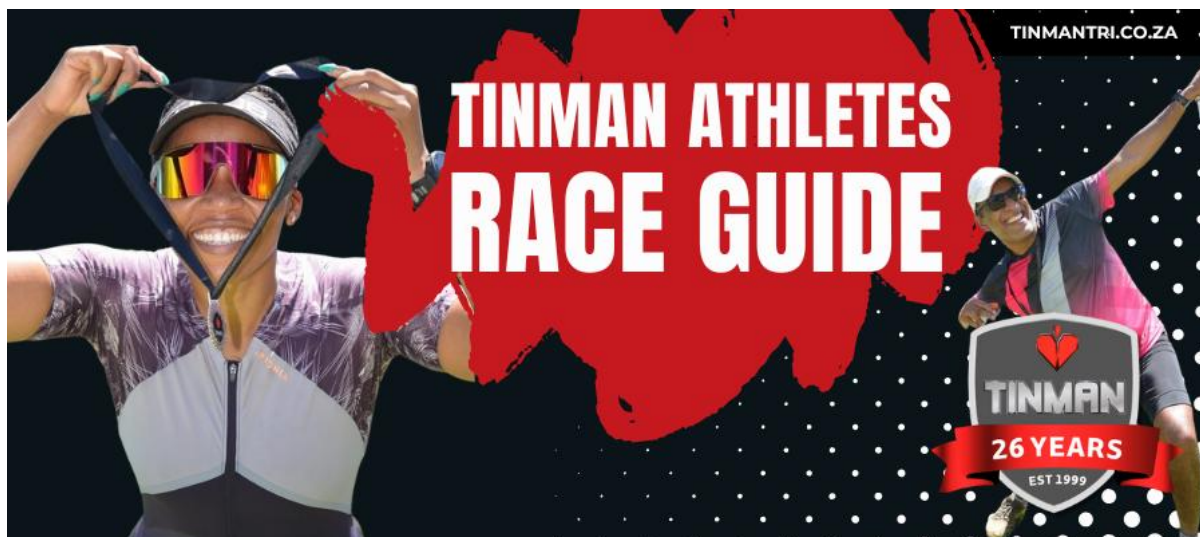




RACE DATE: 12th October 2025

Welcome fearless legends to the 5th TINMAN race at Prime View on the 12th of October!

Today, you join hundreds of athletes who share the same passion for endurance, grit, and pushing personal limits. Whether you're here to chase a podium, set a new PB, or simply soak up the atmosphere, this race is about more than just swim, bike, run—it's about community, determination, and celebrating the spirit of triathlon.

Prime View is set to deliver the perfect stage for your journey, and we can't wait to see you cross that finish line. Race hard, race proud, and enjoy every moment! This event also doubles up as Tshwane Provincial Championships, so listen up, read the below information carefully and we look forward to seeing you on the starting line!

Important info:

REGISTRATION @ PRIME VIEW ON SUNDAY: 5:45AM TO 7:30AM

ALL ATHLETES WILL GET A TIMING CHIP + RACE NUMBER + PINS AND A HELMET STICKER AT REGISTRATION. *NO GOODIE BAGS ARE PROVIDED FOR THE TINMAN SERIES.*

Registration Times:

- Mini Tri / Super Sprint: 5:45am to 6:30am
- Duathlon & Challenge Tri: 6am to 7:15am
- Sprint Tri: 6am to 7:15am

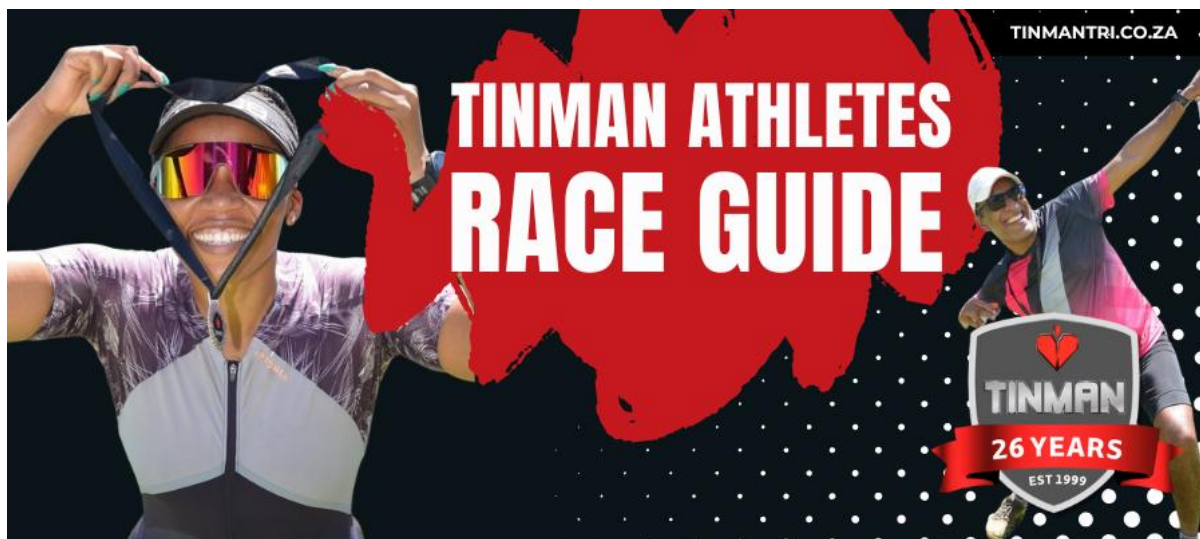
TIMING:

BOU Timing will be doing your timing. You will **receive** a Race number, Helmet sticker and a Timing Chip at registration. Please pin the race number on you for the Bike and the Run. Please also put your chip on your **LEFT** ankle from the swim start. Please make sure you wear your Race number for identification and hand in your race number and timing chip to our staff at the finish.

RACE NUMBERS: Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TINMAN Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.**

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RACE BRIEFING – 15min before your Race start at your race start area

SWIM START: All Triathletes will be swimming in the Dam from the swim start area.

START TIMES:

- 7am: Mini Tri
- 7:10am: Super Sprint Tri
- 7:40am: Standard / Challenge Tri Men & Teams
- 7:45am: Standard / Challenge Tri Ladies
- 8:25am: Sprint Duathlon
- 8:30am: Sprint Triathlon & Teams

WETSUITS: A decision by Triathlon SA will be made at 6am on wetsuits depending on the water temperature.

DRAFTING & Bikes:

- Mini Tri and Super Sprint are draft-legal (ONLY MTB Bikes, Road Bikes allowed)
- Sprint & Challenge Triathlon & Duathlon are **NON – Drafting** (Road, MTB and Tri Bikes allowed)
- NO E-Bikes allowed for any event.

CUT OFF TIME:

Bike cut off: All bikes from all events must be off the bike course by 10am

Finish-line cut off: Challenge Tri 3hrs 45min (11:30am)

Finish-line cut off: Sprint Tri: 2hrs 30min for Sprint Tri. (11am)

ROAD CLOSURE: There will be FULL road closure for all events.

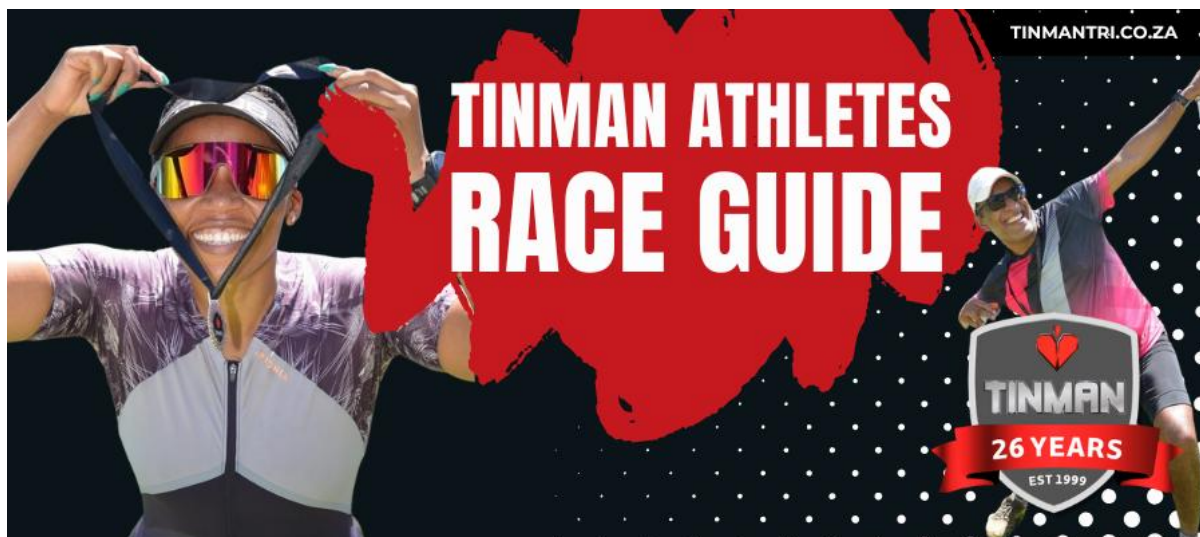
SWIM CAPS: All Competitors must provide their own swim caps. Please make sure they are bright.

TEAMS: Teams will need to hand over their Race number and Timing Chip to the next person in their team. This must take place at the entrance to transition, swim to bike and exit of transition bike to run. All team members get medal and an ice cold aQuelle at the Finish area.

THULE TRANSITION AREA: ONLY Race Equipment will be allowed to be kept in the transition. Please keep it neatly next to your bike. NO Bags allowed to be kept inside the transition.

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SWIM COURSES:

MINI Tri x 1 lap (200m)
 SUPER SPRINT x 2 laps (400m)
 SPRINT x 1 Lap (750m)
 STANDARD / CHALLENGE Tri x 2 Laps (1500m)

BIKE LAPS:

MINI TRI x 1 lap (short lap) 6km (Draft legal) – **No Tri Bikes**
 SUPER SPRINT x 2 Laps (short lap) 10.5km (Draft legal) – **No Tri Bikes**
 SPRINT x 3 laps (long lap) 20km (**Draft legal**) – **No Tri Bikes**
 STANDARD Tri & Du x 6 Laps (long lap) 40km (**Non-Drafting**) - **Tri Bikes allowed.**

RUN LAPS:

MINI TRI x 1 lap (2.5km)
 SUPER SPRINT x 1 Lap
 SPRINT x 2 laps (5km)
 STANDARD Tri & Du x 4 laps (10km)

ATHLETES TO KNOW RACE ROUTES:

It is each athletes responsibility to know their own race routes and number of laps required for their race.
 The marshals on the route are there to guide them but will not be responsible for counting laps or
 mangning race routes for the athletes.

BIKE ROUTE MAPS:

6km Mini Tri Bike (1 lap) : <https://www.plotaroute.com/route/2771396?units=km>

10.5km Super Sprint Bike (2 laps) : <https://www.plotaroute.com/route/2771400?units=km>

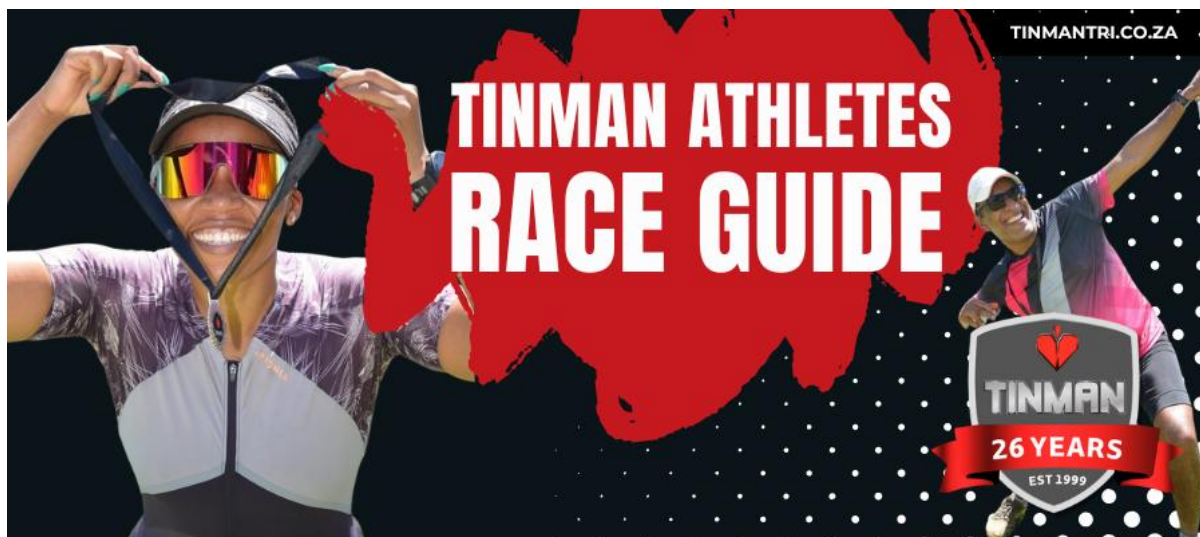
20km Sprint Bike (3 laps): <https://www.plotaroute.com/route/2771403?units=km>

40km Standard Bike (6 laps): <https://www.plotaroute.com/route/2771407?units=km>

2.5km RUN ROUTE MAP: <https://www.plotaroute.com/route/2772419?units=km>

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WATER TABLES: There will be no Water Tables on the Bike route. There will be 1 water table on the Run route every 2.5km.

32GI WATER TABLES & FINISH: There will be 32Gi Sachets and Water in cups for competitors during the Run route. There will be an ice cold aQuelle at the finish for all competitors.

BRAND YOURSELF – TINMAN RACE MERCHANDISE: There will be TINMAN T-shirts, Socks, Caps and other Merchandise on sale at the event. Card or Zapper payments only.

PRIZE GIVING: Prize Giving will be starting around 11am, depending on the last competitor. The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. There will also be exciting lucky draw prizes, so stay and you might win!

A TTA medal ceremony will be held after TINMAN race prize giving. **All athletes competing in the Championship event must please ensure you are identified as such at registration on our system.**

SOCIAL MEDIA : We LOVE seeing your race pictures, so please tag us on Instagram: **@tinman_triseries**
#tinmanseries
#tinmantri

JOIN OUR TINMAN WHATSSAPP GROUP

Stay up to date with all the latest news and race updates about the TINMAN Series.

Join our Whatsapp here: [WhatsApp Group Invite](#)

Good luck, have fun and see you on the finish-line!

ORGANISED BY B-ACTIVE EVENTS / RACE CELL: 067 198 6737

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