

# TRANS CAPE



**SWIMRUN** SOUTH WEST WA

## Athlete Handbook

Saturday 7 March 2026, a Sole Trails Event

## WELCOME FROM SOLE TRAILS EVENTS

This year marks the seventh edition of **Trans Cape SwimRun**, and our first as Race Directors. We're excited to continue the legacy Aaron and Suze created, and we extend our heartfelt thanks to them for building such a fun, community-minded event. It's what kept us coming back year after year as competitors.

The logo may have changed and we've made a few subtle tweaks, but our goal remains the same. We want to preserve the same vibe: fun, inclusive and rewarding, set against what we believe is one of the most spectacular SwimRun locations in the world. How lucky are we!

Keep an eye out for the Gold Caps on course again this year, these are the athletes who have completed five previous Trans Cape SwimRun editions. It's incredible how many familiar faces continue to line up, including four athletes returning for the seventh time, having never missed a race. It's just as cool though to see new faces taking on the challenge for the very first time.

The Athlete Handbook contains all the important information you'll need for a smooth race day, so please read it carefully to ensure you're prepared for a safe and enjoyable experience. Yes, it's technically a "race," but we encourage you to soak up the incredible scenery, share some banter with your fellow competitors, and most importantly, have fun out on course.

We truly can't thank you enough for your support, whether this is your first time on the start line or you've been part of the journey for many editions. Take care on the trails, look after one another, and best of luck to you all on race day.

Kind regards,  
Mark and Ray

## CITY OF BUSSELTON WELCOME MESSAGE

It is my great pleasure to welcome athletes, families and supporters to this year's SwimRun event.

The City is excited to again sponsor and play host to this incredible challenge that combines the thrill of swimming and running, while taking in some of the State's most picturesque views.

SwimRun not only showcases athletic excellence, but it brings people together, promotes active living and celebrates the environment we are so fortunate to call home. This event is all about teamwork, pushing your limits, having fun and celebrating your achievements together.



The Meelup Regional Park and surrounds is the perfect setting for this nature and water-based event. It is home to a huge variety of native flora and fauna species and boasts some of WA's most beautiful beaches. The course offers a truly spectacular way to experience the unique beauty of the rugged coastline, run trails and beaches.

Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great shopping, relaxed dining, and fantastic entertainment. The City's expanding Busselton Margaret River Airport offers direct flights from both Melbourne and Sydney. I encourage you to explore the many delights the region has on offer.

To all participants, thank you for being here, for embracing the challenge, and for inspiring us with your perseverance and teamwork. On behalf of the City of Busselton and our entire community, I wish you a safe, rewarding and unforgettable SwimRun experience.

Mayor Phill Cronin  
City of Busselton

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## ACKNOWLEDGEMENT OF COUNTRY

Trans Cape SwimRun acknowledges the Wadandi and Bibbulmun people as the traditional custodians of this region and pay our respects to elders, past, present and emerging. We acknowledge and respect their continuing culture and the contribution they make to the life of this region.

## TRAIL GUARDIANS

Sole Trails Events believes the sport of SwimRun is for lovers of the natural terrain and ensuring we conserve the environment that we're so fortunate to be emersed in. During Trans Cape SwimRun, you'll run our favourite trails within the beautiful Leeuwin-Naturaliste National Park, Cape Ngari Marine Park and the stunning Meelup Regional Park, which is lovingly maintained by the dedicated volunteers at the Friends of Meelup Regional Park.

We're inviting you to become a Trail Guardian. This involves nothing more than making a commitment to care for and enhance the trails you love to run on. You can do this by keeping the trails clean of rubbish, running mindfully to not contribute to erosion, and treading sensitively to avoid damage to flora and fauna.



Spread the word to other trail and nature loving runners, adopt our guardian ethos and preserve the natural environment for the next generation of trail runners.

To learn more about the important conservation and education work being done, check out the [Friends of Meelup Regional Park](#) and the impact they're making to protect its unique environmental and biodiversity values for future generations.

## EVENT CONTACTS

<b>RACE DIRECTOR</b>	Ray Lampard	0437 625 811
<b>RACE DIRECTOR</b>	Mark Grzanka	0407 280 612

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## EVENT SCHEDULE

TIME	EVENT	LOCATION
<b>TUESDAY 3 MARCH 2026</b>		
4:00pm – 6:30pm	Registration and race pack collections for Perth metro-based athletes.  A 30% discount is available in store for all athletes on all stock.	<b>Keep On Running</b> 112 Rokeby Road, Subiaco
<b>WEDNESDAY 4 MARCH 2026</b>		
4:00pm – 6:30pm	Registration and race pack collections for Perth metro-based athletes.  A 30% discount is available in store for all athletes on all stock.	<b>Keep On Running</b> 112 Rokeby Road, Subiaco
<b>FRIDAY 6 MARCH 2025</b>		
4:00pm – 7:00pm	Registration and race pack collections for South West-based athletes.	<b>Dunsborough Bay Yacht Club (DBYC)</b> 307 Geographe Bay Road, Quindalup
<b>SATURDAY 7 MARCH 2025</b>		
6:00am – 7:00am	Athlete check-in at Artezen Café in Central Dunsborough. Don't forget your compulsory items (whistle and bandage).  Artezen Café will be open to satisfy your caffeine needs!	<b>Artezen Cafe</b> 234 Naturaliste Terrace, Dunsborough
6:45am – 7:10am	Athletes board bus to the start line at Cape Naturaliste Lighthouse.  Don't be late, the bus won't wait!	<b>Artezen Cafe</b> 234 Naturaliste Terrace, Dunsborough
7:05am – 7:30am	Buses arrive at Cape Naturaliste Lighthouse	Cape Naturaliste Lighthouse
7:05am – 7:55am	Bag drop, chat to fellow competitors and prepare to race	Cape Naturaliste Lighthouse
7:50am	Pre-race introductions and briefing	Cape Naturaliste Lighthouse
8:00am	Trans Cape SwimRun starts!	Cape Naturaliste Lighthouse
11:00am – 11:15am	First team expected to cross the finish line	Dunsborough Bay Yacht Club (DBYC)
2:00pm – 2:15pm	Last team expected to cross the finish line	Dunsborough Bay Yacht Club (DBYC)
2:15pm	Presentations by City of Busselton	Dunsborough Bay Yacht Club (DBYC)
11:00am – 5:00pm	Celebrate your achievements, support competitors and soak up the vibes at Dunsborough Bay Yacht Club.  Enjoy your free burger and beverage and kick back to live acoustic music presented by Beau Cawse!	<b>Dunsborough Bay Yacht Club (DBYC)</b> 307 Geographe Bay Road, Quindalup
2:00pm – 5:00pm	Shuttle bus service back to Central Dunsborough.	DBYC – Dunsborough

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## RACE DAY

### CHECK-IN

Check-in will open from 6:00am at Artezen Café in Central Dunsborough (1/234 Naturaliste Terrace). Here your participation will be confirmed, your blueChip timing band activated and random compulsory item checks will also be conducted so don't forget your whistle and bandage.

Please ensure you check-in before boarding the bus!

### RACE NUMBER

Your temporary tattoo race number will be provided in your race pack. Please make sure you have applied your race number on your upper right arm prior to check-in.

### RACE TIMING BAND

Your blueChip timing band will be in the zip pocket of your race pack. You must wear the timing band provided on your right ankle for the duration of the race.

Timing mats will be positioned at specific locations along the course to provide live progress updates. Friends and family will be able to follow your progress live at [www.bluechipsresults.com.au](http://www.bluechipsresults.com.au).

### BUS SERVICE TO START LINE

Included in your race entry is a bus service from Artezen Café check-in to the start line at Cape Naturaliste Lighthouse.

Parking at Cape Naturaliste Lighthouse is very limited and we ask that you do NOT drive yourself to the start line. No vehicles are to be parked at the lighthouse for the duration of the event.

The last bus will be leaving no later than 7:10am, so make sure you're not late!

Artezen Café will be open early for supporters and athletes who need their caffeine boost and a comfort stop before boarding the bus. Supporters are encouraged to see their athletes off from here and stay as long as they like.

If you don't have a supporter who can drop you off at Artezen Cafe, please be considerate of other visitors to Dunsborough and park your car away from the main Dunsborough strip to avoid taking up premium car bays for the day.

Likewise, if you've got family and friends coming to the Dunsborough Bay Yacht Club to see you finish, please let them know there is no parking on the verge of Geographe Bay, to help avoid the risk of a parking fine.

### BAG DROP

If you need to bring a bag on the bus to the start line, we will transport it to the Dunsborough Bay Yacht Club for collection when you finish. Athletes are encouraged to pack light, use your race tote bag with assigned team number for ease of transport and identification. The bag drop area will be located adjacent to the start line area.

There will be limited drinking water available at the Cape Naturaliste Lighthouse, so it could be a good idea to bring a small water bottle or electrolyte drink to quench any nervous thirst before the race starts.

### RACE START

Trans Cape SwimRun will officially start at 8:00am from the Cape Naturaliste Lighthouse.

Athletes are asked to self-seed at the start line based on their expected pace. The race begins with a 2km stretch of open 4WD track before narrowing into 3km of single track. Please be mindful of faster athletes once on the single-track trails and be prepared to step aside safely and allow others to pass.

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## AID STATIONS AND CUT OFF TIMES

AID STATION LOCATION	CUT OFF TIME	CUPS	WATER	ELECTROLYTE	FRUIT	SWEET TREATS	GELS	SAVOURY TREATS	SUNSCREEN
Shelley Cove	9:15AM	✓	✓	✓	✓	✓		✓	✓
Eagle Bay	10:30AM	✓	✓	✓	✓	✓	✓	✓	✓
Point Picquet		✓	✓	✓	✓	✓		✓	✓
Meelup Beach - Entry	11:30AM	✓	✓	✓	✓	✓	✓	✓	✓
Meelup Beach - Exit		✓	✓	✓	✓	✓	✓	✓	✓
Old Dunsborough	1:15PM	✓	✓	✓	✓	✓	✓	✓	✓
Central Dunsborough	2:00PM	✓	✓	✓	✓	✓	✓	✓	✓
Finish Line DBYC		✓	✓	✓	✓	✓		✓	✓

Please note, athletes will not be required to carry re-usable cups throughout the race, disposable cups will be in use at each aid station. Please try to limit your use to one cup at each stop and seek refills from one of our fantastic volunteers at each aid station if needed.

Cut-off times are indicative only and subject to adjustment based on event conditions. Our goal is to see every team complete the full course, however, if you fall significantly behind schedule, it becomes difficult to safely support all athletes. For this reason, there will be specific locations where we may elect to accelerate your progress along the course route.

### FINISH LINE

The finish chute will not be on the beach in 2026, we're making you run that little bit further to finish on the **Dunsborough Bay Yacht Club** grounds, where spectators and earlier finishers will be enjoying the club's hospitality and cheering you home.

Please remember to return your blueChip timing band once you cross the finish line in the tub provided.

If you dropped a bag to the start line, it will be available for collection in the club car park. Freshen up at the portable showers set up on the grass, then stick around to refuel, relax and celebrate your day out on course.

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## POST-EVENT

### PRESENTATIONS AND PRIZES

We anticipate the final team arriving at the Dunsborough Bay Yacht Club at 2:00pm. Presentations will commence at 2:15pm, with nine prizes awarded in total: first, second and third place in each team category – Female, Male and Mixed.

### FINISH LINE FESTIVITIES

Dunsborough Bay Yacht Club are proud supporters of Trans Cape SwimRun and will once again be providing classic country-style hospitality, courtesy of their Club volunteers. The BBQs will be firing from 11:30am, serving gourmet burgers, and the bar will be open for a well-earned post-race refreshment.

All athletes will receive a complimentary burger and beverage (alcoholic or non-alcoholic) on presentation of the vouchers included in your race pack.

Rounding out the true *down south* atmosphere will be live acoustic music from local musician Beau Cawse. Kick back on the beautiful Club lawn, soak up your achievement and cheer home fellow athletes — there's plenty of reasons to stick around!

### SHUTTLE SERVICE

From 2:30pm, a shuttle service will operate from the Dunsborough Bay Yacht Club back to central Dunsborough. Limited parking is available outside DBYC and is expected to fill quickly. Please ask anyone collecting you to observe the 'no parking' signage along Geographe Bay Road and consider parking in nearby side streets a short walk away.

We appreciate everyone being respectful and considerate of DBYC neighbours to help maintain strong community support for the event.

### RESULTS

Live race results on the day will be available at [www.bluechipresults.com.au](http://www.bluechipresults.com.au).

## COURSE MAP

An interactive map can be found on our website at <http://www.soletrails.com.au/map>



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## SEGMENT DISTANCES

Segment	Segment km	Total km	Description	Aid Stations
<b>Run 1</b>	5.50	5.5	Cape Naturaliste Lighthouse – Bunker Bay	Aid Station 1 – Shelley Cove
<b>Swim 1</b>	0.53	6.0	Bunker Bay	
<b>Run 2</b>	3.50	9.5	Bunker Bay – Eagle Bay	Aid Station 2 – Eagle Bay
<b>Swim 2</b>	0.85	10.4	Eagle Bay	
<b>Run 3</b>	2.35	12.7	Eagle Bay – Meelup Beach	Aid Station 3 – Point Picquet
<b>Swim 3</b>	0.27	13.0	Meelup Beach	Aid Station 4 – Meelup Beach
<b>Run 4</b>	3.90	16.9	Meelup Loop	Aid Station 5 – Meelup Beach
<b>Swim 4</b>	0.44	17.3	Meelup Beach	
<b>Run 5</b>	0.80	18.1	Meelup Beach – Castle Bay	
<b>Swim 5</b>	0.55	18.7	Castle Bay	
<b>Run 6</b>	1.00	19.7	Castle Bay – Curtis Bay	
<b>Swim 6</b>	0.30	20.0	Curtis Bay	
<b>Run 7</b>	0.70	20.7	Curtis Bay – Old Dunsborough	Aid Station 6 – Old Duns
<b>Swim 7</b>	0.40	21.1	Old Dunsborough	
<b>Run 8</b>	0.15	21.2	Old Dunsborough	
<b>Swim 8</b>	0.35	21.6	Dunsborough Boat Ramp	
<b>Run 9</b>	2.70	24.3	Central Dunsborough – Dunn Bay	Aid Station 7 – Central Duns
<b>Swim 9</b>	0.50	24.8	Dunn Bay	
<b>Run 10</b>	1.45	26.2	Dunn Bay	
<b>Finish</b>				

## SPECTATOR INFORMATION

This year **Meelup Beach** will be fully activated so let your family and friends know Meelup Beach is one of the best places to cheer you on and give you a much-needed pick-me-up. It's the only location on course where supporters can see athletes twice without moving. There'll be music, commentary, public amenities, and it's a great opportunity for supporters to pass on specific nutrition if needed at the aid station.

All aid stations are accessible by road, and other great viewing locations include **Bunker Bay, Eagle Bay, Point Picquet, Old Dunsborough Boat Ramp**, and anywhere along the Dunsborough foreshore leading to the finish line at the **Dunsborough Bay Yacht Club**.

For an interactive map showing recommended spectator points and public toilet locations, please visit <http://www.soletrails.com.au/map>

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## RACE RULES

### GENERAL

- Athletes must participate in teams of two, which can be all male, all female or mixed.
- Each team member must be at least 18 years of age on or before race day.
- All athletes must agree to read, understand and abide by all the Race Rules and Terms and Conditions on the Trans Cape SwimRun website.
- Teams may change one member of their race team by contacting the Event Organisers. Event Organisers will use best endeavours to accommodate any team member changes; however, insurance requirements may dictate that changes cannot occur within the final stages of the registration period. Contact us and we'll do our best!
- There is to be no on-selling of race entries.

### EQUIPMENT

- Athletes must always carry their own equipment.
- All equipment that you start the event with must be carried to the completion of the event.
- Each team must carry two whistles (one per team member), and one member must carry a compression-type of bandage (for snakebite and sprains), preferably in a zip-lock bag or similar to keep it as dry as possible.
- Shoes must be always worn.
- Swim caps must be worn and visible for all swim legs (these will be provided by Trans Cape SwimRun).
- Each team member will be marked with a race number on their right arm. This number must always be visible so that safety checks may be carried out.
- Trans Cape SwimRun does NOT supply a race vest.
- Athletes may use a pull buoy, so long as it is no bigger than 77cm in total dimensions (i.e. length + width + depth).
- Athletes may use hand paddles.
- Athletes may NOT wear full wetsuits but may wear wetsuit 'pants'.
- Athletes may NOT use flippers or fins.
- Athletes may NOT use a snorkel.
- Athletes may NOT wear headphones.

### THE COURSE

- The course will be marked, but it is the athletes' responsibility to know the course.
- Athletes must follow the marked course and always remain on designated trails.
- Trans Cape SwimRun will traverse the Meelup Regional Park, which has dieback precautions in place. To prevent dieback, all athletes must stop and clean their shoes at a marshal-supervised station.
- Failing to stop at the dieback cleaning station will result in immediate disqualification.
- Littering on any part of the course will result in immediate disqualification. Bins will be available at all aid stations.
- The course is open to the public, so please be considerate and always give the public the right of way.
- There are three road crossings in Trans Cape SwimRun. Roads will not be closed, but Marshals will be in place at these locations – please take care when crossing any roads and give way to traffic.
- On swim sections, you must swim past the exit flag or around the marker buoy prior to exiting the water onto land (i.e. you must swim the swim section and not get out early and run it!)
- If the water is shallow, make your way to deeper water so you can swim comfortably – wading the swim sections is not permitted.
- Cut off times will be applicable at each aid station, allowing for a maximum pace of approximately 9mins/km running and 30m/km swimming.
- Acceleration points may be used for slower teams, whereby Run 4 is missed and/or swim segments are bypassed.

### ATHLETE RESPONSIBILITIES

- Athletes must respect all race officials, volunteers, other athletes, spectators, members of the public and residents. Verbal abuse of marshals, officials, staff or volunteers will result in disqualification.
- Athletes must respect the environment they are passing through, including not littering and damaging any plants or infrastructure. Littering will result in automatic disqualification.

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- Athletes must not use unfair means to gain advantage.
- Athletes must not receive any outside assistance; however, personal nutrition may be used but must be provided at designated aid stations (refer course map for locations).
- Athletes must always follow the instructions of race officials and volunteers.
- All athletes must attend any event briefing conducted by the Event Organisers or view the briefing video published on the Trans Cape SwimRun website.

## ATHLETE SAFETY

### GENERAL

- Athletes recognise the Trans Cape SwimRun as an adventure activity and participate at their own risk.
- Athletes must help their partner and other teams in the event of an emergency or if the Event Organisers or other athletes request assistance.
- It is an athletes' responsibility to ensure they have a high level of fitness and are physically capable of completing the course. Do not underestimate the demands of the course.
- The leading cause (> 90%) of non-traumatic sudden death of multi-sport athletes is related to a pre-existing cardiac abnormality. Please seek medical advice if you are unsure of your physical health condition.
- Athletes are to ensure they are physically prepared, well-rested and well-hydrated on race day.
- Roving first aid teams will be present on course during the event.
- Teams withdrawing from the race must notify the nearest marshal as soon as possible.
- Teams must always stay together and cannot be more than 10 metres apart. Marshals will be on course watching for non-compliance and there will be a 3 strikes policy. One breach - no penalty; two breaches - 8-minute time penalty; and three breaches - disqualification. No warnings will be given by Marshals on course, but breaches will be reflected in the results.
- Be wary of submerged rocks when entering and exiting the water - NO diving on entering the water.
- When running the trails be mindful of uneven ground and natural environment obstacles (e.g. rocks, flora roots and branches).
- Athletes must always follow road and traffic rules, giving way to all vehicles.
- In the event of bad weather or for safety reasons, Event Organisers may change parts of the course and have the right to stop or cancel the entire race.
- Race numbers must always be clearly visible so that safety checks can be made along the course.
- Event Organisers may prevent a team from continuing if they judge them not capable, due to fatigue or being in poor physical condition.
- Event Organisers can also direct a team to take an acceleration point, thereby shortening the time they are on the course.
- Trans Cape SwimRun follows the rules set out by ASADA relating to doping in sport. Any athlete found to be doping will be disqualified and reported to police.

### INCIDENTS AND EMERGENCIES

Athletes are expected to assist their partner and other teams in the event of an emergency, or whenever support is requested by Event Organisers or fellow athletes. Please stay alert, look out for those around you, and notify the nearest marshal if assistance is needed.

#### In an emergency, follow these steps:

- Ensure there is no danger to yourself or others
- Blow your whistle to attract the attention of nearby athletes or marshals
- Provide first aid or assistance to the affected person as best you can
- Send someone to contact the nearest marshal (if one isn't already present) so they can alert Event Organisers and initiate an emergency response
- Communicate clearly and succinctly using the four Ps: **Position, Problem, People, Progress**

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Emergency incidents and medical situations athletes may encounter on course include:

- **Dehydration** - Trans Cape SwimRun is an endurance event so preparing your body is important. Please make sure you're well hydrated in the days leading up to the event, take on fluids at every aid station and, if you're feeling affected by heat or fatigue, slow your pace, cool down, and prioritise your wellbeing.
- **Cuts, Abrasions and Sprains** – When racing on natural terrain you'll encounter uneven surfaces, rocks, roots and other obstacles that can easily cause trips or falls, leading to cuts, abrasions or sprains. As fatigue sets in, your focus and judgement can drop, increasing the risk of missteps. Run within your limits, stay aware of the terrain ahead, and communicate regularly with your teammate about pace so you both remain comfortable and in control.
- **Marine Stingers** – The eastern side of Cape Naturaliste can occasionally attract marine stingers. While they're generally more of a nuisance than harmful, they can cause discomfort for some swimmers. If you know you're sensitive or react strongly to marine stingers, consider swimming behind your partner rather than alongside them, to help reduce contact.
- **Marine Sighting** – The beauty of Trans Cape SwimRun is that it takes place in the natural environment, but with that comes the small risk of wildlife encounters, including sharks. If a shark is sighted, the water safety team will sound their whistles to alert swimmers and direct everyone calmly back to shore. Follow instructions immediately, exit the water without panic, and then make your way to the nearest marshal to await further direction from Event Organisers before continuing.
- **Snake Bite** – Carrying a compression bandage is essential when racing on natural trails. Snakes will usually move away when they hear you coming, but encounters can still happen, so stay alert and watch where you step. Make sure you know how to respond in the unlikely event of a snake bite – apply a firm compression bandage, immobilise the limb, and notify the closest marshal to initiate emergency response. Please take a moment to watch the following short video so you're familiar with what to do in the event of [snake bite](#).
- **Bushfire** – In the 24 hours prior to race day, a bushfire risk assessment will be completed, and the event will only proceed if conditions are deemed safe. In the unlikely event of a bushfire on course, marshals will stop athletes and direct them away from the affected area. If you are within the national park, you will most likely be guided to the nearest bay or beach along the coastline as a muster point. Please follow all instructions provided by marshals and Event Organisers.

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## FREQUENTLY ASKED QUESTIONS

### EQUIPMENT

Q Can I use fins or flippers?

A No. Fins or flippers are not allowed in SwimRun events. You can however use hand paddles and pull buoys.

Q Can I wear a wetsuit?

A You can't wear a full wetsuit, but we do allow people to wear wetsuit 'pants' and tri-suits.

Q Can I take my shoes off for the swim and tie them around my waist or put them in a bag?

A No. Shoes need to be always worn. SwimRun is a transition-free event, moving from swim to run effortlessly. You'll also need shoes to protect your feet on rocks along the water's edge.

Q How big can my pull buoy be?

A You can use a pull buoy, so long as it's no bigger than 77cm in total dimensions (i.e. length + width + depth).

Q There is a lot of trail running in the Trans Cape SwimRun – what sort of shoes should I wear?

A Make sure your shoes have plenty of grip, suitable for trail and some rock hopping.

Q Are some socks better than others?

A Some people wear compression socks for SwimRun. Longer socks are good because you won't get as much sand in them and nylon is the way to go rather than cotton. Make sure you do some training in the gear you're planning to wear on race day.

Q What equipment MUST we take with us?

A For safety reasons, both team members must carry a whistle and one member must carry a compression bandage, preferably in a zip-lock bag or similar to keep it as dry as possible.

Q How will we be numbered?

A Numbering will be on your RIGHT arm, with temporary tattoo numbers supplied in your race pack.

Q How will our time be recorded?

A Trans Cape SwimRun will use blueChip Timing. Athlete progress during the race and post-race can be tracked live at [www.bluechiptime.com.au](http://www.bluechiptime.com.au).

### THE COURSE

Q Can I go ahead of my team partner to make sure we get a good time?

A No. A big part of the SwimRun ethos is that you stay with your partner. The support you give each other is important and it's also a safety issue – you have someone looking out for you. You shouldn't be any more than 10 metres apart on either land or in the water. Officials will be on course watching for non-compliance.

Q What if my partner is much faster than me?

A In SwimRun, you are allowed to be 'tethered' with your partner for both the swim and run. If they're a lot faster than you, then perhaps you haven't chosen the right partner, as they could be holding back for you a lot and/or you might feel under pressure to keep up. Remember – You must be no more than 10 metres apart on either land or water. Teamwork is part of the SwimRun challenge!

Q Are there cut off times?

A Cut off times will be applicable at each aid station, allowing for a maximum pace of approximately 9mins/km running and 30m/km swimming. Acceleration points may be used for slower teams.

Q What will be offered at aid stations?

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A You will be able to pick up water, electrolyte, bananas, sweet treats, gels, plus extra food items at some of the aid stations. It's also a good idea to carry your own gels just in case. Sunscreen will also be available at aid stations and at the start line.

Q Can I leave my own products at the aid stations?

A Yes. If you have specific products you like, a supporter can bring your personal nutrition to an aid station. Aid Station Marshals will not be responsible for managing your personal nutrition however so ensure your supporter is waiting with your nutrition for your arrival!

Q We'll be swimming in Bunker Bay – what about sharks?

A Whenever you enter the ocean, there's a chance you might encounter a shark. All swim legs in the event will have you swimming along the shore and you can choose your own level of comfort by swimming closer to shore if you prefer. Water safety will be provided by the Smiths Beach Surf Lifesaving Club and additional measures will be in place in Bunker Bay.

## RACE DAY

Q How do I get from Dunsborough to the Cape Naturaliste Lighthouse for the start?

A Included in the entry fee, is a bus service that will take you from Artezen Cafe Central Dunsborough to the start. Parking at Cape Naturaliste Lighthouse is very limited and we discourage people driving themselves to the start line. No cars are to be left at the lighthouse for the duration of the event. The buses will leave promptly, so make sure you're not late.

Q Where do I leave my car in Dunsborough?

A If you don't have a supporter who can drop you off at Artezen Cafe, then please consider other visitors to Dunsborough and park your car away from the main Dunsborough strip to avoid taking up premium car bays for a good part of the day.

Q What do I do with gear I take to the start line, but I won't be using during the event?

A Any gear you have with you at the start that you don't want to carry yourself during the race should be placed in your event tote bag and we'll transport it to the finish line at the Dunsborough Bay Yacht Club.

Q What happens if the weather is bad?

A We have chosen a time of year where the conditions are usually still and if there is a sea breeze, the swim legs will be protected. We have scope to run any swim legs that might have to be cancelled.

Q Will there be wave starts?

A There will be a mass start at 8am from the Cape Naturaliste Lighthouse.

Q Can my supporters take the competitor bus to the start line?

A Unfortunately, that will not be possible as there will only be room for athletes on the buses. Parking is very limited, so we ask people to refrain from driving out to the start. It's best for supporters to wish your team good luck in Dunsborough, and find a nice bay or two – Bunker, Eagle, Meelup, Castle Rock, Old Dunsborough – to cheer you on along the way.

Q What food and drink will be provided at the finish line?

A We'll provide water, electrolyte, fruit, sweet and savoury treats for athletes. Your entry includes a 'burger and a beverage' from the Dunsborough Bay Yacht Club at the completion of the event on presentation of the vouchers received in your race pack. Food and drinks will be available for supporters to purchase from DBYC.

Q If I catch the bus to the start from central Dunsborough, how do I get back from the Dunsborough Bay Yacht Club at the end of the day?

A There is parking for supporters at the Dunsborough Bay Yacht Club and nearby, but we'll also run a shuttle service back to central Dunsborough at the end of the event if you need it.