



5km RUN ROUTE: Triathlon | Duathlon | Biathlon

The run route is just shy of the 5km mark and takes athletes through the premises of both the High School and Primary Schools in order to avoid running on the gravel road up away from town which has been identified as a risk due to cars and isolation for the end markers.

START:

Duathletes and Biathletes: begin the race with a 5 km run from under the finish line.
Triathletes: begin the 5km run (third leg) from their transition area after the bike leg.



WATER POINTS:

There are three water points along the route:

Sakekamer: will man the point that also serves as the turnaround point for the 2,5km run route. This is available to athletes towards the beginning and the end of their run.

Tailwind: will man a marketing and refreshment point on the High School Sports field

Standard Bank: will man a marketing and water point just outside the Primary School sports field. This is roughly the half way point.

Athletes will have access to water/refreshments at four points along the 5km run.



MARSHALS:

There are 24 marshal stations along the run route. Each station aims to have at least two marshals with flags.

ARROWS:

Arrows will be positioned to direct athletes.

-  CAMPSITE GROUNDS
-  HIGH SCHOOL GROUNDS
-  PRIMARY SCHOOL GROUNDS

