



PROVINCIAL CONTROLLING BODY FOR TRIATHLON, DUATHLON & AQUATHLON
AFFILIATED TO TRIATHLON SOUTH AFRICA & SASCOC

Course Information

Run Course

0 – 1,7 Km	Flat with gradual down hill
1,7 – 2,15 Km	Gradual slight uphill
2,15 – 2,5 Km	Flat surface leading into next run lap

Bike Course

0 – 2 Km	Flat surface with slight downhill
2 – 3,5 Km	Gradual uphill climb
3,5 – 4 Km	Steep uphill climb
4 – 6,1 Km	Flat surface with fast downhill
6,1 – 7 Km	Steep uphill climb
7 – 8,5 Km	Fast downhill with flat surface
8,5 – 10 Km	Flat surface with slight uphill to turn around piont