



2022 CTTA DUATHLON Championships 8 May 2022 – Killarney International Raceway



The **Cape Town Unicity Triathlon Association (CTTA)** will host the 2022 District Duathlon Championships at the Killarney International Raceway in Cape Town. The event will take place on Sunday, 8 May 2022, 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 2022 SA National Duathlon Championships (should this take place later in the year).

Events on 8 May 2022:

- 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+) – Long Distance.
- CTTA Duathlon Championships for Senior Age Groupers (20+) - Standard.
- CTTA Duathlon Championships for Senior Age Groupers (20+) - Sprint



For updates, please visit the event website:
<http://wctriathlon.co.za/events/list/>

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.

Strict Covid-19 Protocols will be adhered to.





2022 CTTA DUATHLON Championships

08 May 2021 – Killarney International Raceway



Event Information Overview:

Category	Age Group	Lap Length	#of Laps	Distance	Entry Fee	Day Lic Fee	Draft Legal	CTTA Champs
Long Dist:	RUN:	2.5	5	12.5				
	BIKE:	3.25	18	58.5	R 700	R 120	NO	YES
	RUN:	2.5	3	7.5				
Olympic:	RUN:	2.5	4	10				
	BIKE:	3.25	12	39	500	R 120	NO	YES
	RUN:	2.5	2	5				
Sprint:	RUN:	2.5	2	5	R 300	R 35	YES	YES
	BIKE:	3.25	6	19.5	R 300	R 35	NO	YES
	RUN:	2.5	1	2.5	R 380	R 35	NO	YES
S-Sprint:	RUN:	2.5	1	2.5				
	BIKE:	3.25	3	9.75	R 200	R 35	YES	YES
	RUN:	1.25	1	1.25	280	R 35	NO	NO

Preliminary Schedule of Events:

Race Briefing will be 5 minutes before each wave start.

TOD	Description	Est Dur	Distances		
07:00	Transition Opens & Body Marking	New Pits			
07:30	Course Familiarisation – All Ages				
07:45	Transition Closes – Juniors (12-19) & LD	01:30	5	20	2.5
07:50	Long Distance - All Ages M & F	05:00	12.5	60	7.5
08:00	Super-Sprint & Sprint (12-19)	00:41	2.5	10	1.25
08:45	Transition Closes - All Ages				
09:00	AG STD - M & F All Ages	02:45	10	40	5
10:00	Sprint – Seniors	01:30	5	20	2.5
13:00	Medal Presentation - All Races				
14:00	EVENT CLOSES				

CANCELLATION POLICY:

If the event has to be cancelled due to Covid-19 Lockdown Restrictions.
 Before or on 30 April, 50%.
 After 30 April, no refund (but entries will be deferred to postponed date).
 On the day cancellation (for whatever reason), no refunds.

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.

For updates, please visit the event website:
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2022 CTTA DUATHLON Championships – RACE VENUE LAYOUT
8 May 2022 – Killarney Raceway



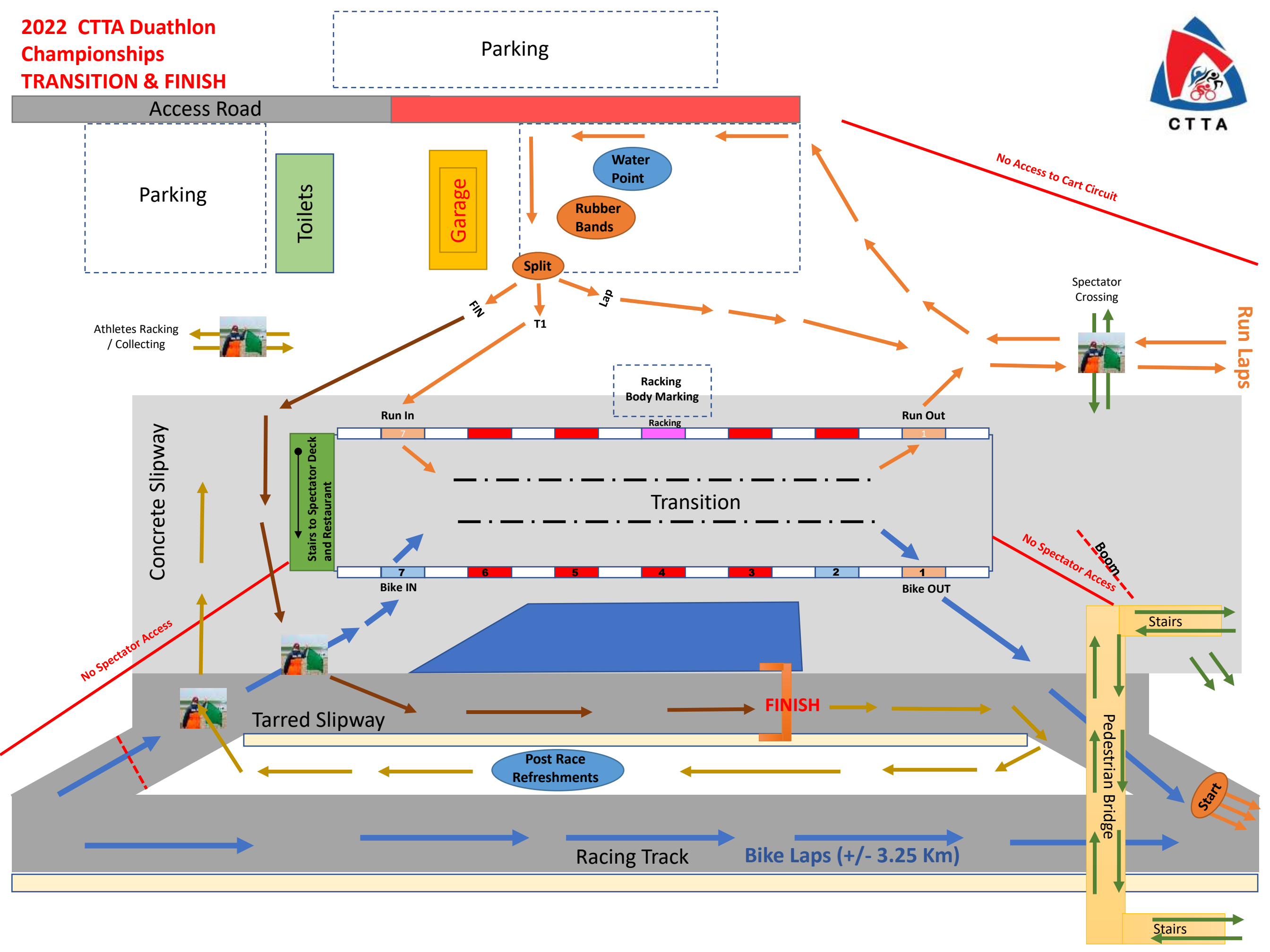
Bike and Run Routes

→ BIKE ROUTE: 3.25 Km / Lap
→ RUN ROUTE: 2.5 Km per Lap



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

2022 CTTA Duathlon
Championships
TRANSITION & FINISH



2022 CTTA DUATHLON Championships – BIKE



→ BIKE ROUTE: 3.25 Km / Lap

Long Dist:	Laps	Distance
Senior AG	18	58.5

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
Mob Race		



2022 CTTA DUATHLON Championships – RUN



→ RUN ROUTE: 2.5 Km per Lap

Long Distance	RUN	Length	Laps	Distance
Senior AG	R1:	2.5	5	12.5
	R2:	2.5	3	7.5

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

Sprint:	RUN	Length	Laps	Distance
All AG	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
MOB Race	R2:	1.25	1	1.25



Pics from 2018 District DUATHLON Championships

