



2023 TINMAN BENGUELA COVE FINAL RACE - RACE INSTRUCTIONS

@ BENGUELA COVE ESTATE, HERMANUS

Dear 2023 Competitors

Thank you for entering the **TINMAN BENGUELA COVE** event at the beautiful new Benguela Cove Estate venue near Hermanus.

We are looking forward to having you race on Sunday and we wish you the best of luck for the event.

A SPECIAL welcome to all the TINMAN newbies. We are so happy to have you competing in your first TINMAN race, please just relax, have fun and we know you will enjoy it!

Please read the important info below:

REGISTRATION @ BENGUELA COVE ESTATE ON SUNDAY: 6:00AM TO 7:30AM

ALL ATHLETES WILL GET A RACE NUMBER AND TIMING TAG AT REGISTRATION. NO GOODIE BAGS ARE PROVIDED FOR THE TINMAN SERIES.

REGISTRATION TIMES:

- 6:00am to 6:30am: 10km Run & Challenge Triathlon & Duathlon
- 6:30am to 7:30am: Sprint Triathlon
- 6:00am to 7:30am: Mini Triathlon

TIMING:

MOBII Timing will be doing your timing. You will receive a race number and Mobii timing tag at registration. The Mobii timing tag is to be worn on your wrist (doesn't matter if left or right). Please pin your race number on for the Bike and the Run. You will get overall Times (Start & Finish). Please make sure you wear your Race number for identification and hand your race number and timing tag in at the finish.

RACE NUMBERS: Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.**

RACE BRIEFING – 15 min before your Race start at your race start area

RACE BRIEFING TIMES:

- 6:30am: 10km Run & Challenge Triathlon & Duathlon
- 7:15am: Sprint Triathlon
- 7:45am: Mini Triathlon

SWIM START: The swim start is 800m from the Race Village. All Triathletes need to move down to the swim start by the lagoon 15 minutes before race start.



SWIM CAPS: Competitors must provide their own swim caps.

WETSUITS: A decision by Triathlon SA will be made at 6am on wetsuits depending on the water temperature.

START TIMES:

- 7:00am: 10km Run & Challenge Triathlon & Duathlon
- 7:45am: Sprint Triathlon
- 8:15am: Mini Triathlon

SHOE TRANSITION: There is a Shoe transition after your swim. So after your swim put on your running shoes and run back to the bike transition at the Race Village. You can get out of your wetsuit by the shoe transition or keep your wetsuit on and run up to T1 and get out of your wetsuit at T1. Whichever you prefer.

BIKE LAPS: To be briefed on at Race briefing / As per Route maps. The route is on a narrow tar and paved roads, be courteous when passing other cyclists.

DRAFT LEGAL:

- All events are Draft legal. NO Time Trial Bikes are allowed for these events.
- Road and Mountain Bikes are allowed.

CUT OFF TIME: Cut off applies to the two CHALLENGE Races only: 3.5hrs (10:30am)

TEAMS: Teams will need to hand over their race number to the next person in their team. Only the runner needs to wear the timing tag. This must take place at the Bike position in the Transition area. All team members get medal and an ice cold aQuelle.

TRANSITION BAGS & EQUIPMENT: Equipment will be allowed to be kept in the transition. Please keep it neatly next to your bike.

WATER TABLES: There will be no Water Tables on the Bike route. There will be 1 water table on the Run route every 2.5km.

32GI WATER TABLES & FINISH: There will be 32Gi Sachets and Water sachets for competitors during the Run route. There will be ice cold aQuelle at the finish for all competitors.

PRIZE GIVING: Prize Giving will be at 10:30am. The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. The Championships will also have prize giving for the TSA registered members.

SOCIAL MEDIA : We LOVE seeing your race pictures, so please tag us on Instagram: [@tinman_triseries](https://www.instagram.com/tinman_triseries)

Good luck, have fun and see you on the finish-line!