



# TRI! '17

## 2 DECEMBER

Dear Athletes

Welcome to the Woolworths Trust 9<sup>th</sup> Charity Triathlon 2017.

**2 December 2017** is the day we have all been training for and we are looking forward to a day of great activity.

### Registration:

Thursday 30 November at Woolworths Head Office in Cape Town

- Woolworths House - 93 Longmarket Street, Cape Town between **09h30 and 15h00**.
- To those in teams please come to registration knowing your team name and names of other team members.
- If you have any changes to your entry, you will be able to make them at the Registration Table.
- **NB: Appreciated if all those who wish to effect changes come through the early part of the day so that we can best assist you in getting successfully registered!**

### Race day Schedule:

Race Village Opens	06:00
Transition Opens	06:30
Transition closes	07:45
Race Briefing Long Tri	07:45
Welcome	07:50
Triathlon Long (individual and teams) Start	07:55
Race Briefing Short Tri	08:30
Short Tri Individual Start	08:35
Short Tri Team Start	08:50
Hike	09:00
Walk 4km	09:10
Walk for Good 1km	10:00
Kids Trail Run(3km)Start	10:30

### Weather prediction:

Paul Cluver Wines  
Sat 2 December

DAY

22°  
HI

RealFeel® 27°  
Precipitation 2%

Mostly sunny and pleasant



Winds from the  
SSW 11 km/h  
Gusts: 20 km/h



Max UV Index: 12 (Extreme)  
Thunderstorms: 0%  
Precipitation: 0 mm  
Rain: 0 mm  
Snow: 0 CM  
Ice: 0 mm  
Hours of Precipitation: 0 hrs  
Hours of Rain: 0 hrs

We encourage all athletes to ensure they remain hydrated throughout the day. Please also ensure you make use of sunscreen and a cap.

## Bike Check IN:

All bicycles must be checked in between 06:30 and 07:45. NO EXCEPTIONS

## Route Maps:

These are available on <http://triathlon.woolworths.co.za/> and include the MTB route profiles.


## Parking:

After taking the turn off from the N2 into the Paul Cluver Estate you will see parking signage directing you to the demarcated parking area. A short walk will bring you to the Race Village.




Useful link <http://triathlon.woolworths.co.za/> for


- Info for First Timers is available on the website
- Rules
- FAQ's
- Directions to Paul Cluver

# RUN




Runner needs to display number in **FRONT** via pins or elastic






ALL Individual and Team swimmers must attached to left arm



Timing Chip  
Left ankle



Thank you all and enjoy the event!

THE WOOLWORTHS TRUST CHARITY TRIATHLON EVENT COMMITTEE