



2020 CTTA DUATHLON Championships 1 March 2020 – Killarney International Raceway



The **Cape Town Unicity Triathlon Association (CTTA)** will host the 2020 District Duathlon Championships at the Killarney International Raceway in Cape Town. The event will take place on Sunday, 1 March 2020, for all Age Groups. There will also be a Mob Race, for recreational and development athletes. All distances are open to anyone, licensed and unlicensed. Unlicensed athletes will need to purchase a day license and will not be eligible for Championship positions.

This will be a selection event for the 2020 SA National Duathlon Championships.

Events on 1 March 2019:

- CTTA Duathlon Championships for Youths (12-15) – Super-Sprint.
- CTTA Duathlon Championships for Juniors (16-19) - Sprint.
- CTTA Duathlon Championships for Para-Triathletes - Sprint.
- CTTA Duathlon Championships for Senior Age Groupers (20+) - Standard.

Non-licensed athletes 12 years and older, or athletes from other districts are welcome to participate, but will not be eligible for CTTA Championship positions and medals. Top finishers will receive equivalent event medals.



For updates, please visit the event website:
<http://wctriathlon.co.za/event/ctta-duathlon-champs-killarney-race-course/>

The Event Venue is extremely Spectator Friendly:

There is a Restaurant on the viewing deck serving quality, reasonably priced refreshments. The deck overlooks the finish chute.
Spectator flow is close to the course but not on or crossing the race track. There is a spectator bridge across the race track, which will enable spectators to move freely to various viewing points.
Coffee will be served from 07:00 each day and the restaurant will open at 09:00.





2020 CTTA DUATHLON Championships

1 March 2020 – Killarney International Raceway



Event Information Overview:

Category		Length	Laps	Distance	Entry Fee	Draft	CTTA Champs	Non-Licensed Adults
Standard:	RUN:	2.5	4	10	R 450			YES
Senior AG	BIKE:	3.25	12	39	R 450	NO	YES	
	RUN:	2.5	2	5				
Sprint:	RUN:	2.5	2	5	R 350			YES
Juniors (16-19)	BIKE:	3.25	6	19.5	R 300	YES	YES	
Para Tri	RUN:	2.5	1	2.5	R 300	NO	YES	
S-Sprint:	RUN:	2.5	1	2.5				YES
Youths (12-15)	BIKE:	3.25	3	9.75	R 200	YES	YES	
	RUN:	1.25	1	1.25				



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Schedule of Events:

TOD	Description	Est Dur	Distances		
07:00	Transition Opens & Body Marking	New Pits Area			
07:30	Course Familiarisation - Age Groupers				
07:45	Transition Closes - Youths (12-15)				
08:00	Super-Sprint - Youths (12-15)	00:41	2.5	10	1.25
08:45	Transition Closes - All Ages				
09:00	AG STD Wave 1 - Ladies All Ages	02:45	10	40	5
10:15	AG STD Wave 2 - Men All Ages	02:45	10	40	5
11:30	Sprint – All Ages & Categories	01:30	5	20	2.5
12:30	Super-Sprint – MOB Race	01:00	2.5	10	1.25
14:15	Medal Presentation – All Ages	Pits Lounge - Viewing Deck			
17:00	EVENT CLOSES				

Registration & Briefing:

06:30	Registration - All Ages
07:30	Registration Closes – All Ages & Races

Race Briefing will be 15 Mins before the start of each event / wave.

Note: Start times for Juniors (16-19) and Senior Age Groupers (20+) may be adjusted on the day. However, bike racking for all ages will close at 08:45 on race day, irrespective of start wave.

We thank our Sponsors:



2020 CTTA DUATHLON Championships – RACE VENUE LAYOUT
1 March 2020 – Killarney Raceway



Bike and Run Routes

- ➔ **BIKE ROUTE: 3.25 Km / Lap**
- ➔ **RUN ROUTE: 2.5 Km per Lap**



- **Start**
- **Water Point, Rubber Bands, Run Lap Turn-around**
- **Finish**

2020 CTTA DUATHLON Championships – BIKE



→ BIKE ROUTE: 3.25 Km / Lap

Standard:	Laps	Distance
Senior AG	12	39
Elite & U23		

Sprint:	Laps	Distance
Juniors 16-19	6	19.5
Para Tri		

Super Sprint:	Laps	Distance
Youths 12-15	3	9.75



2020 CTTA DUATHLON Championships – RUN
1 March 2020 – Killarney Raceway



➔ **RUN ROUTE: 2.5 Km per Lap**

Standard:	RUN	Length	Laps	Distance
Senior AG	R1:	2.5	4	10
Elite & U23	R2:	2.5	2	5

Sprint:	RUN	Length	Laps	Distance
Juniors 16-19	R1:	2.5	2	5
Para Tri	R2:	2.5	1	2.5

Super Sprint:	RUN	Length	Laps	Distance
Youths 12-15	R1:	2.5	1	2.5
	R2:	1.25	1	1.25



2020 CTTA Duathlon
Championships
TRANSITION & FINISH

