

Discovery
triathlon
World Cup Cape Town

 Discovery



2019

Athletes' Guide

Run**Cycle**Run

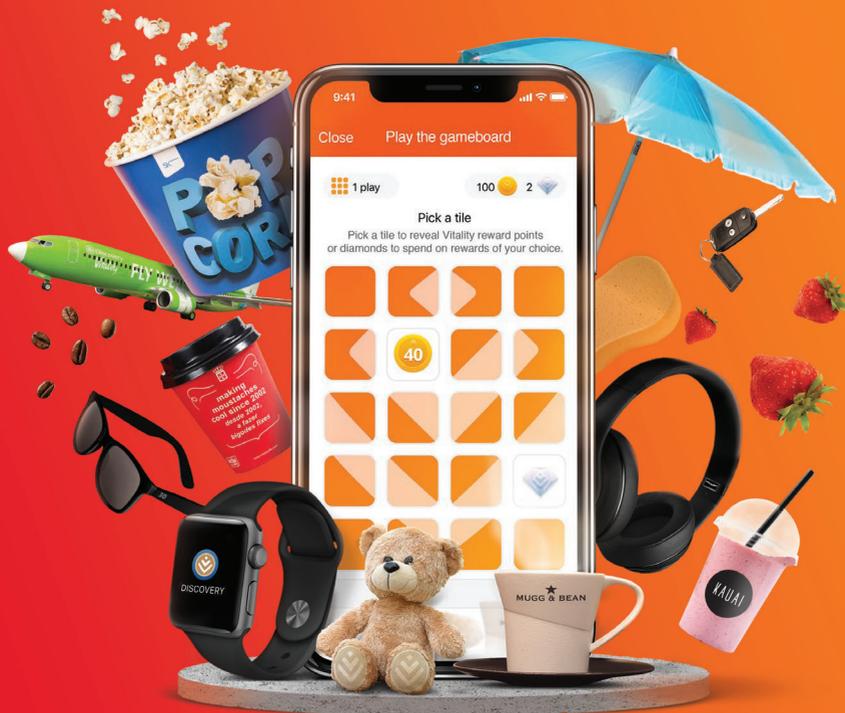
Discovery Triathlon World Cup Cape Town | 10 February 2019



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RACE DAY ELEMENTS

Competition schedule

Friday 8 February

Time	Activity	Venue
12:00 – 19:00	Registration	Jetty 2 Luggage Terminal V&A Waterfront

Saturday 9 February

Time	Activity	Venue
09:00 – 16:00	Registration	Jetty 2 Luggage Terminal V&A Waterfront

Sunday 10 February

Time	Activity	Venue
05:00	Race Village opens	Race Village – Cape Town Stadium Forecourt
05:00 – 06:30	Bike check-in Duathlon Standard distance	Transition - P4 parking – Green Point Athletics Stadium
07:30 – 09:00	Bike check-in Duathlon Sprint distance	Transition - P4 parking – Green Point Athletics Stadium
07:00	Duathlon Standard distance wave starts	Vlei Rd, Cape Town Stadium Precinct
09:30	Duathlon Sprint distance wave starts	Vlei Rd, Cape Town Stadium Precinct
10:30 – 13:30	Bike check-out Duathlon Standard distance / Sprint distance	Transition - P4 parking – Green Point Athletics Stadium
10:30 – 11:30	Bike check-in Duathlon Super Sprint distance	Transition - P4 parking – Green Point Athletics Stadium
12:00	Duathlon Super Sprint distance wave starts	Vlei Rd, Cape Town Stadium Precinct
13:00 – 14:00	Bike check-out Super Sprint distance	Transition - P4 parking – Green Point Athletics Stadium

Sunday 10 February

Time	Activity	Venue
14:15 – 15:15	Elite Triathlon Women's race	V&A Waterfront & Cape Town Stadium Precinct
16:15 – 17:15	Elite Triathlon Men's race	V&A Waterfront & Cape Town Stadium Precinct
17:30	Award ceremony - Elite Men and Women	Race Village - Cape Town Stadium Forecourt

RACE PACK

Your race pack will contain the following items:

- Discovery Vitality wristband (Discovery Vitality members only)
- Race number with timing chip
- Race bag
- Elastic band
- Race wristband
- Sticker sheet

Discovery Vitality wristband

Discovery Vitality wristbands will be included in the race packs of all Discovery Vitality members. Your wristband gives you access to the Discovery Vitality Recovery Zone for a complimentary massage after finishing the event.

IMPORTANT



CAPE TOWN:



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

WORLD'S LEADING FESTIVAL AND EVENT DESTINATION 2018

A WORLD-CLASS HOST CITY, STAGING THE WORLD'S TOP EVENTS

Cape Town has become the envy of many global cities as a result of its wide-ranging events portfolio. Jewel events hosted in the city include the HSBC Rugby Sevens, the Cape Town Cycle Tour, Two Oceans Marathon, Design Indaba, Mining Indaba, the Absa Cape Epic, Cape Town International Jazz Festival, Sanlam Cape Town Marathon, the Volvo Ocean Race, and World Travel Market (WTM) Africa. The city is also growing in popularity as a premier business destination, and was recently ranked the number one city for business tourism events by the International Congress and Convention Association (Icca) and voted the World's Leading Festival and Event Destination at the 2018 World Travel Awards. Top business and tech events include the Global Sourcing Association Global Summit & Awards, AfricArena, the SA Innovation Summit and the Africa

Women Innovation & Entrepreneurship Forum (AWIEF). In 2012, the City of Cape Town launched its Integrated Events Strategy and set out to become the events capital of Africa. Since then, Cape Town has continually affirmed its place as a leading events destination on the continent.

Here's what some of the world's top event organisers say about Cape Town as an events city.

BILLY DOMINGO, CAPE TOWN INTERNATIONAL JAZZ FESTIVAL DIRECTOR

"There are many things that make the Cape Town International Jazz Festival an award-winning, world-famous event, but something that is often overlooked is the crucial supporting infrastructure and communitive ethos of our host city, and the impression Cape Town leaves on global visitors. Africa's Grandest Gathering was born out of this ethos, and today attracts over 35, 000 visitors from South African and abroad. Our visitors

not only come to Cape Town to enjoy the exceptional music on offer, but also to explore the beauty of the Mother City and its surroundings. It comes as no surprise that our city is once again being acknowledged as the events capital of the world, a title that is greatly deserved and will continue to contribute to the wonderful attributes that make Cape Town the friendly, exciting and warm place that it is."

KEVIN VERMAAK, FOUNDER OF THE ABSA CAPE EPIC

"The 2018 Cape Epic was the 15th edition of the race, and we are incredibly proud to start (the race) on the slopes of Table Mountain, one of the Seven New Wonders of the World. It provides an iconic South African backdrop for the first day of the Epic. From there, the route will wind 658km through the beauty of Robertson, Worcester and Wellington, before the finish at the Val de Vie estate in the Paarl-Franschoek valley. The trails of the region have had much to do with the fact the Cape Epic is regarded as the



premier mountain bike stage race in the world. We have been called the Tour de France of mountain biking, and have set standards for mountain bike events around the world. The excellence of the trails, the infrastructure and the people who build new routes and maintain them each and every year are the lifeblood of our sport."

JANET WELHAM, ORGANISER OF THE SANLAM CAPE TOWN MARATHON

"We are so blessed to call Cape Town our home. The Sanlam Cape Town Marathon proudly hosted Africa's only IAAF GOLD Label status marathon. With the on-going support of the City, Western Province Athletics, our Sponsors and Partners and with Cape Town being one of the world's top tourism destinations, we believe, that in time to come, the Sanlam Cape Town Marathon will become one of the worlds "must run" destination marathons."

JAY DOUWES, CEO OF CAPE TOWN CARNIVAL

"A spectacular socially transformative event like the Cape Town Carnival relies on receptive and supportive engagement with our host city. Safely accommodating massive crowds in public open space is a credit to our beautiful tourist friendly city and provides an opportunity for locals & tourists to experience and enjoy South African community, culture & creativity."

PAUL BELLAMY, MANAGING DIRECTOR OF WORLD RALLYCROSS FOR IMG

"We have found the perfect match in Africa to host our final round of the World Championship: Cape Town is a desirable international tourist destination and we've had tremendous support from both the City of Cape Town and Killarney International Raceway. The track backdrop of Table Mountain as One of the New Seven Wonders of Nature, the heritage, world class track and facilities at Killarney will be the ideal setting for our World Championship season-closer in Cape Town."

SUGEN PILLAY, COMMERCIAL DIRECTOR FOR REED EXHIBITIONS, ORGANISERS OF AFRICA TRAVEL WEEK

"The feedback from international buyers and attendees is absolutely positive. The buyers are always impressed with what Cape Town has to offer. Many of them haven't been to the continent before. When they come here they sample the destination, and then the business happens. We bring in new buyers every year. The products have been amazing, the service levels excellent and the hospitality world-class. We do a lot of research before a show. When we started off, over 90% of buyers requested for the show to be in Cape Town. It would be foolish of us to move it to another

destination. Every year we ask the same question and get the same response. The city is doing something right to attract these buyers. Cape Town is known as a premier tourism destination globally. The city is the positioning factor for South Africa globally."

IRENE OCHEM, FOUNDER & CEO, AFRICA WOMEN INNOVATION AND ENTREPRENEURSHIP FORUM (AWIEF)

"Cape Town is one of the world's favourite tourist destinations and the number one Convention City in Africa. It has a thriving entrepreneurship ecosystem with global dimensions, and it is only natural that an organization such as AWIEF would want to position itself to be part of that global community in order to promote its pan-African agenda."

CAPE TOWN EVENTS OFFICE

Cape Town's Events Office is a one-stop shop that enables event organisers to stage world-class events in the city. The office assist in ensuring that events meet the regulatory requirements and facilitate the necessary services such as traffic, health, safety and environmental services. For more information about the Events application process.

www.capetown.gov.za/visit
www.investcapetown.com
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Race number and race wristband

Your race number will display your personal details if your entry was completed by 21 January 2019.



If you do not own a race belt, an elastic band will be provided at registration, to be fitted to your race number. The number must be worn on your back whilst cycling and on your front whilst running.

For team entries your race number is your team baton. An elastic band will allow you to handover the race number in the team handover zone, to your team mate completing the next stage of your race.

Sticker sheet

Peel off stickers and place them on items as set out below:

- A** Bike sticker
- B** Helmet sticker
- C** Race bag sticker
- D** Supporter's sticker



A Bike sticker

Please fix this sticker onto the saddle post, number pointing backwards. The number must be clearly visible from both the left and the right side. Please note: The bike sticker also contains a timing chip.

**IMPORTANT**

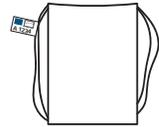
Please do not tear off the bike number until you have checked your bike out of the transition area. No bikes will be allowed to be removed from the transition area unless the your race number and the bike number matches.

B Helmet sticker

Stick the number on the front of your helmet.

**C Race bag sticker**

Attach the sticker to the strap of your race bag.

**D Supporter's sticker**

Stick your supporter's sticker onto your biggest fan on race day.



Race bag

For post-race comfort you may place any personal belongings, including a small towel and dry clothes to wear after the race, in your race bag.

IMPORTANT

Please write your race number on your race bag in the blank space provided; in addition, the bag sticker can be attached to the strap of your race bag.

Your race bag can be handed in at the bag drop-off zone, which will be located next to Transition in the Race Village. Please note that only your race equipment can be left in the transition area.

IMPORTANT

The organiser will not be responsible for any lost belongings.

Timing chip

Your timing chip will be fitted to your race number and included in your race pack.

BEFORE THE COMPETITION

IMPORTANT

Check into the transition area

There is one transition area for the Discovery Duathlon Cape Town. Check-in to the transition area is only possible on race day.

You must check in your bike and bike equipment at the transition area before the start of your event. Transition will close 30min before the start of your event so be sure to give yourself enough time to check-in.

Transition area entry and exit will be controlled by the display of your race number and race wristband, so please keep this ready for inspection. Please note that your bike number (displayed on your bike as mentioned above) and your race number must match in order to check your bike into and out of the transition area.

Check-in times for the various start groups will be communicated closer to race day on our website, and will also be displayed in the Race Village. Please make sure you are familiar with your allocated transition load in and load out times.

Transition area: Bike check-in

The Transition Area is situated in P4 parking at Green Point Athletics Stadium. Please refer to the Race Village map for the layout. When checking your bike into the transition area, please pay close attention to the following:

- Make sure your helmet, bike and transition bag are clearly marked with the stickers provided (see pages 6 and 7).
- Wear your bike helmet, fastened on your head, when you come to check in. Please also bring along any equipment you need for cycling, packed in your transition bag. Do take note, however, that no bags may be left in the transition area.
- A safety check will be carried out on your bike and helmet. Don't forget to have your bike in good working order. Remember, if your bike isn't fit to race, you won't be allowed to start – safety first.

IMPORTANT

- Bikes must be racked personally. Each racking area will be marked according to your start wave.
- Once your bike is racked, take time to familiarise yourself with your surroundings and your position in relation to the rest of the transition area. This will speed up your transition process when you are in race mode.
- Your race equipment needs to be neatly laid out next to your bike in the space provided. No equipment is allowed in the aisles. This applies before, as well as during, the competition. Personal belongings – other than your race equipment – are not allowed in the transition area and these should be left in your race bag at the bag drop-off zone.

THE COMPETITION

Start times

Standard distance:

Sunday 10 February 2019 waves start from 07:00
Includes Individuals and Teams.

Sprint distance:

Sunday 10 February 2019 waves start from 09:30
Includes Individuals, Teams and Schools Challenge.

Super Sprint distance:

Sunday 10 February 2019 waves start from 12:00
Includes Individuals, Teams and Schools Challenge.

* Please check the website before your race as start times are subject to change.

Course descriptions

There are two run courses. One of 5 km and one of 2.5 km. Please refer to the course map and key.

The cycle course for the Super Sprint distance is slightly different to that of the Sprint and Standard distance. Please refer to the race map and course. For full race route descriptions, please check our website: www.triathlon.capetown

Individuals & teams	Category			
Age Groups	Super Sprint	2.5 km 1 Lap of 2.5 km	10 km 2 Laps of 5 km	2.5 km 1 Lap of 2.5 km
	Sprint	5 km 1 Lap of 5 km	20 km 2 Laps of 10 km	5 km 1 Lap of 5 km
	Standard	10 km 2 Laps of 5 km	40 km 4 Laps of 10 km	5 km 1 Lap of 5 km
Schools Challenge	Super Sprint 12 - 15yrs	2.5 km 1 Lap of 2.5 km	10 km 2 Laps of 5 km	2.5 km 1 Lap of 2.5 km
	Sprint 16 - 18yrs	5 km 1 Lap of 5 km	20 km 2 Laps of 10 km	5 km 1 Lap of 5 km

Run course: Run 1

Super Sprint 2.5 km, Sprint 5 km, Standard 10 km

- While running, you must wear your race number on your front.
- Your upper body must be clothed at all times.
- On completing the final lap (Super Sprint 1st lap, Sprint 1st lap and Standard 2nd lap), athletes will enter the transition area to transition into the cycling leg of the race. You are responsible for counting the correct number of laps. Athletes not completing the right number of laps will be disqualified.
- There is a timing mat on the course that verifies, after the race, whether you have completed the required number of laps.

Transition 1

Takes place in the transition area after completing your first run

- You can only remove your running shoes once you are at your racked bike.
- You must secure your helmet strap before removing your bike from the rack.
- If your race number has come off in run 1, please report this to the officials at the entrance to the transition area.
- Make sure that you are wearing your race number on your back while cycling.
- No cycling is allowed in the transition area. You need to push your bike through the transition area until you are over the mount line. Thereafter you may get on your bike and start cycling.

Cycling course

Super Sprint 10 km, Sprint 20 km, Standard 40km

- Your race number must be worn on your back while cycling and your upper body must be clothed at all times.
- The mount line is clearly marked. On mounting your bike, athletes start the bike loop.

IMPORTANT

- The Super Sprint has a different bike lap (of 5 km) to that of the lap for the Sprint and the Standard distance events (10 km).
- During the cycle, you should ride on the left and overtake on the right side of the cycle route. *As this is a draft legal cycle be aware that several riders may be passing you at a time.*
- Drafting is a technique where two or more cyclists cycle in a close group to reduce the effect of drag by using the front bicycle's slip-stream and is permitted.
- You are responsible for counting the number of laps completed. Athletes will be disqualified for not completing the required number of laps. This will be verified by a timing mat on the course, after the race.
- Once the final lap (Super Sprint 2nd lap, Sprint 2nd lap and Standard 4th lap) has been completed, you will head towards the Transition Area, where you need to dismount your bike before the dismount line, which will be clearly indicated.
- Road bikes, mountain bikes and clip-on tri bars are welcome.
- The clip-on tri bars, including the bridge, may not exceed the foremost line of the brake levers. The clip-ons must have a solid factory bridge or be touching each other.



ONE DESTINATION



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Nestled between Table Mountain and Robben Island lies the V&A Waterfront offering year round entertainment. Get active with an early morning swim, paddle through the canals, or rent a bike and explore the property on wheels. Alternatively, soak up the vibrant performances from local musicians and buskers, dine in one of our many eateries or sample street food from organic markets. Explore the best of African craft and design at the Watershed, or uncover the latest fashion at Victoria Wharf Shopping Centre. If it's culture you are seeking, head to the Silo District and while away the hours at Zeitz MOCAA, a museum focused on contemporary art from Africa and its Diaspora, or hop on a ferry and visit the iconic Robben Island.

Whatever you want to discover in Cape Town, start at the V&A Waterfront



~ Keep discovering ~

www.waterfront.co.za

- Brake levers or gear levers must not be attached to the clip-ons.
- Minimum number of spokes per wheel is 12 and no disc wheels are allowed.

Transition 2

Takes place in the Transition Area after completing your cycle

- You must dismount your bike before the dismount line when entering transition 2 and push the bike to your racking position.

IMPORTANT

- After the cycle, you must return your bike to the same racking position you had before the cycle.
- You may only unclip your helmet strap once your bike is racked.
- Leave all your cycling equipment neatly laid out next to your bike in your designated area.

**KEEP
YOUR
COOL**
DURING YOUR
TRANSITIONS



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Running course: Run 2

Takes place on exactly the same course as Run 1
Super Sprint 2.5 km, Sprint 5 km, Standard 5 km

- While running, you must wear your race number on your front.
- Your upper body must be clothed at all times.
- The course for run 2 is the same as the course for run 1.
- After the final lap (Super Sprint 1st lap, Sprint 1st lap and Standard 1st lap), athletes will enter the finish chute. You are responsible for counting the correct number of laps. Failure to complete the correct number of laps will result in disqualification.
- There is a timing mat on the course that verifies, after the race, whether you have completed the required number of laps.

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Additional information for teams

This information only applies to athletes racing in a team.

IMPORTANT

- Every team member needs to be at registration to sign their indemnity form and receive their race numbers.
- There is an allocated team handover zone in the transition area. You need to hand over your race number to your teammate before they are allowed to start their leg of the race.
- There will be only one race number in your race pack, which contains your timing chip.
- Race numbers must be displayed on the front of the runner{s} and back of the cyclist.



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KEEP GOING

IMPORTANT

- All team members will be allowed access to the team handover zone. However, to avoid congestion in the transition area during the race, while the runner is on the course, only the cyclist should be in the team handover zone ready for the changeover.
- For the second changeover, only the runner doing the last leg waits in the team handover zone for the cyclist to return.
- Once your bike is racked, take time to familiarise yourself with your surroundings and your position in relation to the rest of the transition area. This will speed up your transition process when you are in race mode!



PRECISION ENGINEERED CYCLING APPAREL

When you're pushed to your limits **seconds matter, millimeters matter**. This is as true on the **bike as it is in the kit you're wearing**.

That's why we create cycling kit that is **precision engineered** down to the last stitch, because when you add up the millimeters, **they become miles**.

- Your race equipment needs to be neatly laid out next to your bike in the space provided. No equipment is allowed in the aisles. This applies before, as well as during, the competition. Personal belongings – other than your race equipment – are not allowed in the transition area and these should be left in your race bag at the bag drop-off zone.

Finishing together

All teams and schools challenge participants

All team athletes can finish together!

There is a designated relay team meeting point at the beginning of the finish chute, before entering the final straight to the finish.



I X I A C O N S U L T I N G

Gaining insight into your performance as an athlete is critical for success. Whether it's your body, training, race analysis or your business, Ixia Consulting helps you improve your performance through data discovery.

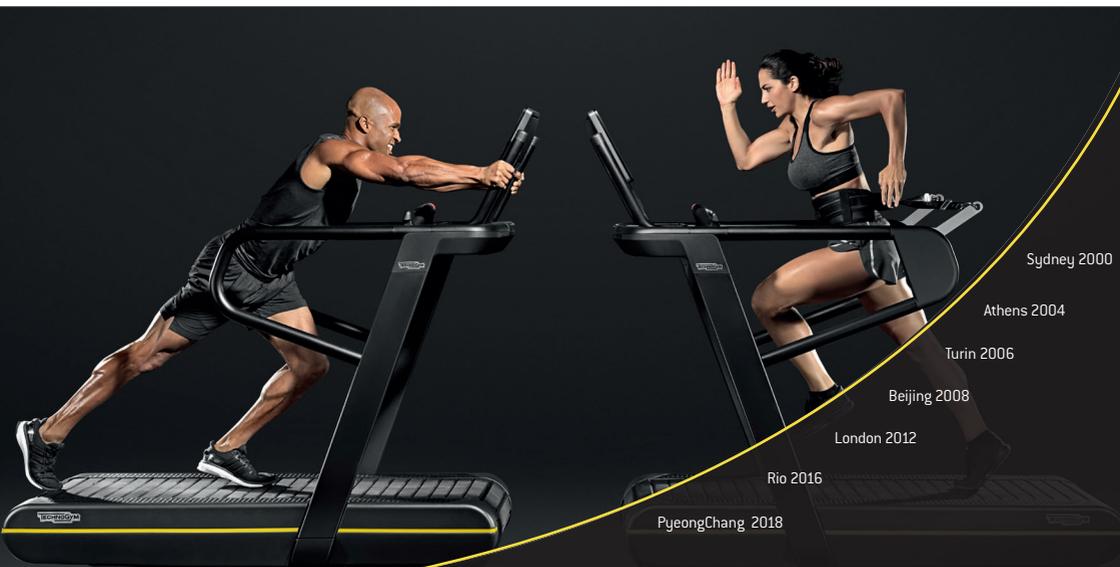
When your runner comes into the finish chute, you will be granted access to the finish chute in order to finish together as a team.

Finish

You will receive your medal at the finish. After receiving the medal, please keep moving to avoid blocking the finish line area. Please make your way towards the Athletes Recovery Zone.

Medals

All finishers will receive a medal. If teams have not finished together the runner can collect a medal for each team member.



CHAMPIONS TRAIN WITH TECHNOGYM

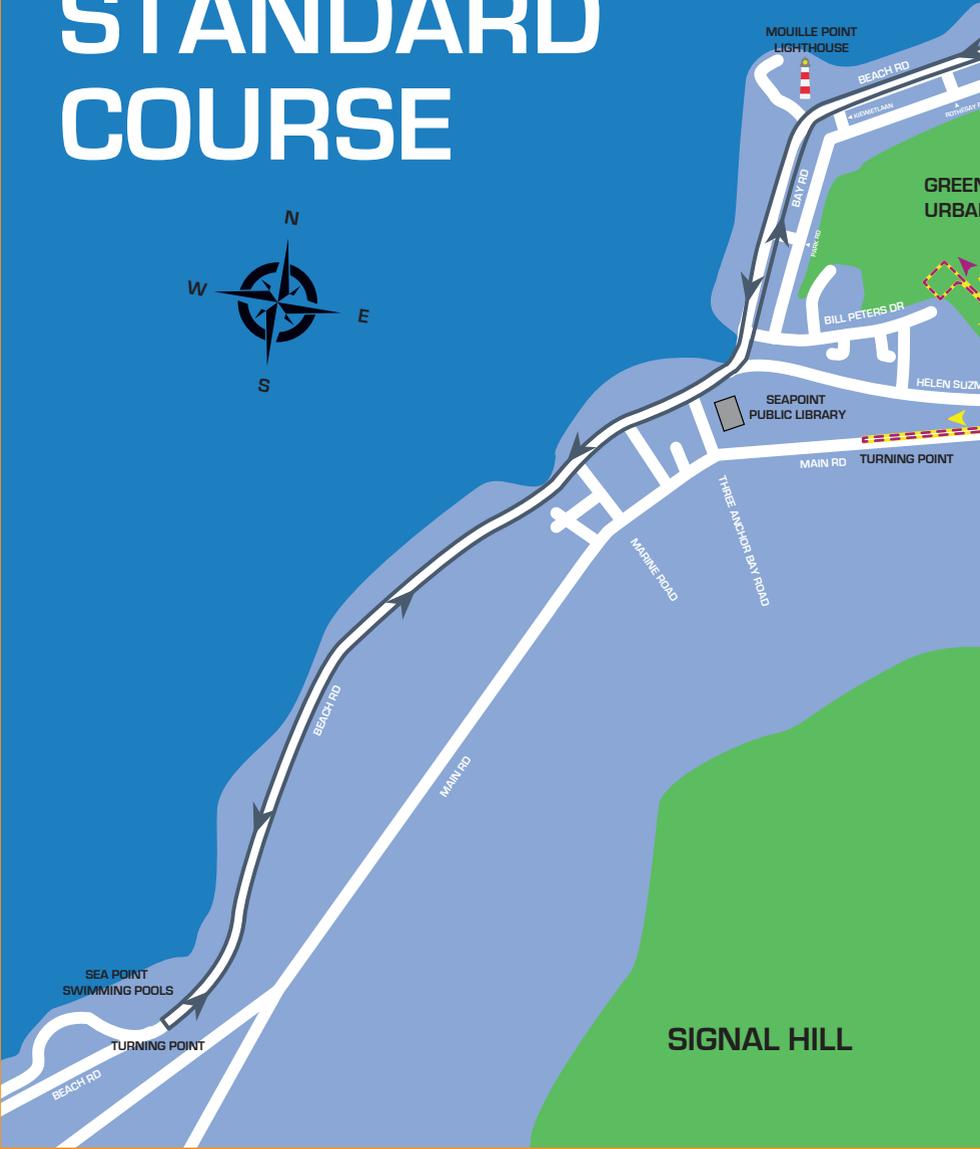
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DUATHLON STANDARD COURSE





DUATHLON STANDARD COURSE

-  RUN 1 (2 LAP)
-  CYCLE (4 LAPS)
-  RUN 2 (1 LAP)

 **START** START - Vlei Rd, Green Point Stadium Precinct

 **FINISH** FINISH - Green Point Stadium Forecourt

 **T** TRANSITION

 **W** WATER POINT

 **P** EVENT PARKING

* COURSE SUBJECT TO CHANGE. REFER TO CAPETOWN.TRIATHLON.ORG FOR UP TO DATE INFORMATION.

DUATHLON SPRINT COURSE



SIGNAL HILL



DUATHLON SPRINT COURSE

- RUN 1 (1 LAP)
- CYCLE (2 LAPS)
- RUN 2 (1 LAP)

START START - Vlei Rd, Green Point Stadium Precinct

FINISH FINISH - Green Point Stadium Forecourt

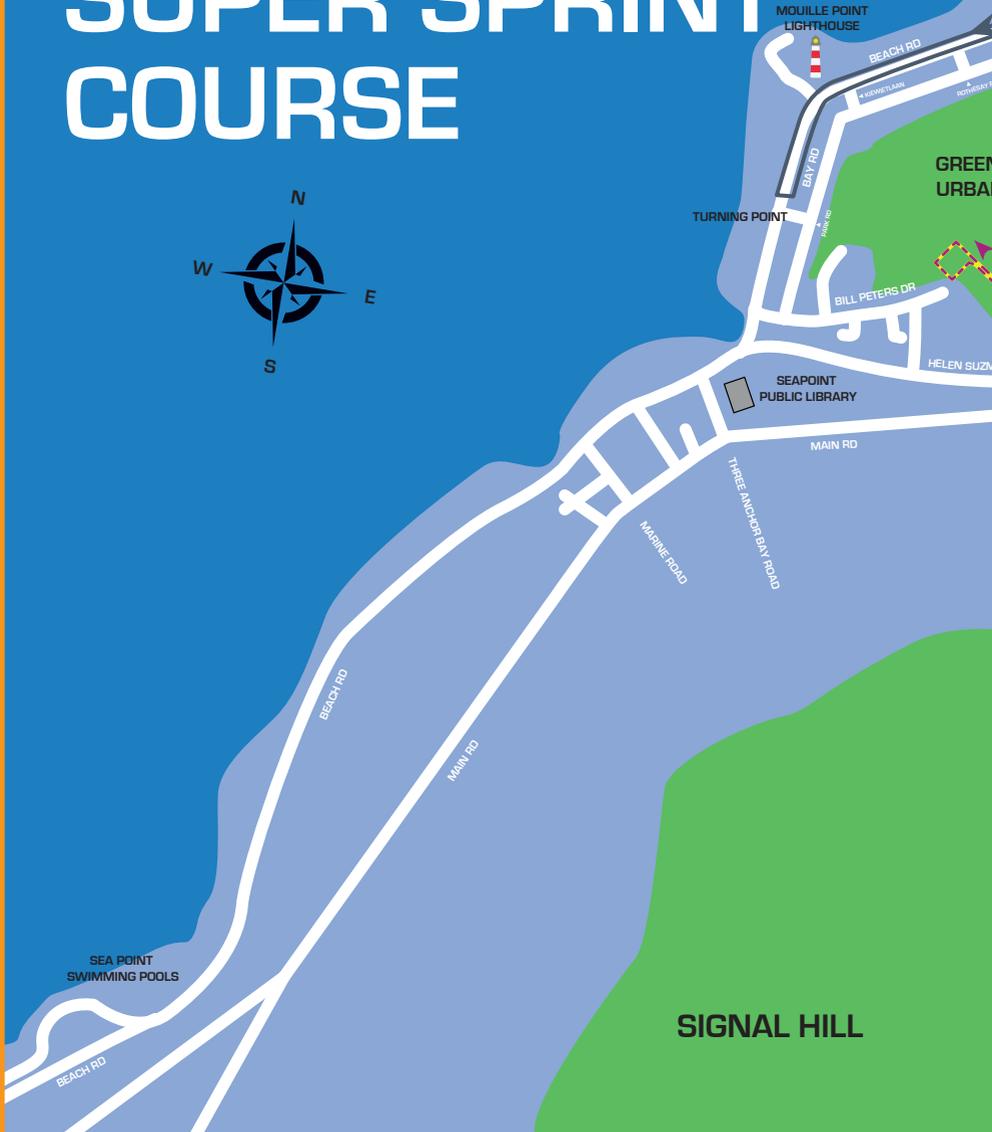
T TRANSITION

W WATER POINT

P EVENT PARKING

* COURSE SUBJECT TO CHANGE, REFER TO CAPETOWN.TRIATHLON.ORG FOR UP TO DATE INFORMATION.

DUATHLON SUPER SPRINT COURSE





DUATHLON SUPER SPRINT COURSE

- RUN 1 (1 LAP)
- CYCLE (2 LAPS)
- RUN 2 (1 LAP)

START START - Vlei Rd, Green Point Stadium Precinct

FINISH FINISH - Green Point Stadium Forecourt

T TRANSITION

W WATER POINT

P EVENT PARKING

* COURSE SUBJECT TO CHANGE. REFER TO CAPETOWN.TRIATHLON.ORG FOR UP TO DATE INFORMATION.

AFTER THE COMPETITION

After the race

Immediately after the race you will receive your medal and refreshments in the Race Village. After your race, pick up your race bag from the Bag Collection Zone. Discovery Vitality members who display their Discovery Vitality wristbands will gain access to the Discovery Vitality Recovery Zone for a complimentary massage after finishing their event.

Medal engraving

Time Keep will provide a medal engraving service at the finish line where athletes will have the option to have their name, splits and finish time engraved on their medal straight after the race.

Bike check-out

Athletes must present their wristband at check-out. Athletes will not be allowed to check their bikes out unless their bike number matches their wristband number. Do not tear off the bike number from your bike or wristband in the transition area before check-out!

Results

After the competition provisional results will be posted at the race finish area. Provisional results will be updated live online throughout the event. There are no prizes for the age group races, but there is a podium ceremony where the top three athletes and fastest teams in the various categories will be acknowledged.

Lost and found

Lost items which have been handed in can be collected from the race Information Desk at the Race Village, Cape Town Stadium.

Medical services on the day

A team of medical staff, paramedics and doctors will take every necessary precaution to ensure the safety of all athletes and spectators. Numerous emergency points will be available along the course.

Any medical incidents around the venue site and race course should be reported to the nearest information point. Medical staff will be dispatched to the appropriate location. Make sure you have adequate medical insurance. We ask all athletes to follow the instructions of the medical staff at all times.

SAME GREAT TASTE

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Prize-giving table

Sunday 10 February						
Age Group Recognition	Men			Women		
Super Sprint Event						
Individuals	1st	2nd	3rd	1st	2nd	3rd
Teams	Fastest team of the day					
Schools Individuals (12 - 15)	1st	2nd	3rd	1st	2nd	3rd
Schools Teams (12 - 15)	Fastest male team			Fastest female team		
	Fastest mixed team of the day					
Sprint Event						
19 - 39 years	1st	2nd	3rd	1st	2nd	3rd
40+ years	1st	2nd	3rd	1st	2nd	3rd
	Fastest male team			Fastest female team		
Teams	Fastest mixed team of the day					
Schools Individuals (16 - 18)	1st	2nd	3rd	1st	2nd	3rd
Schools Teams (16 - 18)	Fastest male team			Fastest female team		
	Fastest mixed team of the day					
Standard Event						
19 - 29 years	1st	2nd	3rd	1st	2nd	3rd
30 - 39 years	1st	2nd	3rd	1st	2nd	3rd
40 - 49 years	1st	2nd	3rd	1st	2nd	3rd
50 - 59 years	1st	2nd	3rd	1st	2nd	3rd
60+ years	1st	2nd	3rd	1st	2nd	3rd
Teams	Fastest male team			Fastest female team		
	Fastest mixed team of the day					

Prize-giving for the various categories listed above will be held at various times throughout the day. If you are in contention to collect a prize and would like to verify this, the results will be posted at the information area prior to the commencement of any prize giving ceremonies.

Please note that your age group is determined by your age on 31 December 2019. All information stated in this guide is correct at the time of printing.

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