



# CTTA DUATHLON Championships

## 5 May 2024 – Killarney International Raceway



The **Cape Town Unicity Triathlon Association (CTTA)** will host the 2024 District Duathlon Championships at the Killarney International Raceway in Cape Town. The event will take place on Sunday, 5 May 2024, 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 2024 SA National Duathlon Championships (7 July 2024).**

### Events on 5 May 2024:

- 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
- Fun Event (Mob Race) – Super-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.







# CTTA DUATHLON Championships Killarney International Raceway



## Event Information Overview:

Category	Lap	#of	Distance	Entry	Day Lic	Draft	CTTA
Age Group	Length	Laps		Fee	Fee	Legal	Champs
<b>Long Dist:</b>	<b>RUN:</b>	2.5	5	12.5			
<b>Senior AG</b>	<b>BIKE:</b>	3.25	18	58.5	R 750	R 120	NO
	<b>RUN:</b>	2.5	3	7.5			YES
<b>Olympic:</b>	<b>RUN:</b>	2.5	4	10			
<b>Senior AG</b>	<b>BIKE:</b>	3.25	12	39	540	R 120	NO
	<b>RUN:</b>	2.5	2	5			YES
<b>Sprint:</b>							
<b>Juniors</b>	<b>RUN:</b>	2.5	2	5	R 280	R 35	YES
<b>Para Tri</b>	<b>BIKE:</b>	3.25	6	19.5	R 280	R 35	NO
<b>Senior AG</b>	<b>RUN:</b>	2.5	1	2.5	R 390	R 35	NO
<b>S-Sprint:</b>							
<b>Youths</b>	<b>RUN:</b>	2.5	1	2.5			YES
<b>Mob Race</b>	<b>BIKE:</b>	3.25	3	9.75	R 200	R 35	YES
	<b>RUN:</b>	1.25	1	1.25	R 300	R 35	NO

## Preliminary Schedule of Events:

TOD	Description	Est Dur	Distances		
07:00	Transition Opens	New Pits			
07:30	Course Familiarisation – All Ages				
07:45	Transition Closes – LD, Sprint & Super-Sprint	01:30	5	20	2.5
07:50	Long Distance - All Ages M & F	05:00	12.5	60	7.5
07:55					
08:00	Sprint (16-19)				
08:05	Sprint (Seniors)	00:41	2.5	10	1.25
08:10	Super-Sprint (All Ages)				
08:30	Transition Closes - All Races				
09:00	AG STD - M & F All Ages	02:45	10	40	5
12:55	Course Closed	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 for any reason:

Before or on 30 April 2024, 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:

<http://wctriathlon.co.za/events/list/>





**CTTA DUATHLON Championships – RACE VENUE LAYOUT**  
**Killarney Raceway**



**Bike and Run Routes**

➡ **BIKE ROUTE: 3.25 Km / Lap**  
 ➡ **RUN ROUTE: 2.5 Km per Lap**

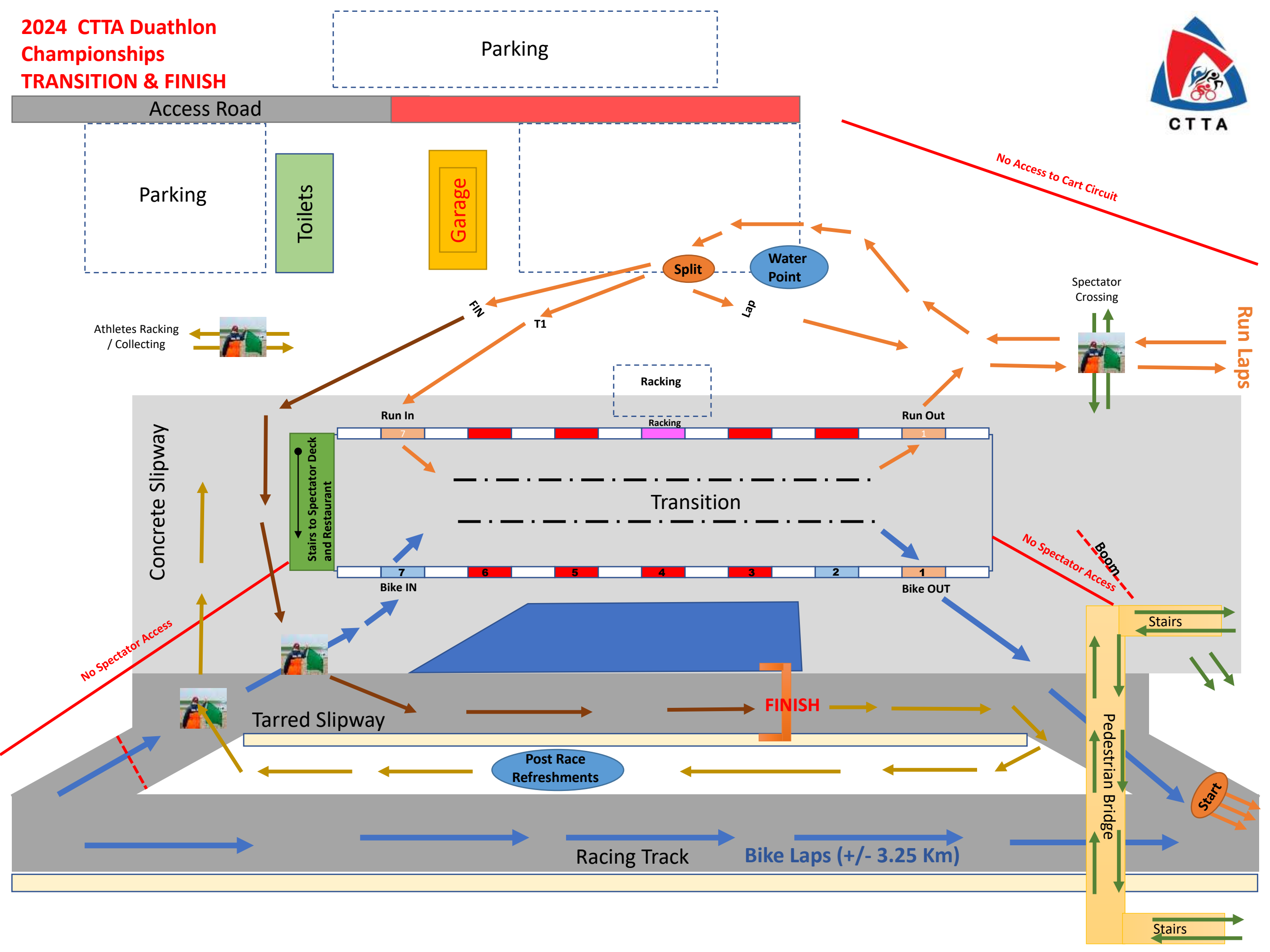


- **Start**
- **Water Point, Rubber Bands, Run Lap Turn-around**
- **Finish**





2024 CTTA Duathlon  
Championships  
TRANSITION & FINISH



# 2024 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		





# 2024 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

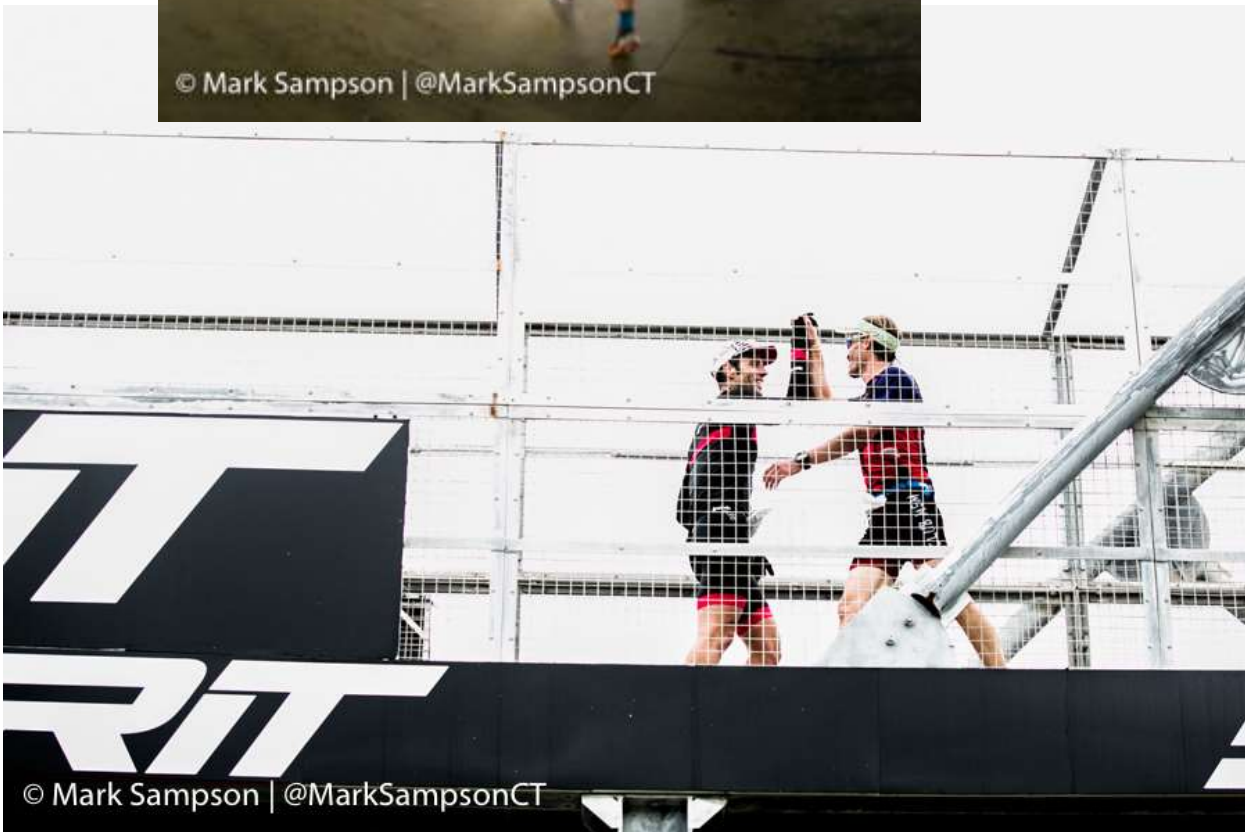
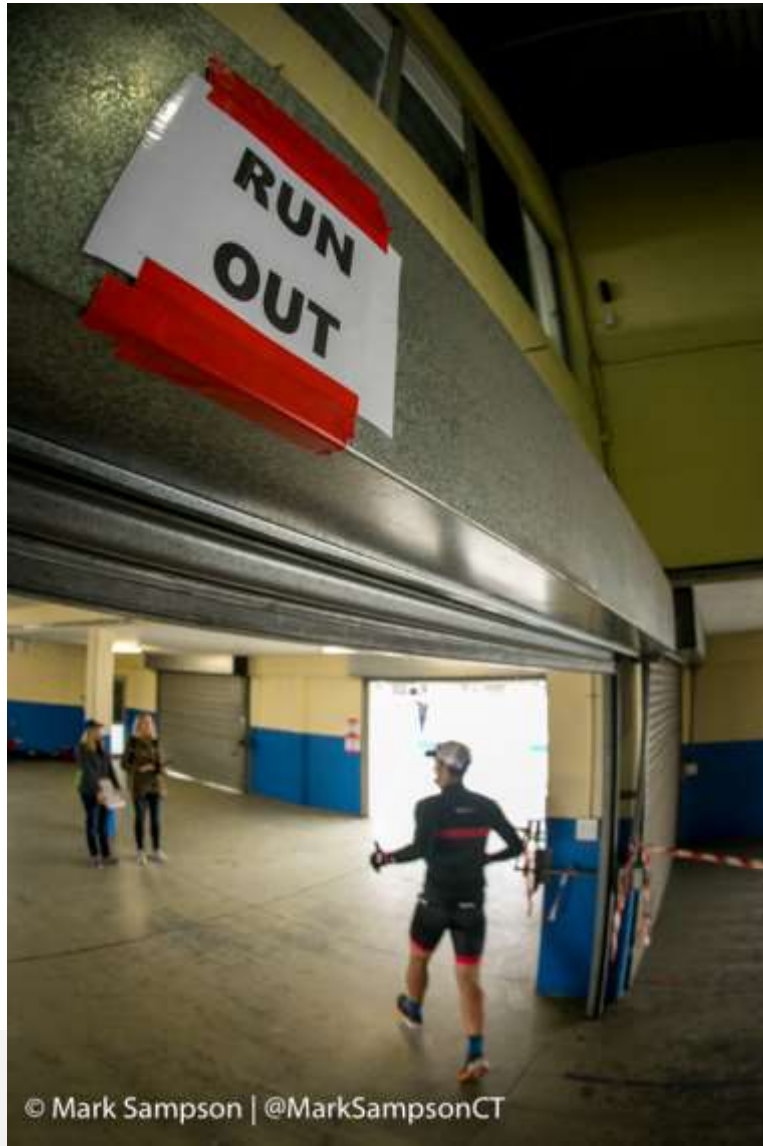
  

Super Sprint:	RUN	Length	Laps	Distance
Youths 12-15	R1:	2.5	1	2.5
MOB Race	R2:	1.25	1	1.25





# Pics from 2018 District DUATHLON Championships







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## !! RACK !!



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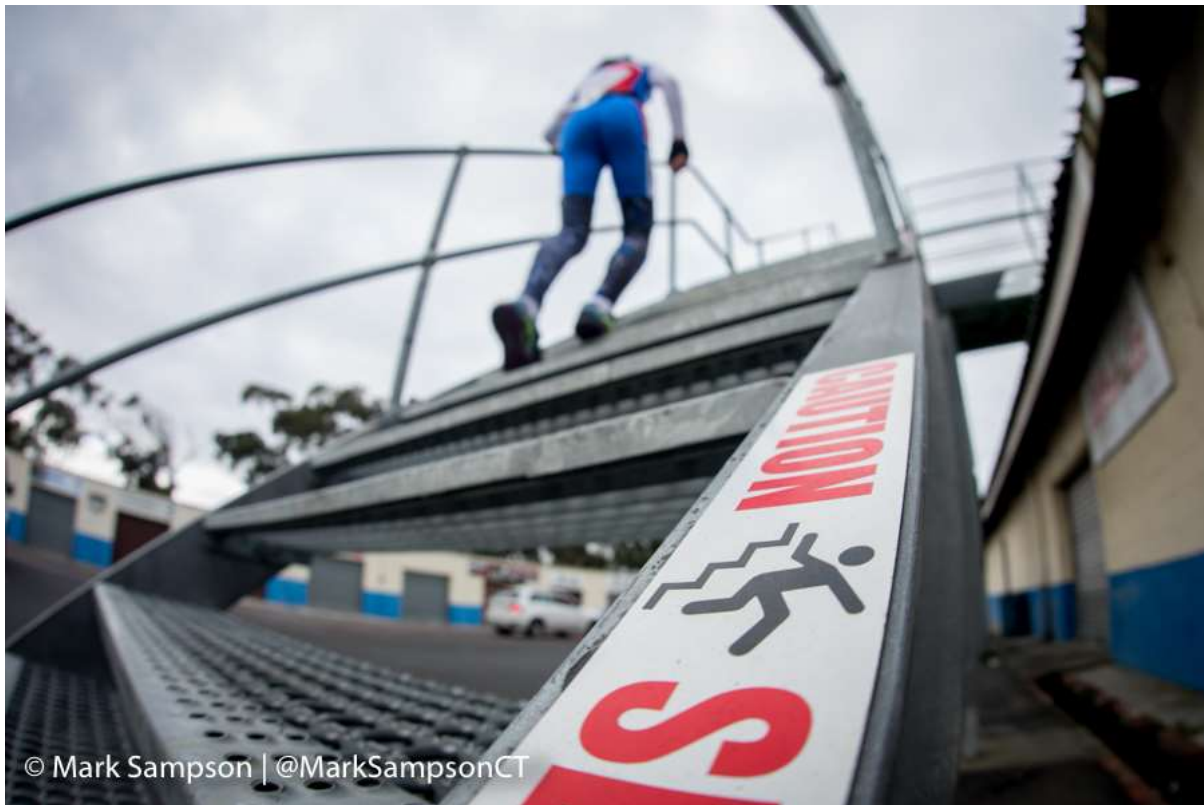


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**!! RUN !!**



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**Pics from 2018 District DUATHLON Championships**





**!! BIKE !!**



**Pics from 2018 District DUATHLON Championships**





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**!! RUN !!**

**Pics from 2018 District DUATHLON Championships**