



Media Release

Back to the Future - New date and format for iconic event

This year's 29th Sparke Helmore Newcastle City Triathlon will be staged on a new date and return to a 2-race format, with some old favourites racing category prizes up for grabs. With 2 years of disruption requiring various format changes the Sparke Helmore Newcastle City Triathlon continues to go from strength to strength, with not even a pandemic stopping it.

Still catering for novice and serious triathletes, entries are open to individuals who can complete three legs on their own (swim, cycle and run) and to relay teams (participants completing one leg each). "We have a lot of people who have progressed from being part of a relay team in our shortest event, to years later completing the longer event as an individual. Many people want to continuously challenge their fitness, and this is the perfect event for them", said Sparke Helmore Partner, Darren Rankine.

"On top of it being the 29th year of the Triathlon, this year Sparke Helmore is celebrating its 140th anniversary. The firm started in Newcastle in 1882 and we're proud to still be going strong and continuing our tradition of supporting the local community."

A few facts about this year:

1. The event will be held Sunday 20 November, due the unavailability of the Foreshore on its traditional date in February
2. The Olympic Distance event will no longer be offered after a risk assessment of the cycle course deemed it unsafe due to the high density of pedestrian and parked cars
 - a. The footprint of the cycle course will therefore be reduced to avoid Newcastle Beach, King Edward Park and Watt St.
3. The event format will offer 2 race distances:
 - a. Sprint Distance Triathlon (750m swim, 21km Cycle and 5km run)
 - b. Enticer Distance Triathlon (350m swim, 10.5km Cycle and 2.5km run)
 - c. The event compound will be staged on the western end of Foreshore Park and use Pitt Lane car park for the bike transition area.
 - d. The swim leg will be in the Harbour between Queens Wharf and Customs House jetty.
 - e. The cycle leg will use Wharf Rd east of Watt St, Horseshoe Beach access road and car park, Shortland Esplanade until the Newcastle Baths entrance, Fort Drive and Nobbys Rd.
 - f. The Run leg will proceed along Wharf Rd (using the parallel roadway), part of Horseshoe beach car park and Camp Shotland
4. Many companies will be using the event as a healthy Christmas team get together and BBQ, with friendly rivalry between various local businesses a key feature.
5. The event is once again offering special age-related categories for relay team members including teams with a total combined age between:
 - a. 120-149y (average 40y+)
 - b. 150-179y (average 50y+)
 - c. 180+ (average over 60y)
6. The event will be donating funds from participant donations and residual event proceeds to the Westpac Rescue Helicopter Service
7. A full COVID plan is in place with security and COVID marshals in place.

With the event requiring closing down a substantial section of the Foreshore and surrounds, the event is undertaking additional traffic control management efforts in 2022. This includes:

1. Additional pre warning variable message board signage of the event
2. No closure of Shortland Esplanade (Zarra to Watt St)
3. No closures on Wharf Rd west of Watt St .
4. Main event road closures include:
 - a. Wharf Rd (Watt St to Nobbys Rd) – 5.00am – 12.00pm
 - b. Shortland Esplanade Nobbys Rd to Zarra St – 5.00am- 12.00pm
 - c. Fort Drive and Nobbys Rd – 5.00am – 12.00pm
 - d. Footpaths from Watt St to Nobbys (harbour side) are used for the run leg: 7.00am - 12.00pm

Visit www.newcastlecitytriathlon.com.au for more information.

Media Summary

What's on:

- 29th staging of the Sparke Helmore Newcastle City Triathlon at Newcastle Foreshore (near Customs House)
- A triathlon that promotes health and fitness within the general community and supports local businesses. Approx. 1000 entrants and 2,000 spectators are expected.
- The event includes Sprint, Corporate/Enticer distance events. See distances below.
- Open to anyone who is able to complete the course as an individual or as a three-person relay team.
- Some road closures will be in place from 5am-12.00pm

When:

Sunday 20 November 2022

Where:

From Customs House Park on Newcastle Foreshore off Wharf Rd. Various road closures in place.

Race Day Schedule - Sunday 20 November

Distances that cater for novice and professional triathletes:

7.30am	Sprint	750 m swim	21 km ride	5 km run
9.30am	Corporate/Enticer	350 m swim	10.5km ride	2.5 km run

Entry:

Online entries at www.newcastlecitytriathlon.com.au. All entries before Sunday 6 November will receive a souvenir race T Shirt and all finishers will receive a finishers medal. The race will use live chip timing and feature Mike Rabitt as the race commentator, to bring athletes home.

Event Activities:

- Exciting atmosphere with competitors announced at the finish line.
- Age category and random draw prizes
- Enjoy a fun day out with the business or family.

For further information please go to www.newcastlecitytriathlon.com.au or contact Paul Humphreys, Event Director on 0249348138 or email paul@hevents.com.au

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