



*Celebrating
20 years!!*

Saturday, 26th January 2019
WOLLONGONG HARBOUR



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Welcome Address

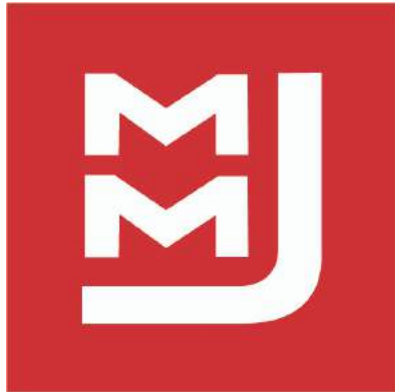
It is an absolute pleasure to welcome you and your friends to the 2019 MMJ Australia Day Aquathon - the 20th anniversary edition!

From humble beginnings in 1999, it is hard to fathom that this event has evolved to the largest of its kind in Australia. Whether you're a returning participant, first timer, local or visitor we are thrilled you have chosen the spectacular Illawarra to celebrate with us.

'Aquathon' is a very special event, hosted at a stunning site and one that creates a sense of fun, excitement, buzz and community. We thank you for supporting the event and can't wait to see you on the start line as part of our birthday celebrations on Saturday 26 January!



Rob Battocchio - Event Director



MMJ Real Estate are excited to once again be the title partner for the very special 20th Anniversary Australia Day Aquathon in 2019. Just like our very own brand, the Aquathon is a strong part of the Illawarra community loved by many who return, year after year to be a part of the day.

We are passionate about our connections within the community and are humbled that we are able to connect with everyone at this special Australia Day experience. We love watching as the harbour comes alive and thousands join in or cheer each other on at the Aquathon. Just as we've seen the real estate market evolve over the last 58 years we've seen the Aquathon grow in its 20 years into the exciting event that it is today.



"The Blue Mile tramway reopened mid last year after undergoing a multimillion dollar upgrade and it is fitting that in 2019 competitors will run or walk along the new pathway as part of the 20th anniversary of Aquathon.

There is nothing more Australian than being able to get outdoors with the family to enjoy our spectacular coastline and Destination Wollongong is pleased to once again support this homegrown event. Once you have conquered Aquathon I would encourage you to get out and enjoy all that Wollongong has to offer, whether it be seeing another perspective of the coastline with Skydive the Beach or relaxing in one of 60 new small bars and cafes throughout the city there is so much for the whole family to do."

LET'S AQUATHON



MMJ Real Estate are proud to again be the title partner for the 20th Anniversary Australia Day Aquathon in 2019.

MMJ have been trusted local real estate agents for over 50 years in the Illawarra. Our brand was born and bred in the region and we are embedded in our local community.

Trusted local agents for generations.

It's not just real estate, it's our passion.
mmj.com.au

ask.
How can we help you today?



A look back at 20 years...



SPORT

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Preparing for the Australia Day Aquathon on January 26 are (L to R) Rob Battocchio, Jack Miller, Peter Keil, Jess O'Brien, Brett Rockwell and Suzanne O'Brien.

Aquathon marathon

Organiser's big effort for premier summer fitness event

by NATHAN SIMPSON

A marathon effort to encourage participation from couch potatoes to top athletes is the main challenge ahead for event organiser Rob Battocchio leading into the Australia Day Illawarra Aquathon at Wollongong Harbour.

An annual event, it is the region's premier summer community fitness event and will be held on January 26.

"The idea is to promote active participation from the wider community and get people into training to prepare for the event," Battocchio said.

"The aquathon is a magical blend of all these types, from the classic triathlon, down the finishing chute, to the many a first timer, gleaming from sea to sea, completing their fine achievement."

"From kids, to mums and dads, teams and all in between, all are applauded and made to feel special."

The community fitness event involves swimming and running, and is a celebration of fitness and fun. It covers the coastline along Wollongong Harbour.

"The event is a celebration of fitness, fun, sun and surf, and embraces the true Aussie spirit of the outdoors, keeping active, community spirit and having fun on Australia Day," Battocchio said.

As an added bonus for organisers, avid aquathon competitors and former rugby league star Brett Rockwell will be competing.

Battocchio is trying to persuade the St George-Illawarra Dragons to join in the spirit of the aquathon, as part of their pre-season training.

The aquathon also kick starts Wollongong Australia Day celebrations at Wollongong Harbour.

For more information and entry forms it goes to www.kernblongers.org.au, or contact Rob Battocchio through rob@kernblongers.org.au

READY, STEADY, SPLASH: Some of the competitors in the Illawarra Aquathon hit the water at Wollongong Harbour on Sunday.

Picture: ROBERT REPT

Summer hits early for aquathon

AQUATHON
By MIKE GANDON

More than 200 competitors rejoiced in the change from winter to summer weather conditions to participate in the Illawarra aquathon at Wollongong Harbour on Sunday.

Juniors, parents, first-timers and corporate competitors, to seasoned athletes for the first event of the series.

Long course competitors began proceedings and in the female section, experience triumphed over youth with Belinda Soezyn, 47, finishing ahead of Tegan Markowski, 18, with evergreen Suzanne

Youth hit back in the men's event with Paul Wendersheim, 16, leading from start to finish to win ahead of Paul Micalle, 31.

In short course events, under 11s competitor Merryn Carruthers was fastest woman and Dave Pusary was quickest male.

More than 30 teams competed in junior, adult and corporate divisions.

The Illawarra Aquathon also raised more than \$1000 for charity and non-profit sport organisations.

"The event was a resounding success, with a large turnout, brilliant weather and a wonderful support crew," event director Rob Battocchio said.

"The event is a great

tonight downwind, with hundreds of visitors thoroughly enjoying it."

The Australia Day Illawarra Aquathon will be on January 26 next year at Wollongong Harbour.

For more information phone 02 204754 or go to <http://www.aquathon.org.au> -Kingsford

sportmonday

SHAKE AND JAKE

Birtwhistle races into town and claims Aquathon crown

■ COVERAGE: PAGE 16

TENNIS
Age no barrier to further success

CRICKET
Port strike late to stay in hunt

CYCLING
Gerrans on top again Down Under



Events

LONG AQUA



900m 7km

Presented by
ACTIVATE EVENTS

The **LONG AQUA** is our signature distance. Australia's premier Aquathlon event attracts beginners to Olympic medalists. The Swim is held over a two lap 450m (900m total) course within Wollongong Boat Harbour, and a single lap scenic coastal 7km run. Ages 14 and up, individual or tag teams.

SHORT AQUA



400m 3km

Presented by
SUTTLE SHADES

The **Suttle Shades SHORT AQUA** is the ideal distance for the novice to advanced. Treat it as a hit out, a fun fitness event or race. Single lap 400m harbour swim and 3km total run (out and back). Ages 12 and up, individual and tag teams.

MINI AQUA



200m 2km

Presented by
SALTS OF THE EARTH

The **Salts Of The Earth MINI AQUA** is our 'fun entry level distance' designed for first timers and those wanting a relaxed non-competitive event. Start with a 200m (close to shore) harbour swim, and a 2km (1km out and back) walk, jog, run...give it a go. Enter with a mate or a group as part of a tag team.

KIDS AQUA



120m/200M 2km

Presented by
BIG FAT SMILE

The **Big Fat Smile KIDS AQUA** is exclusively for 6-12 year olds and the crowd favourite. Little one's are treated extra special with additional safety measures and all whom participate receive special commemorative finisher medallion. Parents can also support the 6-9's and participate along side their kids. Individual and tag team options.

TEAMS AQUA



Any Distance

Presented by
RMB LAWYERS

The **RMB Lawyers TEAM UP** is the perfect option to join Aquathlon with your mates, work group, fitness crew, sport club or school. One is the swimmer, one is the runner...easy as that. GRAB A MATE + Choose your preferred distance + Join the fun

WALK, RUN, ROLL



4km

Presented by
WARRIGAL

The Warrigal Australia Day Walk, Run, Roll – Fun!

An event for all ages, so bring your nan, pop, kids, or grandkids along with you and create a group to walk or run the flat 4km course along the recently improved 'Blue Mile' track. Brand new this year is the addition of the 4km Fun Run!



AUSTRALIA DAY
WALK, RUN...FUN!

4 KM   

Warrigal

aquathon.com.au

WOLLONGONG HARBOUR, Jan 26th

Supporting  **THE Flagstaff**
GROUP

Walk, Run..Fun 4km

The 'Warrigal Australia Day Walk, Run - Fun' is the perfect community accessible event adding to the special atmosphere. Hundreds participate and you are part of the Aquathon fun.

Starting at 10am, the Warrigal Australia Day Walk, Run - Fun offers a spectacular 4km course along the Wollongong foreshore. Walk, jog or stroll on your own, as a couple, with family, friends or create a group and make it a fun day out.

Charity Support

Your entry makes a difference. Every walk participant entry provides a 20% donation to our charity partner - The Flagstaff Group supporting Illawarra people with disabilities.



What you need to know

Location: Wollongong Harbour Start to Stuart Park & return

Distance: 4km

Ages: All ages and abilities

Check-in: 8:30am-9:45am at official registration site.

Start: 10am

Accessibility: Walkers, joggers, strollers, prams and wheel chairs (some speed humps but otherwise flat on walk path)

Event Info: <http://aquathon.com.au/walk/>

Thanks to all our staff, volunteers and community who have helped us win the **National Award for Aged Care Provider of the Year.**



Follow our journey  [warrigalcommunities](https://www.facebook.com/warrigalcommunities) #hereforgood

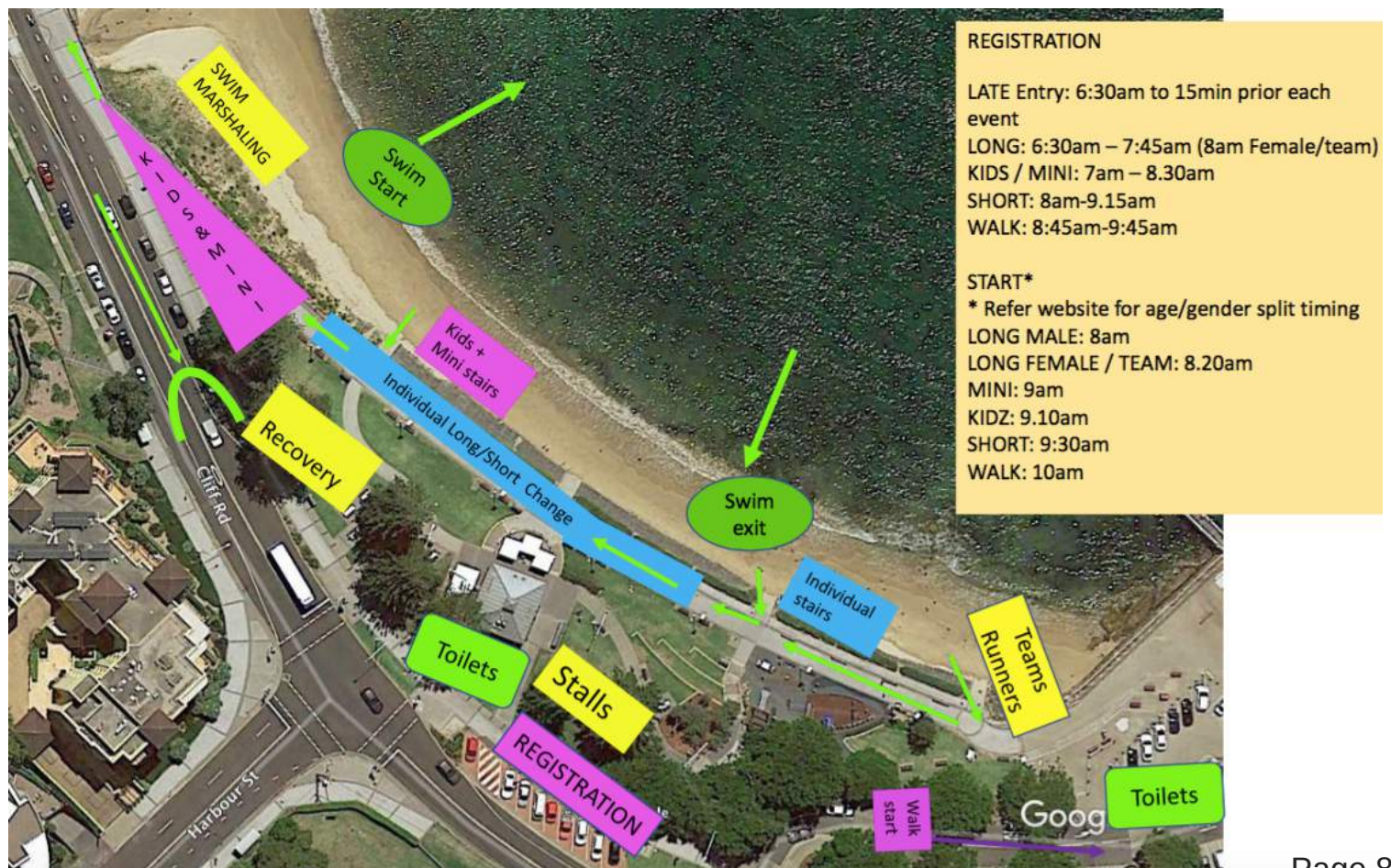
Warrigal

Events Schedule

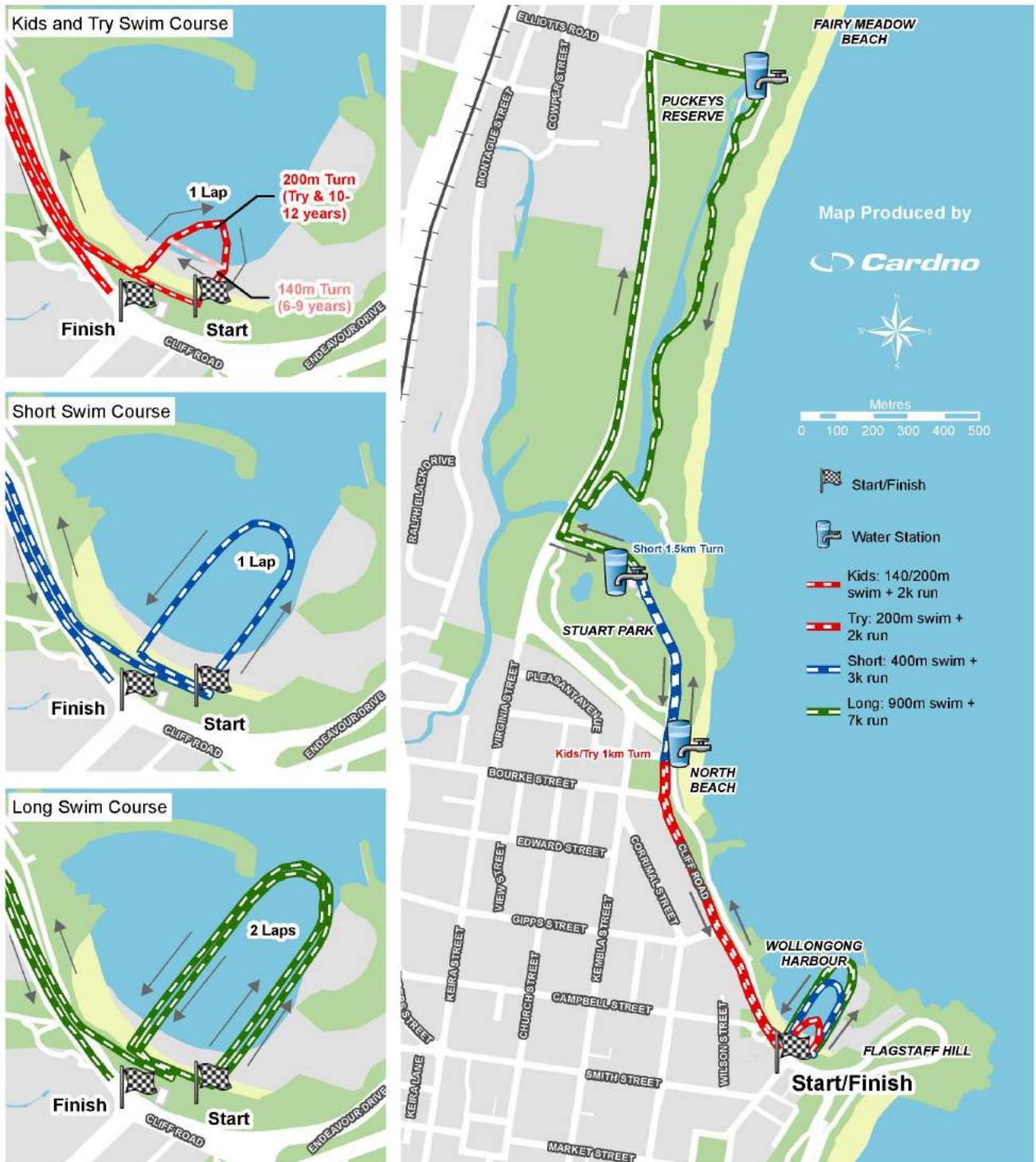
For specific start times, please refer to full Event Schedule on website:
<http://aquathon.com.au/schedule/>

EVENTS	CHECK-IN	TRANSITION AREA	BRIEFING (shore line)	START (*further information divided into age/gender groups)
LONG AQUA	6:30am - 7:45am		7:45am	8am - Male 8:20 - Female and Team
MINI AQUA	7:15am - 8:30am		8:40am	8:55am
KIDZ AQUA	7:15am - 8:30am		8:55am	9:05am
SHORT AQUA	7:45am - 9:15am		9:20am	9:30am
FUN RUN-WALK	8:30am - 9:45am		9:55am	10:00am

Late entry opens 6.30am - 15mins prior to each event



Course Maps



Course Maps





Destination Guide

Welcome to Wollongong!

Wollongong is a vibrant city situated on one of Australia's most picturesque coastlines. Just 80km south of Sydney, the 'Illawarra' is home to some of the country's best beaches.

Regarded as Australia's 'most liveable' regional city, Wollongong combines a relaxed, coastal atmosphere with cosmopolitan dining, shopping and culture. Sitting beneath the spectacular Illawarra Escarpment, the city is bordered by the Royal National Park to the north and Lake Illawarra to the south. Renown for the home of Seacliff Bridge, Skydive the Beach, Nan Tien Temple, Jamberoo Action Park, Symbio Zoo, Minamura and so much more.

Getting to Wollongong:

Wollongong is located on the scenic south coast, 80km from Sydney airport and less than 2.5hrs from Canberra.

Wollongong harbour is central to the city, less than 1km from the main shopping centre and surrounded by café's and accommodation options. Wollongong Harbour lies between City Beach and North Wollongong Beach.

Accommodation:

Wollongong has a growing array of accommodation options to suit any budget. Click here for accommodation options and bookings:
<http://www.visitwollongong.com.au/accommodation/book-now>

Parking:

Wollongong Harbour is located on Cliff Road. Ample parking can be found within 200m to 1km using nearby streets (Harbour, Smith, Corrimal). Other options include North Wollongong, Stuart Park, City Car parks, near the entertainment centre, Beaton Park – allocate 5-15min walk for these options. If you are looking for 'drop and park', best option is to travel in via Smith St/Harbour St junction, do a drop off, only 200m walk to harbour).

By car: M1 or M7:

Wollongong is an easy 80 minute drive from the Sydney CBD and airports via the Princes Motorway (M1) or a 60 minute drive from west Sydney via the Westlink (M7). For directions click here:
<http://www.visitwollongong.com.au/how-to-get-to-wollongong>

By rail/train:

Wollongong is located on Sydney South Coast Line. Sydney Trains operate commuter trains at regular intervals to Wollongong. North Wollongong train station is a 1.5km walk to the harbour, as is Wollongong Central. To view the Sydney Trains website please click here. NOTE: public holiday train services

Canberra to Wollongong:

Take the Hume Highway to the Picton interchange and follow the Picton Road/Mt Ousley Road into Wollongong. This option will take approximately two hours and 30 minutes.



Entry Fees



FEEES

aquathon.com.au/fees-inclusions/

Inclusions

- **NEW 2019 Aquathon Finisher medallion!!**
- Entry to Australia's premier Aquathon
- Professional event services
- Swim cap
- Time chip & online results
- Refreshments, sponsor give aways
- Entry to spot, age and major barrel draws
- A fun filled and rewarding experience



Merchandise





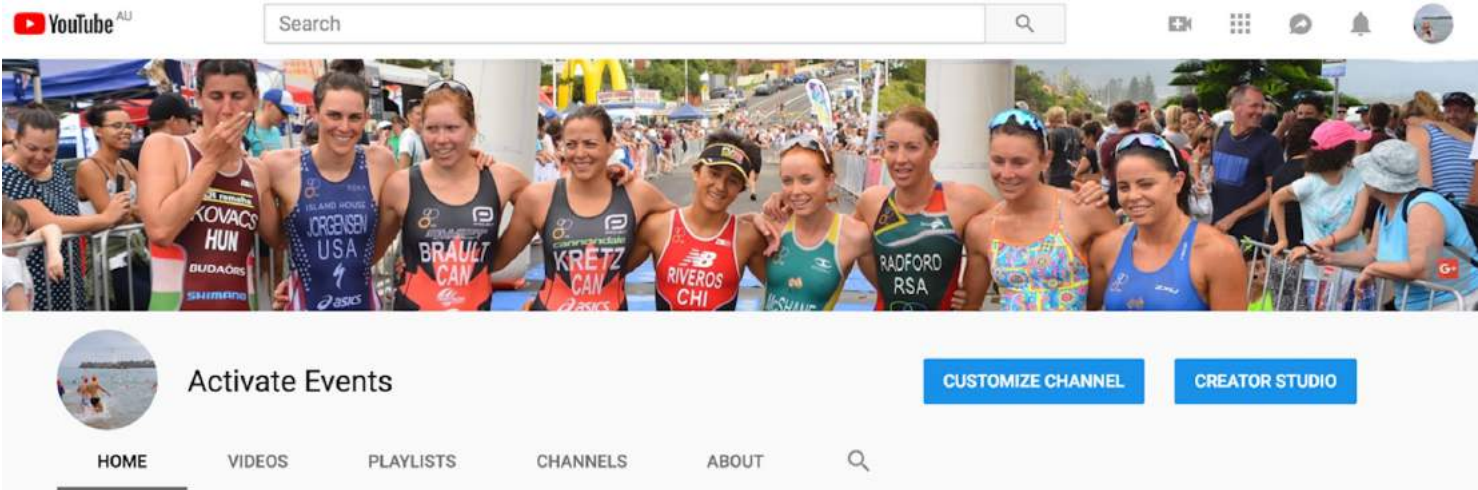
Whether it's your first “Aquathlon” experience, you'd like to gain valuable race tips or set a quicker time we have all bases covered.

Go to our website for preparation tips!



YouTube Channel

Visit our YouTube channel for tips, advice and event day videos.



Craig Alexander - Triathlon Superstar

“The Australia Day Aquathlon in Wollongong is an amazing event. Races for the whole family and all levels of ability make it really fun and friendly. The organisers do an incredible job putting on a safe and scenic event. See you in Wollongong!”





Event Day

What you need to know:

Check in and Late Registration:

1. Check In is compulsory (minors to attend with adult)
2. Check in times are listed in the event schedule: <http://aquathon.com.au/schedule/>
3. Arrive with plenty of time to park and walk to the start venue
4. Marquees are located at the event site - Wollongong harbour. Positioned on south side of the central kiosk/amenities block
5. Collect swim cap and time chip (Aquathon) or race number for Fun Run-Walk
6. Teams – one swim cap/time chip per team

Getting Organised on Race Day:

7. Set up your gear in the 'Change Area' – refer to 'event signs'
8. Listen to announcer for instructions
9. Attend pre-event briefing for your event on the waters edge or at the run-walk start
10. Start as per age/gender and event (see schedule here)
11. Enjoy the event and celebrate your achievements

Note: Tag Teams - Swimmers line up on water's edge, the runner will be located in the 'Team Change Area' clearly visible on event day.

Safety & Medical Assistance:

Australia Day Aquathon has an impeccable safety record and one we are keen to keep.

Event day first aid is on standby located at the start and finish and on the course. Provided by St John First Aid and Wollongong First Aid and qualified lifesavers in the water. If required, seek assistance from an event marshal or directly with the first aider.



Like our facebook page to keep up to date and to see event day photos:

<https://www.facebook.com/AustraliaDayAquathon/>

Swim



WHERE DO YOU SWIM?

The Australia Day Aquathon is held on the picturesque, clean and safe 'Wollongong Historic Boat Harbour'.

- Sheltered from the surf break
- Picture perfect historic boat harbour

START PROCESS

- Pre-swim safety briefing occurs on shore line
- Swim starts divided into age/gender groups
- Swimmers wear bright swim caps
- A course is set with large visible marker buoys

COMMUNITY PARTNERS



THE COURSE

The perfect venue to run - scenic, coastal, spectacular and traffic free!

- Mix of walkway along the amazing 'Blue-Mile' cycle path and Puckeys nature reserve trail
- All participants head north out of the change area and do the same first kilometre to North Beach.
- Each turn point has a water station, is well sign marked with on-course marshals.
- Course is traffic and road free.



After the Event

Finish Line:

Located on Cliff Road, same as start venue. Pass through the finish arches and smile for our finish line photographer!

First Aid:

Located at finish line on standby

Timing Chip Return:

Once you pass the finish chute, firstly ensure to remove your timer tag (velcro ankle strap) and place in containers allocated.

Refreshment zone:

Proceed to the official participants 'recovery area' for fruit and water. Parents: please ensure to keep an eye on your children and assist to locate you.

Partner & Stalls:

Mingle within the partner stalls located on both north and south side of the kiosk. Visit our partners for some great give aways, activities, face painting and special prizes and offers

Results:

Results will be posted to our website within 24 hours - www.aquathon.com.au

Prizes:

- \$5,000+ prizes and barrel draws!!
- Loads of terrific major and random spot prizes are open for all who take part.
- Spot prizes randomly selected at registration (collected at official event award ceremony)
- Major barrel draw tickets collected at the award ceremony (you must attend in person to claim a prize)



Award Ceremony:

11.15am - across the road in Osbourne Park from the finish. Look for the main stage (McDonalds inflatable arches). Individual age awards and major barrel draws are announced.

Photos:

Post event official finish line images (for purchase) will be found on our website (www.aquathon.com.au) plus loads of social media shots can be found on our Facebook page: <https://www.facebook.com/AustraliaDayAquathon/>



Over \$6,000 prizes,
giveaways and barrel
draws

Prizes, Awards, Activities and Stalls

Australia Day Aquathon has a proud tradition of
prize awards for age winner, plus some fantastic spot and major barrel
draws including...

Aquathon Age / awards:

Individual Age Awards All Events

- 1st, 2nd and 3rd awarded per gender & age category
- Custom medallions for each place-getter
- Prize for 1st place-getter

Special Awards:

1st, 2nd, 3rd Overall Long Aqua
1st Short Aqua Male and Female

Tag Teams:

Short and Long Course

- 1st awarded per category across male/female and mix divisions

Kids Teams:

- Kids: 1st, 2nd, and 3rd team awards
- Medal and prize

Over 15 Spot prizes including:

- Overnight stay in Novotel North Beach



- Tandem Skydive the Beach Experience



2nd March 2019
Wollongong Harbour
Northbeach

Ocean Swims,
Beach Runs & Swim-Runs

ENTER NOW



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Next Up...  splash
WOLLONGONG

Ocean Swims - Aquathon - Sand Runs

Saturday 2nd March 2019

Wollongong Harbour - North Beach

splashdash.com.au



Sponsors & Partners

TITLE PARTNER



MAJOR PARTNERS



EVENT PARTNERS



GENERAL PARTNERS



COMMUNITY PARTNERS

