

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-duathlonchamps-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.













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 | | | | |

Enter!!

Click

Here to

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

Schedule of Events:

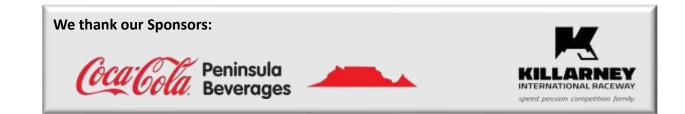
| TOD | Description | Est Dur Distances | | es | | |
|-------|---------------------------------------|----------------------------|-----|----|------|--|
| 07:00 | Transition Opens & Body Marking | New Pits Area | | | | |
| 07:30 | Course Familiarisation - Age Groupers | 5 | | | | |
| 07:45 | Transition 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 | | k | | |
| 17:00 | EVENT CLOSES | | | | | |

Registration & Briefing:

| 06:30 | Registration - All Ages |
|-------|---|
| 07.20 | Registration Closes – All Ages & Races |
| 07.50 | 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.





Bike and Run Routes













→ 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 |
| | | |





→ 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 |



