



## 2025 FINAL RACE INSTRUCTIONS

Dear TINMAN Competitors

THANK YOU FOR ENTERING THE 2025 TINMAN SERIES AND WELCOME TO THE FIRST RACE OF THE 2025 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. So if any of your friends would still like to enter, please tell them to come down on race day to enter.

**NB: SWIMS TO NOW TAKE PLACE AT SUNCOAST BEACH / BATTERY BEACH**

**RACE VENUE, RACE NUMBER & REGISTRATION: SUNCOAST GRASS SUNDECK / SUNDAY 5:45AM UNTIL 7:20AM**

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

### 2025 EVENTS:

1. 10km Run (2 laps of 5km) **FUN RUN - No Prizes or Prize giving.**
2. Mini Tri (200m Swim / 6km Cycle / 2.5km Run) 8yrs old and up.
3. Super Sprint Tri (400m Swim / 12km Cycle / 2.5km Run) 12yrs old and up.
4. Sprint Tri & Relay Tri (**750m Swim** / 22km Cycle / 5km Run) 16yrs up - **Cut off 2hrs 45.**
5. Sprint Duathlon (5km Run / 22km Cycle / 2.5km Run) 16yrs up – **3hr cut off.**
6. Challenge Tri & Relay Tri (1.2km Swim / 32km Cycle /10km Run) 18yrs up - **Cut off 3hr30.**

### NEW STARTING TIMES:

- Mini Tri: 7am (Suncoast Beach)
- Super Sprint Tri: 7:03am (Suncoast Beach)
- 10km FUN Run: 7:05am (Promenade)
- Sprint: 7:15am (Suncoast Beach)
- Challenge Tri: 7:30am (Mass Start)

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**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

**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!**

**RACE ROUTES & FORMATS:**

**PLEASE NOTE THAT IT IS THE COMPETITORS RESPONSIBILITY TO KNOW THE ROUTES AND THE NUMBERS OF LAPS THAT THEY NEED TO COMPETE. MARSHALS AND OFFICIALS WILL NOT BE HELD RESPONSIBLE. WE DO SUGGEST FOR THE MINI AND SUPER SPRINT, THAT AN ADULT DOES THE FIRST EVENT WITH THE KIDS TO SHOW THEM THE RACE ROUTES AND FORMAT.**

**10km Run:** Start Run at Suncoast, 2 x laps of 5km per lap to South Beach TP and back to finish.

10KM RUN ROUTE MAP (2 LAPS): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2804382?UNITS=KM](https://www.plotaroute.com/route/2804382?UNITS=KM)

**Mini Tri:** Swim (200m) Start at Suncoast Beach, 1 x 5km Bike Lap, 2.5km Run. Turn point by Skate Park.

6KM MINI BIKE (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801207?UNITS=KM](https://www.plotaroute.com/route/2801207?UNITS=KM)

2.5KM RUN ROUTE MAP (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801211?UNITS=KM](https://www.plotaroute.com/route/2801211?UNITS=KM)

**Super Sprint:** Swim (400m) start at Suncoast Beach, 2 laps 200m per lap, 2 x 5km Bike Laps, 2.5km Run. TP by Skate Park.

12KM SUPER SPRINT BIKE (2 LAPS) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807425?UNITS=KM](https://www.plotaroute.com/route/2807425?UNITS=KM)

2.5KM RUN ROUTE MAP (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801211?UNITS=KM](https://www.plotaroute.com/route/2801211?UNITS=KM)

**Sprint Tri:** Swim (750m) Starts at Suncoast Beach, , 4 x Bike laps, 5km Run. Turn point at South Beach.

22KM SPRINT BIKE (4 LAPS): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807430?UNITS=KM](https://www.plotaroute.com/route/2807430?UNITS=KM)

5KM RUN ROUTE MAP (1 LAP): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2804205?UNITS=KM](https://www.plotaroute.com/route/2804205?UNITS=KM)

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

5KM RUN ROUTE MAP (1 LAP): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2804205?UNITS=KM](https://www.plotaroute.com/route/2804205?UNITS=KM)

22KM SPRINT BIKE (4 LAPS): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807430?UNITS=KM](https://www.plotaroute.com/route/2807430?UNITS=KM)

2.5KM RUN ROUTE MAP (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801211?UNITS=KM](https://www.plotaroute.com/route/2801211?UNITS=KM)

**Challenge Tri:** Swim (1200m) Suncoast Beach, 6 x Bike Laps, 10km Run. 2 laps of 5km – Far TP at South Beach.

32KM STANDARD BIKE (6 LAPS): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807438?UNITS=KM](https://www.plotaroute.com/route/2807438?UNITS=KM)

10KM RUN ROUTE MAP (2 LAPS): [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2804382?UNITS=KM](https://www.plotaroute.com/route/2804382?UNITS=KM)

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**RACE STARTS:**

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

**RACE BRIEFING :** Please be present at least 15min before your Race start at your race start area (Suncoast Beach or Promenade)

**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.

**SWIM CAPS:** All 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.

**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.**

**WATER TABLES:** There are **NO Water Tables** on the CYCLE route. There will be 2 water tables on the running route. Water Points will be at each turning point (1. Mini, Super Sprint and 2. Sprint, Challenge, Duathlon turn point)

**What your entry includes:**

- An awesome safe, fun, family event
- Reuseable Race number to hand back at the finish.
- Timed Race (Overall time)
- Medical Assistance & Safety Officer
- Swim Lifeguards & Run Marshals
- 2 Water Tables on the Run route.
- Full Road closure for the Bike leg
- Finishers medal.
- Ice cold aQuelle on the finish-line.
- Lucky draw Sponsored prizes
- Top 3 Winners prizes for each race. (Male & Female)

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**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!

**Race Rules:**

The TINMAN Series follows Triathlon SA & World Triathlon Race rules. To view them, please [\(CLICK HERE\)](#) Competitors are responsible to know the race routes and the number of laps required per event competing in, it is their responsibility to manage this while racing. Marshals and Race officials will not be able to assist or be help liable. Marshals and officials are there to keep you on the race route and direct you.

**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. There are no prizes for the 10km Run, as this is a FUN RUN. 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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