



1st February 2026

Welcome, TINMAN legends! 🏊🚴🏃 If you're reading this, congratulations—you've officially signed up to become an even more incredible athlete!

We're thrilled to have you on the start list for this weekend's race and can't wait to see Prime View buzzing with your energy, and questionable pre-race dance moves.

Before race day excitement completely takes over, please do us (and yourself) a big favour and carefully read the Athlete's Guide below. It contains all the important stuff—times, rules, routes, and other details that prevent panic at 5am.

Read it, love it, live it. See you at 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.

ALL PRE-ENTRY TINMAN COMPETITORS WILL GET AN AWESOME PAIR OF SOX AT THE FINISH WHEN THEY HAND IN THEIR RACE NUMBERS – NO NUMBER = NO SOX

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 you 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.

PROUDLY 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 and CUSTOM SOX!**

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.

NEW RACE STARTING TIMES:

- 7am: Mini Tri
- 7:03am: Super Sprint Tri
- 7:35am: Challenge Tri Men & Teams
- 7:36am: Challenge Tri Ladies
- 8:55am: Sprint Duathlon
- 9am: 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.

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.

PROUDLY SPONSORED BY:





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 athlete's 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.

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.

PROUDLY SPONSORED BY:





TINMAN & ULTRA RACE MERCHANDISE WILL BE AVILABLE

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](#)

LET'S ROCK 2026 AS TINMAN LEGENDS!

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

PROUDLY SPONSORED BY:

