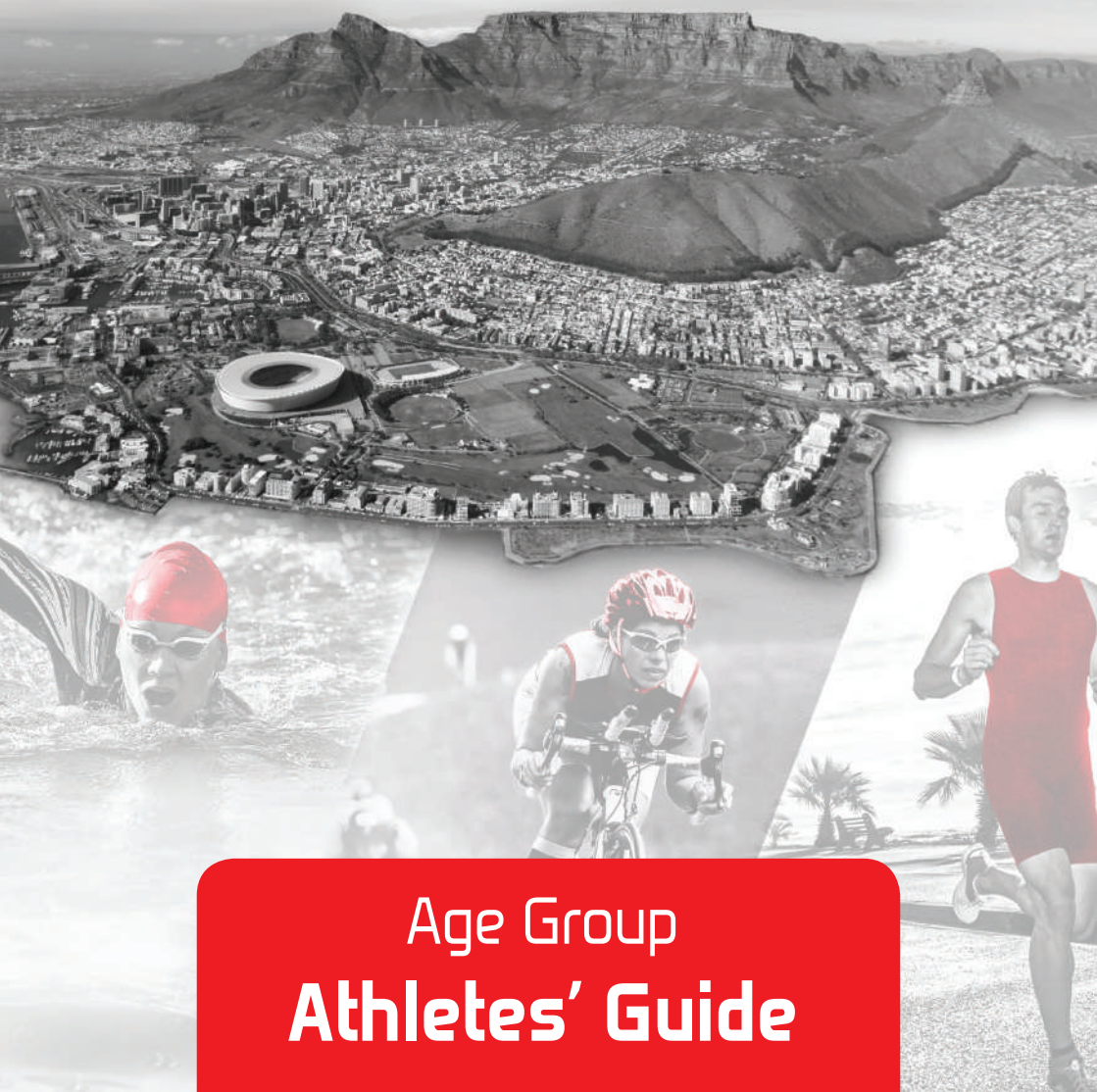




10 NOVEMBER 2019



**CHALLENGE**  
**CAPE TOWN**  
*wearetriathlon!*



Age Group  
**Athletes' Guide**

# CAPE TOWN

GREEN POINT URBAN PARK

## WORLD'S BEST CITY

UK TELEGRAPH TRAVEL AWARDS 2016

Cape Town has all the attributes that appeal to people looking for a great city in which to live, work and play. Our natural surroundings are breath-taking and we boast an array of national parks, nature reserves, stretches of coast line, and world-class wine estates



CITY OF CAPE TOWN

Making progress possible. **Together.**

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# WELCOME TO THE **CHALLENGEFAMILY**



**Zibi Szlufcik**

Dear Athletes,

Welcome to **CHALLENGECAPETOWN**! I am privileged to welcome you to the 1st edition of **CHALLENGECAPETOWN**, and the first ever **CHALLENGEFAMILY** Race in Africa!

Athletes from all corners of the globe will make their way to Cape Town to compete on this unique route in one of the world's most beautiful cities.

Whether you are a local triathlete or visiting South Africa for the first time, enjoy this winning combination of great scenery, fabulous sporting activities and vibrant culture. I wish you a fantastic time.

We are proud to add Cape Town and South Africa to the global **CHALLENGEFAMILY** race calendar. This event is a great contribution to South African triathlon, and we look forward to deliver it in collaboration with our local partner. The race will also provide large number of Qualification Slots for THE CHAMPIONSHIP, and significant prize money for professional athletes as a part of the **CHALLENGEFAMILY** World Bonus.

I would like to say thank you to the Cape Town community, as well as the City, traffic authorities, and all stakeholders, sponsors, partners, staff and volunteers involved in making this dream a reality. I have no doubt that this race will become a must-do event in Africa in years to come.

**CHALLENGEFAMILY** is #AllAboutTheAthlete. Each and every volunteer, team member, supporter and person involved in **CHALLENGECAPETOWN** is here to help you and make your day the best possible. If you have the chance, please thank them with a smile or high five!

I would like also to take this opportunity to say thank you to the team behind **CHALLENGECAPETOWN** for their tireless efforts and care to stage a world-class event. Your high regard for quality, athlete assistance and overall organisation makes this a perfect addition to the **CHALLENGEFAMILY** World Series.

On behalf of the **CHALLENGEFAMILY**, I would like to wish you, your friends and families a safe and successful Race Day. Enjoy your stay in the Mother City, and have fun at **CHALLENGECAPETOWN**.

**Zibi Szlufcik**  
CEO **CHALLENGEFAMILY**



# CHALLENGECAPETOWN WELCOME MESSAGE FROM EXECUTIVE MAYOR



**Dan Plato**

As the world's leading festival and events destination we are pleased to be adding a Cape Town edition of the internationally popular **CHALLENGEFAMILY** series to the local and global sports calendar.

The inaugural inner city, middle distance triathlon in the Mother City is the first **CHALLENGE** event on African soil, with **CHALLENGECAPETOWN** being an exciting addition to our growing list of world-class events. The event organisers in conjunction with our City personnel have drafted a flat, fast and scenic route that will give local and international athletes a unique glimpse of Cape Town and her many historic features.

With Table Mountain - one of the New Seven Wonders of Nature - as a backdrop for this undoubtedly fierce competition, this will surely be a race to remember for the competitors and the spectators. As Cape Town, we look forward to hosting triathletes from across the globe and nationally, as well as their families and friends who will experience our warm hospitality.

The economic spin-offs from these events hold enormous benefits for the city and our residents – creating a ripple effect that is critical to our efforts to promote job opportunities and skills development in our City, and develop the South African economy. On behalf of the City of Cape Town, we want to thank **CHALLENGEFAMILY** for choosing the World's Leading Festival and Event Destination, and we wish you success in the first edition of this exciting race in Cape Town.

**Dan Plato**

City of Cape Town Executive

## WELCOME TO CHALLENGECAPETOWN

To all our athletes from near and far, I wish you a warm welcome to the inaugural **CHALLENGECAPETOWN**. We have worked hard to bring you a memorable world-class event, and are excited to share this experience with you. Whether you are hoping to smash your PB on 10 November, or whether this is your very first middle distance triathlon, I encourage you to savour every moment of your race.

A big thank you to **CHALLENGEFAMILY** for your ongoing support, and our sincerest thanks to our sponsors and partners for sharing our vision. We are proud to be a part of triathlon history in Cape Town. The greatest things sprout from the humblest beginnings... I have no doubt that **CHALLENGECAPETOWN** is poised to become a bucket list event on the global triathlon calendar. YOU are an important part of this event's history.

Have fun, stay safe, and see you on the red carpet!

**Gary Marescia**

**CHALLENGECAPETOWN** Race Director

## RACE WEEKEND SCHEDULE

DATE	TIME	ACTIVITY	VENUE
<b>FRIDAY 8 NOVEMBER</b>		<b>OFFICIAL FUNCTIONS</b>	
12:00 - 19:00		Registration and Expo Opens	Athlete Village - Castle of Good Hope
12:00 - 19:00		Race Pack Collection - Triathlon + Fun Run	Secunda Room, Castle of Good Hope
18:00		Welcome Function - All athletes and invited guests	Castle of Good Hope
18:45		Welcome Function Dinner – Food served for all registered athletes and ticket-holding supporters	Castle of Good Hope
19:20		Sunset	
<b>SATURDAY 9 NOVEMBER</b>		<b>RACE DAY PREP</b>	
09:00 - 12:00		Registration and Expo Opens	Athlete Village - Castle of Good Hope
09:00 - 12:00		Race Pack Collection - Triathlon + Fun Run	Secunda Room, Castle Of Good Hope
10:00 - 14:00		T2 Check-in & Bag Drop (Run Kit) - middle distance triathlon	T2 - Company's Garden
12:00 - 17:30		T1 Check-in & Bike Racking - middle distance triathlon	T1 - Big Bay - North Car Park
14:00 - 15:30		SWIM event Check-in & Bag Drop	Big Bay Surf Lifesaving Club
15:00 - 17:00		<b>CHALLENGE SWIM BIG BAY</b> - various distances (Swim Familiarisation 15:00, Races from 16:00)	Big Bay Surf Lifesaving Club
17:30		Prize-Giving for <b>CHALLENGE SWIM</b>	Big Bay Surf Lifesaving Club
18:00		Beach Clean-up (all are welcome to participate)	Big Bay Surf Lifesaving Club

**NOTE:** There will be NO bike check-in on Sunday.

DATE	TIME	ACTIVITY	VENUE
<b>SUNDAY 10 NOVEMBER</b>		<b>RACE DAY</b>	
05:38		Sunrise	
05:00		Shuttles leaving from two locations in Cape Town CBD to swim start (Approximate travel time = 30min)	Cape Town High School (Hatfield Street) and Stay Easy, Tsogo Sun (Bree Street)
05:30 - 06:45		T1 Opens for final equipment check & nutrition loading (no racking)	T1 - Big Bay - North Car Park
06:00		Finish Village Opens for the public	Cape Town High School
07:00		<b>CHALLENGECAPETOWN Elite Men</b> - middle distance gun start	Big Bay Surf Lifesaving Club
07:05		<b>CHALLENGECAPETOWN Elite Women</b> - middle distance gun start	Big Bay Surf Lifesaving Club
07:10		<b>CHALLENGECAPETOWN Age Group</b> - middle distance rolling start	Big Bay Surf Lifesaving Club
07:45		<b>CHALLENGE FAMILY FUN RUN</b> - 6km Fun Run / Walk	Start & Finish at Cape Town High School
10:45 - 15:00		FINISHERS - middle distance triathlon	Race Village - Cape Town High School
11:00 - 17:00		Dry Bag Collection opens at 11:00	Race Village - Cape Town High School
12:30		Elite Prize-Giving Presentation	Race Village - Cape Town High School
13:00 - 17:00		Bike Check-out can start from 13:00	T2 - Company's Garden
14:30		Age Group Prize-Giving (on a rolling basis)	Race Village - Cape Town High School

## RACE PACK

### REGISTRATION & RACE PACK COLLECTION

To take part in the **CHALLENGECAPETOWN**, you will need to register and pick up your race pack before race day. The venue for registration and race pack collection will be at the Castle of Good Hope in Cape Town CBD. There will be ample parking. Registration is only open during the following dates and times.

DATE	TIME	VENUE	PARKING
Friday 8 November	12:00 – 19:00	Castle of Good Hope	Castle Visitors Parking
Saturday 9 November	09:00 – 12:00	Castle of Good Hope	Castle Visitors Parking

**IMPORTANT:** When registering, please bring a valid photo identification. Without photo ID, you will not be able to collect your Race Pack and wristband, and therefore will not be able to race. If you are registering and collecting a race pack on behalf of a friend, you will need to bring a copy of their race entry and their ID.

Please Note: There will be no race pack collection facilitated on race day, please ensure you collect your race pack on the Registration Days listed.

## RACE PACK CONTENTS

Your race pack will contain the following:

- Race Number
- Swim Cap
- Athlete Wrist Band
- Sticker Sheet (Bike, helmet, bag, supporter)
- 3x Transition Bags (1 Wet, 1 Dry & 1 Street Bag)
- Timing Chip
- Supporter's Wristband

**IMPORTANT:** Please check your race pack to ensure you have all these items. If you ordered merchandise, please go to the Ciovita stand after collecting your race pack.





**CHALLENGE  
FAMILY**  
wearetriathlon!

## NUTRITION GUIDE



### ASKER JEUKENDRUP PHD, FRCSS, FACSMM

Professor Asker Jeukendrup is a leading sports nutritionist and exercise physiologist who spent most of his career at the University of Birmingham (UK) and is currently a visiting professor at Loughborough University. During his career Professor Jeukendrup authored over 200 research papers and book chapters, several of which have changed the sports nutrition landscape. He is a strong believer in unlocking the power of science to help athletes and teams achieve their goals. During his career he worked with many elite athletes (including Chrissie Wellington and Haile Gebrselassie) to develop personalized nutrition plans to enhance recovery and optimize performance. Asker practices what he preaches and is competing in long distance triathlon himself. To date he completed 21 long distance triathlon races including 8 times Ironman Hawaii. For more information on sports nutrition please visit [www.mysportscience.com](http://www.mysportscience.com) (twitter @jeukendrup).

## NUTRITION - THE 4TH DISCIPLINE



## NUTRITION:

### THE 4TH DISCIPLINE

Nutrition is without doubt one of the most important aspects of race preparation, yet athletes typically spend far more time thinking about training than about nutrition. Hours and hours are spent in the pool, on the bike and on the trails. Far less time is spent on careful nutrition planning. Nutrition is sometimes called the 4th discipline and this is for a reason. Nutrition can mean the difference between winning a race and not even finishing a race. Athletes who did not have a great race often state that it was caused by nutrition related issues: they ran out of energy, became dehydrated or experienced stomach problems. They ingested too much, or ingested too little. They tried new products they had not used in training and so on. This guide will give you the background information and guide you to a successful nutrition strategy.

### NUTRITION JUST BEFORE THE RACE START



In the hour before the start you can continue to top up liver glycogen stores. However, drinks and foods will sit in the stomach for a while and absorption takes time. Therefore, most of the carbohydrates you ingest will become available during the swim. So anything that is ingested shortly before the start is part of your nutrition during exercise. What is best to take, depends on personal preferences as well as the overall nutrition plan. Use something you have tried several times before.

### NUTRITION DURING THE RACE



Race nutrition requires a bit of planning. It is important to study what is available on the course and develop a plan that takes into account foods and drinks you will collect on the course and foods and drinks you will have to bring yourself. During longer races your target carbohydrate intake should be higher than during shorter races. Races over 2 hours can benefit from an intake of roughly 60 grams of carbohydrates per hour. Ingesting more carbohydrates will not result in further benefits unless you would use specific carbohydrate blends. For the more advanced athlete it may be worth considering higher intakes and the use of carbohydrate blends (for more information see [www.mysportscience.com](http://www.mysportscience.com)), but for many athletes an intake of up to 60 grams of carbohydrate per hour is the safest option. Carbohydrates can come from various sources (drinks, energy drinks, gels, bars and other foods), it is possible to mix and match, and the best combination mostly depends on personal preference.

### CARBOHYDRATES ARE THE PERFORMANCE FUEL



The body uses two main fuels: carbohydrates and fat. Even the leanest athlete has sufficient fat to sustain the longest races, but carbohydrate reserves are small and can only fuel up to 2 hours of intense exercise. Yet carbohydrates are the most important fuel as it is necessary for higher intensity exercise. Carbohydrates are the performance fuel. Carbohydrates can deliver energy much faster to the muscles than fats. Unfortunately, carbohydrate stores are relatively small. Carbohydrates are stored in the body as

glycogen in the muscles and in the liver. In the muscle we have roughly 500-800 grams and it is possible to run out of carbohydrates in less than 2 hours. Running out of fuel is often called "bonking" or referred to as "hitting the wall".

**CARBOHYDRATE STORES ARE SMALL AND THEREFORE NEED TO BE TOPPED UP, E.G. BY USING DRINKS, GELS AND/OR SOLID FOODS**

### GOOD CARBOHYDRATE SOURCES FOR TRAINING

- muesli
- high fibre cereals
- seeded and multigrain breads
- bananas and other fruits
- dried fruits
- fruit juices
- potatoes
- pasta
- rice (brown)



### GOOD CARBOHYDRATE SOURCES FOR RACE DAY

- refined grains (white rice)
- cooked cereals
- com/rice based cereals
- white bread, bagels (no seeded breads)
- pancakes
- cooked veggies (no seeds)
- cooked potatoes
- ripe bananas
- cooked fruits, applesauce/fruit blends
- rice cakes
- honey
- syrup
- pulp-free juice



## RACE NUMBER

You must know your race number in order to receive your race pack.

Your race number will be published on <https://www.sportsplits.com/races/challenge-cape-town-2019>. Each individual competitor receives a race number. Teams receive a team race number.

If you do not own a race belt, attach your race number to the elastic band provided.

If you entered before 10 October, your race number will be personalised.

Turn your number from back to front in T2 before you start your run.



**PLEASE NOTE:** Participants competing in a team category will be supplied with two race numbers and safety pins to secure their race numbers.

## SWIM CAP

You will receive an official event swim cap in your race pack. You need to wear the swim cap provided for the entire duration of the swim. You can wear 2 swim caps so long as the official event cap is worn on the outside. Make sure you know your start time. The start format will be a gun start for the Elites and a Rolling Start for all age groupers.



**ATHLETE'S WRISTBAND**

Please wear the wristband with your race number on it from the time you register before the race until you have checked your bike out of Transition 2 after the race. This is important as you will not be able to check your bike in or out of Transition without your wristband.

**SUPPORTER'S WRISTBAND**

Give your supporter's wristband to your biggest fan. This will allow them to catch the shuttle to and from the start on race day. Additional wristbands will be available for purchase at race pack collection.



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Find barrels of Kasha in the cereal or health food aisle of selected retail stores, and through Dis-Chem Online.

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**STICKER SHEET**

Peel off stickers and place on items as shown below:

- A** Bike sticker
- B** Helmet sticker
- C** Street bag sticker
- D** Supporter's sticker
- E** Handle Bar Sticker



HERO **8** BLACK

***This is***  
***Action.***



**BIKE STICKER**

Attach the bike sticker onto the seat post so that the number is clearly visible from both the left and right-hand sides.



As tough as it comes – the new, bolder Triton is engineered beyond tough. Whether you need the practicality of a dedicated workhorse or the luxury and versatility of an SUV, the smooth yet powerful performance thanks to the Triton's combination of its super-responsive engine and silky transmission, handles anything thrown at it – in comfort.

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133kW@3500rpm and 430Nm@2500rpm

6-speed Automatic and Manual Transmissions

Super Select II 4WD System with Rear diff-lock\*

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ASTC (Active Stability & Traction Control)

7 Airbags

ISOFIX Child Seat Anchors

Keyless Operating System

ABS, EBD and Brake Assist

Hill Descent Control\*

**TRITON**

**MITSUBISHI  
MOTORS**  
Drive your Ambition

### HELMET STICKER

Stick the helmet sticker to the front of your helmet as shown.



**IMPORTANT:** Your bike and helmet numbers must be fixed to your bike and helmet prior to checking your bike into Transition. Please do not remove your bike or helmet numbers until you have checked your bike out of Transition. This is important, as officials will check your bike and helmet number against your wristband number when you check your bike out.

### STREET BAG STICKER

Please attach your Street Bag Sticker to the draw string straps of your street bag. As a precaution you should also write your race number on the space provided on the bag. This bag is for your morning/street clothes and is to be handed in at the Bag Drop at the start. This bag, along with your wet bag from Transition 1, will be transported to the finish, where you can collect it after the race from the Bag Collection Zone located on the field at the Finish Village.





**SUPPORTERS STICKER**

On race day, stick your supporter's sticker onto your biggest fan!

**TRANSITION BAGS**

You will receive three draw string bags. Write your race number in the blank space provided on each bag.



The Wet Bag (SWIM TO BIKE) - This bag will need to be checked into Transition 1 on Saturday 9 November. You will need to pack all your cycle gear in this bag for check-in. This bag will then need to be racked in race number order on the Bag Rack System within Transition 1. On race day, when entering T1 you will run to the bag rack to retrieve your transition bag. Once you have removed your wetsuit, swim cap and goggles, place these wet items into the transition bag and drop the bag off at the demarcated Bag Drop Zone within T1 before heading to your bike rack to retrieve your bike.

The Dry Bag (BIKE TO RUN) - This bag will need to be checked into Transition 2 on Saturday 9 November. You will need to pack all your run gear in this bag for check-in. This bag will then need to be racked in race number order on the Bag Rack System within Transition 2. On race day, when entering T2 you will run with your bike straight to your bike racking position to rack your bike first before heading towards the bag collection tent to retrieve your Dry Bag (BIKE TO RUN). Once you have changed into your run gear, place your cycle gear into the transition bag and drop the bag off at the demarcated Bag Drop Zone within T2 before exiting transition for the start of your run.

STREET BAG – You may place any personal belongings, including clothes to wear after the race, in your Street Bag. Hand this in at the Bag Drop Zone within T1, before making your way to the swim start, on race day.

**PLEASE NOTE:** Your SWIM TO BIKE & STREET BAG will be transported from Transition 1 to the finish area where you can collect them after completing your race from the Bag Collection Zone. It is compulsory to use the transition bags provided for your gear in each transition zone. No other bags will be allowed in transition.

#### PLASTIC AWARENESS

CHALLENGECAPETOWN is committed to avoiding the unnecessary use of plastic at the event. We also take our green footprint seriously. As a result, there will be no plastic sachets on the run, and your transition bags were made from upcycled landfill plastic and are fully recyclable.



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Recover  
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**DEEP HEAT**

We are also hosting a beach clean-up on Saturday, 9 November, and encourage you and your supporters to attend.

In addition to this, we are proud to announce that your Athlete Gym Bag was produced by the Joinery, using recycled plastic bottles.

Please help us keep this race clean by reusing your transition bags as carriers for your gym laundry or shopping. Or, use one of the many recycling bins provided at the finish to safely discard your bags.

### TIMING CHIP

Your timing chip will be provided in your race pack at registration.

Please securely fasten your chip around your LEFT ankle and do not remove it throughout the competition, unless racing in a team event. We suggest that you wear it underneath your wetsuit during the swim. Failure to wear the timing chip correctly may affect your result.



**Timing chips must be handed in directly after the race.** Failure to return your chip will result in a replacement chip fee being charged.

## Analytics Solution

End-to-End solution



IXIA CONSULTING



As experts in analytics – Ixia have been selected to provide Race Analytics to Challenge Cape Town - Our Analytics solution covers all aspects of your race information , from source to desktop , slice and dice reporting to mobile , to text messages and mail – event driven delivery , on every device

One version of the Truth

Contact us for more information : [info@ixiaconsulting.co.za](mailto:info@ixiaconsulting.co.za) - [www.ixiaconsulting.co.za](http://www.ixiaconsulting.co.za)

# BEFORE THE COMPETITION

## RACE BRIEFING

We will be providing short videos online to cover the key briefing notes for race day. A Race Briefing room will also be set up at the Expo in the Castle of Good Hope during Registration opening times. Please use this opportunity to ask our team any unanswered questions you may have.

## TRANSITION CHECK-IN & BIKE RACKING

All transition equipment including bikes are to be checked-in on Saturday 9 November, the day before your race. There are two Transition Zones situated in separate locations, so be sure to allocate enough time on Saturday 9 November to check-in at both Transition Zones. **NO CHECK-IN WILL BE ALLOWED ON RACE DAY.**

Please see below timetable for Transition Check-in times on Saturday 9 November.

TRANSITION ZONES	CHECK-IN TIMES ON SAT 9 NOV	LOCATION
Transition 2: Run Check-in	10:00 – 14:00	The Paddocks, Government Avenue, Company's Garden, Cape Town CBD.
Transition 1: Bike Check-in & Racking	12:00 – 17:30	North Car Park, Eden on The Bay Shopping Centre, Big Bay.

## SUGGESTED CHECK-IN SEQUENCE

1. We suggest checking in your run gear first at T2 in Company's Garden as early as possible on Saturday morning from 10:00am.
2. Then make your way to Big Bay to rack your bike and check in your cycle kit.
3. Should you require transport between check-in locations, we recommend the following shuttle options.
  - a. Sport Taxis – they will have bike transport options available  
Estimated price = R300 pp. To book:  
Email: [Bookings@sport24hrs.co.za](mailto:Bookings@sport24hrs.co.za)  
Tel: +27 21 447 4444  
WhatsApp: +27 83 254 1455
  - b. Uber XL
  - c. MyCiti Bus Service - The closest station to the Company's Garden is Adderley Street. Note that you need to purchase a MyCiti travel card for R30 and load it with credits to complete your journey.

**Note:** These shuttle options will be for the athlete's own account.

## CHECK-IN TO TRANSITION 2: RUNNING EQUIPMENT CHECK-IN

Transition 2 is situated in the Paddocks, at the top of Government Ave in the Company's Garden. Check in your running shoes and any other running equipment and/or nutrition at your allocated rack in Transition 2.

## CHECK-IN TO TRANSITION 1: BIKE CHECK-IN

Transition 1 is situated at North Car Park, Eden on The Bay Shopping Centre, Big Bay. Please make sure your helmet, bike and transition bag are clearly marked with the stickers provided.

Wear your bike helmet, fastened on your head, when you come in to check in. Please also bring along any equipment you need for cycling, in your transition bag.

A safety check will be carried out on your bike and helmet. Ensure your bike is in good working order before the race.

Remember: if your bike isn't fit to race then you won't be allowed to start – safety first! Bikes not in proper working condition will not be allowed into Transition.

Bikes must be racked personally. Each racking area will be marked according to your race number.

Please take time to familiarise yourself with your surroundings and your position in relation to the rest of Transition. This will speed up your transition process when you are in race mode!

No equipment is allowed on the floor or in the aisles. This applies before, as well as during, the competition. Personal belongings, other than your race equipment, are not allowed in Transition and these should be left in your street bag at the Bag Drop Off Zone en-route to the swim start.

T1 will be open on race day from 05:30am - 06:45 for final checking of equipment and loading of nutrition.

## WETSUITS

Given the average water temperatures at Big Bay, wetsuits will most likely be compulsory. The final call will be made 1 hour before the start, in accordance with the ITU competition rules governing wetsuit use and water temperature.

**Please note:** Your bags will be transported from T1 to T2 while you are racing. While every care will be taken to avoid mix-ups, please ensure that you put your name on your wetsuit.

Your timing chip needs to be placed under your wetsuit on your left ankle. This is to ensure that the timing chip doesn't come off when you remove your wetsuit.

## BIKE SUPPORT

Our bike technical partner, Forward in Motion, will be offering bike technical support, sales of equipment, bike un-boxing and boxing, and last minute tweaks.

DATE	OPERATING TIMES	LOCATION
Saturday 9 November	12:00 - 18:00	Bike Check-in, T1, Big Bay
Sunday 10 November	05:30 - 08:30	T1, Big Bay
Sunday 10 November	07:30 - 12:30	On course

## THE COMPETITION / RACE DAY

### GETTING TO THE START

Complimentary shuttle service for athletes and accredited supporters (supporters wearing the event supporter wristband provided in the athlete race packs) will run from the CBD to Race start at Big Bay, Eden on the Bay on Sunday 10th, with 2 departure points:

1. From outside the entrance of Stay Easy (Bree Street) - Departure time 05h00
2. From the entrance to the Cape Town High School Fields on St. John's Road - Departure time 05h00

*The estimated travel time from both departure point to Big Bay is 30min.*

### NO BIKES WILL BE TRANSFERRED

There will also be a paid for Shuttle service for supporters running from Big Bay, Eden on the Bay (SOUTH car park) back to St. Johns Road outside the Finish Village (Cape Town High School) on Sunday 10th.

1. Journey should take approximately 30min - Departure times
  - a. 08h50 – This will get you to T2 in time to watch the first Elite Male through transition 2 (Bike to Run)
  - b. 10h00 – This will get you to the finish village at Cape Town High School in time for the first Elite Male to cross the finish line

## 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.**





START TIMES

RACE CATEGORY	START TIME	LOCATION
Elite Male Middle Distance	07:00 Gun Start	Big Bay Beach
Elite Female Middle Distance	07:05 Gun Start	Big Bay Beach
Age Group Middle Distance	07:10 Rolling Start (Self Seeding)	Big Bay Beach

COURSE DESCRIPTIONS

**POINT-TO-POINT ROUTE:** This means that the start and the finish areas are situated at different venues.

Get shuttled to Big Bay where a 1.9km cold water swim will test you physically and mentally. Get out of your wetsuit and fuel up in T1, and get on your bike for a scenic 90km cycle along the coastal road. The 3.5 lap course between Atlantic Beach Estate and Dolphin Beach Hotel will provide your supporters with a great opportunity to cheer you on during your cycle before completing the final stretch to T2 in Cape Town CBD. Have your supporters cheer you on along the 3 x 7km run loop in the city centre.



TERENZO BOZZONE  
5X IRONMAN WORLD CHAMPION

#NEWVISTAPRO



## SWIM START

### OVERVIEW

- 1 lap of 1.9km
- Cold water swim, with water temperatures ranging from 14 - 16.5 degrees
- Anticipated wetsuit compulsory swim
- Refer to our website for training tips on how to best prepare for cold water swimming
- Cut-off times are strictly enforced for safety reasons. The course cut-off time for the Swim is 1h15. Last Athlete allowed into T1 at 8:35am

### DESCRIPTION

- The swim will start in front of Big Bay Surf Lifesaving Club
- A gun start for Elites will be followed by a rolling beach start for age groupers, which will set the swimmers off directly out to sea – catching the rip current past the rocks on the left.
- After your 910m straight out swim, 2 right turns will bring you back to the shore.
- Exit on the north exit of Big Bay Beach, and run up the boardwalk towards the northern car park where T1 is located.

## SWIM COURSE



## BIKE COURSE

### OVERVIEW

- Non-drafting rules will apply
- Flat and fast, with a total elevation gain of 468m over your 90km course
- There are seven 180-degree turning points on course
- TT, road, mountain, and hybrid bikes may be used. Recumbent and electric bikes are not permitted. For more details please refer to rules and regulations. The use of disc wheels will be weather dependent, and a final call will be made on the day. If you are planning to use disc wheels, please ensure you bring along a spare set of normal spoked wheels in case disc wheels are dis-allowed.
- Cut off times are strictly enforced for safety reasons. The course cut-off time for the Cycle is 4h15. There will be two cut off points on the Cycle course:
  1. Blouberg Traffic Circle at 11:30am
  2. Last Athlete allowed into T2 at 12:40pm

### DESCRIPTION

- Exit T1 and continue to the bike mount line in Beach Estate Boulevard, from where you will head north.
- Turn left at the traffic circle onto the M14 – Otto du Plessis Drive – and continue north in the direction of Melkbosstrand keeping in the left hand traffic lane (keep left and pass right).
- Turning Point 1 is at 5.2km at the beach entrance to Atlantic Beach Golf Estate.
- At Turning Point 1, you will make a 180 degree turn to head back down Otto Du Plessis Drive and back to Big Bay.



**FORWARD**  
in **MOTION**  
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- At Big Bay, continue over the first traffic circle, switching to the sea side of the M14. Follow the M14 / Otto Du Plessis Drive, through to Blouberg then over the traffic circle onto Marine Drive.
- Continue Marine Drive to Turning Point 2, located just before Dolphin Beach Hotel.
- At Turning Point 2, you will make a 180 degree turn to head back to Turning Point 1 on the same route, sticking to the left side of the road.
- At Turning Point 1 after 24km you will have completed your first lap of the 3 lap section of the course
- After your 3rd lap at approximately 62.4km you will start the 27.6km route into Cape Town CBD, keeping far left when you pass Turning Point 2. Pass Dolphin Beach Hotel on your right, and at the traffic lights turn right onto the R27 West Coast Road by crossing over to the far left side of the south bound dual carriage way
- Follow the R27 through to Milner Road, turning left at Milnerton Market into Milner Street.
- From the bus station in Milner Street you will join the left hand MyCiti Bus lane that will take you through Paaden Eiland into Cape Town CBD.
- Exit the bus lane at Old Marine Drive and continue past the Civic Centre on your right.
- Take a left turn at the traffic circle in Heerengracht Street past Cape Town Station, where it becomes Adderley Street.
- Continue straight up Adderley Street until it becomes Government Avenue.
- Follow the leafy Government Avenue pedestrian lane through the Company's Garden until you reach Avenue Street, where you will dismount your bike and run into Transition 2.



## RUN COURSE

### OVERVIEW

- 3-lap course through the heart of the City of Cape Town.
- You will pass T2 on each lap which is located in the Company Gardens next to the finish village.
- This is a great route for crowd support and cheering.
- Undulating course with a total elevation gain of 378m over your 21km run.
- Cut off times are strictly enforced for safety reasons. The course cut-off time for the Run is 3h00. Last Athlete allowed past the Lap Turning Point at T2 for the start of their final lap will be 14:50pm

### DESCRIPTION

- Exit T2 in front of the South African National Gallery for the start of your 3-lap run course.
- Head right down Gallery Lane and turn left onto St. Johns Street.
- Run past Parliament on your left and down Plein Street to Darling Street.
- Turn right onto Darling Street and follow the pedestrian road to Buitenkant Street.
- Turn right into Darling Street and run past the Castle of Good Hope.
- Continue straight on Darling Street until it turns into Keizergracht Street.
- Turn right into Christiaan Street and follow the road all the way up to De Waal Drive.
- Water Point 2 will be located half-way up the hill.



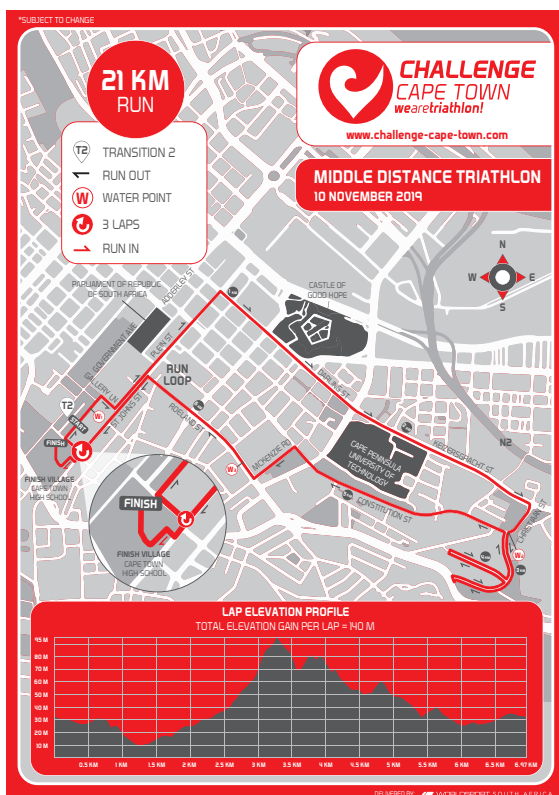
**TASTES LIKE  
A MILLION  
BUCKS**

TAKE THE **#PEPSIMILLIONBUCKSIP**  
AND STAND TO **WIN\* R1 000 000**

\*Ts & Cs apply.



- At the top, turn around and head back down Christiaan Street, turning left into Heere Street.
- After a short loop in Heere Street, join Christiaan Street turning left down the hill and left again into Constitution Street.
- Run past the Cape Peninsula University of Technology, over De Villiers Street and left into Makenzie Road.
- Turn right onto Roeland Street where you will find Water Point 4, then head down Roeland Street towards Parliament.
- Turn left in front of Parliament, heading up St. Johns Street.
- Avenue Street, just before Cape Town High School, marks the end of Lap 1.
- Turn right into Avenue Street and right again past T2 to start your 2nd lap of the run course.
- At the end of your 3rd lap, continue past Avenue Street and turn right onto the school fields of Cape Town High School.
- The last 300m will snake through the finish village on the sports field, passing numerous spectator zones before you hit the final straight.
- On the last corner you will pass the family meet zone where your loved ones can join you for the final 100m of red carpet to the finish line.





## SUMMARY OF CUT-OFF TIMES

Cut-off Point	Cut-off Time
Swim Exit / Entrance to T1	8:35am
Bike Cut-off – Blouberg Traffic Circle	11:30am
Bike Cut-off at entrance to T2	12:40pm
Run Cut-off at end of lap 2 (T2)	14:50pm

## CUT-OFF TIMES

Cut-offs are strictly enforced for safety reasons. Each discipline must be completed within the following time frames:

- SWIM: 1h15
- CYCLE: 4h15 (5h30 from swim start)
- RUN: 3h00 (8h30 from swim start)

Total Race Time: 8h30 (Aid station stops, transitions, etc., will be included in your total time.)

## AID STATION BREAKDOWN

Course	Aid Station #	Distance from start	Water Point Sponsor	Sponsor Products	Other Products
Swim	Swim Exit	1.9km	Event	-	Water
Cycle	WP 1	5.27km	Hammer Nutrition	Heed, energy bars, gels, solid chews and water	Fruit and water
		24.33km			
		43.39km			
		62.45km			
RUN (Per lap on the run for 3 laps)	WP 1	0km	Hammer Nutrition	Heed, energy bars, gels, solid chews and water	Water
	WP 2	2.8km	Red Bull	Diluted Red Bull & Water	Water
	WP 3	4.3km	Red Bull	Diluted Red Bull & Water	Water
	WP 4	5.7km	Pepsi	Pepsi	Water, fruit & savoury solids
Finish	Finish	-	Pepsi & Darling Brew	Pepsi & Darling Brew 200ml beer	Water, fruit & savoury solids

## ADDITIONAL INFORMATION

### ADDITIONAL INFORMATION FOR RELAY TEAMS

This information only applies to athletes racing as a relay team. There is an allocated Handover Zone in Transition for teams.

You need to hand over your timing chip and attach it to your teammate's left ankle before they are allowed to start their leg.

**Each team member needs to be present at registration.**

In your race pack you will find one swim cap, two race numbers, several pins and a bike sticker sheet. The swim cap is to be worn by the swimmer. One race number is to be worn on the back of the cyclist and the other on the front of the runner. The stickers are for the bike and helmet.

All team members must wear the wristband provided in the race pack from the time of race registration. Not all relay team members will be allowed access to Transition 1 & 2. To avoid congestion in Transition during the race, while the swimmer is swimming, only the cyclist should be in Handover Zone 1 ready for the changeover. Only the runner waits in Handover Zone 2 for the cyclist to return. There should never be three relay team members in Transition at the same time during the race.

Be aware that Transition Handover Zone 1 & 2 are more than 30km apart, please plan accordingly.

### SWIMMER

Wear the timing chip around your left ankle. After your swim, run into Transition 1. At the allocated Handover Zone, the timing chip must be placed around the left ankle of the cyclist.

### CYCLIST

Wear your helmet with helmet strap fastened and one race number on your back. Wait for your swimmer at the allocated Handover Zone. Don't remove your bike from the rack until your swimmer has tagged you and the timing chip has been placed around your LEFT ankle. After the cycle, you must rack your bike in the allocated position. After you have racked the bike, the timing chip will be removed from your ankle and placed around your runner's ankle at the Handover Zone.

### RUNNER

Wear one of the race numbers on your front. Wait for your cyclist at the allocated Handover Zone in Transition 2. After the bike has been racked, the timing chip must be removed from the cyclist's ankle and placed around your ankle before you proceed on your run. Make sure your race number is visible on your front during the run and as you cross the finish line.

## FINISHING TOGETHER

Team members can finish together. There is a designated relay team meeting point at the beginning of the finish chute.

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.

## MEDALS

If your team doesn't finish together, the relay team runner should collect one medal for each team member.

## 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. Along the course numerous emergency and service points will be manned.

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.

**APEX**  
MULTISPORT

**FLY LIKE A PRO.  
RIDE LIKE A DEMON.**



**ARGON 18**

*OFFICIAL BIKE PARTNER*



**CHALLENGE  
CAPE TOWN**  
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# KEY NOTES FROM THE TECHNICAL OFFICIALS

On behalf of Triathlon South Africa, welcome to the 1st edition of **CHALLENGE-CAPETOWN 2019**.

This event will be officiated under the International Triathlon Union (ITU) Competition Rules.

This is a 'NON Drafting Event' (*International athletes, please take note of this rule, as you may be used to the opposite rule.*) – Due to the nature of the course, cyclists are asked to **keep left and pass on the right**.

To minimize the possibility of infringing the rules on race day, and avoiding a visit to the Penalty Box, please observe the following:

1. The draft distance is 12 meters (6 bike lengths) between bikes (back wheel to front wheel).
2. Overtaking is only permitted on the right of other cyclists and only if it is possible safely and with a safe side distance to the other cyclists. A maximum of 25 seconds is allowed for completing an overtaking process once it has started, otherwise one must fall behind immediately until one is outside of the draft zone (minimum distance 12 metres). Permanent riding next to each other (blocking) is not allowed.
3. An overtaken competitor must leave the draft zone of the overtaking persons immediately (within 5 seconds). Violations of the non-drafting regulations will incur a 5-minute time penalty from the technical officials (TOs) which are signalled with a blue card. Affected competitors must independently enter the next penalty box on the cycling route, announce their time penalty (blue cards) and "serve" their time penalty there. Only after having been given the GO command from the TOs at the penalty box, are they then allowed to continue the competition.

To minimize any misunderstanding on race day, the following summarizes the above rules:

- Avoid a BLOCKING infringement: Stay left, pass right at all times (unless otherwise instructed by an official).
- Avoid a DRAFTING infringement:
  - Keep 12 meters between yourself and the cyclist in front of you.
  - Complete your passing within 25 seconds.
  - Drop back 12 meters within 5 seconds once passed, also before attempting to re-pass.
  - When passing a number of cyclists, do not "drop in" between cyclists unless the distance between those is more than 12 meters.
- Avoid an ILLEGAL PASS: Always pass other athletes on the right.
- Avoid a LITTERING infringement: Do not throw away ANYTHING except when approaching or exiting Aid Stations (marked Littering Areas). (DSQ)
- Avoid a HELMET infringement: Always have your chin strap securely fastened when moving with your bike.
- UNAUTHORISED EQUIPMENT – absolutely no cell phones, MP3 players, iPods or other audio listening or communication devices.

- **OUTSIDE ASSISTANCE** – DO NOT accept any assistance from anyone other than race personnel and do not have non-racers ride or run alongside you. The coaches are allowed to hand own nutrition next to the Aid Stations.
- Relieving yourself anywhere other than at the on-course toilet facilities provided may result in a disqualification.
- Nudity will not be accepted on course, the upper half of your body must be covered at all times on the cycle and on the run.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official's ruling is final in the case of Drafting, Blocking and Illegal Pass infringements (Judgment Calls), and these calls are not subject to either protest or appeal.

## AFTER THE COMPETITION

### POST RACE

You will receive your medal on the finish line. After receiving your medal, please keep moving to avoid blocking the following athletes. Please make your way towards the athlete's recovery area for post race refreshment and nutrition.

### TIMING CHIP RETURN

Timing chips must be handed in at the finish area after the race. Failure to return your chip will result in a chip replacement fee being charged.

### FINISHER'S TEE

You will receive a Finisher's Tee in the recovery area in exchange for your timing chip. Please note that there will be a size curve available for the Finishers Tees, however availability of sizes will be on a first come first served basis.

### COMPLIMENTARY MASSAGE

All athletes are eligible for a free post race massage at the EPT / DEEPHEAT activation within the Finish Village. Please be sure to book a time with the EPT Team as soon as you exit the recovery area in order to secure a spot as this service will work on a first come first served basis.

### 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. So 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 information 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 top three finishers in each age category for male and female will receive podium medals and will be called up to the podium.

## PRIZE-GIVING & AND AWARD CATEGORIES

### ELITE PRIZE MONEY

There is a total prize purse of €19 000 for this event. Only registered Challenge Family Elite athletes will be eligible for prize money, and this will be awarded as follows:

PLACE	MEN	WOMEN
1st	€3,500	€3,500
2nd	€2,100	€2,100
3rd	€1,400	€1,400
4th	€1,150	€1,150
5th	€850	€850
6th	€500	€500

### AGE GROUP RECOGNITION

AGE GROUP RECOGNITION	MEN			WOMEN		
MIDDLE DISTANCE						
18-24 years	1st	2nd	3rd	1st	2nd	3rd
25-29 years	1st	2nd	3rd	1st	2nd	3rd
30-34 years	1st	2nd	3rd	1st	2nd	3rd
35-39 years	1st	2nd	3rd	1st	2nd	3rd
40-44 years	1st	2nd	3rd	1st	2nd	3rd
45-49 years	1st	2nd	3rd	1st	2nd	3rd
50-54 years	1st	2nd	3rd	1st	2nd	3rd
55-59 years	1st	2nd	3rd	1st	2nd	3rd
60-64 years	1st	2nd	3rd	1st	2nd	3rd
65-69 years	1st	2nd	3rd	1st	2nd	3rd
70+ 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 on race day once all podium positions have finished for a particular age group and have been verified by the race referee, this will be on a rolling basis announced on the day. If you are in contention to collect a prize and would like to verify this, the results will be posted live on the Results Link on the event website and posted on the Results Board in 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.

### ALLOCATION OF CHAMPIONSHIP QUALIFYING SLOTS

Championship qualifying slots will be awarded in the following way. The top 3 in each age category will be handed vouchers on the podium during prize-giving. After the race an invite will be e-mailed to the top 6 in each age category. From the moment qualifying athletes receive this e-mail they will have 2 weeks to accept the slot and register for The Championship, taking place in Samorin, Slovakia, on 31 May 2020. After two weeks has passed or if qualifying athletes are not able to race the event, the slot will be allocated to the next qualifying athlete. The roll down will go as far as 12th place in each age category.



**South Africa**



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# SPECTATOR INFORMATION

## GETTING TO THE START

There will be a complimentary shuttle service for athletes and accredited supporters (supporters wearing the event supporter wristband provided in the athlete race packs) running from CBD to race start at Big Bay, Eden on the Bay on Sunday 10th, with 2 departure points:

3. From outside the entrance of Stay Easy (Bree Street) - Departure time 05h00
4. From the entrance to the Cape Town High School Fields on St. John's Road - Departure time 05h00

## NO BIKES WILL BE TRANSFERRED

## BREAKFAST

Eden on the Bay has a number of restaurant options for breakfast. Moyo & Eden Café will be open early with coffee and snack options, then most other options will open from 9am.

All athletes will receive the following exclusive discounts on race weekend:

1. Moyo (Buy a Triathlon burger & Get a free drink)
2. Seat (Buy Fish & Chips & Get a Free glass of wine)
3. Cup & Cake (Buy any breakfast item and get a free coffee from the menu)
4. Moreish Ice cream (Buy a swirl ice-cream cone & get one free)

## SUGGESTED VIEWPOINTS ON ROUTE

### SWIM (Approx 6:50am – 8:35am)

The view from Big Bay grass bank and from the platform above Big Bay Surf Lifesaving Club will give you the best vantage points to view the swim. The viewing deck on the north side of the City of Cape Town photo frame will give you a great view of the swim exit and Transition 1. Please refrain from walking on the vegetated dunes at all times

### CYCLE (Approx 7:27am – 12noon)

Seaside Village shopping centre on the corner of Beach Estate Boulevard and Otto Du Plessis Drive, and Blouberg Strand Main Beach along Beach Boulevard will be a great spectator viewing points to watch the cyclists pass 8 times before they head into town to T2.

### RUN (Approx 9:35am – 15:20pm)

T2 in Company Gardens will provide shaded spectator viewing for the run close to the finish village. Runners will pass through here 3 times before heading onto Cape Town High School Fields for the finish.

Support the runners on the toughest part of the course which is the main climb on Christiaan Straat (District 6), Red Bull will be here creating the vibe for Runners who will pass through here 3 times. Bring your support banners, loud voices and clapping hands to give the athletes that last boost needed to complete CHALLENGE-CAPETOWN.

## GETTING BACK TO THE FINISH VILLAGE

A paid Shuttle service for supporters will be running from Big Bay, Eden on the Bay (SOUTH car park) back to St. Johns Road outside the Finish Village (Cape Town High School) on Sunday 10th.

1. The journey should take approximately 30min – There will be two departure times:
  - a. 08h50 – This will get you to T2 in time to watch the first Elite Male through transition 2 (Bike to Run)
  - b. 10h00 – This will get you to the finish village at Cape Town High School in time for the first Elite Male to cross the finish line

## TOP ATTRACTIONS IN THE WORLD'S MOST BEAUTIFUL CITY

Cape Town has a vast amount of things to see, but the top 10 major iconic attractions that remain at the top of visitors' bucket lists include:

- **Table Mountain** is one of the New7Wonders of Nature, a protected area for over 100 years and home to over 1460 species of fynbos, which is part of the Cape Floral Kingdom – a Unesco World Heritage Site. The quickest way up is with the Table Mountain Aerial Cableway, or, for the more adventurous, there are a variety of hikes to the top.
- **Kirstenbosch Botanical Gardens** is situated on the slopes of Table Mountain, and is home to about 7000 species of flora. The Boomslang Tree Canopy Walkway is a timber bridge that winds through and above the trees, offering magnificent views of the peninsula.
- **Cape Point** has one of the most picturesque addresses in the city. It's a place of breath-taking natural scenery situated at the most southwestern tip of Africa. With a fascinating history, two lighthouses, a ride on the Flying Dutchman Funicular and the beautiful Two Oceans Restaurant makes this a must-visit.
- **The V&A Waterfront** is a world-class retail and entertainment precinct offering more than 80 eateries, 450 shops, museums, ocean activities, and fun experiences. The new Silo Precinct is an exciting new development, and home to the Zeitz MOCAA and popular restaurants.
- **Robben Island** is a UNESCO World Heritage site and one of the most significant historical sites in South Africa, if not Africa. A former political prisoner serves as your guide telling interesting stories about the island and famous ex-inmates like Nelson Mandela, Walter Sisulu and Govan Mbeki.
- **Groot Constantia** is South Africa's oldest wine producing estate with an uninterrupted record of wine production since its inception in 1685. It features a museum, wine tasting experience and cellar tour, as well as a restaurant with scrumptious local flavours.

- **Boulders Beach** is one of the few sites in the world where the endangered African penguins can be observed at close range, wandering freely in a protected natural environment. The beach is also surrounded by large 540 million year-old granite boulders, small rock pools and little bays in close proximity of the flightless little swimming birds.
- **The Cape Town CBD** is a vibrant precinct with numerous places of historical and cultural significance including museums, galleries, markets, churches, squares, gardens and restaurants.
- **Bo Kaap** is recognisable from the famous bright rainbow-coloured houses and cobblestone streets often seen on postcards and images, but the neighbourhood of Bo Kaap is the spiritual home of the Cape's Muslim community and a place with a history dating back more than 360 years.
- **Cape Town's Beaches** are beautiful and vast with 72 beaches to choose from and a coastline extending more than 300km along the West Coast, Cape Peninsula and False Bay. Cape Town is also the home to a number of international Blue Flag beaches.

Visit [www.capetown.travel](http://www.capetown.travel) for more information.

