



FINAL RACE INSTRUCTIONS 2023

Dear **ULTRA** athlete

Thank you for entering the 2023 Suzuki DURBAN Ultra Triathlon. We look forward to welcoming you to Durban on the on the 5th and 6th of August. Please read the below information carefully.

New Entries / Entry Changes:

Late entries will be allowed at Saturday Registration ONLY.

No changes to any entries after Saturday registration.

REGISTRATION: SATURDAY: 5th August - 9am to 4pm (NO Registration on race day)

REGISTRATION VENUE: FINISH LINE TENT @ Country Club Lawns, Durban Beachfront (Grass Lawns next to Bike & Bean)

PARKING: There is parking available at and Suncoast Casino. It is a 5min walk to the Registration area from Suncoast.

TEAMS Registration: Only 1 person from each team needs to attend registration and collect the race packs etc.

BIKE RACKING: SUNDAY Morning: **153 / Aquabike & Ultra:** 5:30am – 6:45am / **Sprint:** 6:45am – 7:45am

RACE BRIEFING: A Short race briefing will be done on Sunday at your swim start.

BIKE NUMBERS: These must be stuck onto each bike accordingly. Peel off the backing and wrap around seat post, sticking it to itself.

RACE SWIM STARTS:

- **153:** 6:40am from North Beach
- **ULTRA / AQUABIKE:** 7:20am from North Beach
- **Sprint:** 8:30am from Battery Beach in-front of Pirates SLC

Please make sure you are at each start venue 10min before each start time. There will be a short race briefing at each start 10min before each race.

SWIM OPTIONS: If the swim route is changed, you will be notified at Bike Check in or earlier.

WETSUITS: A decision on wetsuits will be taken at 6am by TSA officials on race day, as per TSA rules

TEAMS: Teams will start with the Individuals. Tri bars are allowed for both events.

ULTRA / AQUABIKE RACE CUT OFF TIMES:

Swim & Bike 1:20pm

Finish Cut Off: 3:45pm

8hrs 15min Total race cut off.

153 ULTRA CUT OFF TIMES:

10hrs (4:40pm)

3km Swim: 1hr 50min (6:40am – 8:30am)

120km Cycle: 5hrs10min (8:30am – 1:40pm)

30km Run: 3hrs (4:40pm – final cut-off)



SWIM CAPS:

- ULTRA / AQUABIKE and 153 Athletes will be given 2XU swim caps in their goodie bags.
- Sprint competitors must provide their own swim cap for the race.

START TIMES:

- 153 Start Time: 6:40am
- ULTRA & AQUABIKE RACE: 7:20am - Individuals and Teams.
- SPRINT RACE: 8:30am - Individuals and Teams.

DRAFTING: NO Drafting will be allowed in both the Sprint & Ultra event. You will be warned and then disqualified if you draft.

TRANSITION AREA: SUNKIST LAWNS

TRANSITION AREA: The Transition Area will open at 5:30am by the TSA Officials. Your bike, helmet and swim cap will be checked when you enter. You can remove your bike from the Transition Area after the last competitor has finished your race. The Transition Area will close, and everyone must exit by 7:45am. **Please bring a head lamp as it will be dark until 6:30am.**

BIKE COLLECTION AFTER THE RACE FROM TRANSITION:

Please collect as soon as you have finished your race, TSA Officials will assist.

TRANSITION BAGS – NO Transition bags will be used for either event. Competitors will put all race equipment neatly next to their Bikes inside the Transition area.

TOILETS: Portable Toilets will be available at the Finish area only. There are multiple public toilets on the run route.

CARS & SUPPORTERS: There will be **FULL ROAD CLOSURE**. No support or spectator cars will be allowed on the Bike Route.

RUN LAPS:

- Sprint: 1 x 5km lap
- ULTRA: 2 x 10km laps
- 153 Race: 3 x 10km Laps

153 & ULTRA RUN ROUTE: The 153 & Ultra runners head down to Blue Lagoon, then under the bridge and up onto the pedestrian path along next to the M4 Blue Lagoon bridge. The runners then go left after the bridge to the turn point and head back the same way back along the promenade, past the transition to the 2nd turning point outside the Skate Park by Bay Beach. The Runners then run back past the Finish and the Transition to start their 2nd lap. 153 Athletes then do 3 laps, and ULTRA athletes do 2 laps, once turned at the Skate Park turning point for the 3rd or 2nd time, the athletes then head to the finish line.

PRIZE GIVING:

- **Sprint prize giving:** 11:45am at the Stage.
- **Ultra prize giving:** 4pm at the Stage.
- **153 Prize Giving:** 4pm at the Stage

TIMING: This event is timed by BOUTIME. You will receive a loan chip at registration. You will be responsible to look after and secure your chip. Please return on the finish line. Lost Chips will be charged at R200.00



CYCLE LAPS:

- Sprint Competitors: (Two) 1 x 10km Cycle Loops.
- ULTRA & AQUABIKE Competitors: The ULTRA Bike route goes out to the far turn point, then turns back to the inner Turn point (just before the sprint Turn) Then the athletes head back out for two (2) more small laps (then they head back to the transition. Ultra Athletes need to go past the far turn point by 3 times before heading back to the transition. (Exact same concept as the Joburg Ultra and Sun City Ultra bike courses)
- The 153 Far turn point will be 500m further than the Ultra far turn point. They then do the same route but 4 laps of the same as the ULTRA, except for the further turn point.

KIT BAG TENT: There will be NO Kit Bag tent provided Athletes must leave their bags neatly in transition at their own risk.

BIKE WATER TABLES:

- **SPRINT** – There will be 1 water table for the Sprint athletes at the Turn point. Water & 32Gi sachets will be available.
- **ULTRA:** There will be 2 Water Tables on the Bike route per lap. 32Gi Race Bottles will be provided + Water Sachets.

SPECIAL NEEDS AREA:

The ULTRA and 153 Athletes will be a SPECIAL NEEDS area demarcated near the transition / finish area. Family and friends can hand over clothing and nutrition but ONLY inside the demarcated area to athletes.

RUN WATER TABLES:

SPRINT Run Route: 1 Water Tables (1 x 5km)

ULTRA / 153 / AQUABIKE Run Route: 2 Water Tables which will double up per Lap (4 per 10km lap)

Nutrition at Run Water Tables:

Water Sachets, 32Gi Endure, 32Gi Gel, Coke and Bananas will be available at ALL Run Water tables.

**Rubbish can be thrown away within 50m of each Bike / Run water table.*

