



# ATHLETE GUIDE



# REGISTRATION

## **CAPE TOWN**

Venue: Hamiltons Rugby Club,  
1 Stephens Way, Greenpoint  
Date: Tuesday 6 May 2025  
Time: 12h30 - 16h30

## **HERMANUS**

Venue: Harbour House Hotel  
Date: Saturday 10 May 2025  
Time: 12h30 - 16h30

# RACE DAY TIMELINE

05h30-07h00: On-site parking open (see map)

06h15-09h00: Timing chip collection for those who registered in CT

06h30: Transition opens

 **07h30: Ultra swim start**

07h45: Transition closes

08h45-09h15: Transition re-opens

08h40: Standard swimmers warm up

 **09h00: Standard swim start**

09h55: Sprint swimmers warm up

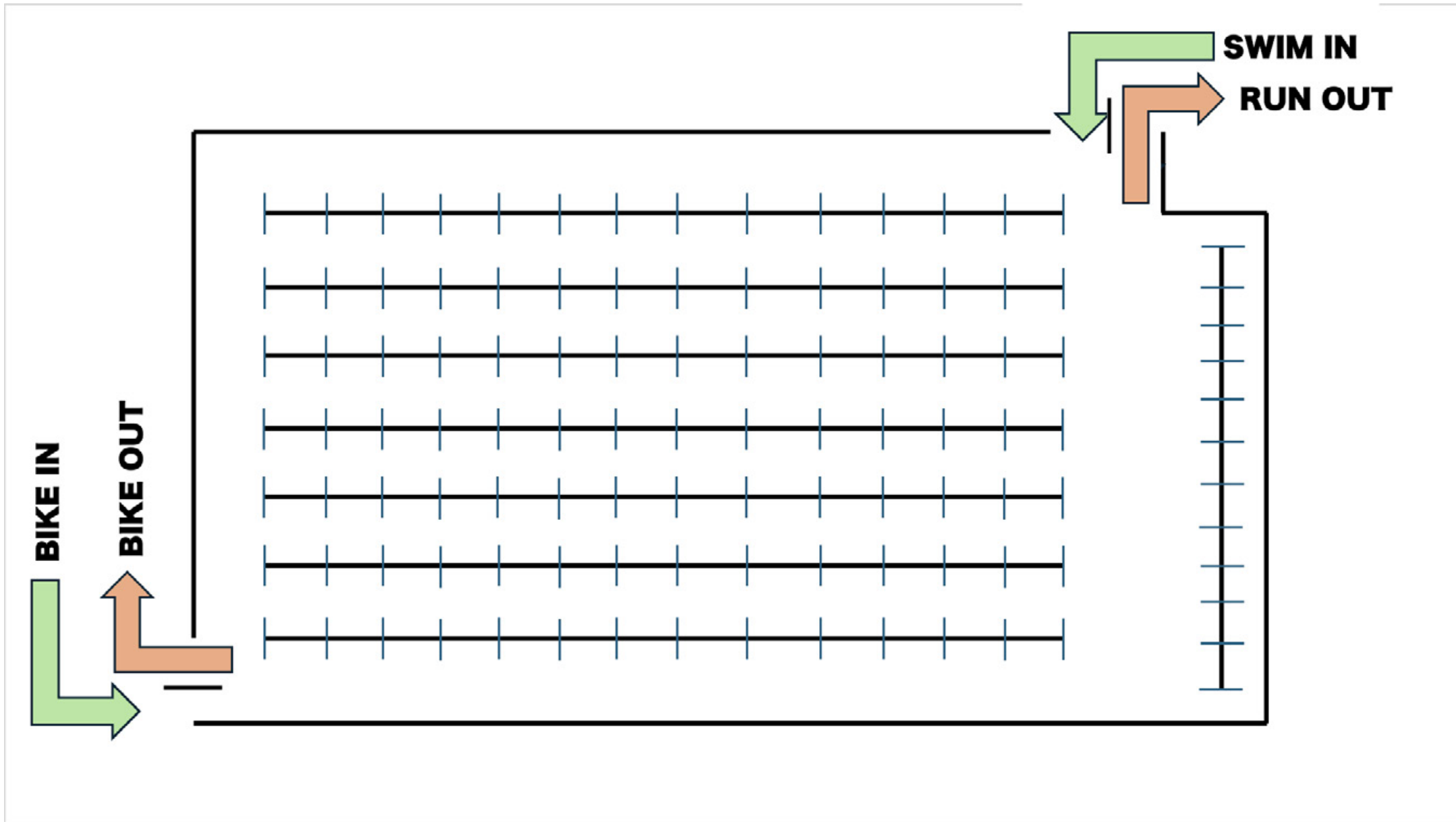
 **10h15: Sprint swim start**

13h00-16h30: Transition opens for bike check out

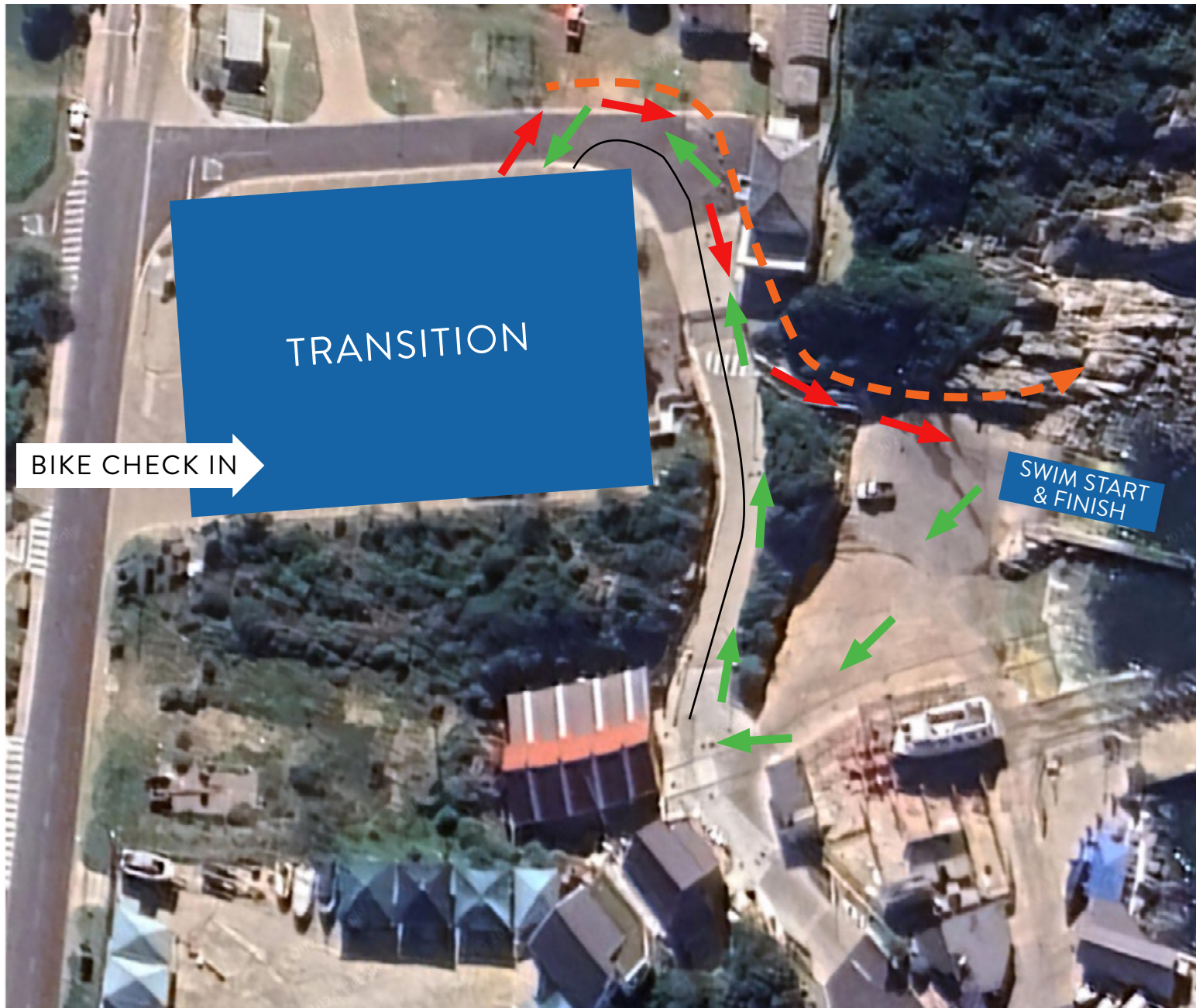
14h30: Prizegiving






# TRANSITION AREA




# ATHLETE FLOW: TRANSITION TO SWIM START



Athletes are to make use of the staircase to the New Harbour slipway. Please be aware of athletes who have started their race and will be using the ramp to get back up to transition.

-  Athletes going to swim start
-  Athletes completing swim
-  Spectator route to and from swim

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- Non drafting so TT bikes are allowed
  - Bring your own transition box
  - A good-condition helmet (with straps in good condition and no cracks)
  - Hand in timing chips at finish

## SHUTTLES

Tuk Taxi will be providing athletes with a shuttle service leaving every 30min from the Old harbour in Hermanus. The collection point is on the R43 (Main road) opposite the KFC. Shuttles start at 11h00 and the last shuttle will leave the Old harbour at 16h00.

# GEAR LIST



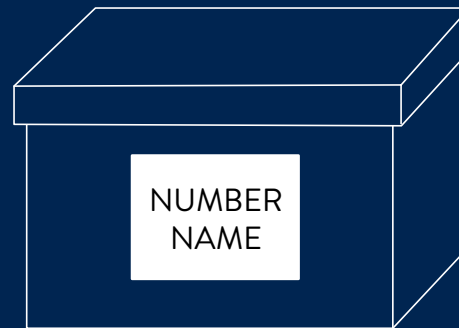
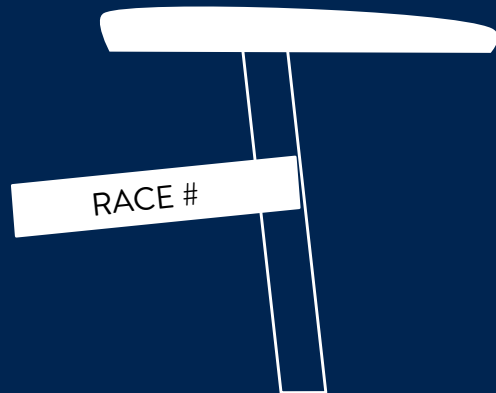
- Bright swim cap
- Chip safety pin tape
- Race belt
- TT bike/bars
- Road running shoes
- Helmet
- Cycling shoes
- Wetsuit and goggles
- 40 x 40 Box, with or without a lid, no straps (Size does not have to be exact)

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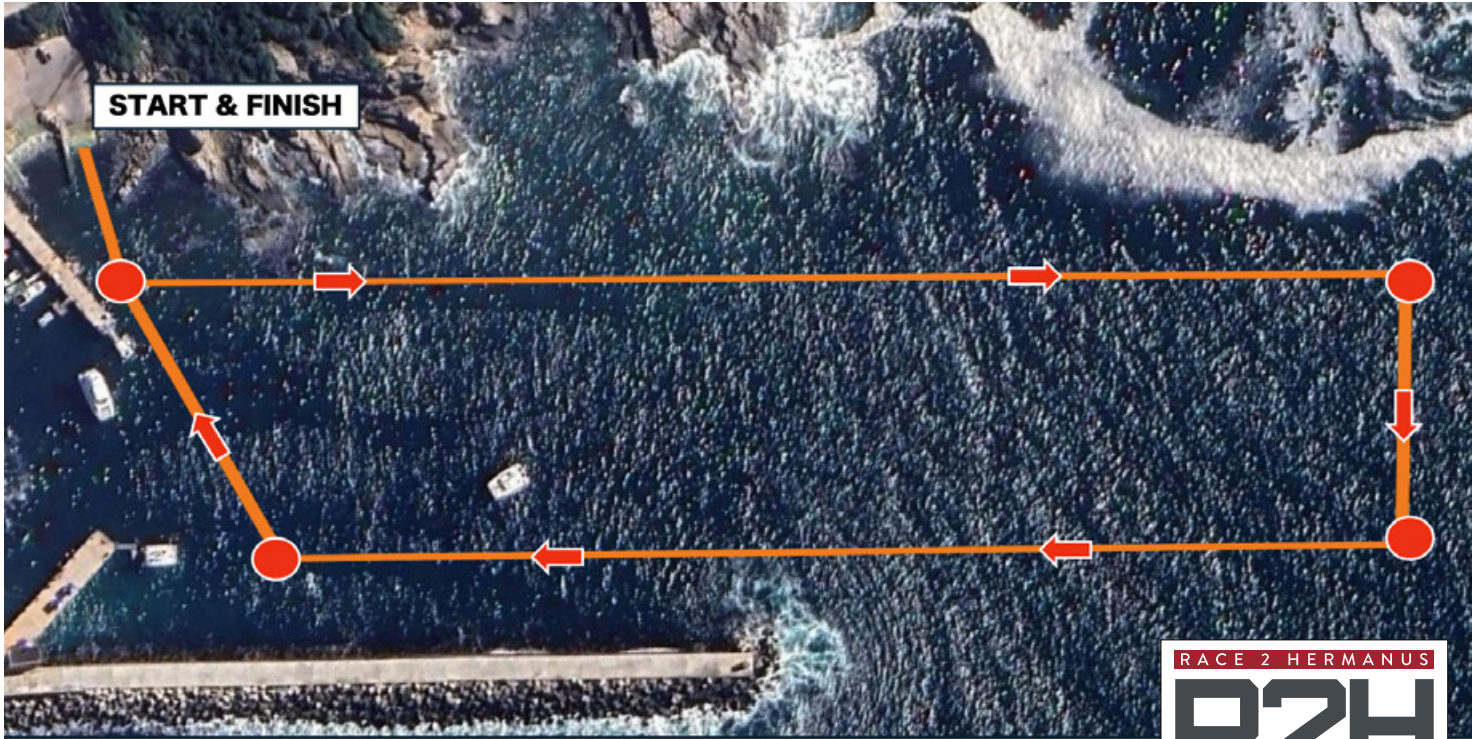
Athletes to carry all necessary spares for their bikes in order to manage any small technical issues (tubes, pump, repair kit)

# RACE PACK

- Timing chips only at Hermanus  
(To be collected on Saturday at registration or on Sunday morning pre race. Note, there is no registration on Sunday, only timing chip collection.)
- Race number
- Bike sticker
- Transition box sticker







START & FINISH



**ULTRA SWIM: 2000m**  
(2 laps of 1km in a clockwise direction)

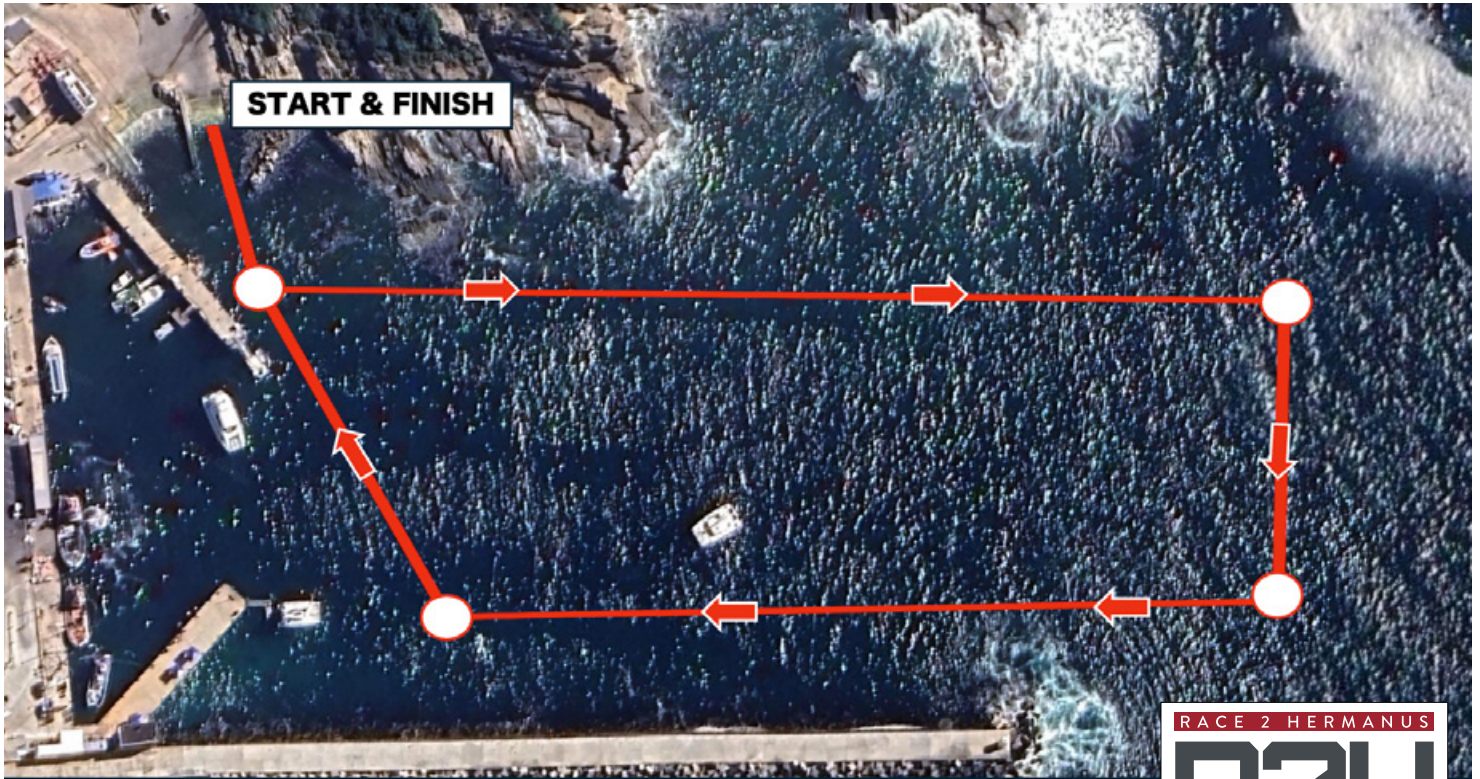




**ULTRA SWIM: 2000m**  
(2 laps of 1km in a clockwise direction)







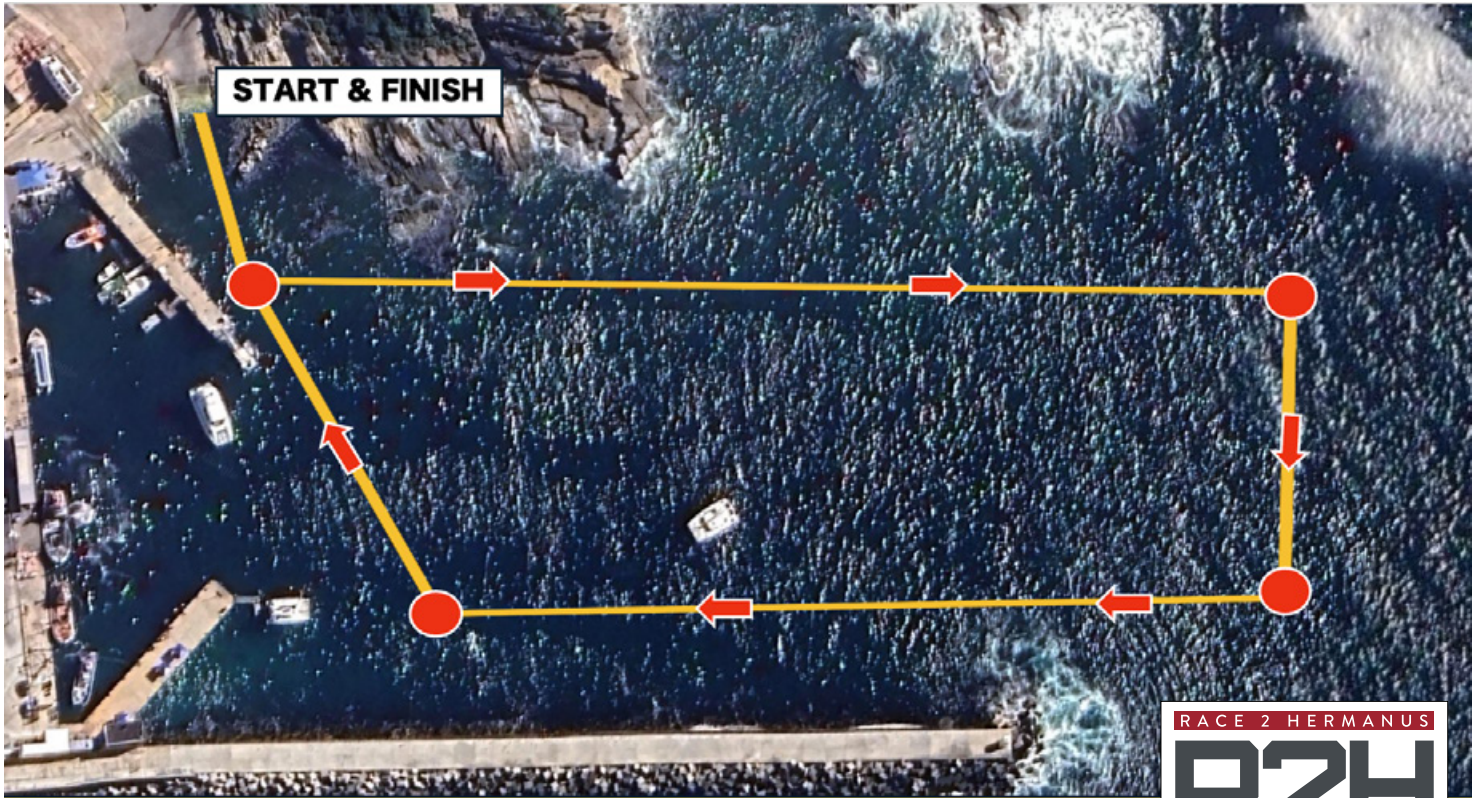
**START & FINISH**



**STANDARD SWIM: 1500m**  
(2 laps of 750m in a clockwise direction)







**START & FINISH**



**SPRINT SWIM: 750m**

(1 lap of 750m in a clockwise direction)





## ULTRA BIKE: 80km

(2 laps – starting 2<sup>nd</sup> lap at Voelklip circle)

\* See bike detail map







## ULTRA BIKE ROUTE DETAIL

Turn 180 degrees at Voelklip circle towards, back towards Stanford. You will only make this turn once.





## AQUABIKE BIKE: 77km

(2 laps – starting 2<sup>nd</sup> lap at Voelklip circle)

\* See bike detail map





## **AQUABIKE BIKE ROUTE DETAIL**

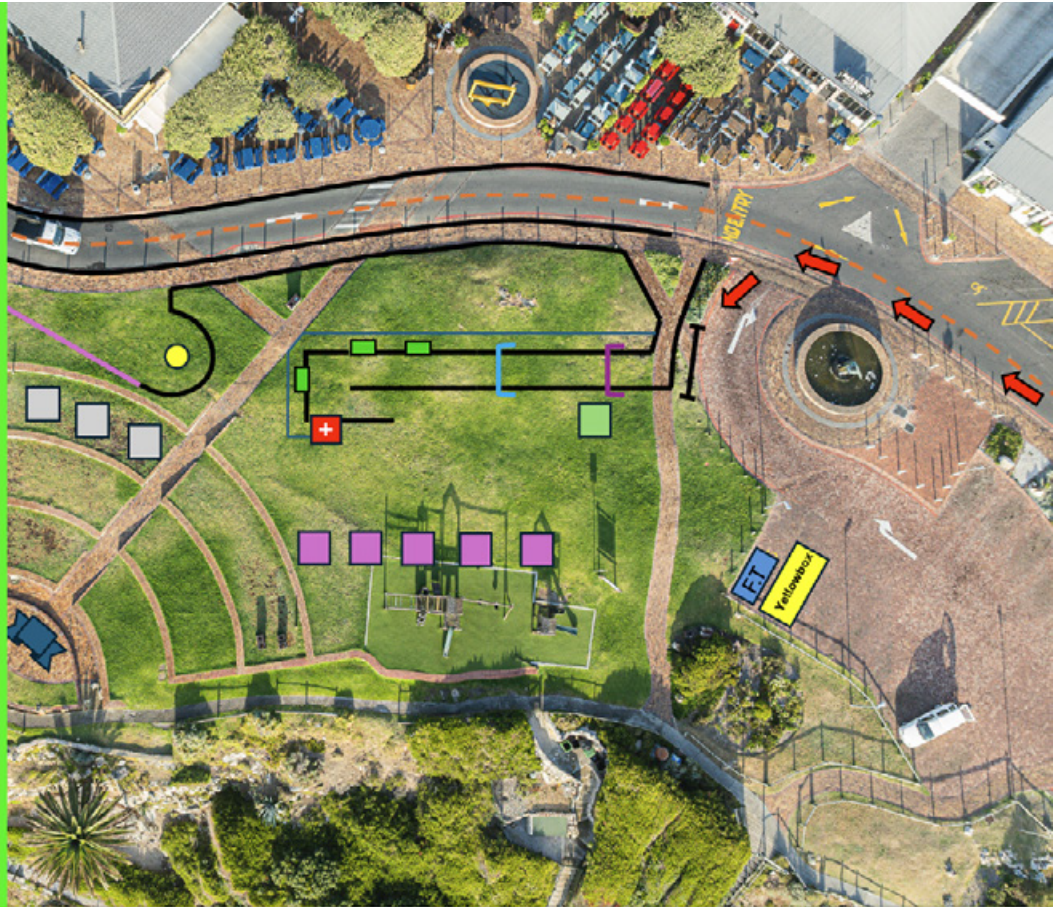
Turn 180 degrees at Voelklip circle towards, back towards Stanford. You will only make this turn once.





# AQUABIKE FINISH

After you have completed your 2<sup>nd</sup> lap, you will not return to Transition – when approaching the finish, keep left and rack your bike at the bottom of the finish chute and take a short jog to get your finishers photo under the arch.







**STANDARD BIKE: 40km**  
(1 lap)





**SPRINT BIKE: 20km**  
(1 lap)







**ULTRA RUN: 17km** (2.5 laps)

\*KEEP RIGHT at all times on the run route



## RUN DETAIL

Runners leave transition and turn right to head to the harbour jetty (athletes to always stay to the right).

Runners leave transition and turn right to head to the harbour jetty (athletes to always stay to the right).

When starting the 2nd lap, athletes do NOT need to run the jetty and will turn left to the cliff paths (WHITE arrows for laps).







**STANDARD RUN: 11km** (1.5 laps)

\*KEEP RIGHT at all times on the run route





## RUN DETAIL

Runners leave transition and turn right to head to the harbour jetty (athletes to always stay to the right).

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When starting the 2nd lap, athletes do NOT need to run the jetty and will turn left to the cliff paths (**WHITE** arrows for laps).







**SPRINT RUN: 5km** (1/2 lap)

\*KEEP RIGHT at all times on the run route





## RUN DETAIL

Runners leave transition and turn right to head to the harbour jetty (athletes to always stay to the right).

Athletes to finish their lap at the Hermanus Old Harbour grass amphitheatre.





# EVENT RULES

We pride ourselves in warm welcoming, fun, friendly events for all levels of participants. That said as races we need rules protect athletes and engender sportsmanlike behaviour. If any rules are unclear, please consult with us pre event or the Chief Race Referee on the day.

## GENERAL

- A pre-race briefing video will be shared on [www.bikeruntri.co.za](http://www.bikeruntri.co.za) and on our social pages. Please make sure you have gone through it and if you have any questions to post them below the posts.
- Join the event WhatsApp group for updates.
- A swim orientation will be conducted around 10 minutes before the start of the swim leg of each event where any additional late instructions will be given.
- Regular instructions will be announced over the PA system.
- It is YOUR responsibility to know the route and rules. Ensure that you have checked the maps and read the rules. If you follow someone who's lost that's your problem.
- Marshals are there to assist keeping the route safe – they are not there to explain the route to you. Many don't speak English and will only arrive at their point on race day.
- Any athlete withdrawing from the event is required to report to the Information station and advise officials
- Athletes are required to hold a valid TSA license, please enter this on your entry. Day Licenses are available and are not included in the entry fees for those not licensed.
- We are nature lovers who respect our playgrounds. NO littering on the course is allowed. Littering outside the litter zones will result in disqualification.
- Cheating is severely frowned upon. If caught cutting the course and not acknowledging that and convicted by a protest you will be banned from EIM events.
- Any swearing at refs or staff will result in a DQ. They are there to help, be polite.







## SWIM

- NO Cap = NO Swim
- Swim caps are sometimes provided by sponsors and have to be worn on race day. All other races require brightly coloured caps – no blue, black or green caps.
- NO baggy clothing is allowed for safety reasons. These make you heavier and hamper lifesaving efforts.
- Lifeguards cannot be requested to assist you more than 20 seconds to check if you are ok.  
If you cant proceed without help you are out of the race and need to proceed to shore, either in the rescue craft or alone where able.
- Below 15.9° water temperature – Wetsuits Mandatory
- 15.9o to 22° water temperature – Wetsuits Optional
- Above 22° – Wetsuits forbidden
- Swimmer must be capable of swimming the distance entered
- NO pushing, shoving, pulling or blocking is permitted during the swim

## CYCLE

- NO helmet = NO ride
- ONLY approved, hard-shell helmets in good condition will be permitted
- ONLY 26 inch or greater wheel size mountain bikes will be permitted
- An upper-body garment must be worn
- NO nudity is permitted. There are NO changing tents in transition

- Helmets should be free from cracks and all strapping in good working order
- Both handlebar ends must be firmly plugged
- Helmets must be clipped on tightly and correctly before taking bike from rack.
- NO cycling is permitted in the transition area. Run your bike to the exit of transition and mount after the Mount/Dismount Line
- DO NOT unclip or remove your helmet BEFORE your bike is racked. You will be stopped to re-clip your helmet.
- Drafting regulations are communicated in the briefings and need to be adhered to or the referees will admin siter penalties. Their word is final.
- ONLY competitors will be allowed in the transition areas
- Bikes may only be removed from transition area after an announcement is made that all cyclists have finished the cycle leg. You HAVE to show your race number to match your bike sticker or will not be allowed to remove it.
- NO glass containers are permitted in transition or on the course
- NO listening devices or earphones are permitted for safety reasons

## RUN

- An upper-body garment must be worn. Straps of tops and vests must remain on the shoulders
- NO nudity is permitted. There are NO changing tents in transition
- Footwear is compulsory