

SA's oldest Triathlon Series



Race formats:



- **10km Run:** Start Run at Suncoast, 2 x laps of 5km per lap to South Beach TP and back to finish.
- **Mini Tri:** Swim (200m) Start at Ushaka Beach, Run 3.5km to Suncoast, 1 x 5km Bike Lap, 500m Run 500m Run JUST PAST Pirates SLC and back.
- **Super Sprint:** Swim (400m) start at Ushaka beach, 2 lap swim of 200m per lap. Run 3.5km to Suncoast, 2 x 5km Bike Laps, 500m Run JUST PAST Pirates SLC and back.
- **Sprint Tri:** Swim Start at Ushaka Beach, Run 3.5km to Suncoast, 4 x Bike laps, 2km Run out to Skate Park TP and Back to finish.
- **Sprint Duathlon:** Start Run at Suncoast, 1 x 5km lap to South Beach TP and back, 4 x bike laps, 1 x 2km Run to Skate park TP and back to Finish.
- **Challenge Tri:** Swim start at Ushaka Beach, Run 3.5km to Suncoast, 6 x Bike Laps, 2 x 3.25km Run laps (6.5km) to Rachael Finlayson Pool TP and back to finish.

SWIM MAP

USHAKA BEACH

MINI TRI- RED

SPRINT TRI - BLUE

CHALLENGE TRI - ORANGE

FINISH

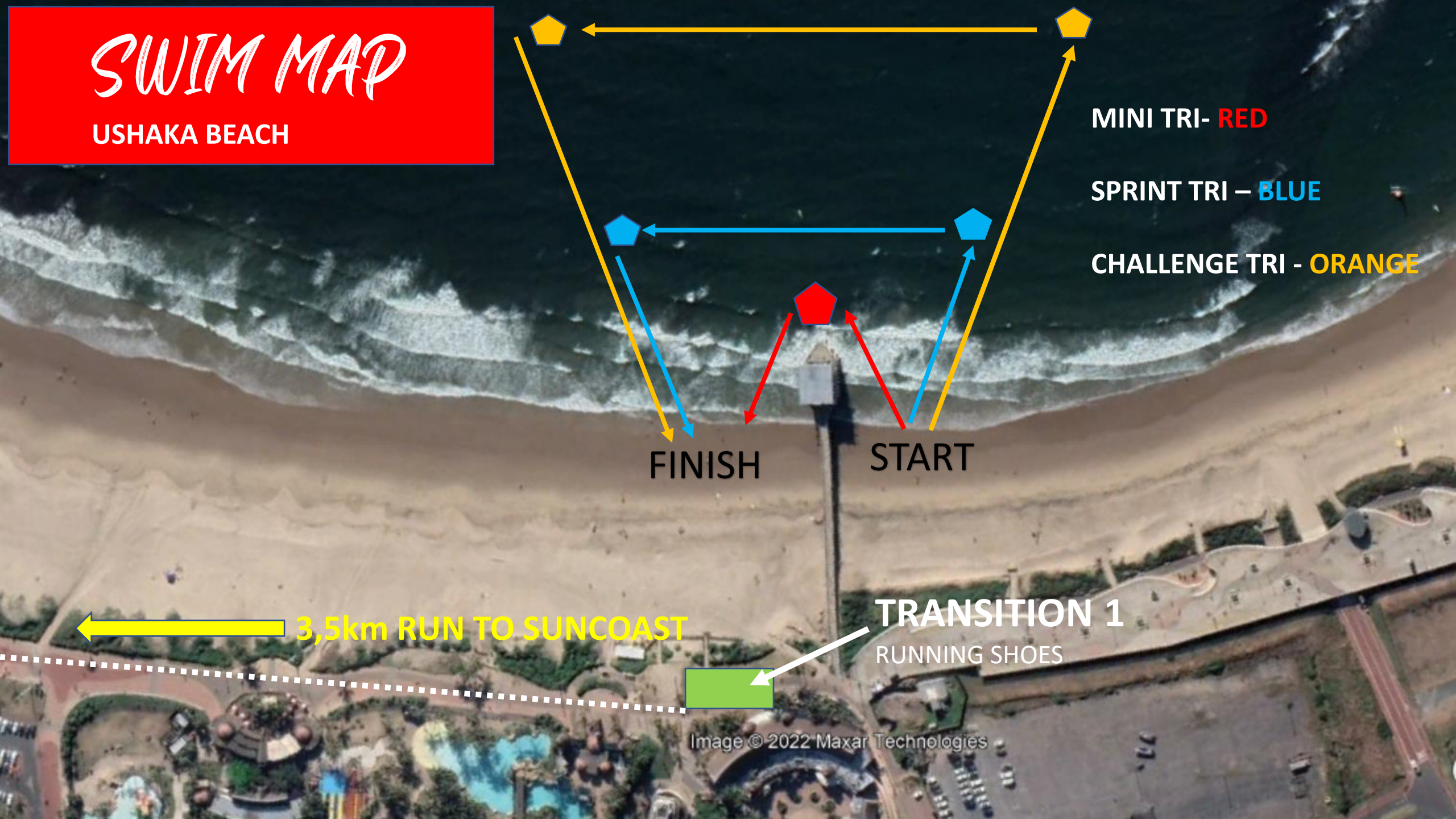
START

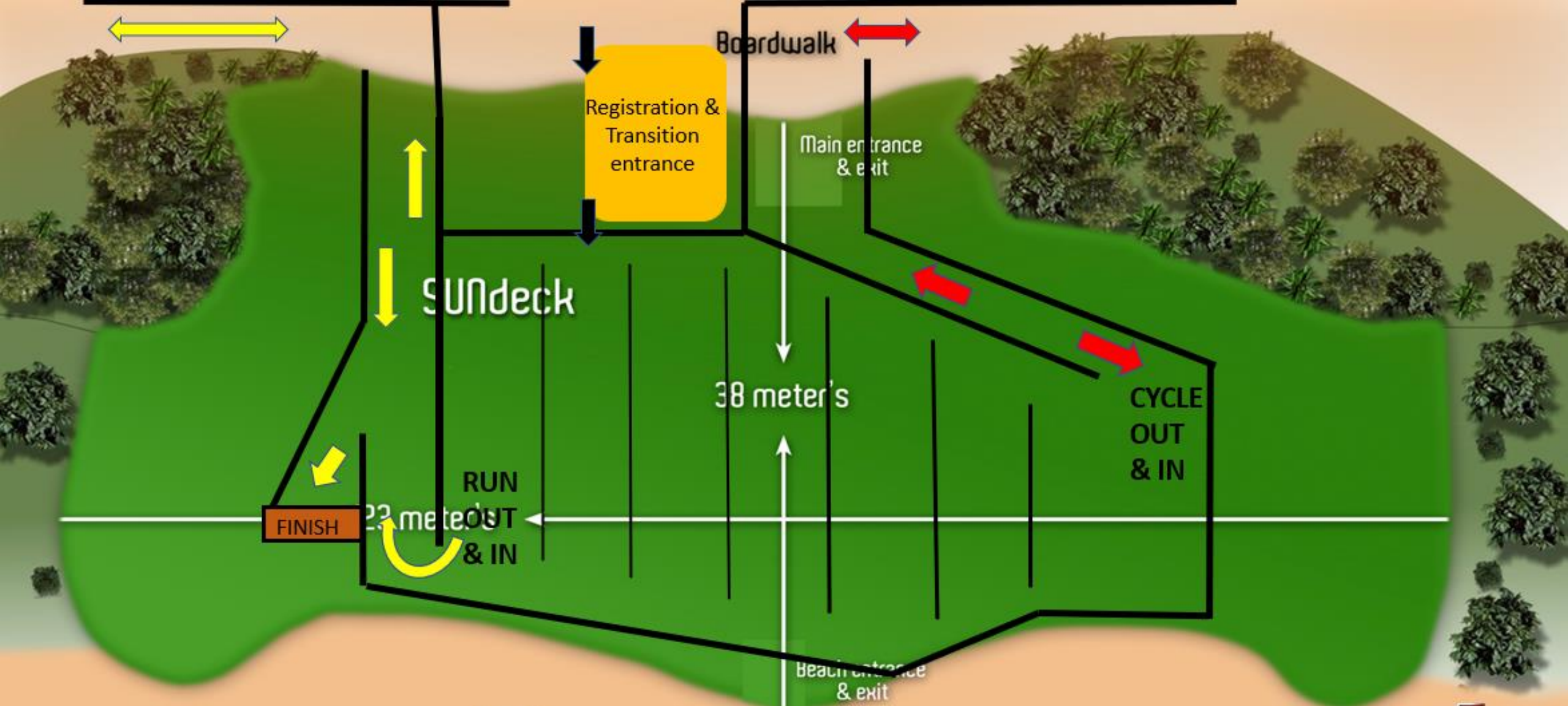
TRANSITION 1

RUNNING SHOES

3,5km RUN TO SUNCOAST

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TRANSITION LAYOUT



BIKE ROUTE MAP

Cycle Loop Around Durban Country Club

FULL ROAD CLOSURE

BIKE ROUTE MAP – 5km Lap

[Full Road Closure]



RUN ROUTE MAP

MINI Tri & SPRINT Tri (2nd Run)

SPRINT TRI
Sprint Du 2nd Run
Turn pt.
TURN POINT

MINI TRI TURN POINT

WATER TABLE 1



Graph: Min, Avg, Max Elevation: 3.8, 9 m

Range Totals: Distance: 2.43 km Elev Gain/Loss: 11.5 m, -11 m Max Slope: 14.8%, -10.6% Avg Slope: 0.9%, -0.9%



RUN ROUTE MAP

10km & Challenge Duathlon

10km &
Sprint Du 1st
TP. RUN
TURN

CHALLENGE TRI TURN POINT

WATER TABLE 2



Graph: Min, Avg, Max Elevation: 3, 5, 10 m
Range Totals: Distance: 5.06 km Elev Gain/Loss: 22.8 m, -22.4 m Max Slope: 6.9%, -7.4% Avg Slope: 0.7%, -0.7%





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Sports Nutrition

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