



SA's oldest Triathlon Series

2025 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) Suncoast Beach, 1 x 5km Bike Lap, 2.5km Run (1250m out & 1250m back)
- **Super Sprint:** Swim (400m) Suncoast Beach, 2 lap swim of 200m per lap., 2 x 5km Bike Laps, 2.5km Run (1250m out & 1250m back)
- **Sprint Tri:** 750m Swim at Suncoast Beach, 4 x Bike laps, 5km Run (2.5km out and back)
- **Sprint Duathlon:** Start Run at Suncoast, 1 x 5km lap to South Beach TP and back, 4 x bike laps, 1 x 2.5km Run (1250m out and back)
- **Challenge Tri:** 1.2km at Suncoast Beach, 6 x Bike Laps, 2 x laps of 5km per lap to South Beach TP and back to finish.

SWIM MAP

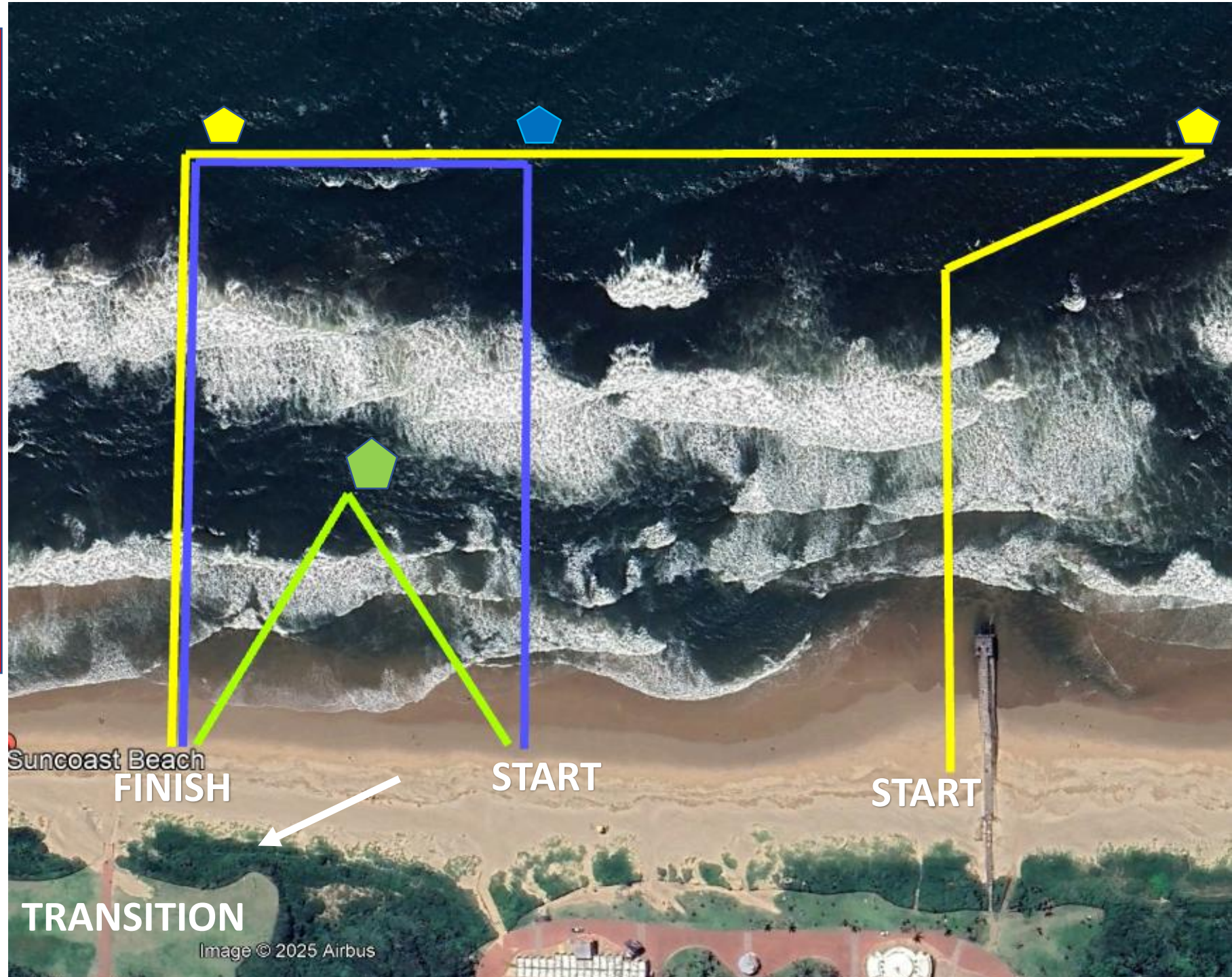
SUNCOAST BEACH

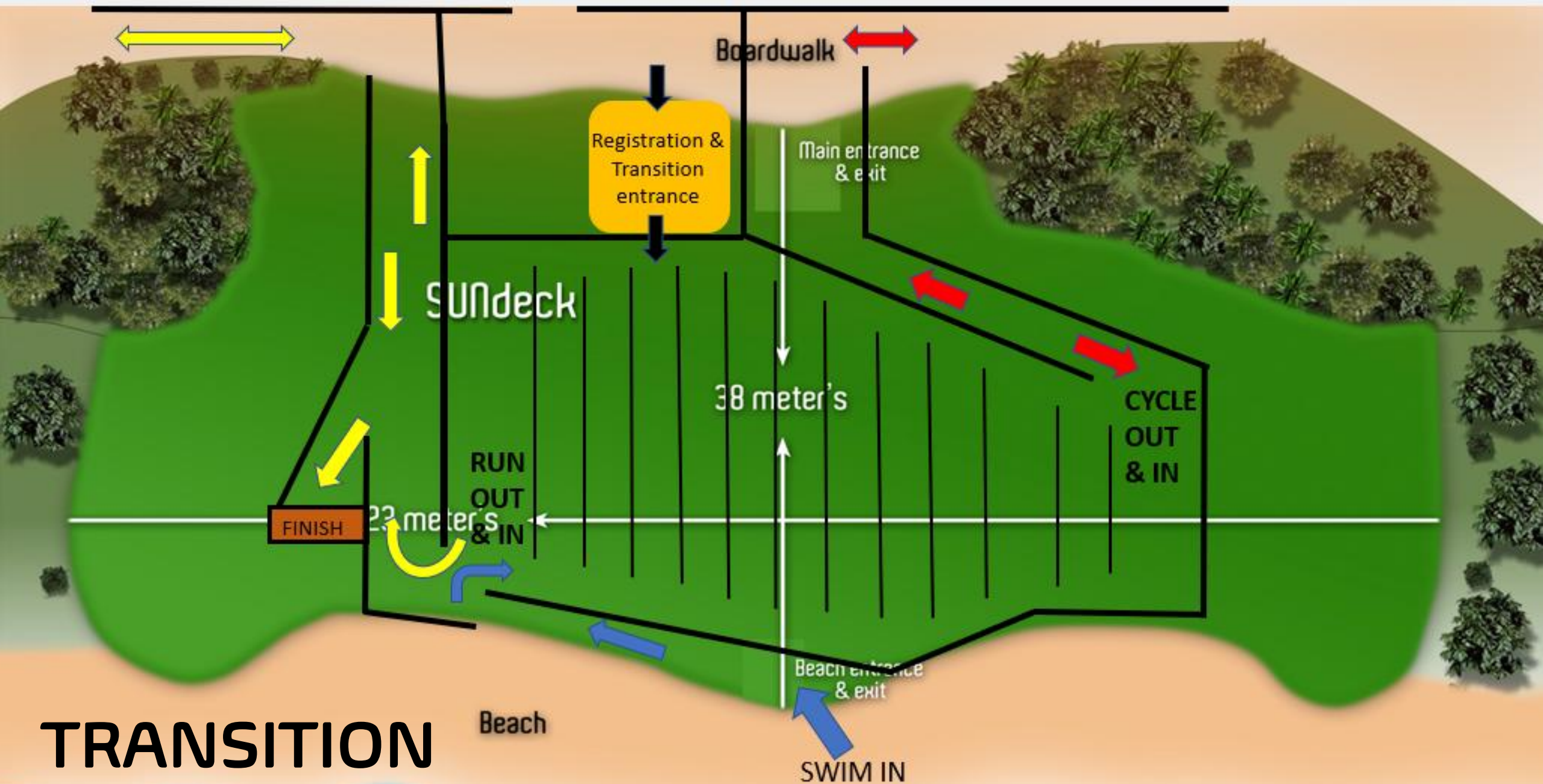


MINI & SUPER SPRINT - GREEN

SPRINT TRI - BLUE

CHALLENGE TRI - YELLOW





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

AMPITHEATER: MINI & SUPER SPRINT TRI TURN POINT



MINI & SUPER SPRINT TRI TURN POINT

WATER TABLE 1

Image © 2025 Airbus

Google Earth

RUN ROUTE MAP

SOUTH BEACH: 10km Run / Sprint Tri / Sprint Duathlon & Challenge Tri



10km / SPRINT / DUATHON / CHALLENGE TRI TURN POINT

WATER TABLE 2





TINMAN

DO YOU HAVE HEART?

TINMAN

DO YOU HAVE HEART?

TINMAN

DO YOU HAVE HEART?

aQuellé

Viv

aQuellé

aQuellé

TINMAN **TINMAN**
DO YOU HAVE HEART? DO YOU HAVE HEART?