

2017 SOUTH AFRICAN
DUATHLON & LD DUATHLON
CHAMPIONSHIPS



KZN TRIATHLON

MIDMAR RESORT
SUNDAY 2 JULY 2017

EVENT SCHEDULE

SATURDAY 1 July 2017

Registration (Midview Restaurant). Team Managers only 12:00-15:00

SUNDAY 2 July 2017

Body marking (registration venue) 05:00 - 06:45

Bike check in (everyone) 05:00 - 06:45

Super Sprint (12-15 years) 2.5km run / 10km cycle / 1.25km run

Race Briefing 06:45

Race start 07:00

Estimated finish 07:50

Sprint (16-19 years) & Paratri 5km run / 20km cycle / 2.5km run

Race Briefing 07:30

Race start 07:45

Estimated finish 09:15

Long Distance 10km run / 60km cycle / 10km run

Race Briefing 07:45

Race start 08:00

Estimated finish 12:30

Standard (20+ years) 10km run / 40km cycle / 5km run

Race Briefing 09:15

Race start 09:30

Estimated finish 13:00

Prize Giving

Super Sprint, Sprint and Paratri 10:00

Standard and Long Distance 13:15

ENTRY FEES

Long distance R500

Age Group R500

Paratri R300

Juniors R300

RACE BRIEFING

Race registration and race briefing will take place at the Midview Restaurant Conference hall.

Registration will be from 12:00 until 15:00.

Race briefings will start at 15:00 in the following order:

Youth 12/15	15:00
Juniors + Paratri	15:30
Age Groupers	16:00

Race briefings are compulsory for all competitors.

At registration all athletes are to check their race chips, gender and race category. Athletes will be body marked on the morning before the race on both shoulders and right leg. No race numbers will be issued.

ACCOMMODATION

There is an abundance of accommodation in and around Midmar and Howick.

Fernhill Hotel	1km
Howick Hotel	11,6km
Hebron Haven	12,8km

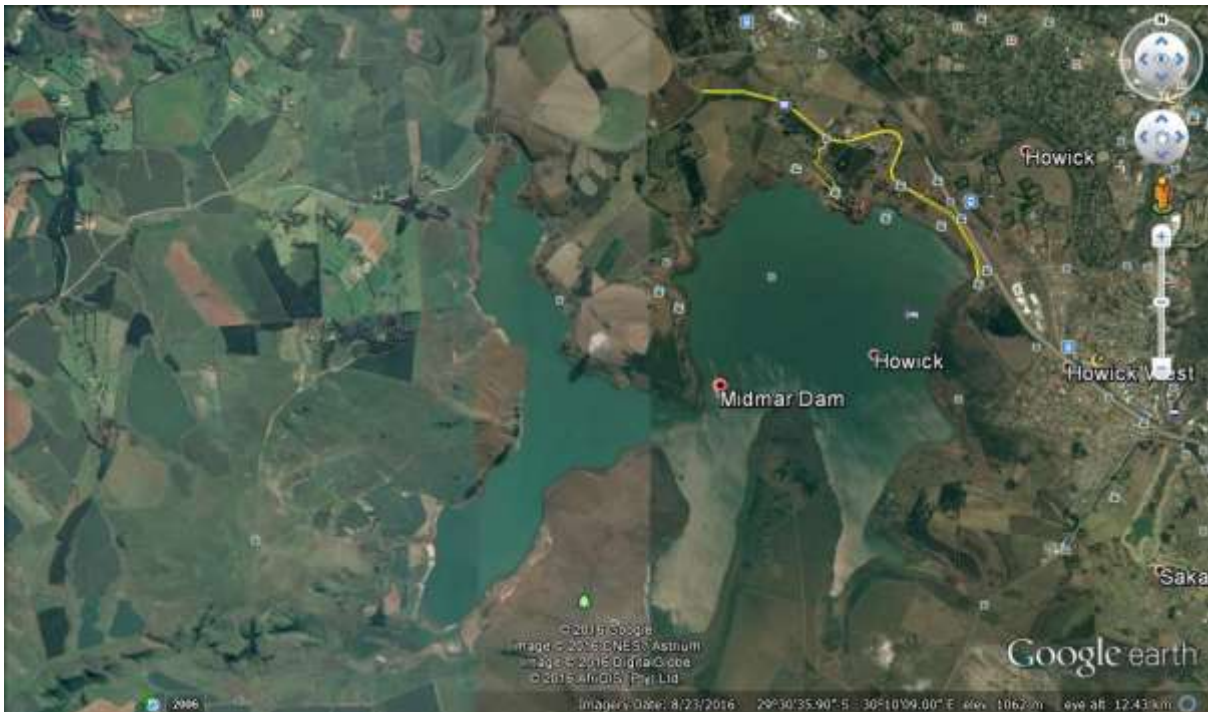
Howick Tourism can provide a list of all the B & B and Self Catering establishments in and around Howick and Merrivale which are all within 12km from race venue.

Midmar itself has a number of chalets and rustic cabins. There are also camping sites at the race venue.

CYCLE ROUTE

Sprint, Standard and Long Distance

Sprint including Paratri:	2 Laps
Standard:	4 Laps
Long Distance:	6 Laps



CYCLE ROUTE

Super Sprint

1 Lap

(Within the Resort)



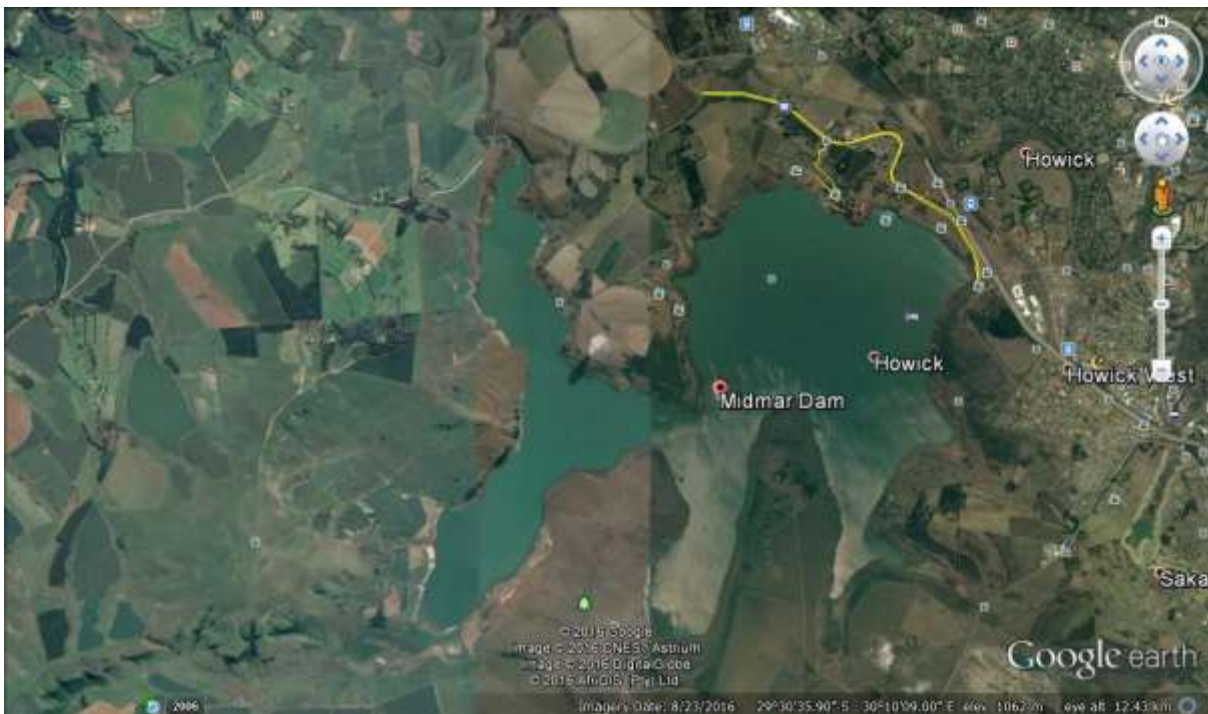
RUN ROUTE

Sprint, Paratri, Standard and Long Distance

Sprint including Paratri: 5km (1 lap); 2.5km (1 lap)

Standard: 10km (2 laps); 5km (1lap)

Long Distance: 10km (2 laps)



RUN ROUTE

Super Sprint

2.5km run (1 lap)

