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## IMPORTANT FINAL RACE INSTRUCTIONS

### RACE PACK COLLECTION:

- Friday Registration at STS Sports / Moses Mabhida Stadium: 3pm to 5pm (Miss the Sunday rush!)  
**STS Sports TEL: 031-312 9479. Please note NO Goodie Bags are supplied for this event.**
- Sunday Registration: 5:15am until 6:40am on the Promenade / walkway in front of Suncoast.  
**NO LATE ENTRIES AVAILABLE. Please note NO Goodie Bags are supplied for this event.**

**BIKE RACKING:** Sunday from 5:30am until 6:40am (Grass Sundeck)

**RACE CHIPS & NUMBERS:** ALL Athletes will be LOANED a FINISHTIME Race Chip at registration. PLEASE ensure that this is returned at the Finish-line. **All lost or stolen Chips will be charged to the athlete at R200.00 each.**

PLEASE ensure that your Race number given to you at registration is attached to the front of you (if pinned on) alternatively you can utilise a Race Belt and move it as required - Back for the Bike and Front for the Run.

**RACE BRIEFING -TRANSITION AREA: (Compulsory) 6:45am** for all competitors & all events.

**ROAD CLOSURE:** There will be FULL road closure for all events. **Please note that along the Promenade, there will be Public walking, all athletes are to be respectful and careful while cycling along this section.**

### RACE STARTS:

7am - 10km  
7:10am - Mini Tri  
7:20am – All Sprint  
7:40am – All Challenge

**WETSUITS:** Wetsuits will be allowed for all the events.

**TEAMS:** Teams change over MUST take place at the bike positions. The Timing Chip must be handed over to the next person in the relay team.

**DRAFTING:** The event is Draft legal due to the Bike course. NO Time Trial Bikes are allowed under any circumstances.

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**CUT OFF TIME:** Cut off applies to the CHALLENGE Tri only: 3hrs (10:40am)

**SWIM CAPS:** Competitors must provide their own swim caps.

**TRANSITION BAGS & EQUIPMENT:** NO Equipment will be allowed to be kept in the transition. You must remove or put your bag in the KIT BAG area at your own risk.

**BIKE LAPS:** MINI TRI x 1 lap / SPRINT x 4 laps (approx. 22km) / CHALLENGE x 6 Laps (approx. 32km)

**WATER TABLES:** There will be NO Water Tables on the Bike route. There will be two water tables on the 5km Lap Run route.

**RUN LAPS:**

- **MINI TRI** 2.5KM – out and back LAP
- **SPRINT TRI** 1 X 5KM Out and back LAP (Blue Lagoon)
- **CHALLENGE TRI** 2 X 5KM Out and back LAPS (Blue Lagoon)

**32GI WATER TABLES & FINISH:** On the TinMan run route you will have access to the 32Gi Endure Sports Drink, that uses a unique carbohydrate blend to provide stable and prolonged energy supply before and during exercise.

**PRIZE GIVING:** Approx 10:30am on the grass area next to the finish-line.

**HANDLEBARS:** For Elite, U23, Junior and Youth draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged.
- Clip-ons, including the bridge, must not exceed the foremost line of the brake levers;
- Clip-ons must have a solid factory bridge or be touching each other (Joined at the end)
- Brake levers or gear levers must not be attached to the clip-ons the height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 10 cm.
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-on.

NB: ALL WINNERS NEED TO BE PRESENT AT PRIZE GIVING TO COLLECT A PRIZES (10:30am)

*Good luck with your event, have fun and see you on the finish-line!*

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