



2024 FINAL RACE INSTRUCTIONS

Dear TINMAN Competitors

WELCOME TO THE 2024 TINMAN DURBAN Series. We are so excited to have your back and we look forward to seeing all your happy faces again. We hope you all have a fantastic race, and we look forward to all your post-race banter on the finish-line and your videos and photo's on social media.

We will have a few late entries available on Sunday. There is a R50.00 late entry fee, so if any of your friends would still like to enter, please tell them to come down on race day to enter.

RACE VENUE: SUNCOAST SUNDECK / DURBAN BEACHFRONT.

REGISTRATION VENUE: SUNCOAST GRASS SUNDECK.

RACE NUMBER & REGISTRATION: **SUNDAY 5:45AM UNTIL 7:30AM**

- 10km Run / Sprint Duathlon & Challenge Tri: 5:45am to 6:30am
- Super Sprint & Sprint Tri: 6:30am to 7:30am
- Mini Tri: 6:30am to 7:30am

Bike Racking will be at the same time as registration. Once you register, you enter the transition directly from registration - secure area.

PLEASE REMEMBER THAT ALL TRIATHLONS SWIM START IS AT USHAKA AND NOT AT SUNCOAST BEACH.

DIFFERENT RACE START LOCATIONS:

- All the Duathlon races & 10km Run Start on the Promenade outside Suncoast Casino.
- All Triathlon race will start by Ushaka Beach. The Swim starting point @ **Ushaka Beach / Pier**. Triathletes must make their own way down to Ushaka. (Walk, run, drive, lift) Please allow for 20min travel time.

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TIMING:

Elite Timing will be doing your timing. You WILL receive a loaned Timing Chip at Registration as well as your race number. You MUST wear your Timing Chip on your left ankle and your Race number on the front of you for the Bike and Run. You will receive split times, including T1 and T1 Times. The Triathlon Swim and 1st Run times will be combined. Please make sure you wear your Race number on your front of you if you are pinning it.

ALL START TIMES:

- 10km Run and the **Challenge Duathlon @ 7am at Suncoast**
- Challenge Tri **@ 7am at Ushaka Beach**
- **Sprint Duathlon @ 7:20am at Suncoast**
- Swim / RUN & Sprint Tri **@ 7:40am @ Ushaka Beach**
- **Super Sprint Duathlon @ 7:40am at Suncoast**
- Super Sprint Tri **@ 8am at Ushaka Beach**
- Mini Tri **@ 8:15am at Ushaka Beach**

RACE NUMBERS: We use **reusable** race numbers for our Tinman Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH and save the planet!**

WETSUITS: A decision by TSA officials will be made 1 hr prior to each SWIM start as per Triathlon SA regulations.

DRAFTING: The event is Draft legal. **NO Time Trial Bikes** or clip on bars are allowed under any circumstances. Female athletes can draft off males, but males cannot draft off female athletes. **NO E-BIKES ALLOWED.**

CUT OFF TIME: Cut off applies to all races: 10:45am

ROAD CLOSURE: There will be FULL road closure for all events. **Please note that along the Promenade, there will be public walking, all athletes are to be respectful and careful while cycling along this section.**

SWIM CAPS: Competitors must provide their own swim caps.

TEAMS: Teams will need to hand over their race number to the next person in their team. This must take place at the Bike position in the Transition area. All team members will get medals and an ice cold aQuelle.

THULE TRANSITION AREA:

Equipment (no bags) will be allowed to be kept in the transition. Items MUST be kept neatly next to your bike.

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RACE FORMATS:

KZN DUATHLON Champs Events:

Standard Distance Duathlon: 10km Run / 32km Cycle / 5km Run (20 years and up)

1st Run is the same as the 10km running race, 2 laps to South Beach and back. Bike is 6 laps on the Circuit. 2nd Run is 1 lap to South Beach and back to the Finish

Sprint Duathlon: 5km Run / 22km Cycle / 2.5km Run (Juniors 16yrs - 19 yrs. and open)

1st Run is the same as the 10km running race, but just 1 lap to South Beach and back. Bike is 4 laps on the Circuit. 2nd Run is 1 lap out to the Amphitheatre just past Circus Circus (1.25km out and 1.25km back) Same as the Sprint Tri Turn point.

Super Sprint 2.5km Run / 10km Cycle / 2.5km Run (12yrs - 15yrs and open)

1st Run is 1.25km out to the Amphitheatre / Circus Circus and back (same as the sprint Tri and Du turn point). Bike is 2 laps on the Circuit. 2nd Run is 1 lap out the turn point outside the BLUE WATERS HOTEL, which is 625m from the transition at Suncoast.

RUN & Triathlon Events:

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 out to Snake Park TP and back to finish.

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 to Snake Park TP & back to finish.

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..

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.

RACE BRIEFING : Please be present at least 20min before your Race start at your race start area (Ushaka Beach or Promenade)

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(Triathletes) RUN FROM SWIM AT USHAKA TO BIKE TRANSITION AT SUNCOAST:

All Triathletes will run the 3.5km from Ushaka to Suncoast after their swim. Please bring your running shoes and swimming items with you to the swim start. There will be a secure “Shoe transition” to leave your shoes in for the swim. Competitors then exit the swim, remove their goggles, swim caps, and put on their shoes. They then run down to Suncoast to start the bike. The 2nd Run will be shortened to accommodate this. Competitors must run back with their goggles, swim cap. Alternatively they can put it all into a pre marked plastic bag with their name on, they can leave with the race officials to bring to the finish after the Mini Tri Swim. (Done at your own risk, no liability will be on the organisers for missing items)

IMPORTANT RUN LAPS (Due to 3.5km Run from Ushaka for Triathlon Events)

- **MINI TRI:** 500M – out and back LAP (Turn point 200m past Pirates Surf Life Saving Club)
- **SUPER SPRINT TRI:** 500M – out and back LAP (Turn point 200m past Pirates Surf Life Saving Club)
- **SPRINT TRI:** 1 X 2km Out and back LAP (Turn point is 100m past the Skate Park @ the Ampitheatre)
- **CHALLENGE TRIATHLON:** 2 X 3.25KM Out and back LAPS (Turn by Rachal Finlayson Pool)

WATER TABLES: There will be NO Water Tables on the Bike route. There will be 2 water tables on the running route. Water Points will be: Mini Turn Point (250m from Suncoast) and just past the Skate Park (Sprint Turn Point)

32GI WATER TABLES & FINISH: There will be 32Gi in cups and Water sachets for competitors during the Run route. There will be ice cold aQuelle at the finish for all competitors as well as your well deserved Medal!

PRIZE GIVING:

Please note that only the NORMAL Tinman events will be included in the Prize giving. The additional Challenge Duathlon and the Super Sprint Duathlon will not be included. Those events are staged ONLY to select the KZN Duathlon Team.

Prize Giving will start between 10:15am and 10:45am. The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. Due to us having many different events, we do not do age category prizes only the Overall Top 3 for male and female. BUT.... We do have some exciting lucky draw prizes which anyone can win!

Good luck and have fun out there!

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