



RACE DATE: 26th APRIL 2026

Dear TINMAN Competitors

Thank you for entering this weekend's exciting TINMAN Race, presented by PICK n PAY, where the sun is shining and the warm ocean is sparkling. Whether you're here to smash a PB or survive your first triathlon, you're in the right place. Let's make this a day of big energy, big smiles, and even bigger finish-line celebrations!

For those friends that forgot...We will have late entries available on Sunday. So, if any of your mates would still like to enter, please tell them to come down on race day and sign up to become a legend!

NB: SWIMS ALL 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.

EVENTS:

1. 10km Run (2 laps of 5km) **FUN RUN - No Prizes**
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.**

STARTING TIMES:

- MINI Tri & 10km RUN: **7am** (Suncoast Beach & Promenade)
- Super Sprint Tri & Sprint Duathlon: **7:10am** (Suncoast Beach & Promenade)
- Sprint Triathlon **7:30am** (Suncoast Beach & Promenade)
- Challenge Triathlon: **7:50am** (Suncoast Beach)

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Bike Racking:

All athletes to rake their bike on race day. Once you have registered with your race number, please enter the transition with your helmet on for the KZN triathlon Officials to check your bike.

TIMING:

SPIT TIMING will be doing your RACE DAY timing. You will receive a race number at registration and your will be Body marked with your race number. You MUST wear your Race number on the front of you for the Bike and Run. You will get SPLIT Times for each leg of the race.

RETURN OF RACE NUMBERS AT THE FINISH:

Please return your Race Number at the finish-line, in exchange for your Pick n Pay Goodie Bag and your pair of custom SOX! **Goodie bag and Sox only for Race finishers!**

**COLLECT YOUR SOX AND GOODIE BAG ON THE FINSH LINE. PLEASE HAND IN YOUR RACE NO.
NO NUMBER = NO Goodie Bag & SOX**



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)

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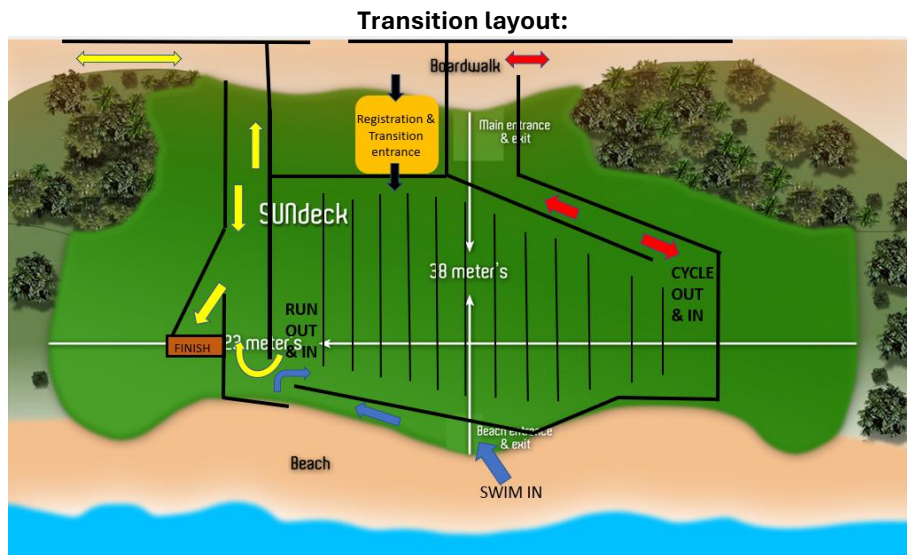
Super Sprint: Swim (400m) start at Suncoast Beach, 2 laps 200m per lap, 2 x 5km Bike Laps, 2.5km Run. TP by Skate Park.
 12KM SUPER SPRINT BIKE (2 LAPS) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807425?UNITS=KM](https://www.plotaroute.com/route/2807425?UNITS=KM)
 2.5KM RUN ROUTE MAP (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801211?UNITS=KM](https://www.plotaroute.com/route/2801211?UNITS=KM)

Super Sprint DUATHLON: Start on the Promenade with a 2.5km Run, 2 x 5km Bike Laps, 1.25km Run.
 2.5KM RUN ROUTE MAP (1 LAP) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2801211?UNITS=KM](https://www.plotaroute.com/route/2801211?UNITS=KM)
 12KM SUPER SPRINT BIKE (2 LAPS) : [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2807425?UNITS=KM](https://www.plotaroute.com/route/2807425?UNITS=KM)
 1.25KM RUN TURN POINT IS OUTSIDE BLUE WATERS HOTEL.

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 STARTING POINTS:

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

RACE BRIEFING : Please be present at least 15min before your Race start at your race start area.

WETSUITS: A decision by TSA officials will be made 1 hr prior to each SWIM start as per Triathlon SA regulations.

BIKES ALLOWED: ONLY Road and MTB bikes are allowed to be used. NO TT Bikes or E-Bikes are allowed for any event.

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: 11:15am at Suncoast.

SWIM CAPS: All Triathlon Competitors must provide their own brightly coloured swim caps.

SWIM ASSIST BUOYS: Swim Buoys are not allowed as per International Triathlon Union Rules.

ELECTRONIC DEVICES: No Electronic listening devices are allowed during any part of the event.

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 Goodie Bag, Pair of SOX, medals and an ice cold aQuelle.

THULE TRANSITION AREA: Equipment will be allowed to be kept in the neatly next to your bike in the transition.

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.**

What your entry includes:

- An awesome safe, fun, family event
- Reuseable Race number to hand back at the finish.
- Timed Race with NEW Split Times.
- Medical Assistance & Safety Officer / Swim Lifeguards & Run route Marshals.
- 2 Water Tables on the Run route.
- Full Road closure for the Bike leg
- Finishers medal and an Ice cold aQuelle on the finish-line.
- Lucky draw sponsored prizes / Top 3 Winners prizes for each race. (Male & Female)
- ALL Finishers get a Pick n Pay Goodie Bag and a Free pair of custom SOX. Please collect your SOX when you hand in your Race number. **NO NUMBER = NO GOODIE BAG AND NO SOX.**

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Pick n Pay WATER TABLES:

There will be 2 Pick n Pay Water points on the running route. Water Points will be at each turning point (1. Mini, Super Sprint and 2. 10km Run, Sprint, Challenge, Duathlon turn point) There is no Water Table on the bike route.

32Gi & Pick n Pay WATER TABLES:

There will be 32Gi and Water in cups for competitors during the Run route as well as 32Gi Gels at the tables. There will also be Food and Bananas at the Water tables for athletes, proudly Sponsored by our presenting partner Pick n Pay. 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. Marshals and Race officials will not be able to assist or be held liable. Marshals and officials are there to keep you on the race route and direct you.

PRIZE GIVING:

Prize Giving will start between 10:30am and 11am. 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!

WHAT TO PACK?

[Click here to download your TINMAN List.](#)

JOIN OUR TINMAN WHATSSAPP GROUP

Stay up to date with all the latest news and race updates:

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

Good luck and have fun out there!

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