



CTTA DUATHLON Championships

17 May 2026 – Killarney International Raceway



The **Cape Town Ucity Triathlon Association (CTTA)** will host the 2026 District Duathlon Championships at the Killarney International Raceway in Cape Town. The event will take place on Sunday, 17 May 2026, 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 2026 SA National Duathlon Championships (11 July 2026).

Events on 17 May 2026:

- 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
- 40 Km Bike Time Trial (16 +)
- Kids Races (on the go-cart track)



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
Long Dist:	RUN:	2.5	5	12.5			
Senior AG	BIKE:	3.25	18	58.5	R 800	n/a	NO
	RUN:	2.5	3	7.5			YES
Olympic:	RUN:	2.5	4	10			
Senior AG	BIKE:	3.25	12	39	580	R 135	NO
	RUN:	2.5	2	5			YES
Sprint:							
Juniors	RUN:	2.5	2	5	R 280	R 55	YES
Para Tri	BIKE:	3.25	6	19.5	R 280	R 55	NO
Senior AG	RUN:	2.5	1	2.5	R 445	R 55	NO
S-Sprint:							
Youths	RUN:	2.5	1	2.5			YES
Mob Race	BIKE:	3.25	3	9.75	R 200	R 55	YES
	RUN:	1.25	1	1.25	R 380	R 55	NO

Preliminary Schedule of Events:

TOD	Description	Est Dur	Distances			
07:00	Transition Opens		New Pits			
07:30	Course Familiarisation – All Ages		Time	R	B	R
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	40 Km Bike TT	02:30		60		
08:00	Sprint (16-19)	01:30	5	20	2.5	
08:05	Sprint (Seniors)	01:30	5	20	2.5	
08:10	Super-Sprint (All Ages)	00:41	2.5	10	1.25	
08:30	Transition Closes - All Races					
09:00	AG STD - M & F All Ages	02:45	10	40	5	
12:55	Course Closed					
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 7 May 2026, 50%.

After 7 May, 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/>

Click Here
to Enter!!



CTTA DUATHLON Championships – RACE VENUE LAYOUT Killarney Raceway



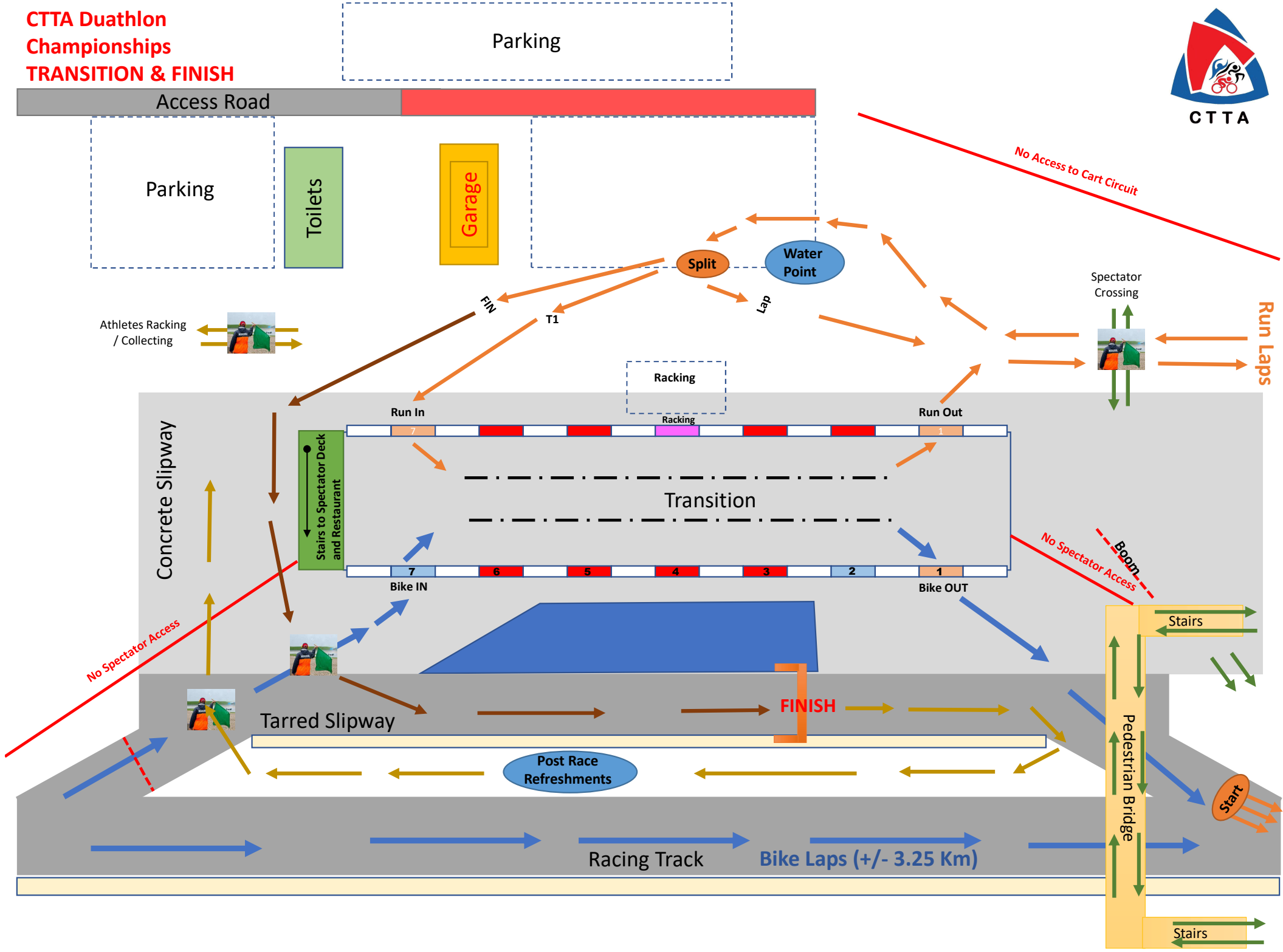
Bike and Run Routes

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



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

**CTTA Duathlon
Championships
TRANSITION & FINISH**



Parking

Access Road

Parking

Toilets

Garage

Split

Water Point

FIN

T1

Lap

Spectator Crossing

Run Laps

Racking

Run In

Run Out

Transition

Concrete Slipway

Stairs to Spectator Deck and Restaurant

Bike IN

Bike OUT

No Spectator Access

Boom

No Spectator Access

Tarred Slipway

FINISH

Post Race Refreshments

Racing Track

Bike Laps (+/- 3.25 Km)

Stairs

Pedestrian Bridge

Start

Stairs

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		



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

