



ATHLETE GUIDE

GARDEN ROUTE TRIATHLON · 20 SEPTEMBER 2026 · MOSSEL BAY





SANTOS EXPRESS RESTAURANT

- Santos Bay, Mossel Bay
- Saturday 19 September 2026
- 14h30 – 17h30

GOOD TO KNOW

- Timing chips are collected at registration.
- A friend may collect your race pack and timing chip on your behalf.
- Note: return your race chip at the end of the event to avoid a R400 missing fee.



EQUIPMENT

- +-40x+-40cm transition box (no bigger than this, lid optional, no straps)
- Bright swim cap (no dark colours)
- Wetsuit & goggles
- Race belt (for race bib/ number)
- Race chip timing strap (SleepSport is gifting you one)

CLOTHING & FOOTWEAR

- Helmet
- Cycling shoes
- Road running shoes
- Tools and spares
- A headtorch for early transition arrival (optional)
- A bike taillight (optional, great for fog conditions)



REMINDER

- Athletes must carry all necessary bike spares to manage small mechanical issues independently.
- No glass containers in transition or on course.

RACE PACK



RACE NUMBER

Wear on your race belt facing the back during the cycle leg. And facing the front during the run leg and finish line.

BIKE IDENTITY STICKER

Affix visibly to your handlebar stem or front of top tube (not seat post).

TRANSITION BOX STICKER

Affix to the front of your transition box (not on lid).

STREETWEAR STICKER

Affix to the strap of your bag, if you are handing in a casual bag.

TIMING CHIP

Collect Saturday at registration.



Bike sticker



TRANSITION BOX

1

1



STREETWEAR
BAG



STREETWEAR
BAG

1

RACE PACK



GILNOKIE SOCKS

Locally manufactured in Durban, Gilnokie is once again supporting our SA Triathlon Series. Each athlete will be receiving a pair of custom designed Garden Route Triathlon socks.

SLEEPSPORT

Known for their comfortable mattresses and pillows, SleepSport will be gifting each athlete with a soft, easy to use timing chip strap. You attach this to the timing chip you receive when registering – you return the timing chip, but you keep the strap.



HYDRATION



BIOGEN

As our hydration and nutrition partner, Biogen will be fuelling you with the Elite Carb range.

You will find a mix of Elite Carb drinks, gels and energy chews at the Bike, Run and Finish Line



RACE DAY TIMELINE

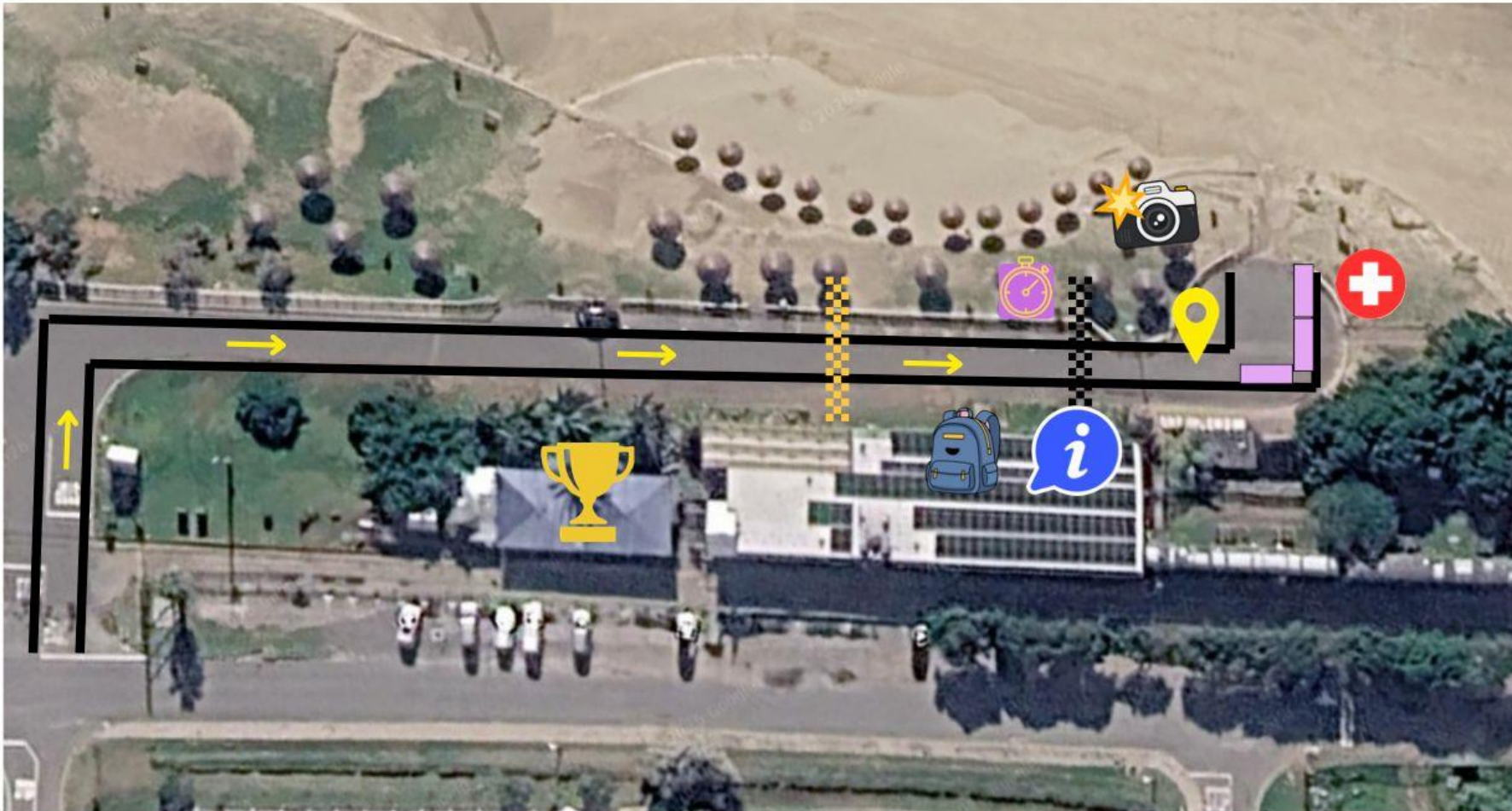


05h30 – 07h00	On-site parking open (see map)
06h00	Transition opens
06h15 – 09h00	Bag Drop opens
06h45	Ultra swim briefing
07h00	ULTRA SWIM START
07h15	Transition closes
08h15 – 09h00	Transition re-opens (bottles, last bits, tyre pressure checks etc)

08h30	Standard swim briefing
08h45	STANDARD TRI SWIM START
09h30	Sprint swim briefing
09h45	SPRINT TRI SWIM START
11h00 – 14h00	Bag drop collection opens
12h30 – 15h00	Transition opens for bike check-out
14h00	Prize-giving (late finishers may miss the start)

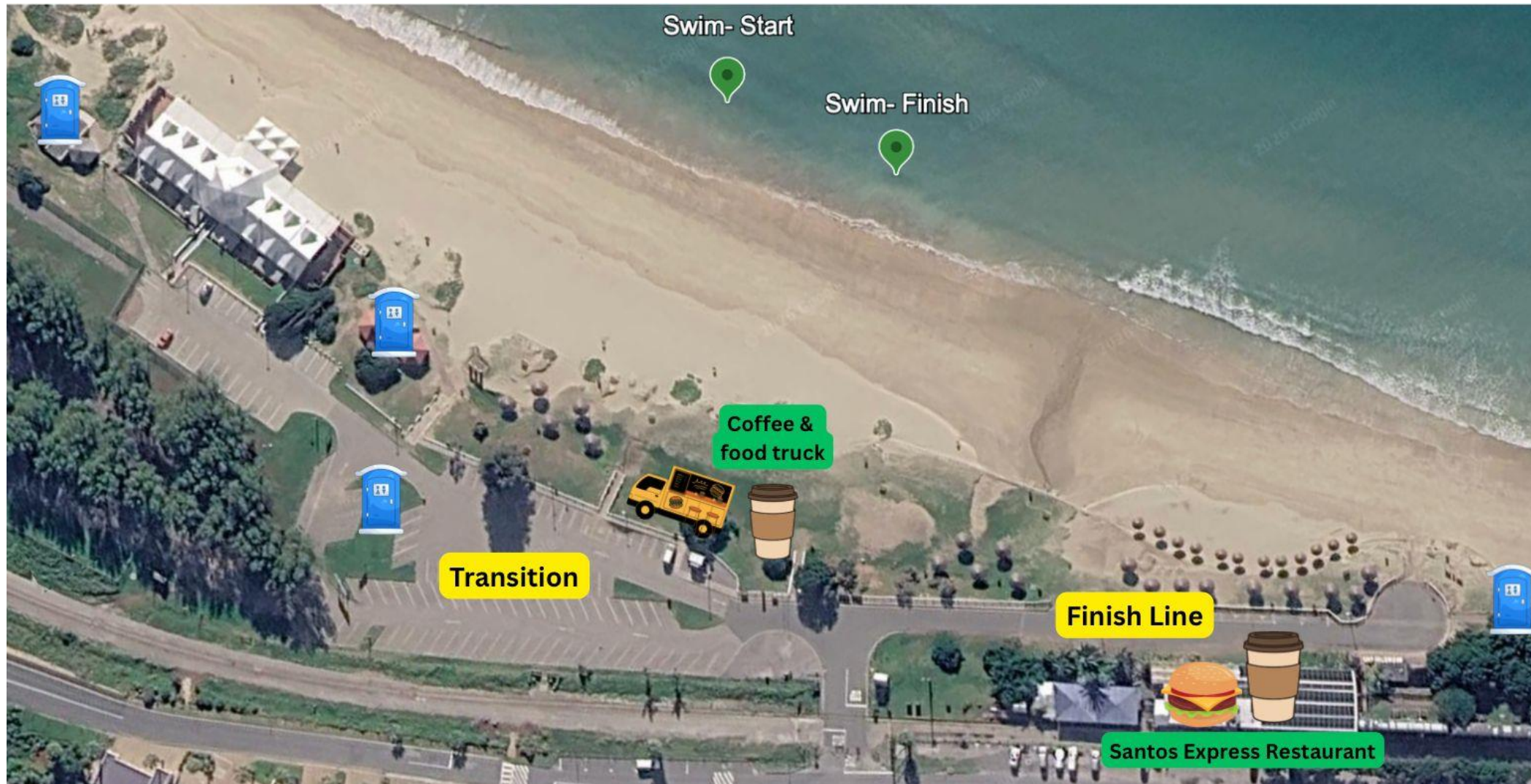
Note: all warm-ups 15 mins before race briefing (on the left of swim course).

ORIENTATION

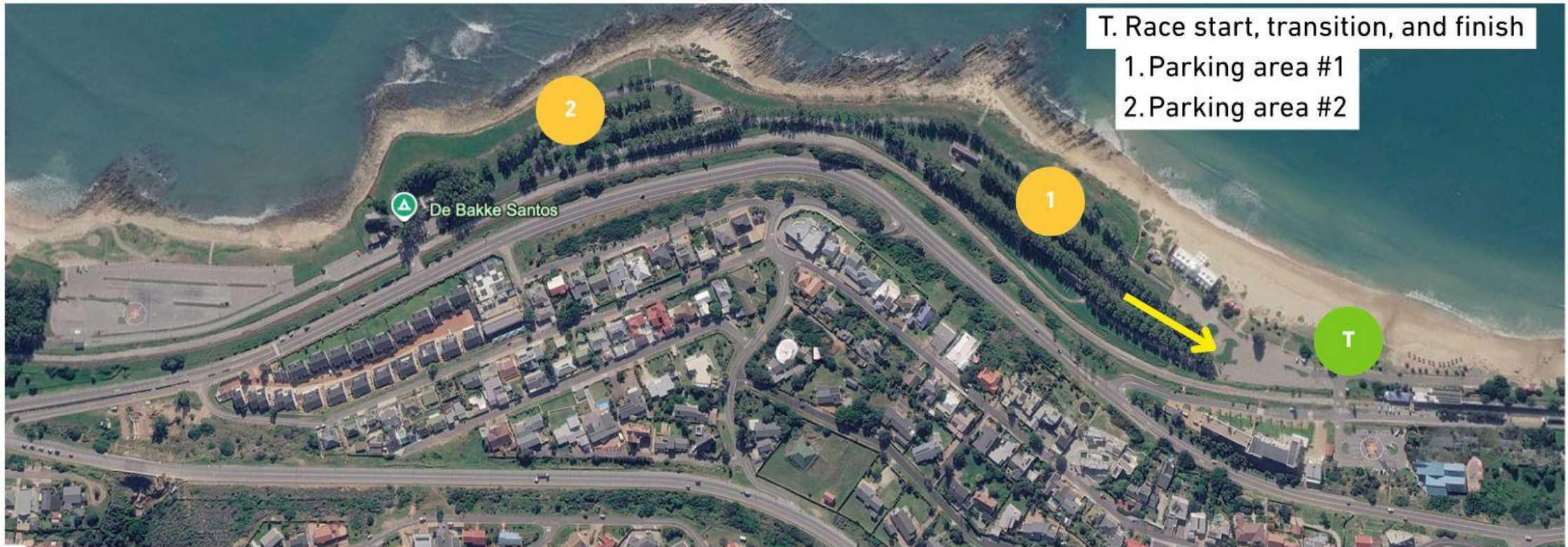


-  Medics
-  Timing
-  Bag drop (Inside Santos Express)
-  Information (Inside Santos Express)
-  Finish Line Aid Station
-  Timing Chip Hand In
-  Photo Arch
-  Prize Giving (Upstairs)
-  Finish Line
-  LED Screen

ORIENTATION



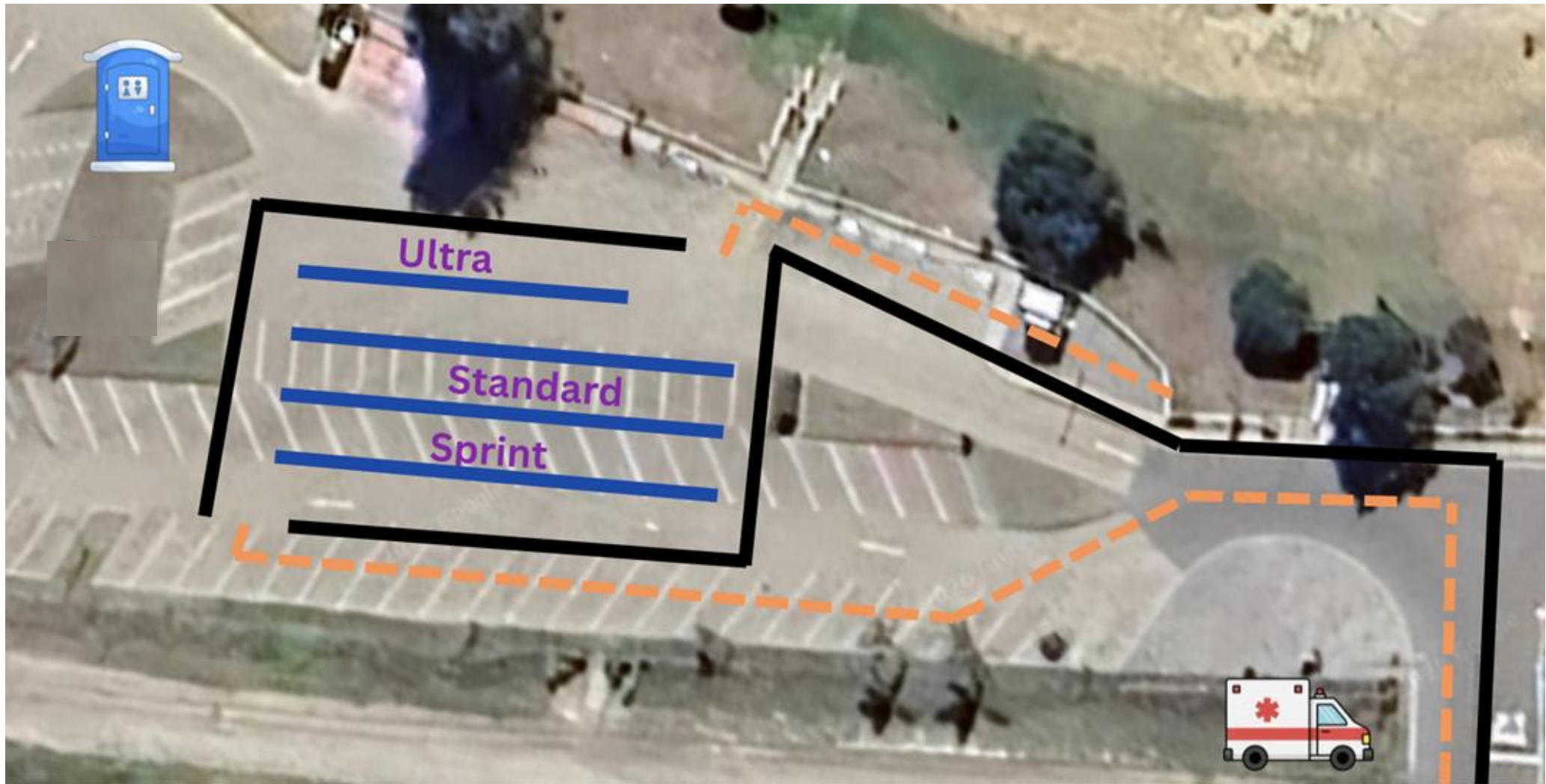
PARKING



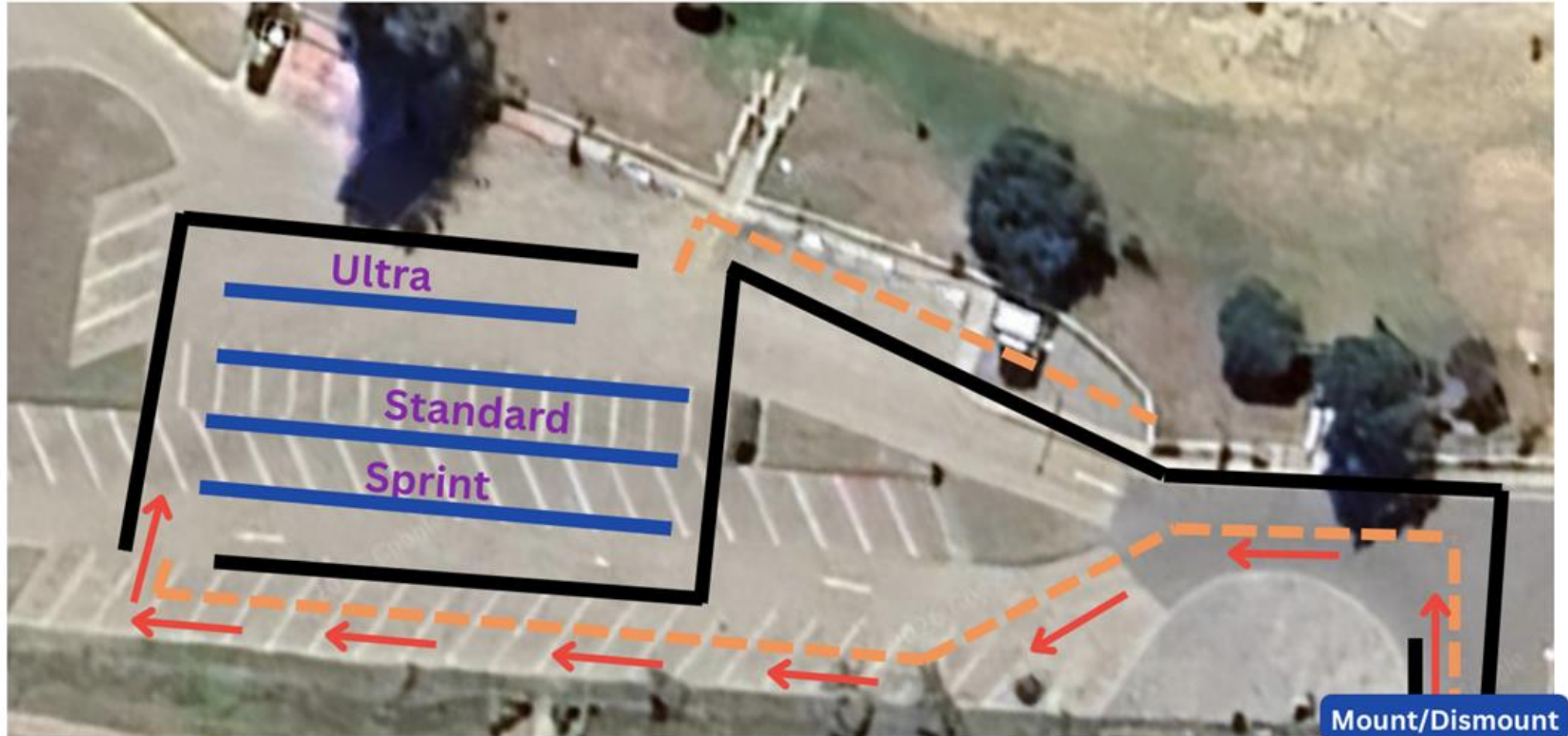
Parking available inside caravan park.
Enter at De Bakke Santos entrance.

Note: Athletes wanting to park in these areas will need to pay a R25 parking fee.

TRANSITION LAYOUT



ATHLETE FLOW | BIKE CHECK IN

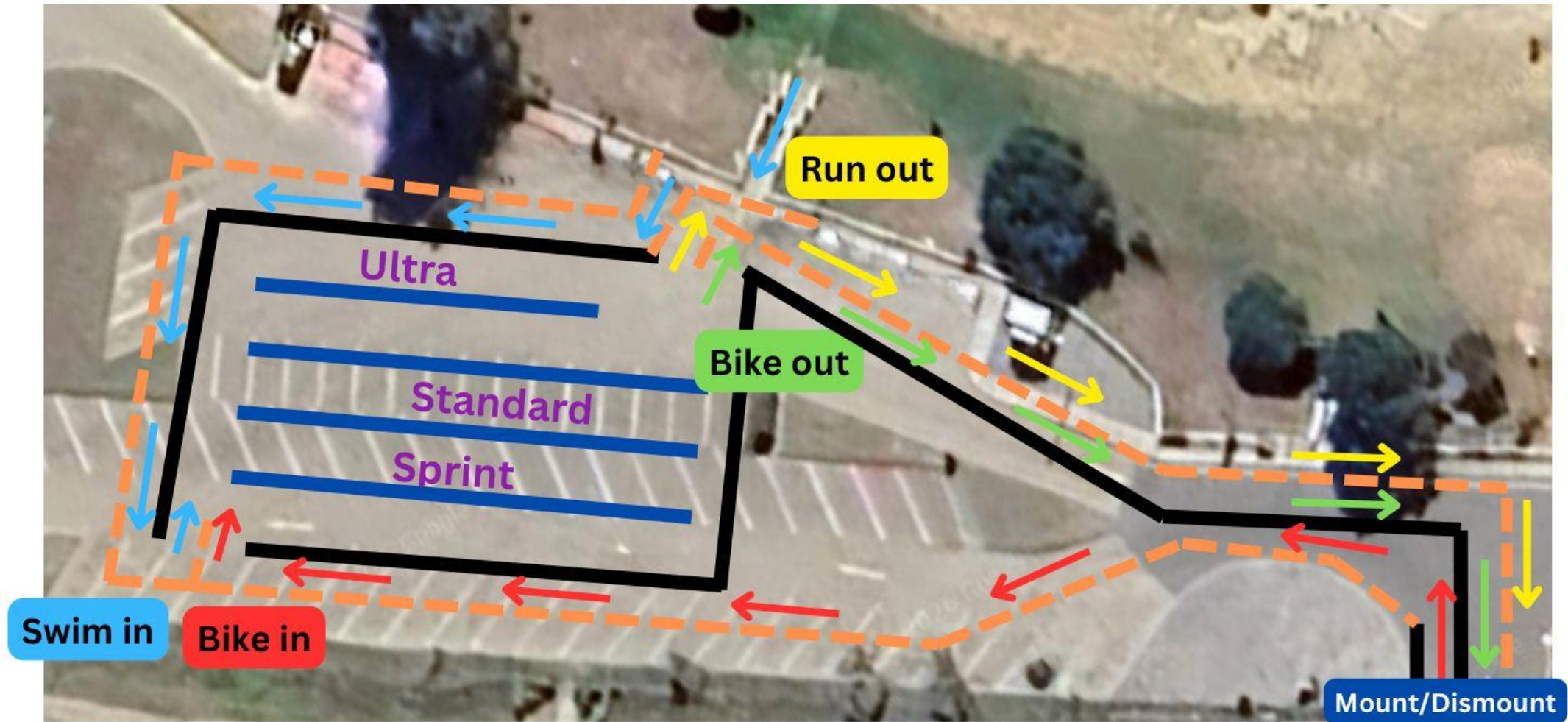


**Bike check in-
Keep left**

ATHLETE FLOW | TRANSITION TO SWIM START



ATHLETE FLOW | IN & OUT TRANSITION AREA



ULTRA • SWIM • 2 000m



ULTRA & ULTRA AQUABIKE SWIM: 2 000m
2 laps of 1km, in a clockwise direction

STANDARD • SWIM • 1500m



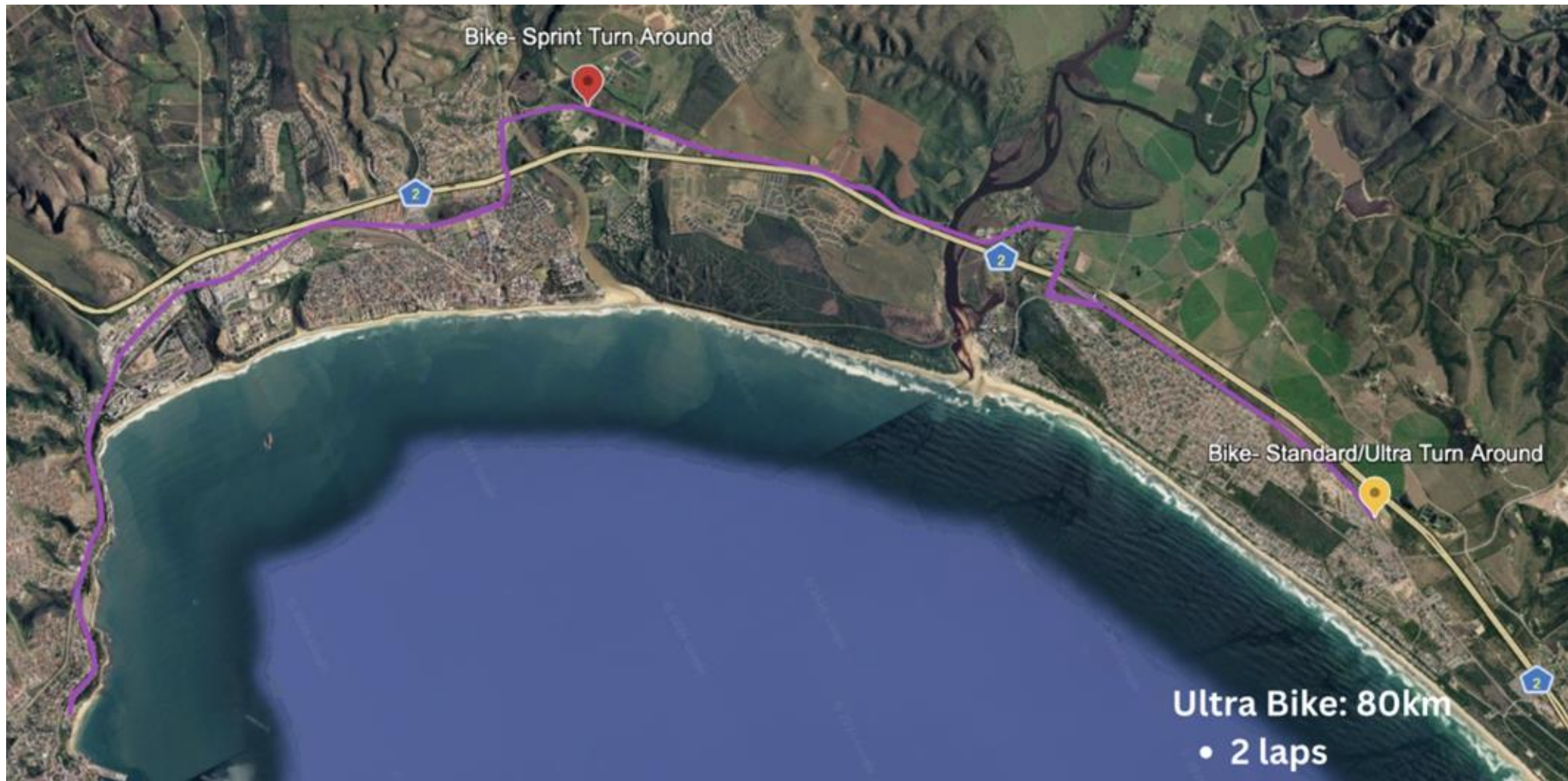
STANDARD SWIM: 1 500m
2 laps of 750m , in a clockwise direction

SPRINT • SWIM • 750m



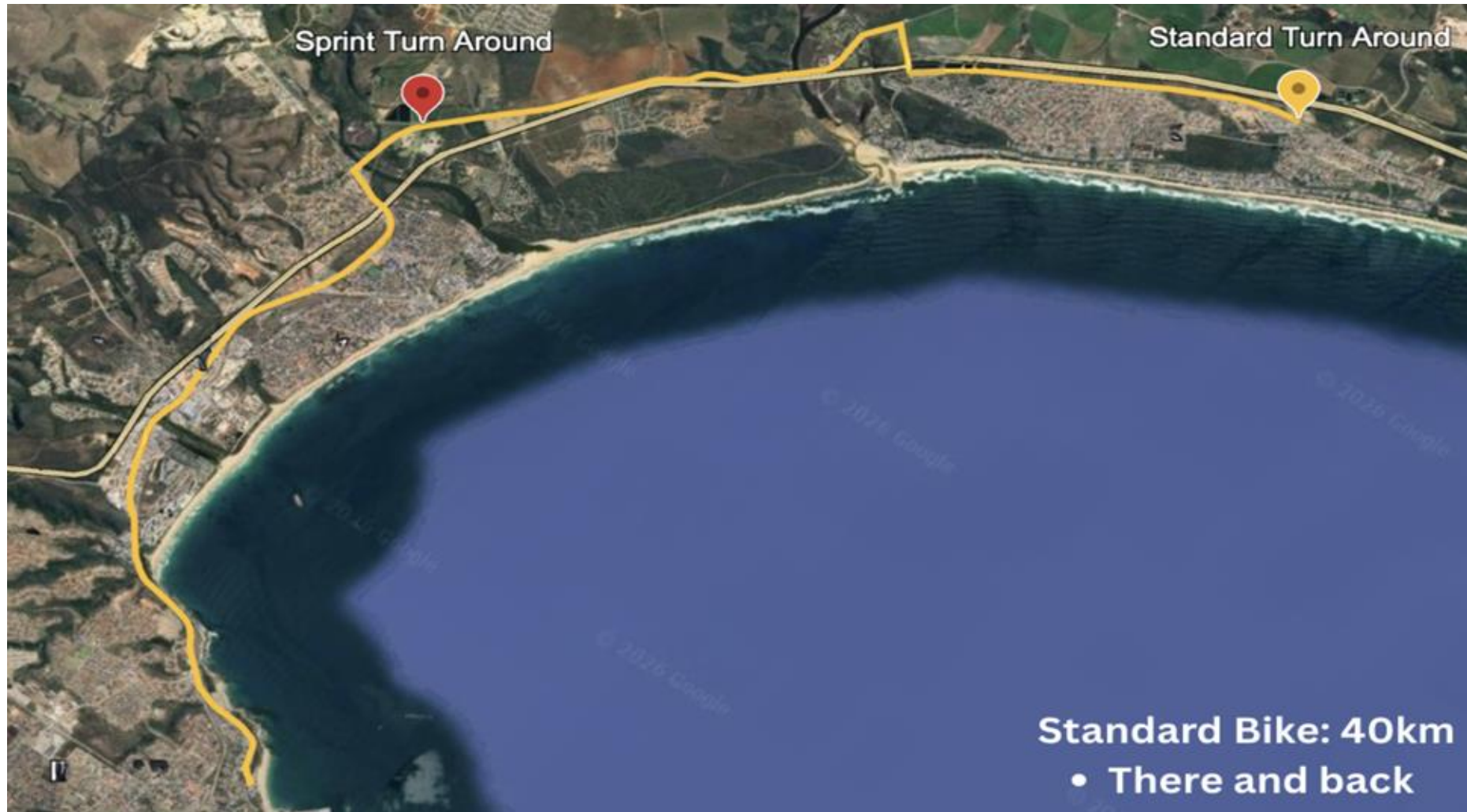
SPRINT SWIM: 750m
1 lap of 750m, in a clockwise direction

ULTRA / AQUABIKE • BIKE • 80km



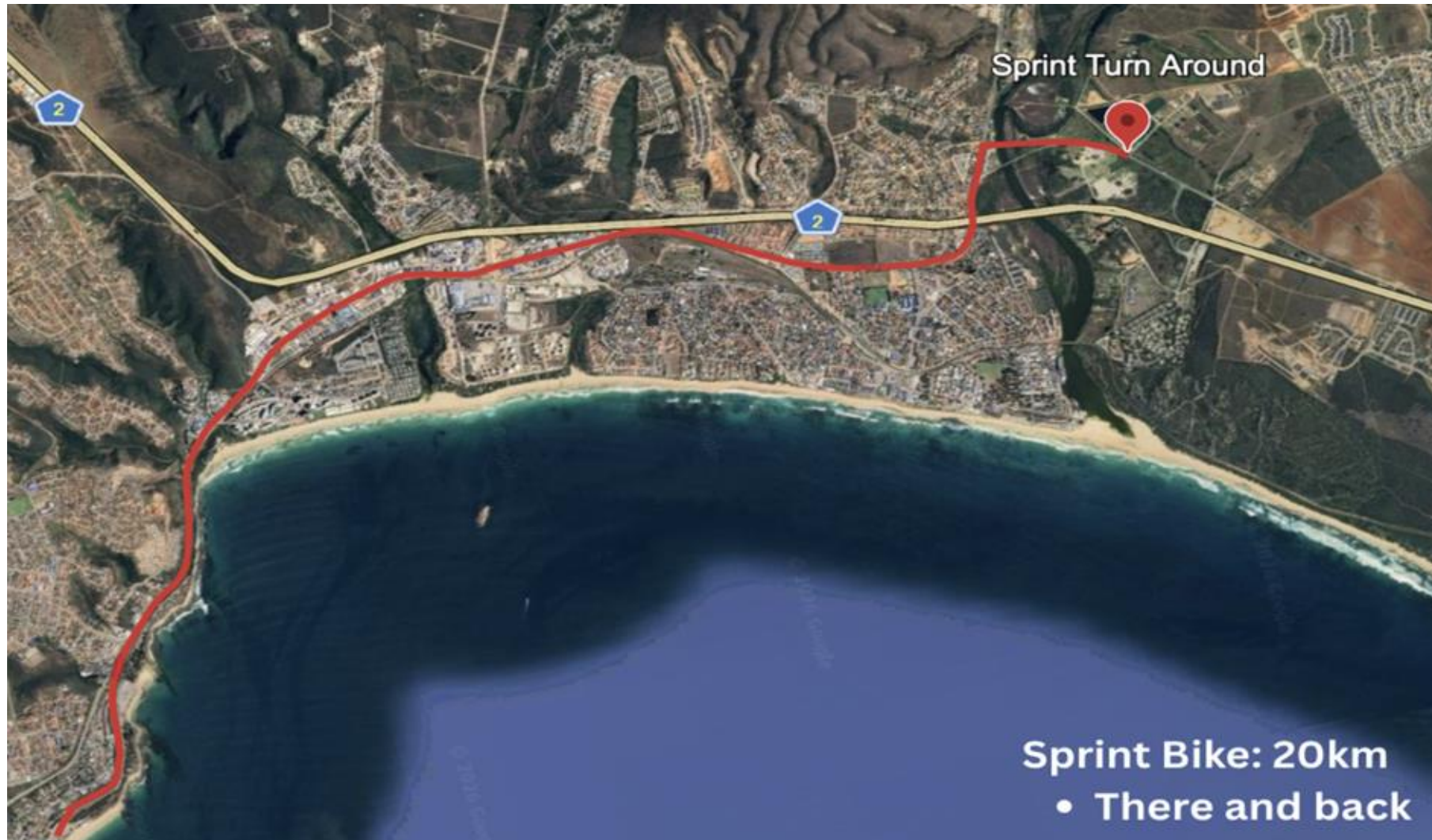
ULTRA BIKE: 80km | 2 laps, (No new lap after 11h00)
AQUABIKE, rack at transition and walk to finish for photo.

STANDARD /AQUABIKE • BIKE • 40km



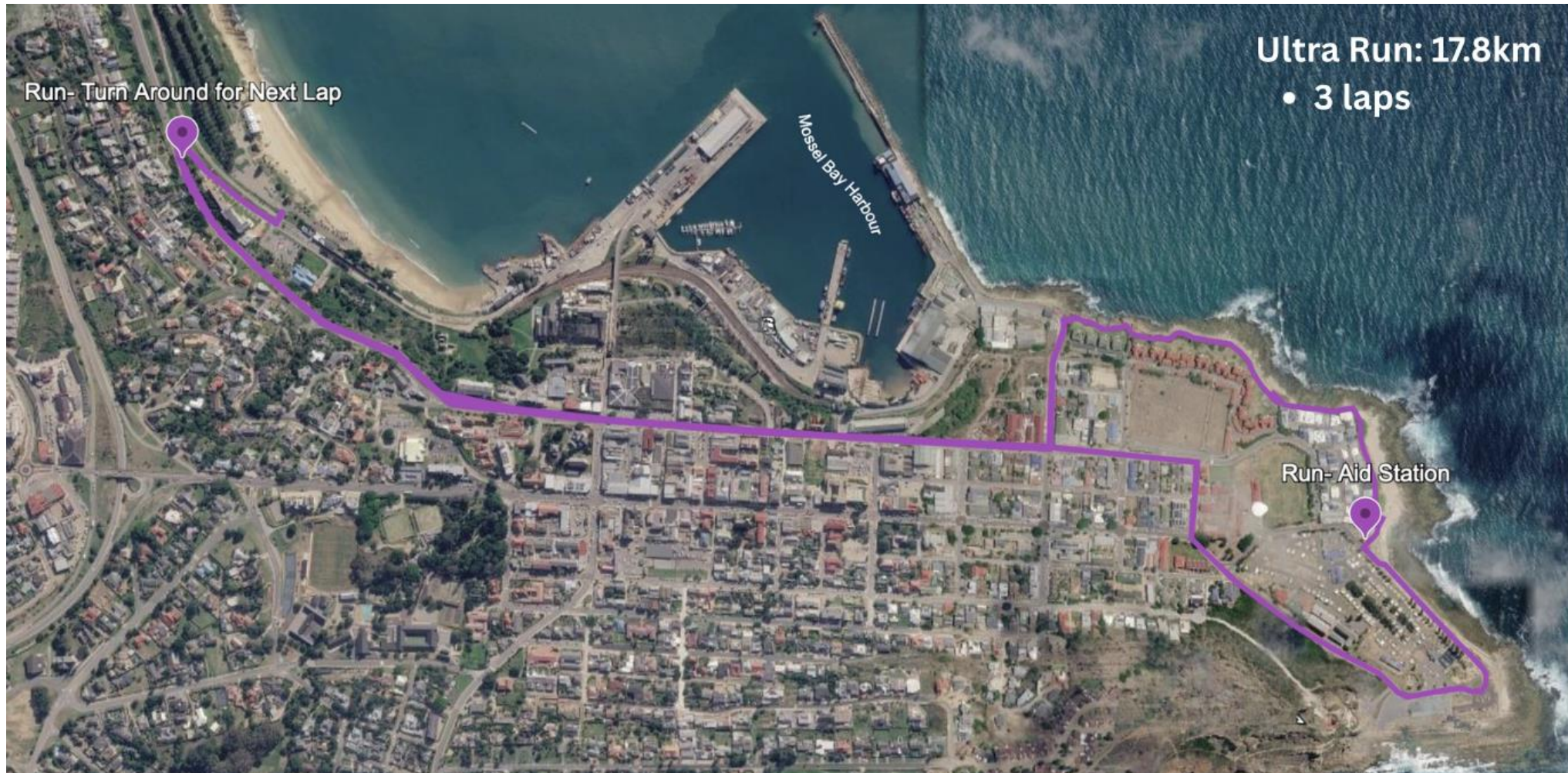
STANDARD BIKE: 40km | 1 lap of 40km
AQUABIKE, rack at transition and walk to finish for photo.

SPRINT • BIKE • 20km



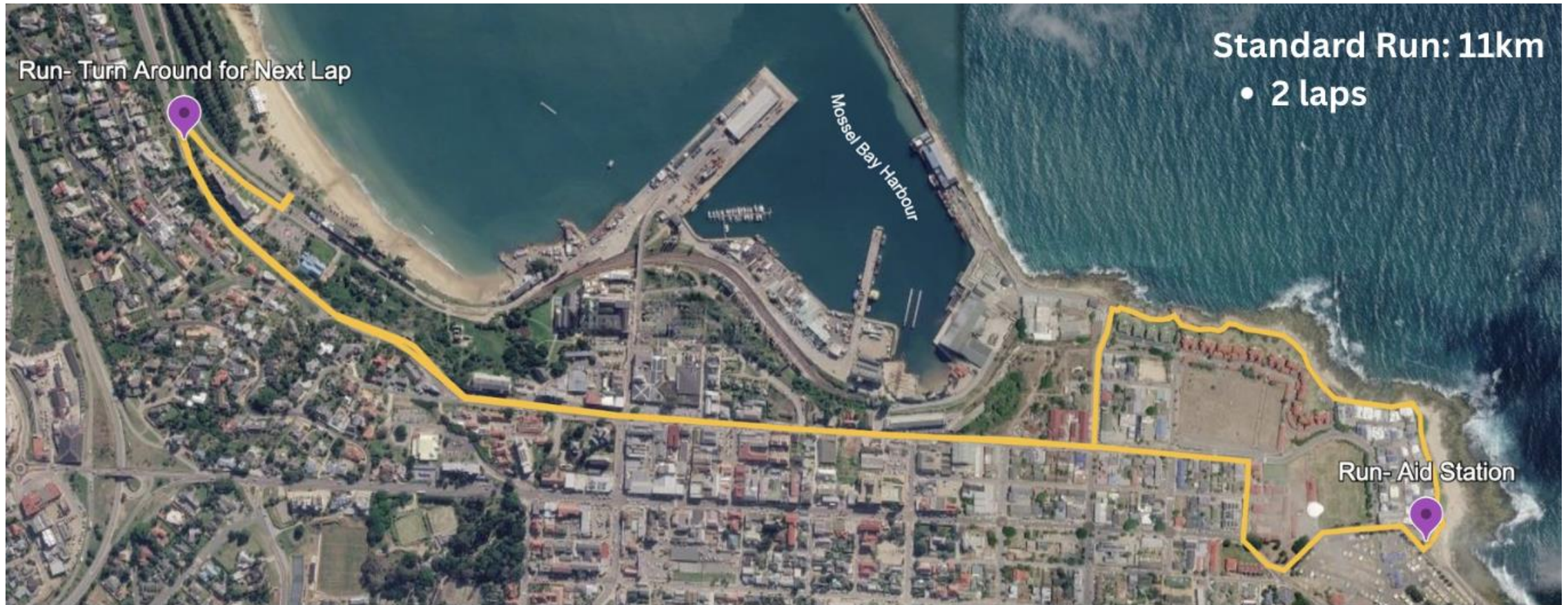
SPRINT BIKE: 20km
1 lap of 20km

ULTRA • RUN • 17.8km



ULTRA RUN: 17.8km (3laps)
Keep LEFT at all times on the run route

STANDARD • RUN • 11km



STANDARD RUN: 11km (2 laps)
Keep LEFT at all times on the run route

SPRINT • RUN • 5.6km



SPRINT RUN: 5.6km (1 lap)
Keep LEFT at all times on the run route

SHAKEOUT RUN & SWIM RECCE



Join us on Saturday 19th September, for our shakeout run course reccie and swim orientation.



SHAKEOUT RUN

- Time: 8:30
- Venue: Santos Beach grass umbrellas
- Distance: 1 lap of the course
- Supporters are welcome to join the run



SWIM ORIENTATION

- Time: 10:00
- Venue: Santos Beach grass umbrellas
- Unstructured to checkout the water temp, visibility etc.



MEDICS

- Klein Karoo Medics are the appointed medics
- An ambulance will be positioned at the Transition Area at Santos Beach
- There will be a 2nd ambulance at the bike turn-around point
- There will be a 3rd roving paramedic on the run route
- If you need assistance, the contact number is on your race bib

Call 082 444 2226

MARSHALS

- We have a mix of marshals from local schools and the community
- They are there to assist with pedestrian management, not to give directions
- Please study the maps and make sure you are familiar with the route maps

IMPORTANT NOTES



RACE RULES

- Non-drafting race, keep your distance!
- TT bikes / bars are permitted
- Helmet must be in good condition with uncracked shell and functional straps
- Hand timing chips in at the finish line to avoid a costly replacement fee
- Medals for solo finishers who have handed in their chip

NO LITTER POLICY

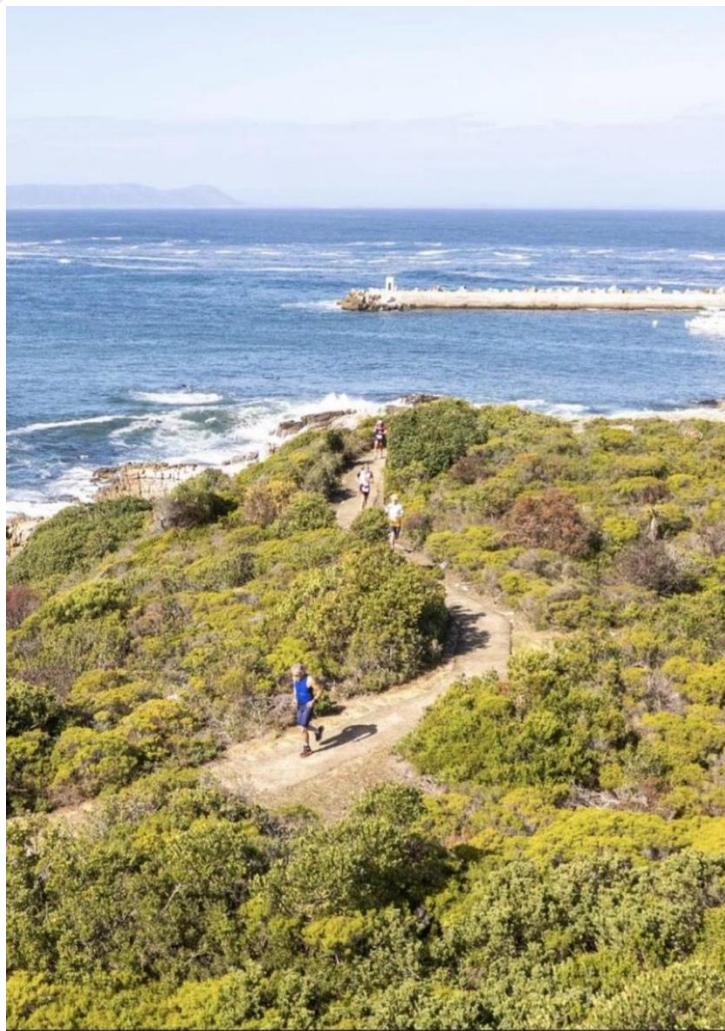
Please pick up your own trash and/or use the bins provided.



Spectators and team supporters must use designated spectator routes.

- Only registered athletes and race officials are permitted in the transition area.
- Spectators may stand on the beach to watch the swim but may not stand in the swimmers' exit area — this keeps a clear access path for medical response teams.

EVENT RULES — GENERAL



- A pre-race briefing video will be shared on www.bikeruntri.co.za and social pages
- Join the event WhatsApp group for race updates (check your payment confirmation email)
- A swim orientation is held approx. 10 minutes before each swim start for late instructions
- Regular instructions are announced over the PA system
- It is YOUR responsibility to know the route and rules — if you follow someone who is lost, that is your problem
- Marshals keep the route safe; they are not route guides
- Any athlete withdrawing must report to the finish line / referee
- A valid TSA licence or Day Licence is required — this is not included in your race fee
- No littering on course — littering outside designated zones results in disqualification
- Cheating (course cutting) and not acknowledging it results in a ban
- Swearing at referees or staff results in disqualification — they are there to help, be polite

EVENT RULES — DISCIPLINE SPECIFIC



SWIM

- No cap = no swim
- No baggy clothing — it hampers lifesaving and speed
- Lifeguards may assist for up to 20 seconds; more help means withdrawal
- Below 15.9°C, wetsuits mandatory (+ swim socks / hoodie optional)
- 16–22°C: wetsuits optional
- Swimmers who aren't comfortable with swim conditions, can start the bike behind the last swimmer out of the water. (excluded from podium)
- No pushing, shoving, pulling, blocking



CYCLE

- No helmet = no ride
- Approved hard-shell helmets only — no cracks, straps intact
- Helmet must be clipped before removing bike from rack
- Do not unclip or remove helmet before bike is racked
- No cycling in transition — walk/run to Mount/Dismount line
- 12m drafting regulations apply; referees' word is final
- Only competitors permitted in transition areas
- Bikes removed from transition only in allocated times; must show race number
- No glass containers in transition or on course
- No listening devices or earphones



RUN

- Upper-body garment required; straps must stay on shoulders
- No nudity — note there are no changing tents in transition
- Footwear is compulsory

SPECIAL THANKS TO OUR PRIZE PARTNERS



SAILFISH IGNITE WETSUIT

An Ignite wetsuit, worth over R6 000, designed for those ready to trade the pool for the open water,.

GOODR SUNGLASSES

6 pairs of funky glasses ranging in design from Shin Splint, Confetti Canon and My Sweat.

BODYTEC VOUCHERS

6 & 12 Month Free EMS Memberships valued at R10 604 and R18 143

6 & 12 month Free Recovery Zone Sessions valued at at R4800 and R14 400

KANU WINES

6 bottles of wine from the Polkadraai Hills of Stellenbosch

BIOGEN HAMPERS

3 hampers worth R1500 packed with your favourite boxes of Elite Carb Drink, Elite Carb Bars, Elite Carb Gels + a Water bottle.

BUDDYSWIM

A pair of OzeanX Mirror goggles worth R1000 & 20l Dry pack worth R1500.

SLEEPSPORT PILLOWS

2 decadently comfortable pillows, guaranteed to improve your sleep ahead of your next triathlon.

BOTLIERSKOP GAME DRIVE

A 3 hour game drive for 2 guests at Botlierskop, close to Little Brak River

THANK YOU TO OUR PARTNERS

BIOGEN
FOR THE RESULTS YOU WANT

 **GILNOKIE**

 **oasis**

racefood
real food sport nutrition

BODYTEC

TRAIN SMARTER. GET STRONGER.

 **sailfish**

SLEEPSPORT
your device

 **BUDDYSWIM**

goodr
SUNGLASSES

SANCTIONED BY



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