



DEAR ULTRA ATHLETE

Thank you for signing up for the legendary Midlands Ultra Triathlon. We are very excited to be returning this race to the KZN Midlands, and we are thrilled to have you racing with us. We wish you all the best for your event on Sunday. Please read the information below carefully to ensure a safe and problem-free day.

1. BEFORE RACE DAY

NEW ENTRIES / ENTRY CHANGES: Late entries will be allowed at Saturday Registration.

No changes to any entries will be accepted after Saturday's registration or at Registration on Sunday.

REGISTRATION	TIME
Saturday, 12 September	10:00 – 16:00
Sunday, 13 September	05:45 – 06:30 SHARP

REGISTRATION VENUE: Registration Area, below the main stairs at Midmar Dam (opposite the Finish Tents)

GATE ACCESS TO MIDMAR: All competitors and spectators will need to pay a gate fee to enter Midmar on Saturday / Sunday. This remains payable separately in accordance with Midmar Dam's standard entrance tariffs.

RACE PARKING: Parking is available at the top, above the finish area. Please do not drive down to the slipway to park.

TEAM REGISTRATION: Only one person from each team needs to attend registration and collect the race packs, etc.

2. RACE MORNING

ACTIVITY	TIME / DETAIL
Transition opens	05:45 – TSA Officials open transition
Bike racking	05:45 – 07:00. Rack at least 30 min before your start.
Wetsuit decision	06:00 by TSA officials, as per TSA rules.
Ultra & Aquabike start	07:15 from the slipway
Sprint start	08:00 from the slipway

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RACE BRIEFING: A short race briefing will be done on Sunday at the slipway. Please be at your start venue 15 minutes before your start time for the short race briefing.

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

RELAY TEAMS: Teams will start at the same time as the individuals.

TRI BARS: Tri bars are allowed for all events due to all races are non-drafting.

DRAFTING: This is a NON-DRAFTING race. No drafting will be allowed in any event. Athletes will be issued with a time penalty. Repeated transgressions could lead to disqualification.

SWIM ASSIST BUOYS: Swim Buoys are not allowed as per International Triathlon Union Rules.

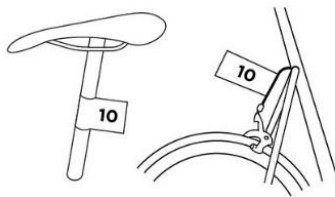
3. TRANSITION & BIKE PROCEDURES

THULE TRANSITION AREA: Grass area next to the slipway. The Transition Area will open at 05:45 by the TSA Officials. Your bike, helmet, brakes and swim cap will be checked when you enter.

TRANSITION CLOSE: The **THULE** Transition Area will close and everyone must exit by 07:30. You may remove your bike after the last competitor has finished your race.

TRANSITION BAGS: No transition bags will be issued. Place all race equipment neatly next to your bike inside the Transition Area.

BIKE NUMBERS: Peel off the backing and wrap the number around the seat post, sticking it to itself.



BIKE COLLECTION AFTER THE RACE FROM THE TRANSITION:

Please only collect your bikes from the Transition after 11am. Security and TSA Officials will assist with bike and bag checks.

KIT BAG TENT: No kit bag tent will be provided. Athletes can leave a small bag neatly inside the **THULE** transition, next to their bike or inside their vehicles (all at your own risk)

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BIKE & RUN ROUTE FORMAT

EVENT	BIKE	RUN
Sprint	1 lap – out to the Sprint (1st Turn) on Dargel Road. (10km Turn point)	1 × 5 km lap
Ultra	2 laps – out to the Ultra (2nd Turn) on Dargel Road. (11km Out)	2 × 6 km laps

4. CUT-OFF TIMES

SPRINT	UPDATED - ULTRA
Swim + Bike: 2 hours / 10:00	Swim + Bike: 3.5 hours / 11am
Finish line cut-off: 11:00	Finish line cut-off: 12pm
TOTAL: 3 hours	UPDATED TOTAL: 5 hours

CARS & SUPPORTERS: No support or spectator cars will be allowed on the Bike Route.

5. WATER, NUTRITION & TOILETS

BIKE WATER TABLE: One water table will be available on the Bike Route for Ultra athletes only. It will be inside Midmar Dam, at the top circle, as Ultra athletes come inside the dam, go around the circle, pass the water table and exit to start their second bike lap. 32Gi and water bottles will be provided. Sprint Athletes must take all their own nutrition and water for their 20km Cycle leg.

RUN WATER TABLES: Sprint – 2 water tables per lap. Ultra – 2 water tables per lap.

RUN NUTRITION: Water, 32Gi Endure, 32Gi Gels, Cola and bananas will be available at all Run Water Tables.

RUBBISH: Athletes' rubbish must be thrown away within 50m of each Bike & Run water table.

TOILETS: Public toilets are available at the Finish Area. There are also multiple public toilets on the run route.

6. RACE RULES & IMPORTANT INFORMATION

ELECTRONIC EQUIPMENT: No electronic equipment, headphones, etc. are allowed to be worn at any time during the event.

DRAFTING: This is a non-drafting event. No drafting will be allowed. Time penalties may be issued, and repeated transgressions could lead to disqualification.

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WETSUITS: A decision on wetsuits will be taken at 06:00 by TSA officials on race day, as per TSA rules.

RELAY TEAMS: Teams start at the same time as individuals. Tri bars are allowed because all races are non-drafting.

7. TIMING

TIMING: This event is timed by SPLIT TIME. You will receive a loan chip at registration. You are responsible for looking after and securing your chip.

CHIP RETURN: Return your chip at the finish line.

LOST CHIP: Lost chips will be charged at R250.00.

8. PRIZE GIVING

PRIZE GIVING: Prize giving will take place at the Stage.

AQUA-BIKE: No prize giving for Aqua-Bike athletes.

PRIZE GIVING TIME: 11:45am

9. RACE DAY 10 POINT CHECKLIST

1. Race pack collected and entry details checked
2. Bike number securely attached to seat post or Bike frame
3. Helmet, brakes and bike ready for TSA inspection when you enter Transition
4. Swim cap ready for inspection at Transition
5. Bike racked at least 30 minutes before your start
6. At the slipway 15 minutes before your start for briefing
7. Make sure you apply Sunscreen
8. No headphones / electronic equipment
9. Remember: non-drafting race
10. Timing chip collected at registration and returned at the finish

11. STAY CONNECTED WITH ULTRA TRI

ULTRA TRI WHATSAPP GROUP: Join the group for race communication and updates.

<https://chat.whatsapp.com/FpkgVX8GwJd4hmqDI50whS>

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