# 2017 SOUTH AFRICAN

# DUATHLON & LD DUATHLON

# CHAMPIONSHIPS

triathlon
south africa

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)