

**2015 WPTA DUATHLON CHAMPIONSHIPS**  
**UniWINES, Rawsonville**  
**19 April 2015**

**1. ENTRIES:**

PRE ENTRY via [www.wptatridu.co.za](http://www.wptatridu.co.za)

Online entries open on Wednesday 1 April close on Tuesday 14 April 2015

Entrants should enter online. **Late entry at additional R100 on the day (no exceptions)**

Note: Only Pre entry athletes qualify Goodie Bags

**ENTRY FEES:**

**Pre entry fees - this closes on Tuesday 14 April 2015 at 22:00**

Junior athletes 12 to 19	R250
Age groupers athletes	R250
Fun Individual	R250
Fun Teams	R320
Children (8 to 11)	R100

**2. REGISTRATION:**

Entrants register on Sunday 19 April 2015 between 07:00 and 10:00

**\*TEAMS:** Can be either 2 or 3 individuals and can also be mixed

All athletes can participate in the standard competitions. Non TSA registered athletes will have to purchase a Temp Licence for R100 (AGE GROUPERS)/R30 (Children/Fun Individuals and teams). All competitors can either enter as individuals or teams in the fun event. Ages are as 31 December 2015

<b>AGE GROUP</b>	<b>DISTANCE</b>	<b>START</b>
<b>Age Groupers</b>	<b>Run 10 km - cycle 40 km – run 5 km</b>	<b>MALES and FEMALES 8:00</b>
<b>16 to 19 And Para athletes</b>	<b>Run 5 km - cycle 20 km – run 2,5 km</b>	<b>09:45</b>
<b>Fun event Individual and teams Must be 16 and older</b>	<b>Run 5 km - cycle 20 km – run 2,5 km</b>	<b>9:45</b>
<b>12 to 15</b>	<b>Run 2,5 km – cycle 10 km – run 1.25 km</b>	<b>10:45</b>
<b>8 to 11</b>	<b>Run 1,25 km - cycle 3 km – run 500m</b>	<b>11:15</b>
<b>PRIZE GIVING 12:00</b>		

As this is the WPTA TRIATHLON CHAMPIONSHIPS only 2015 WPTA /TSA registered athletes qualify for **WPTA TRI CHAMPIONSHIP medals** and in all official age groups.

### 3. RACE NUMBERS/ BIKE FRAME AND HELMET NUMBER

All athletes must compete with their issued Race number on the day. This race number **must be displayed in the front during the run and at the back during the cycle.** Frame number must be attached to seat post and helmet displayed on front of helmet.

### 4. RACE BRIEFING

TD will do this with all groups 15 minutes prior to start of each event.

### 5. BIKE RACKING: No exceptions

<b>AGE GROUP</b>	<b>BIKE RACKING</b>
<b>Age Groupers/Elite</b>	<b>07:15 to 07:45</b>
<b>16 to 19</b> (born 1996 - 1999)and Para athletes	<b>09:00 to 09:30</b>
<b>Fun event Individual /teams</b>	<b>09:00 to 09:30</b>
<b>12 to 15</b> (born 2000 - 2003)	<b>10:00 to 10:30</b>
<b>Children 8 to 11</b> (born 2004 - 2007)	<b>9:45 to 10:00</b>

### 2015 AGE GROUPS

<b>AGE</b>	<b>DATES OF BIRTH</b>
<b>8 to 11</b>	2004 - 2007
<b>12 to 15</b>	2000 - 2003
<b>16 to 19</b>	1996 - 1999
<b>20 to 24</b>	1991 - 1995
<b>25 to 29</b>	1986 - 1990
<b>30 to 34</b>	1981 - 1985
<b>35 to 39</b>	1976 - 1980
<b>40 to 44</b>	1971 - 1975
<b>45 to 49</b>	1966 - 1970
<b>50 to 54</b>	1961 - 1965
<b>55 to 59</b>	1956 - 1960
<b>60 to 64</b>	1951 - 1955

### 6. TEAM SELECTION

The WPTA committee will meet on the 4/5 May 2015 to finalise the team and then via the WPTA office make the team known.

The selection criteria

Athlete must be a fully paid up TSA/WPTA member by 10 April 2015(no exceptions)

Athlete must have entered the event

Athlete must finish the event and be within in 10% of the respective age group winner

\*Athletes that are sick must provide a medical certificate within 24 hours of the event

\*Athletes who experience mechanical issues must communicate this with the WPTA office within 24 hours of the event

Selector's discretion

\*Athletes previous history and racing of the past 8 months will be used by the selectors

**2015 SA Duathlon Champs - Bloemfontein on Saturday 5 July 2015**