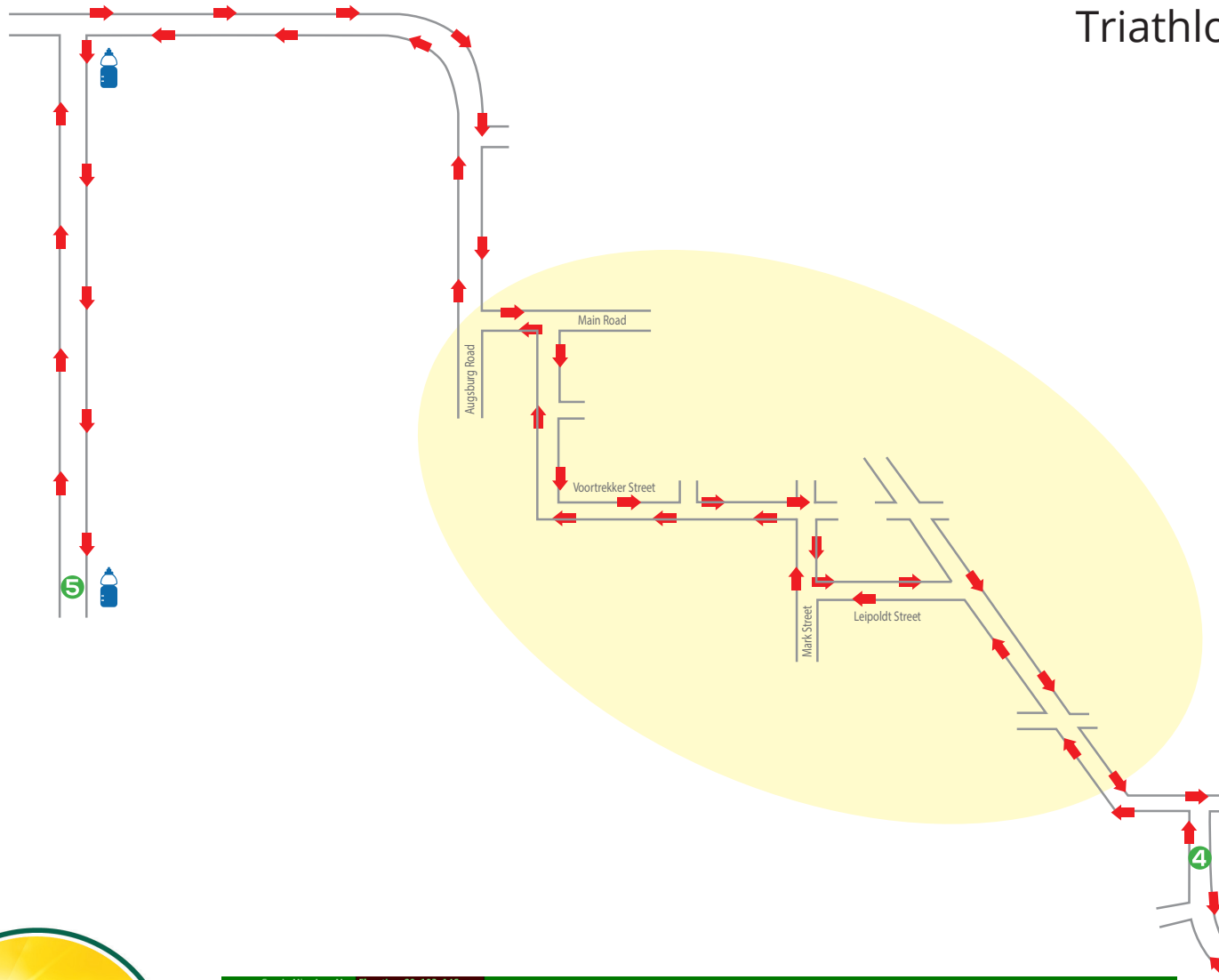


20km CYCLE ROUTE:

Triathlon | Duathlon | Biathlon



NO HELMET - NO RIDE!

NO TRI-BARS

NO TRI-BIKES

ROAD & MTB SUITED

This is a draft legal race, but only men may draft men and women may only draft women

- 1** TRIATHLON TRANSITION:
Bike racking for all triathletes participating in the triathlon. Athletes may rack in any position, but must return their bike to the same station after the bike.
 - 2** DU & BI TRANSITION:
Bike racking for all duathletes and biathletes participating in the duathlon and biathlon. Athletes may rack in any position, but must return their bike to the same station after the bike.
 - 3** MOUNT/DISMOUNT LINE:
Athletes must push their bikes to the mount line when going out on the bike. When returning to transition, athletes must dismount and push their bikes to the racks.
 - 4** ENTRANCE TO CLANWILLIAM CAMPSITE:
Entrance to Clanwilliam campsite. Road in and out of the campsite will be closed from 12h30 to 17h00.
 - 5** TURN AROUND ON BIKE COURSE:
Turn around point on bike. Water available.
- CLANWILLIAM TOWN:**
The bike course goes through the town. Please be vigilant and obey the traffic marshals and police to ensure your safety. There is partial road closure.

