



# KZN TRIATHLON

## Welcome to the Zulu Kingdom!



KZN Triathlon Association and the Local Organising Committee are pleased to welcome you to the 2017 SA Duathlon Championships.

A lot of hard work has gone into preparing this event for you and we truly hope that you have a race experience that is well worth remembering well into the future.

Herewith a few notes from the team:

This information, and more, is available on the event website – <http://saduchamps.kzntriathlon.co.za> or the shortened version - <https://goo.gl/EUHFFk>

### RACE REGISTRATION

- This will take place at the dam resort on SAT 12-3pm.
- We will be handing over the race numbers as well as some goodies from the sponsors. Please read the “Race Numbers” page carefully.
- Race Briefings will commence at 3pm for the Youth/Junior and then Senior.
- A race route recce will be held for the youth athletes around 4pm. We can take you over the bike as well as the run routes if need be. Coaches/Parents, please come with us as we will also rely on you to direct the correct information to each of your athletes.
- For those athletes who want to train on the route, please be advised that the cycle route is not closed and is open to traffic. Please be extra careful on the road, if you do venture outside of the resort area.
- The run route inside the resort area will be accessible and is a great opportunity for you to warm-up and train on the route.

## RACE DAY

- We will be using bib numbers with an embedded timing chip and bicycle stickers – please make sure you don't forget these once you have received your pack from your team managers.
- **Race Belts are compulsory.**
- Check in will commence at 5:00am.
- All athletes must be **racked before 6:45am** – ahead of the youth race. Transition will be closed at 6:45am sharp.
- **Both Junior races are draft-legal. No time-trail bikes will be allowed and tri-bars must comply with the rules.**

## RACE TIMES and RACE COURSE

- Please check your start time and go over the maps pertaining to the exact run and cycle routes.
- A race briefing will be held before each race to ensure that athletes are all on the same page with both the officials and the correct race format and distances.

## WEATHER AND CLOTHING

- The weather will most likely be **very** cold in the morning.
- Athletes will be permitted to wear protective clothing over their tri-suit for the first run, but the race number must still be on the outside.
- Extra kit may be discarded at the turn-around point and at the aid station nearest transition.
- Kit must be marked with the athletes name and must be placed inside the box – normal litter rules apply to surplus clothing.

## PHOTOGRAPHS

Included in the athlete's race envelope will be a helmet sticker from Instapix, the official photographers for the event. If an athlete would like photographs taken of themselves in their event, the sticker must be placed on the bicycle helmet to help with identification.

Following the event, photographs will be available from links on the results pages of the official website.

## RACE NUMBERS

Race Numbering is in ranges per event.

All Race Bib numbers are Black, except the Long Distance ones, which are **Red**, to help the Race Referees and Marshals.

Junior (12-15): 101 – 160

Junior (16-19) and Para-athletes: 201 – 250

Standard (20+): 301 – 450

Long Distance (20+): 501 – 540 – (**Red**)

Race numbers have been grouped for Teams per event, as per the attached Spreadsheet.

Athletes who have registered their Cell Phone numbers correctly on the TSA database, will receive a text message with their race number.

The results page on the website lists all athletes, in their events with their race numbers.

Please check carefully and make sure you have the correct race envelopes with the correct race numbers for your team.

Live Results – scan the code!



**SA Duathlon Championships 2017**  
**Provincial Numbering for Team Managers at Registration**

<b>Events:</b>	<b><u>Jnr( 12-15)</u></b>	<b><u>Jnr (16-19)</u></b>	<b><u>Para</u></b>	<b><u>Std (20+)</u></b>	<b><u>LD (20+)</u></b>
KZN	101 – 120	201 – 214	241 – 242	301 – 343	501
AMT	133 – 134	215 – 217		344 – 346	
CGT	136 – 146	218 – 225		347 – 375	502 – 509
EPT				376 – 377	510 – 512
ETA		226 – 227		378 – 381	513
FST	147 – 151	228	243	382 – 387	514
NWT	152 – 155			389 – 394	
TTA	121 – 132	230 – 239		395 – 409	515 – 517
WPT	135	240		410 – 416	518 – 523
Namibia		229			