

2026 ATHLETE GUIDE

AIR KIMBERLEY

CABLE BEACH TRIATHLON



WELCOME



Welcome to the 2026 Air Kimberley Cable Beach Triathlon. I'm proud to host this event in conjunction with the Broome Tri Club on the world famous Cable Beach and the land of the Yawuru people.

In 2026 we are again running the curtain raiser event, the All Aussie Air Conditioning 5km Dash for Cash along Cable Beach on Friday. This year the Charity fun run is raising money for The Bree Watt Foundation. Bree was a true legend of Broome Sport and we are proud to be honoring her legacy this year. Saturday sees the 800m open water swim before the main event on Sunday 19TH July.

In 2026 we welcome back Air Kimberley as our naming rights sponsors of the Cable Beach Tri. We thank all the businesses for their generosity in supporting local events and triathlon development in Broome. July is our dry season, so expect sunshine and blue skies. Average temperatures range from 15°C to

30°C with the water sitting at a comfortable 24°C. Wetsuits will be optional and please ensure you stay hydrated throughout the race.

Check in for this years event will be at the Broome Surf Life Saving club 630pm-8pm on Friday 17th July. Check in outside these times can be arranged, please get in touch.

Blue Chip Timing are once again keeping track of the data, results will be live on their website.

If you are a first timer or striving for a personal best time, we wish you the best of luck, enjoy the magnificent location and the rush that is competing in a triathlon.

Jude Millard—Event organiser

EVENT SCHEDULE

FRIDAY

6:00 AM	Free open Water Swim Clinic with GK Endurance	Surf Club
4:00 PM	Run Regustration Desk Opens	Cable Beach
4:45 PM	Race Brief	Cable Beach
5:00 PM	Dash for Cash & Chairty Fun Run	Cable Beach
6:30-8:00 PM	Tri Race Pack Collection	Surf Club
7:00 PM	Run Presentations	Surf Club

SATURDAY

6:00 AM	Bike Course Recon Ride	Surf Club Car Park
10:30 AM	Swim Registration Desk Opens	Cable Beach
11:00 AM	Jnr Swim	Cable Beach
11:15AM	Open Swim	Cable Beach
12:00	Swim Presentations	Cable Beach

SUNDAY

5:30-8:30 AM	Transition Open	Surf Club Car Park
6:15 AM	Standard Distance - Race Brief	Cable Beach
6:30 AM	Standard Distance – Race Start	Cable Beach
7:15 AM	Sprint Distance – Race Brief	Cable Beach
7:30 AM	Sprint Distance – Race Start	Cable Beach
7:45 AM	Enticer Distance – Race Bried	Cable Beach
8:00 AM	Enticer Distance – Race Start	Cable Beach
8:30 AM	Kids Tri Registrations	Surf Club
9:30 AM	Kids Ti – Race Start	Cable Beach
10:30 AM	Charity Beer and Choccy Milk Mile	Surf Club
11:00 AM	Presentations	Surf Club
11:15 AM	Event Closes	
3:30 PM	Post Race Drinks	Cable Beach House

5KM RUN

The All Aussie Air Conditioning 5km Dash for Cash will be a two lap course along the hard packed sand of Cable Beach.

Competitors have the choice of running for the cash or for charity. Cable Beach Tri will donate all entry fees for the charity category to the Bree Watt Foundation. Entrants to this category are encouraged to dress up and show their support for the cause and honor Bree's legacy. Dogs and prams welcome!

Presentations for the run will take place at the Surf Club at 7:00pm on Friday night. This is not a ticketed event, and everyone is welcome to stay for dinner. Wrist bands will be provided for non Surf Club members.



OPEN WATER SWIM

This year the Open Water Swim will be one distance 800m with both Open and Junior Categories. The race will be held to the South of the Surf Club, beach start featuring an 'Aussie Exit'

All competitors will be required to wear a swimming cap (provided) and no swimming aids of any description are permitted. Online entries are preferred, however entries will be taken on the day.

Presentations for the swim will commence directly after the last swimmer finishes. Medals will be awarded to the first three competitors in each category.



TRI PRE-RACE INFO

Race Pack Collection

When

630pm-8pm Friday 17th July

Where

Surf Club

What You'll Need

Confirmation of registration, either printed or electronically. Race packs for teams, family and friends can be collected provided that confirmation of registration is presented to volunteers.

Compulsory Bike Check In

When

Sunday 19th July 5:30am-6:30am

Where

Surf Club Car Park

NB Kids Tri Check in will be on the beach at 915am

Race Day Checklist

Timing chip worn throughout race & changed between team members.

Swim Leg

- Swim cap
- Googles
- Swim/tri suit,
- Wetsuit (if applicable)
- Towel

Bike Leg

- Bike
- Helmet
- Shoes
- Spare tubes, pump/CO2 cylinders, tools
- Hydration & nutrition
- Sunglasses

Run Leg

- Race number
- Shoes
- Hat
- Sunglasses
- Hydration & Nutrition



VENUE

The 2026 Air Kimberley Cable Beach Triathlon will be held in Stage One of the Walmanyjun Cable Beach Foreshore Redevelopment.

The swim leg will be completed in the Indian Ocean off Cable Beach, with both transitions located in the Surf Club Cable Beach. Parking will be available at the temporary parking near the old croc park and the Surf Club Car Park, which will be closed at commencement of the race and reopened on completion of the run leg.

The bike leg weaves its way through Cable Beach with traffic control in place. Sections of the road will be closed to the general public, however the road will be open to local traffic and other sections will be completely open so all road rules apply.

The run leg loops around the Sunset Park precinct, it is predominantly footpath with two road crossings.



RACE DAY INFO

Transition Area

Transition will be open from 5:30am-6:30am. Please ensure you leave yourself enough time on race morning as everyone will be asked to leave transition by 6:30am sharp.

Race Day Helmet Checks

Bike helmets are compulsory. Volunteers will be conducting helmet checks as you enter the transition area on the race morning. Please ensure you are wearing your helmet done up when you enter transition.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (e.g. Australian Standards Certified) Alterations to any part of the helmet are not allowed. This included, but not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.

Medical Services

St John's Ambulance will be available throughout the event. If you require medical assistance, we recommend you seek advice from a volunteer.

Timing

You will collect your timing chip with your race pack on Friday 17th July. Please ensure to keep it in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle
- On race morning your timing chip must be on to enter transition
- Timing chip must be passed from team member to team member in transition.
- If you do not start the race or pull out of the race for any reason, you are to

return the Timing Chip to the Information table

- If your Timing Chip is not returned or is lost you will be charged \$150 for a replacement
- Timing results will include swim split, bike split, run split and finish time – overall and category results

Bike Mechanic

Shane from Broome Bike Works is our go to race day bike mechanic will be available on race day for any last minute issues that may arise.

Athlete Race Bib Number

Wearing your Race Bib is compulsory for the Run Leg only. Your number must be clearly visible on your front. You must not fold or cut your number in any way.

Athlete Tattoos

Race number must written in black permanent marker on your left calf and right bicep.

Relay Team Tattoos

All team members are required to write their number on their left calf and right bicep. Team runner is required to wear the race bib.

Aid Stations

Two aid stations will be approximately 1.5km apart on the run leg. Exact location of stations will be discussed at race briefing. Water and ice will be available at all stations.

Finish Line

As you cross the finish line a volunteer will present you with your finisher medal and refreshments will be available for all athletes.

TRANSITION AREA

All transitions are in the same location; the Surf Club Car Park. Transition will be open from 5:30am to 6:30am on Sunday 19th July and then reopened for bike collection once all competitors have completed the bike leg and exited the transition area.

Team change overs will take place in the transition area. Only competitors who are racing are permitted in the transition area.

Marshalls will be present at the transition area during the race to provide bike security and supervision

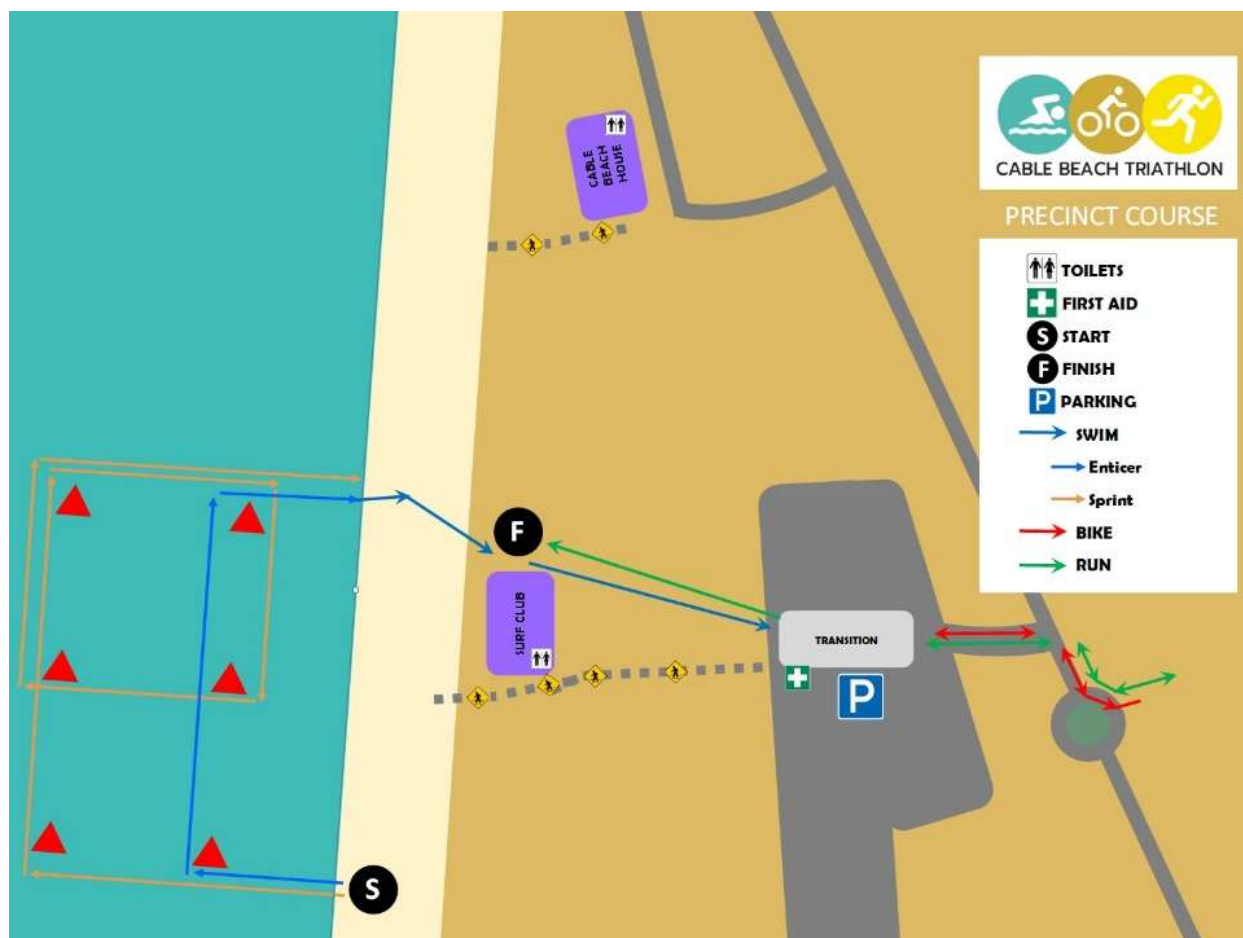
Swim to Ride

Transition must be entered from South End of transition and exited at the opposite end. Competitors must not mount bike until exiting the transition area.

Ride to Run

Transition area must be entered from the South End of transition and exited at the opposite end. Competitors must dismount from the bike before entering transition, with helmets fastened until bike has been racked.

At the completion of the cycle, the bike must be racked in the transition area prior to unfastening the helmet.





CABLE BEACH TRIATHLON

COURSE MAP

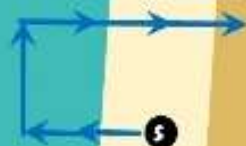
- S** START
- F** FINISH
- T** TRANSITION
- A** AID STATION
- P** PARKING

→ SWIM

→ BIKE

→ RUN

BIKE TURN
AROUND



T

F

A

TRANSITION

A

BIKE TURN
AROUND

A

SWIM COURSE

The appropriately coloured swim cap for your race distance must be worn – this will be provide in your race pack.

Course Summary

Enticer — 375m

Sprint — 750m

Standard — 1500m

Swim Safety

Broome Surf Life Saving Club will be providing water safety for the race. Should you encounter difficulties during the swim leg, raise your arm in the air to attract the attention of the water safety patrol.

Wetsuits

Wetsuits are optional as the average temperature of the water in July is 25°C. If a wetsuit is worn it must not exceed 5mm for all competitors.

Warm Up Swim

All athletes are permitted to warm up prior to the first race briefing at 6:00am.

Swim Rules Summary

- All competitors must wear official swim cap provided
- The use of snorkels, fins, gloves, paddles or flotation devices of any kind are prohibited.
- Competitors must not use gloves or socks. Swimwear must not cover the hands, feet or neck and when the use of wetsuits is forbidden, must not extend past the knees; including but not limited to compression socks/sleeves, with the exception as outlined in 1.1.0. (2.7.c)

Full rules at www.triathlon.org.au



BIKE COURSE

Enticer — 10km Sprint—20km Standard—40km

- Laps of the following circuit:
- Right out of transition area
- Left at Surf Club Roundabout onto Sanctuary Road
- Left at Millington Road, follow until it ends
- Left onto Oryx Drive
- Left onto Lullfitz Drive and follow until the end, turn around the cone
- Left onto Sands St and follow back to Lullfitz drive
- Turn left onto Oryx and follow until the Oryx/Fairway Roundabout
- Turn right onto Sanctuary Drive and follow road back to Surf Club Roundabout

Enticer - One Lap

- At Surf Club Roundabout turn right at the roundabout then left back down to transition area

Sprint - Two Laps

- At Surf Club Roundabout riding around and head out for second lap of the same course
- On lap 2, turn right at the roundabout then left back down to transition area

Standard - Four Laps

- At Surf Club Roundabout riding around and head out for second, third and fourth laps of the same course
- On lap 4, turn right at the roundabout the left back down to transition area.



RUN COURSE

At the completion of the cycle the bike must be racked in the transition area prior to unfastening the helmet.

Marshalls will be present at the Transition Area during the race to provide bike security and supervision

Only competitors who are racing should be in the transition area.

Team change overs will take place at the Transition Area.

A first aid kit will be available in the Transition Area.

Course Summary

Enticer — 3km Sprint—5km Standard—10km

Laps of the following circuit:

- Head straight out of transition towards the Surf Club Roundabout on the FOOTPATH
- Cross Sanctuary drive at roundabout
- Turn left and run on footpath up Sanctuary drive
- Turn right at Kapang Roundabout and continue down Kapang Drive, crossing over Challenor Drive
- Turn right onto Sunset Park footpath (opposite Maritana Rd)
- Cross Sayonara Drive with care and continue on Sunset Park footpath
- At end of footpath, turn right onto Koolama Avenue. Cross Koolama and proceed down Sanctuary Drive
- At the Surf Club roundabout turn left onto Cable Beach Road
- Turn around at the cone on the footpath
- At the Surf Club Round about cross the road and turn left into the Surf club Car Park
- Follow the bunting to finish line on grasses area between surf club and Cable Beach House.

Enticer - One Lap

Sprint - Two Laps

- At the round about turn right and continue up Sanctuary for Lap Two
- On completion of Lap Two finish as per Enticer

Standard - Four Laps

- At the round about turn right and continue up Sanctuary
- On completion of Lap Four finish as per Enticer



KIDS TRI

At the completion of the cycle the bike must be racked in the transition area prior to unfastening the helmet.

Triathlon is for everyone! Our Kids Tri race is an opportunity for children of all ages to be part of the event. Registrations for the Kids Tri will be taken from 8:30am on the day of the event. The race will begin at 9:30am and takes place on the hard sand of Cable Beach. The swim leg will be in waist deep water, with parents encouraged to help out as 'markers' in the water. Children will exit and ride several loops of the bike course and then run to the finish arch in the amphitheatre.

All children receive a finisher medal and T-Shirt.



BEER & CHOCOCY MILK MILE

The final event of the Cable Beach Triathlon weekend is arguably of our most entertaining!

The Beer Mile is a fun, social event where participants drink a beer before running from the Surf Club north, around a cone and back to tag your mate and do it all again! Each team must complete a total of four beers and four laps. It's all about having a laugh, cheering on your mates and finishing off the weekend with some fun.

New for 2026, we're introducing the Choccy Milk Mile for participants under 18. The format is the same—four laps of the course—but with chocolate milk instead of beer, giving younger athletes the chance to join in the fun.

The Beer Mile and Choccy Milk Mile are social events designed for enjoyment rather than serious competition. Participants are encouraged to dress up, cheer each other on and enjoy the atmosphere.

Important information:

Beer Mile participants must be 18 years or older.

Choccy Milk Mile is open to participants under 18 years of age.

Entry is by donation on the day, with all funds from both the Beer Mile and Choccy Milk Mile being donated to the Bree Watt Foundation. So come with deep pockets!

Come along, have some fun, support a great cause and help us sign off another unforgettable Cable Beach Triathlon weekend!



RACE RULES & CONDITIONS

Each competitor must read the following to ensure the safe running of the event.

Competitors must obey all directions and instructions from the Event Manager and volunteers.

Standard Triathlon Australia competition rules apply (a copy can be found at https://www.triathlon.org.au/wp-content/uploads/2026/06/AusTriathlon_Race-Competition-Rules_2026_Jun2026_web.pdf)

It is the responsibility of competitors to be familiar with the course.

If you withdraw from the race at any point it is essential you notify the Event Manager or timing team at the finish line so that you can be accounted for.

The Event Manager has ultimate and final authority to remove a competitor from the race if the competitor is judged to be incapable of continuing without risk of serious injury to themselves or others.

Torsos must be covered during the ride/run legs.

All competitors must have their race number marked on their left calf and right arm.

All competitors must carry breakdown spares for the cycle leg.

The course is not closed and not physically controlled so be aware of other users including vehicles, pedestrians and other bike riders. You must heed, give way and communicate your presence to all other road/path users.

Injured competitor protocol: If you hurt yourself, you are to stop where you are. The first person that comes across you is also required to stop, render assistance and remain with you if required. The next person that comes across you, if required, will go for help or alternatively use your mobile phone to contact the Race Director or 000. There will be a basic first aid kit with the Race Director at the transition area.

Injured other user protocol: If you hurt another user, you are to stop where you are, render assistance and remain with the person if required. The next person that comes across you, if required, will go for help or alternatively use your mobile phone to contact the Race Director or 000. There will be a basic first aid kit with the Race Director at the transition area.

Passing protocol: If you need to pass you must clearly communicate your intention by saying 'passing on the right'. It is the responsibility of the person passing to pass safely.

Competitors are responsible for their own equipment. The Transition Area will not be supervised post-race and competitors should remove their bikes from transition as soon as they have finished the race.

THANKS TO OUR SPONSORS:



RioTinto



**CABLE BEACH
HOUSE**

