

**30<sup>th</sup> November 2025**

## Welcome to the FINAL TINMAN showdown at Prime View!

If you're reading this, congratulations — you've officially made it to the part of the week where panic eating carbs *count* as part of your strategy. This Sunday, you'll swim, bike, run and probably question your life choices... but you'll also cross that finish line like the absolute legend you are.

Prime View is ready. The water is shimmering, the run course is primed, and the bike route is ready for your sweat and gears. Whether this is your victory lap for 2025 or your “let's just survive and celebrate after” mission, we've got you.

So tighten those goggles, pump those tyres, and mentally prepare to high-five strangers who are sweating just as much as you. It's the FINAL TINMAN — go out there and smash it! 🌟🌈🚴🏃

***Let's race, laugh, and conquer together!***

### ***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.

**THE FIRST 500 ENTRANTS WILL GET A SMALL GOODIE BAG AT REGISTRATION WITH A PIECE OF TINMAN 2025 MEMROBILIA!**

### **Registration Times:**

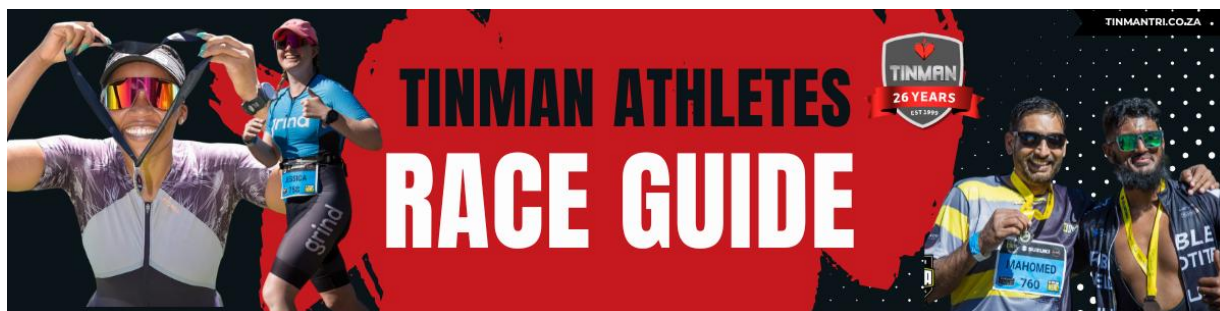
- Mini Tri / Super Sprint: 5:45am to 6:30am
- Duathlon & Challenge Tri: 6am to 7:15am
- Sprint Tri: 6am to 7:15am

### **TIMING:**

BOUT Timing will be doing your timing. You will receive a TINMAN 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.

### **SPONSORED BY:**





**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 TO GET YOUR MEDAL.**

**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.

**RACE STARTING TIMES:**

- 7am: Mini Tri
- 7:10am: Super Sprint Tri
- 7:40am: Challenge Tri Men & Teams
- 7:45am: 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 of the events.

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

**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.

**SPONSORED BY:**





**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.

#### **SWIM COURSES:**

MINI Tri x 1 lap (200m)  
 SUPER SPRINT x 2 laps (400m)  
 SPRINT x 1 Lap (750m)  
 STANDARD Tri x 1 Lap (1200m)

#### **BIKE LAPS:**

MINI TRI x 1 lap (short lap) 6km (Draft legal)  
 SUPER SPRINT x 2 Laps (short lap) 10.5km (Draft legal)  
 SPRINT x 3 laps (long lap) 20km **(Non-Drafting)**  
 STANDARD Tri & Du x 6 Laps (long lap) 40km **(Non-Drafting)**

#### **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 manging 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>

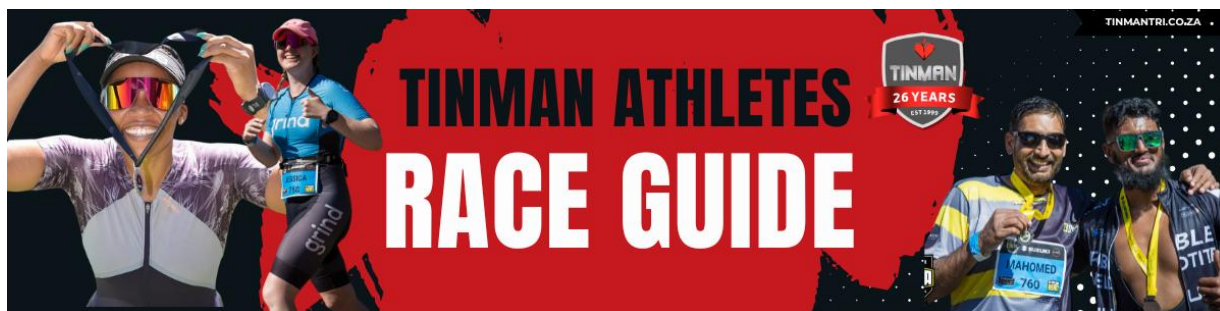
2.5km RUN ROUTE MAP: <https://www.plotaroute.com/route/2772419?units=km>

**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.

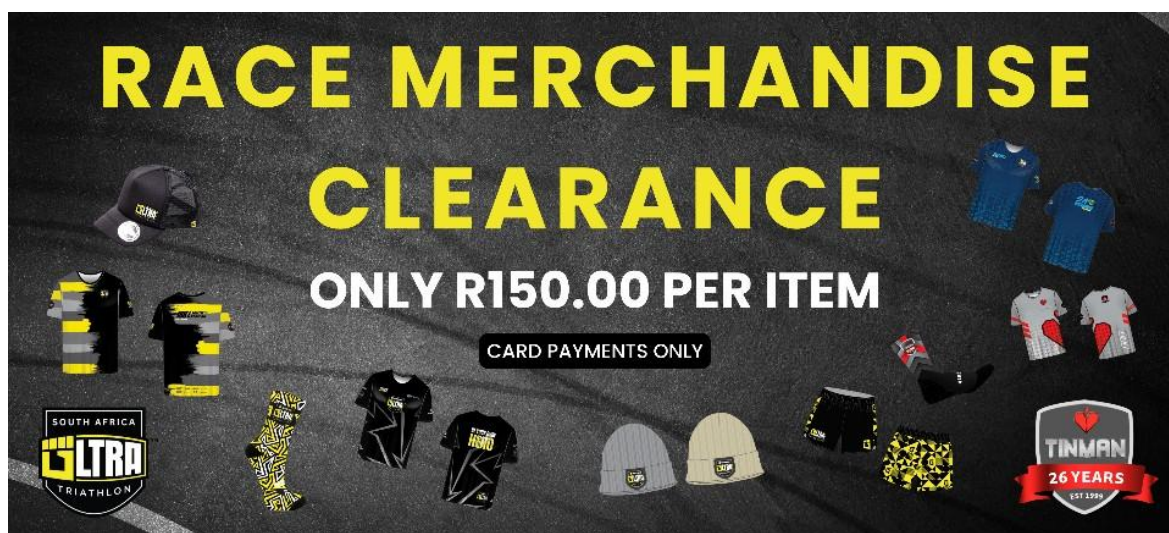
#### **SPONSORED BY:**







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



**CHRISTMAS HAS COME EARLY!**

**TINMAN & ULTRA RACE MERCHNDISE:** There will be limited clearance stock of T-shirts, Socks, Swim Bags, Caps and other Merchandise on sale at the event. Each item is only R150.00 each. Please note 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 please stay and you might win!

**SOCIAL MEDIA :** We LOVE seeing your race pictures, videos and feedback, so please tag us on Instagram: [@tinman\\_triseries](https://www.instagram.com/tinman_triseries)  
[#tinmanseries](https://www.instagram.com/tinmanseries)  
[#tinmantri](https://www.instagram.com/tinmantri)

#### **TINMAN WHATSSAPP GROUP**

Stay up to date with all the latest news and race updates about the TINMAN Series.  
 Join our Whatsapp: [WhatsApp Group Invite](#)

***Good luck, have fun and see you on the finish-line!***  
**ORGANISED BY B-ACTIVE EVENTS / RACE CELL: 067 198 6737**

**SPONSORED BY:**

