



## 2026 ATHLETES RACE GUIDE

**Dear ULTRA athlete**

Thank you for entering the 2026 DURBAN Ultra Triathlon presented by Pick n Pay. We look forward to welcoming you to Durban on the on the 14<sup>th</sup> and 15<sup>th</sup> of March. Please read the below information carefully to ensure a safe and problem free day.

### **New Entries / Entry Changes:**

Late entries will be allowed at Saturday Registration ONLY.  
No changes to any entries after Saturday registration.

**REGISTRATION:** SATURDAY: 14<sup>th</sup> March - 10am to 4pm (NO Registration on race day)

**REGISTRATION VENUE:** Meeting Room, **Elangeni Hotel**, 63 Snell Parade, North Beach, Durban. (ground floor)

**RACE PARKING:** There is parking available at and Suncoast Casino and behind the old Bike & Bean. 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: 5:45am – 7:30am – Please ensure you rack at least 1hr before your start.

**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:**

- **ULTRA:** Teams and Individuals: 7am **from Rachael Finlayson Pool.**
- **Standard:** Individuals: 7:40am: **from Beachfront Amphitheatre (Skate Park area)**
- **Sprint:** Teams and Individuals: 8:10am **from Suncoast Beach**

Please make sure you are at each start venue **30min before each start time** for a short race briefing.

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**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

**RELAY TEAMS:** Teams will start at the same time as the Individuals. Tri bars are allowed for all events as all races are non-drafting.

**ULTRA RACE CUT OFF TIMES:**

- ULTRA Finish cut off time: 2:30pm.
- Swim & Bike 12pm / **TOTAL OF 7hrs 30min** race cut off.

**SWIM CAPS:** All Athletes will be given swim caps at registration.

- Sprint Athletes wear Dark Green Caps
- Standard Athletes wear Neon Green Caps
- Aqua-Bike Athletes wear White Caps
- ULTRA Athletes wear Yellow Caps

**DRAFTING:** This event is a NON-Drafting race. NO drafting will be allowed in any event. Athletes will be issued with a time penalty, if there are repeated transgressions then it could lead to disqualification.

**TRANSITION AREA:** SUNKIST LAWNS / Durban Beachfront. ([Click here to see venue](#))

**TRANSITION AREA:** The Transition Area will open at 5:45am by the TSA Officials. Your bike, helmet, brakes 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 7:30am.

**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 issued 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. 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.

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**RUN LAPS:**

- Sprint: 1 x 5km lap
- Standard: 2 x 5km lap (same as Sprint route)
- ULTRA: 3 x 6km laps

**PRIZE GIVING:**

- **Sprint prize giving:** 12pm at the Stage.
- **Standard & Ultra prize giving:** 1pm at the Stage
- No prize giving for Aqua-Bike athletes.

**TIMING:** This event is timed by SPLIT TIME. 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 R250.00

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

**BIKE WATER TABLES:**

- There will be 2 Water Tables on the Bike route per lap. 32Gi & Water Bottles will be provided.

**RUN WATER TABLES:**

SPRINT & Standard Run Route: 2 Water Tables per lap (1 lap x 5km Sprint & 2 laps for Standard)

ULTRA Run Route: 2 Water Tables which will double up per Lap (2 per 6km lap)

**Electronic Equipment:** No electronic equipment, headphones etc are allowed to be worn at any time during the event.

**Nutrition at Run Water Tables:**

Water, 32Gi Endure, 32Gi Gels, Cola and bananas will be available at ALL Run Water tables.

*\*Rubbish must be thrown away within 50m of each Bike & Run water table.*

Join our ULTRA TRI WhatsApp Group: [https://chat.whatsapp.com/FpkgVX8GwJd4hmqDI50whS?mode=gi\\_t](https://chat.whatsapp.com/FpkgVX8GwJd4hmqDI50whS?mode=gi_t)

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