and know what you're doing on race morning.



"My life after transplant is full of possibilities."

Corinne - liver transplant recipient

Give hope to the 1,800 Australians waiting for a life-saving transplant. Register as an organ and tissue donor today.

donatelife.gov.au

transplant
australia
make the most of life.

3 in 5 people who menstruate have struggled to afford period products due to cost.

One packet can make a difference



Donate period products this March!

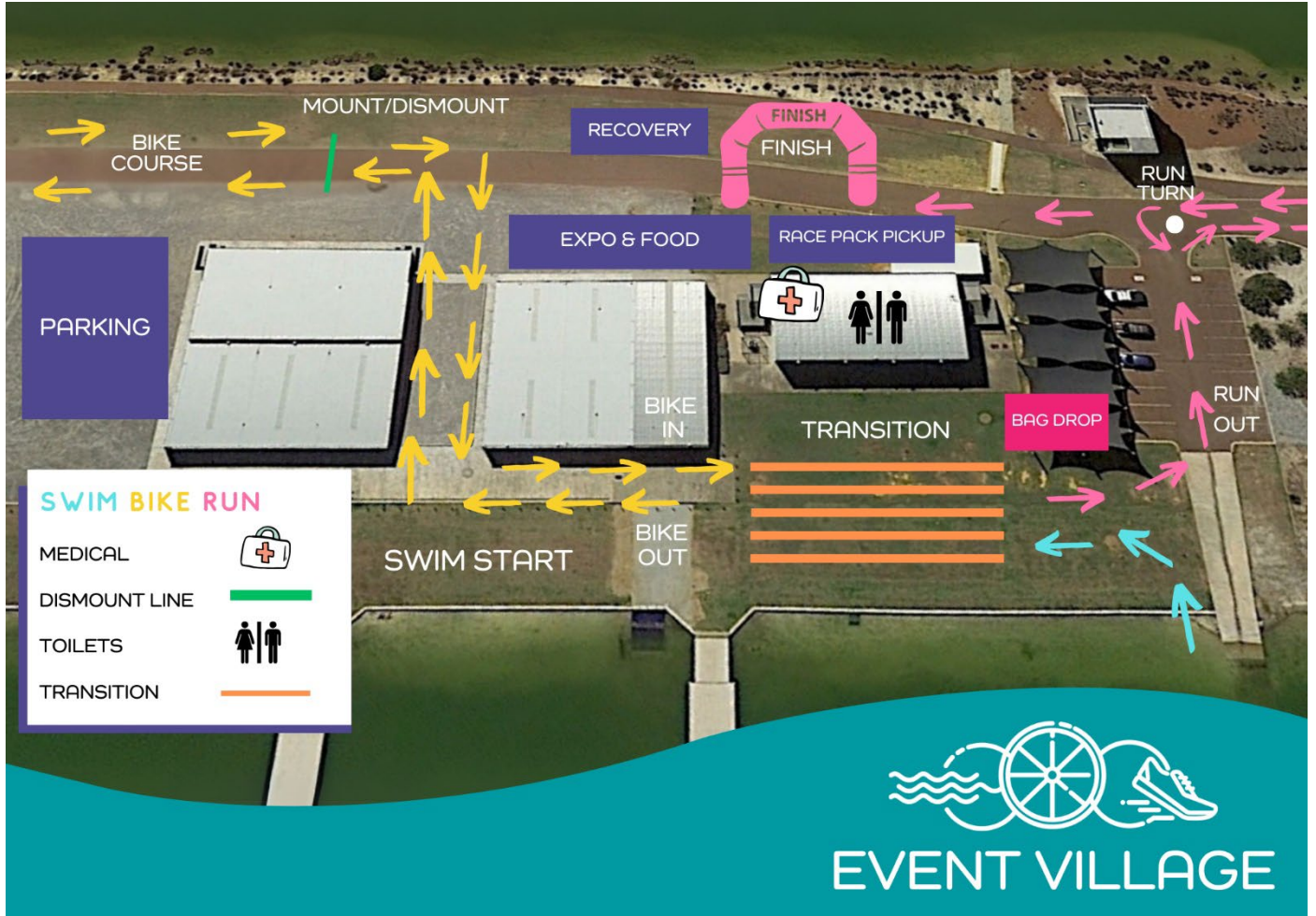
Donate pads, tampons, menstrual cups, period undies and incontinence aids this March to make a difference. Search 'dignity drive' to find your nearest collection point.

 "dignity drive"

PROUDLY SUPPORTING [sharethedignity](#)



COURSE MAPS



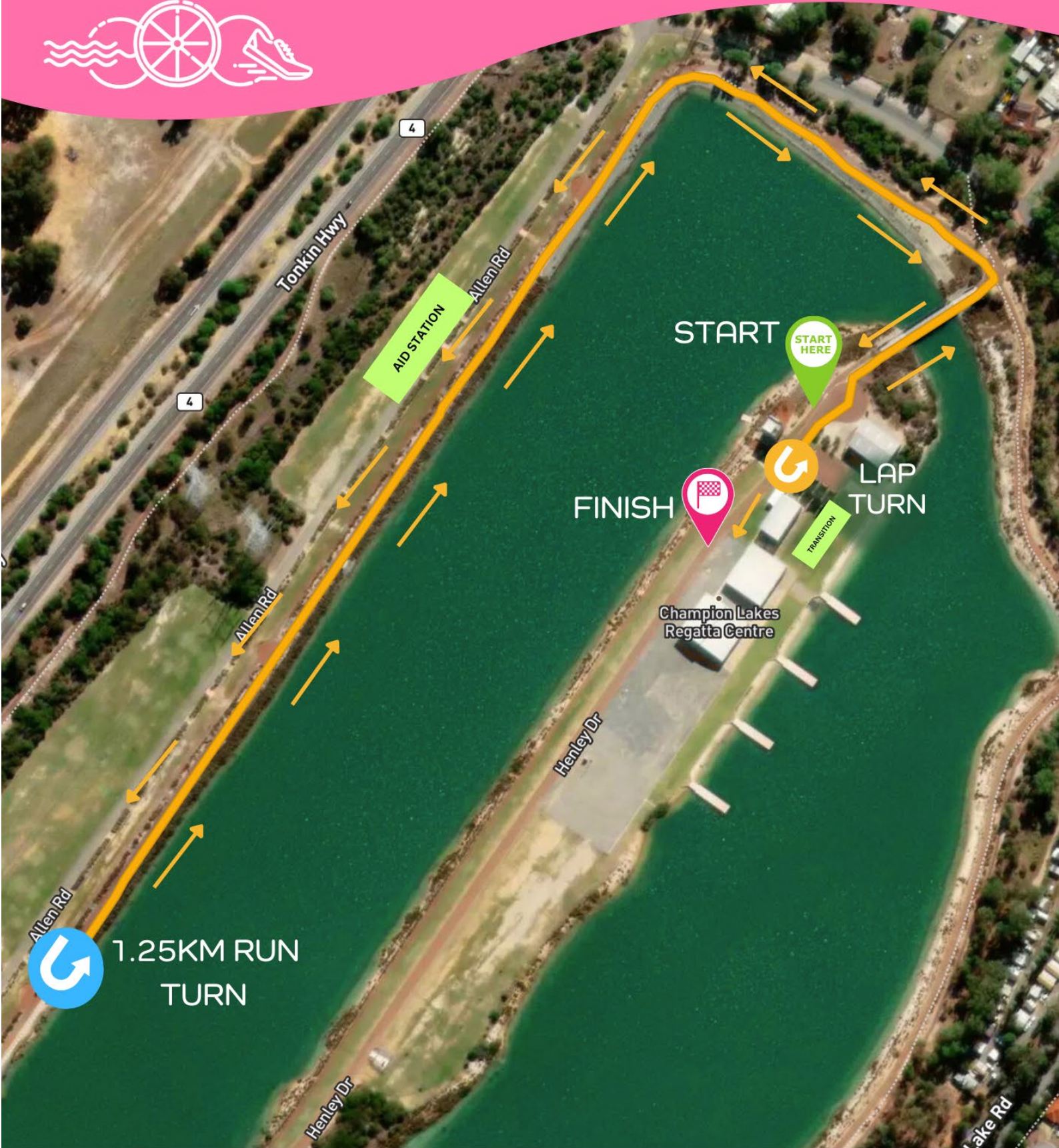
TOILETS/SHOWERS: Are located on either side of the main building in the event area. There are separate bathrooms for males and females. There are also showers, baby change stations, and ambulant facilities available.

WATER REFILL STATION: There is a water bubbler located on the side of the building closest to the medical room, near the staircase. Water bottles can be refilled there, or in the sinks in the bathrooms. Cups of water and electrolyte solution are available at the aid stations on course and in the recovery area.

MEDICAL: There are four medics on site, two located out on the bike course and two at the medical room in the main building. The medical room is marked on the map above.

RUN COURSE

5KM FUN RUN



5KM FUN RUN
2 X 2.5KM LAPS

Start at the start line near the pedestrian bridge and leave the island turning left onto the event path. Please KEEP RIGHT. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 🏡

SWIM COURSE

KIDS TRIATHLON



sy Dr

Champion Lakes
Regatta Centre

BIKE
OUT/IN

KIDS TRI
TRANSITION

KIDS RUN
OUT

OTHER
DISTANCES
TRANSITION

SWIM
START

SWIM
EXIT

KIDS TRIATHLON:
100M
1 LAP

Complete one lap of this 100m swim course. Starting from the shore, swim out straight toward the buoy marker. Then turn right at the buoy and swim straight toward the next buoy. Then turn right again and toward the shore. Exit via the beach. Go to transition and grab your bike before heading out on the bike course.

BIKE COURSE

KIDS TRIATHLON



KIDS TRIATHLON: 3 X 1KM LAPS 3KM

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle straight toward the road bridge, completing a turn at the end. Keep left. Turn again at the turn point back near where you started. This is one lap. Once you've completed your third lap, head back to transition. Dismount your bike just BEFORE the dismount line then follow the path to transition to rack your bike.

RUN COURSE

KIDS TRIATHLON

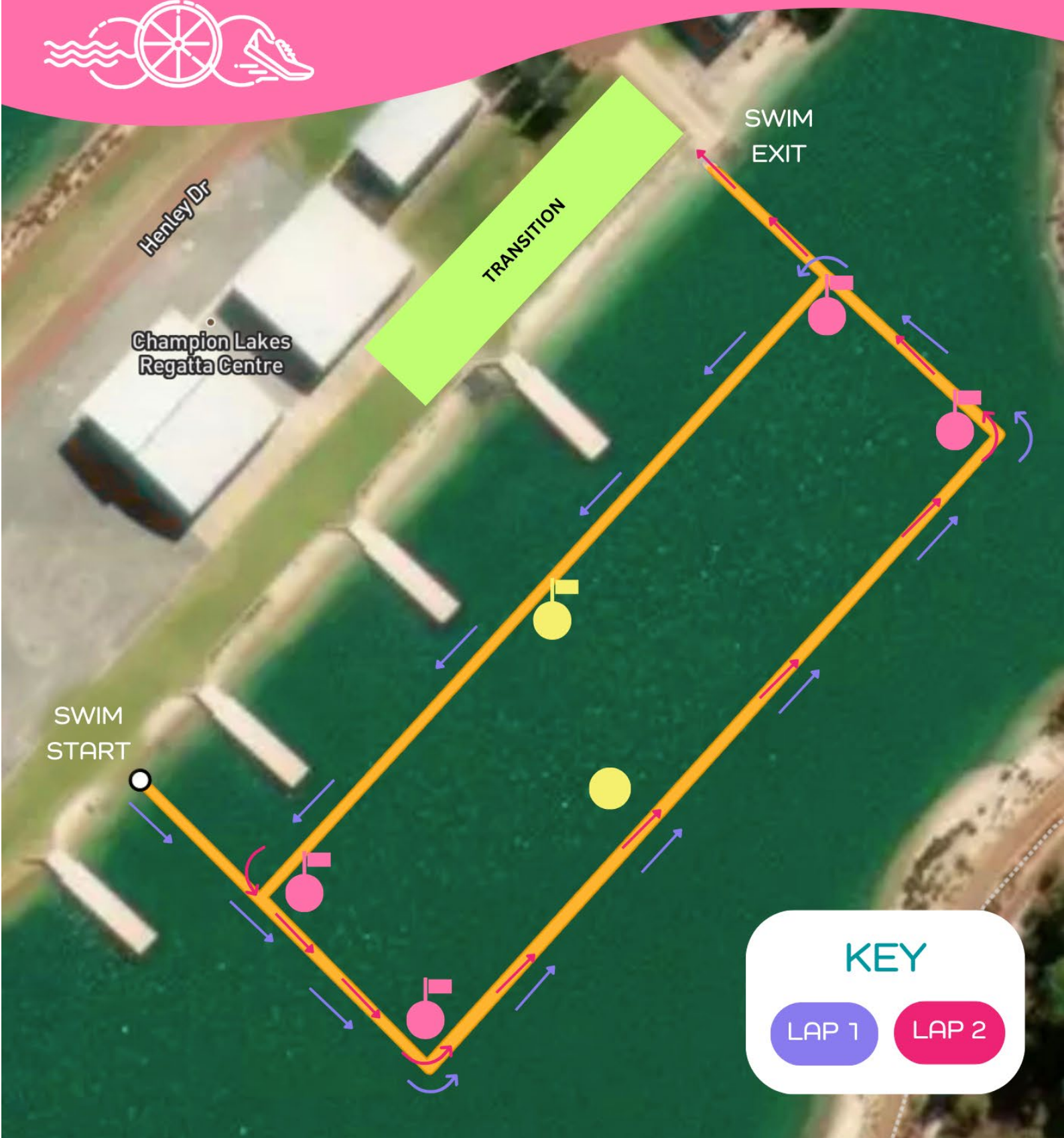


KIDS TRIATHLON 1 X 500M LAP

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. Make your turn at the 250m mark, then come back toward the island. On the final stretch, continue running straight past the lap turn aid station to the finish line. Grab your medal, then head to recovery 🏆

SWIM COURSE

LONG DISTANCE



KEY

LAP 1

LAP 2

LONG DISTANCE:
750M
LAPPED SWIM

This course is an anticlockwise rectangle you swim round twice. Start by swimming straight out and straight past the first buoy. At the second buoy turn left, then swim straight past the sighting marker toward the buoy at the far end. Turn left at this third buoy, then left again at the fourth buoy to head toward the second lap. Swim straight past the fifth buoy then turn left at the sixth, straight on then, then left again at the seventh buoy. Swim straight and turn left at the far buoy. Then swim straight on past the next buoy and head for the shore. Exit via the beach next to the boat ramp.

SWIM COURSE

ENTICER DISTANCE



ENTICER DISTANCE:

250M

1 LAP

Start by swimming straight out, turning left at the first buoy. Keep swimming straight then at the second buoy turn left again and head toward the swim exit. Exit via the beach next to the boat ramp and go to transition before heading out to the bike leg.

SWIM COURSE

MINI DISTANCE



ption Lakes
ta Centre

MINI DISTANCE:

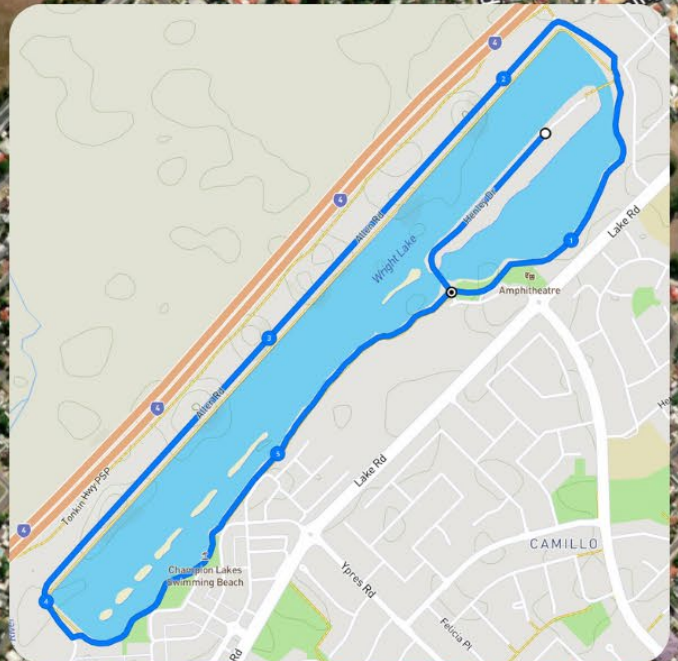
100M

1 LAP

Complete one lap of this 100m swim course. Starting from the shore, swim out diagonally toward the buoy marker. Then turn left at the buoy and head back toward the shore. Exit via the beach next to the boat ramp. Go to transition and grab your bike before heading out on the bike course.

BIKE COURSE

MINI, ENTICER, LONG, & DUATHLON



MINI DISTANCE:

1 X 5KM LAP

ENTICER DISTANCE:

2 X 5KM LAPS

LONG:

4 X 5KM LAPS

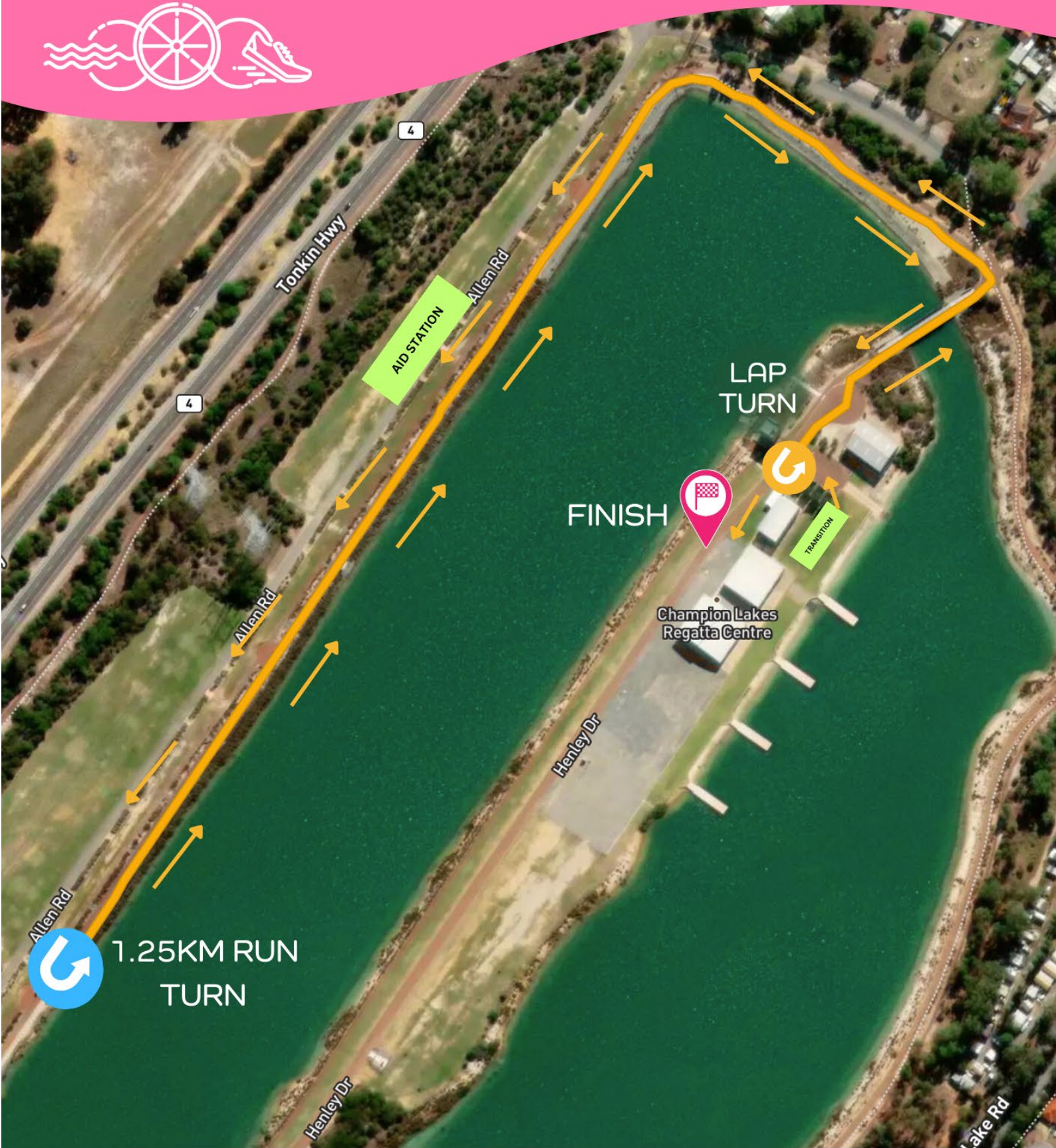
DUATHLON:

2 X 5KM LAPS

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle toward the road bridge and off the island turning left. Keep left. Once you've completed all your laps, turn left back on to the island. Dismount your bike just BEFORE the dismount line then head back to transition to rack your bike.

RUN COURSE

LONG DISTANCE



LONG
2 X 2.5KM LAPS

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 🏆

RUN COURSE

MINI & ENTICER



MINI DISTANCE:

1 X 1KM LAP

ENTICER DISTANCE:

2 X 1KM LAPS

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please **KEEP RIGHT**. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 🏆

RUN COURSE

DUATHLON



DUATHLON: 2 X 1KM LAPS BIKE LEG THEN 2 X 1KM LAPS

FIRST RUN: Start at the start line near the pedestrian bridge and leave the island turning left onto the event path. Please KEEP RIGHT. An aid station is located near the run turn marker if you need water. After your second lap head back into transition for the bike leg. Be careful of other athletes heading the opposite direction.

SECOND RUN: Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path, follow the same course as the first 2km run. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 🧡



OUR EVENT SPONSORS AND PARTNERS

A huge thank you to our incredible partners for supporting the 2025 Every Woman Triathlon! Your commitment helps us create an event that welcomes, empowers, and celebrates women of all backgrounds and abilities.

HEALTHWAY

Major Partner

Healthway works with local organisations we fund to create healthy activities and events and promote messages about good health throughout Western Australia. Learn more at www.healthway.wa.gov.au/.



FUEL TO GO AND PLAY

Major Partner

Fuel to Go & Play®, aims to support community venues in creating healthier food environments. Learn more at www.fuelto.go.com.au/.



CITY OF ARMADALE

Event Partner

Located just 40 minutes South East of the centre of Perth, among scenic parks, hills and picturesque valleys, with cultural heritage and a unique community feel - is the modern City of Armadale. Learn more at www.armadale.wa.gov.au/.



ARENA SWIMMING

Swim Partner

Since 1973, Arena has provided high quality swimwear and accessories. Born of a passion for sports, innovation, and Italian design, every last detail of Arena products are conceived to offer the most rewarding user experience in terms of performance, style, comfort and fit. Learn more at <https://arenaswimming.com.au/>.



TAILWIND NUTRITION

Nutrition & Hydration Partner

Tailwind Nutrition Australia is a family-owned Australian business operating out of Hornsby NSW. Originally developed in the USA, Tailwind Nutrition products are Vegan, Gluten-free, GMO free, natural, and use organic ingredients. Learn more at www.tailwindnutrition.com.au/.



HOSKING BIKES

Cycle Partner

HOSKING Bikes offer world-class bikes that are comfortable, unique, affordable, and an expression of the rider. They aim to celebrate the unique needs, preferences, and aspirations of cyclists, and to promote inclusivity, confidence, and sustainability. Learn more at <https://hoskingbikes.com/>.





361 DEGREES

Fun Run Partner

From versatile trainers to carbon plate shoe designs, 361 Degrees goes one step beyond to deliver exceptional performance. Learn more at <https://361australia.com/>



KC AUSTRALIA

Merchandise Partner

WA family owned and operated since 1981, KC Australia specialise in uniform and branding solutions. They continue to use locally-sourced suppliers where possible and provide customised uniform, merchandise and promotional products with competitive pricing and an extensive product catalogue to suit all requirements and budget. Learn more at <https://kcaust.com.au/>.



SHARE THE DIGNITY

Event Charity Partner

Share the Dignity is our charity partner for the Every Woman Triathlon. Share the Dignity is an Australian women's charity that works to end period poverty and make a real difference in the lives of those experiencing homelessness, fleeing domestic violence, or doing it tough. Share the Dignity distribute period products to women, girls, and anyone who menstruates who needs support. Learn more at <https://www.sharethedignity.org.au/>



TRIATHLON WA

Event Organiser

Triathlon Western Australia (Triathlon WA) was established in 1986 as the governing body to oversee and promote the progress of the sports of Triathlon, Duathlon, Aquathlon and Multi-Sport in WA. Learn more at <https://www.triwa.com.au/>.



TRANSPLANT AUSTRALIA (WA)

Charity Partner

Transplant Australia (WA) offers the opportunity for WA Transplant recipients, their families, living donors and donor families to participate in a range of social and recreational activities, including community events, group sporting activities, monthly social events & education sessions. Transplant WA is part of the wider Transplant Australia community. Learn more at <https://transplant.org.au/western-australia/>.

