



## 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 late entries available on Sunday. There is a small 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 races 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.

### TIMING:

Elite Timing will be doing your timing. You will **not** need an ankle chip, but you **MUST** wear your Race number on the front of you for the Bike and Run. You will get overall Times (Start & Finish) Please make sure you wear your Race number on your front of you if you are pinning it.

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#### **ALL START TIMES:**

- 10km Run **@ 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 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 at Suncoast.

**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:**

**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..

### **Sprint Duathlon: 5km Run / 22km Cycle / 2.5km Run**

1<sup>st</sup> 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. 2<sup>nd</sup> 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.

**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 STARTS:**

- Sprint Duathlon & 10km Run Start on the Promenade outside Suncoast Casino.
- Triathletes will be swimming from 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.

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

## **(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 2<sup>nd</sup> 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)

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## **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 CYCLE 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 in cups for competitors during the Run route as well as 32Gi Gels at the tables. There will be ice cold aQuelle at the finish for all competitors as well as your well-deserved TINMAN Medal!

### **PRIZE GIVING:**

Prize Giving will start between 10:15am and 10:30am. 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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