



Prescient
RACE 2 HERMANUS
R2H
TRIATHLON
HERMANUS 2024

SUPPORTED BY **SEESA**

ATHLETE GUIDE



HERMANUS - 11 MAY 2024



CAPE TOWN REGISTRATION

Tuesday 7 May

12h00 to 17h30

Hamilton's Rugby Club,
Greenpoint

HERMANUS REGISTRATION

Friday 10 May

15h30 to 18h30

Harbour house in Hermanus
(Opposite Gearings Point)

TIMING CHIP COLLECTION

Friday 10 May

At Hermanus registration

14h00 to 18h00

OR

**At transition in the Hermanus
new harbour on race morning**

06h00 to 09h00

YELLOW CONTAINER SELF-SERVICE RUN AID STATION #1

Once you head out onto our new run route, you will notice a yellow container as you exit the New harbour and turn right, This is a new initiative for our events to further reduce impact on the environment and reduce the number of single use plastics and cups at our events. This Container uses a filtration system to ensure great quality water for you. Please assist us in this initiative by carrying your own re-usable & collapsible adventure cup on your run (or even on the bike). These can be purchased from as little as R99.



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.

PARKING

Athletes have the following parking areas available to them

- 1.** Parking available in the 3 marked parking areas shown on the right, in the new harbour (race start). The new harbour will be closed to any parking from 07h00.
- 2.** Alternative parking on the roads surrounding the harbour area but NOT on route (Westcliff road + Cliff road).
- 3.** Parking at Gearings point available until 07h45.



Race2Hermanus has organised transport that provides round trips between the Old and New harbour's of Hermanus, departing every half hour from the Old harbour between 11h00 and 16h00



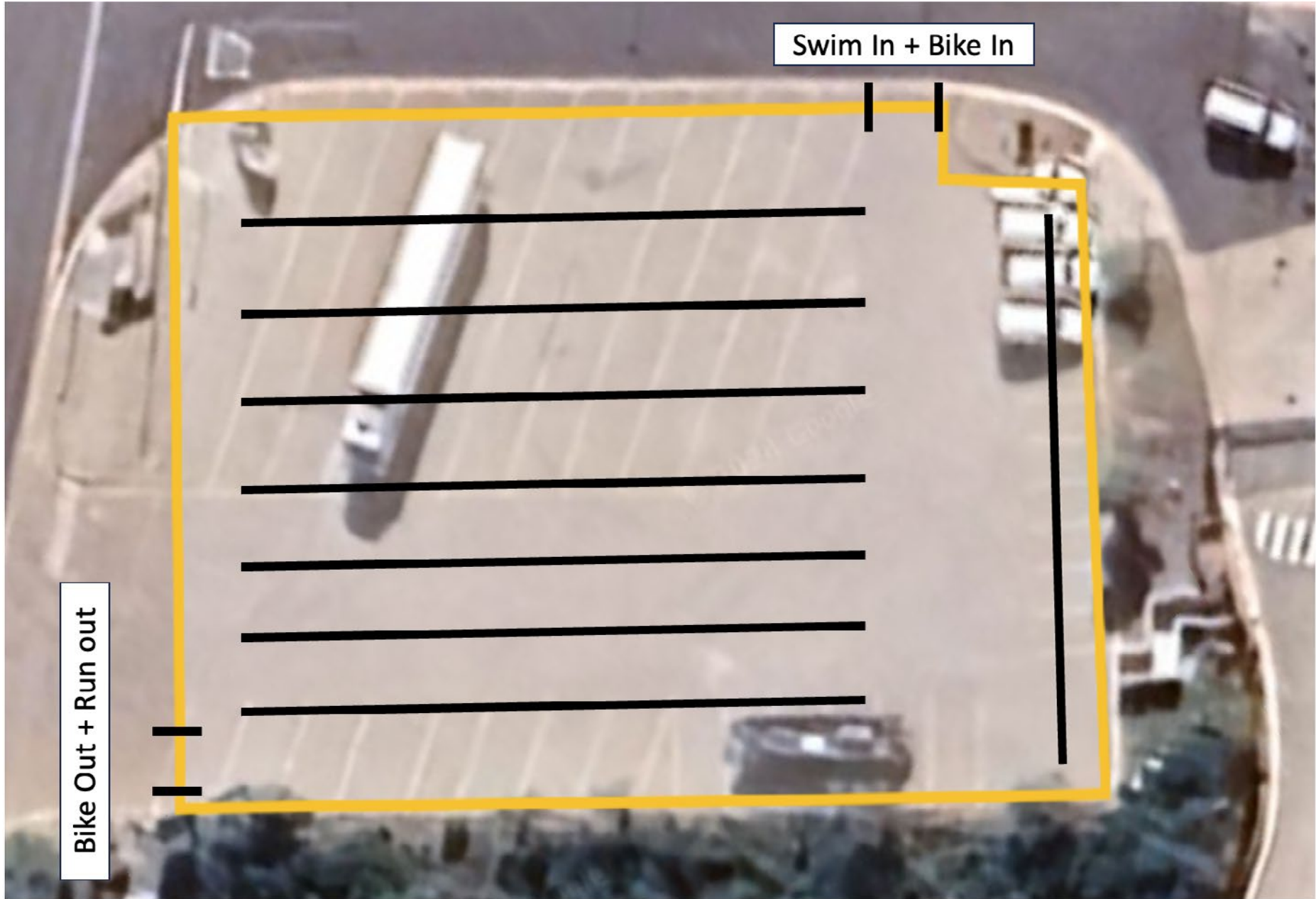
« Alternative on-road parking

» Gearings point parking

If you choose to park here, you need to be parked by 07h45 and you will have to ride to the New Harbour (+- 2.3km) with all your gear to start the race.



TRANSITION AREA



ATHLETE FLOW: TRANSITION TO SWIM START



TIMELINE

05h30-07h00: Onsite parking open

06h00-09h00: Timing chip collection

06h30: Transition opens

07h30: Transition closes

08h45-09h45: Transition re-opens

 09h30: Standard swim start

 10h00: Sprint swim start

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

15h30: Prizegiving



RULES

- Non drafting so TT bikes are allowed
- Bring your own transition box
- No good-condition helmet, no race (straps in good condition and no cracks)
- Hand in timing chips at finish
- Racking and start waves are in age groups

GEAR LIST



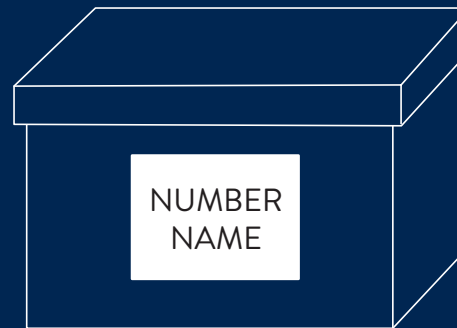
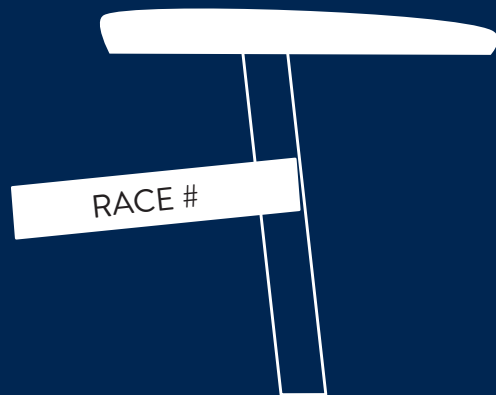
- Bright swim cap
- Chip safety pin tape
- Race belt
- TT bike/bars
- Road running shoes
- Helmet
- Cycling shoes
- Wetsuit and goggles
- 40 x 40 Box, with or without a lid, no straps (Size does not have to be exact)

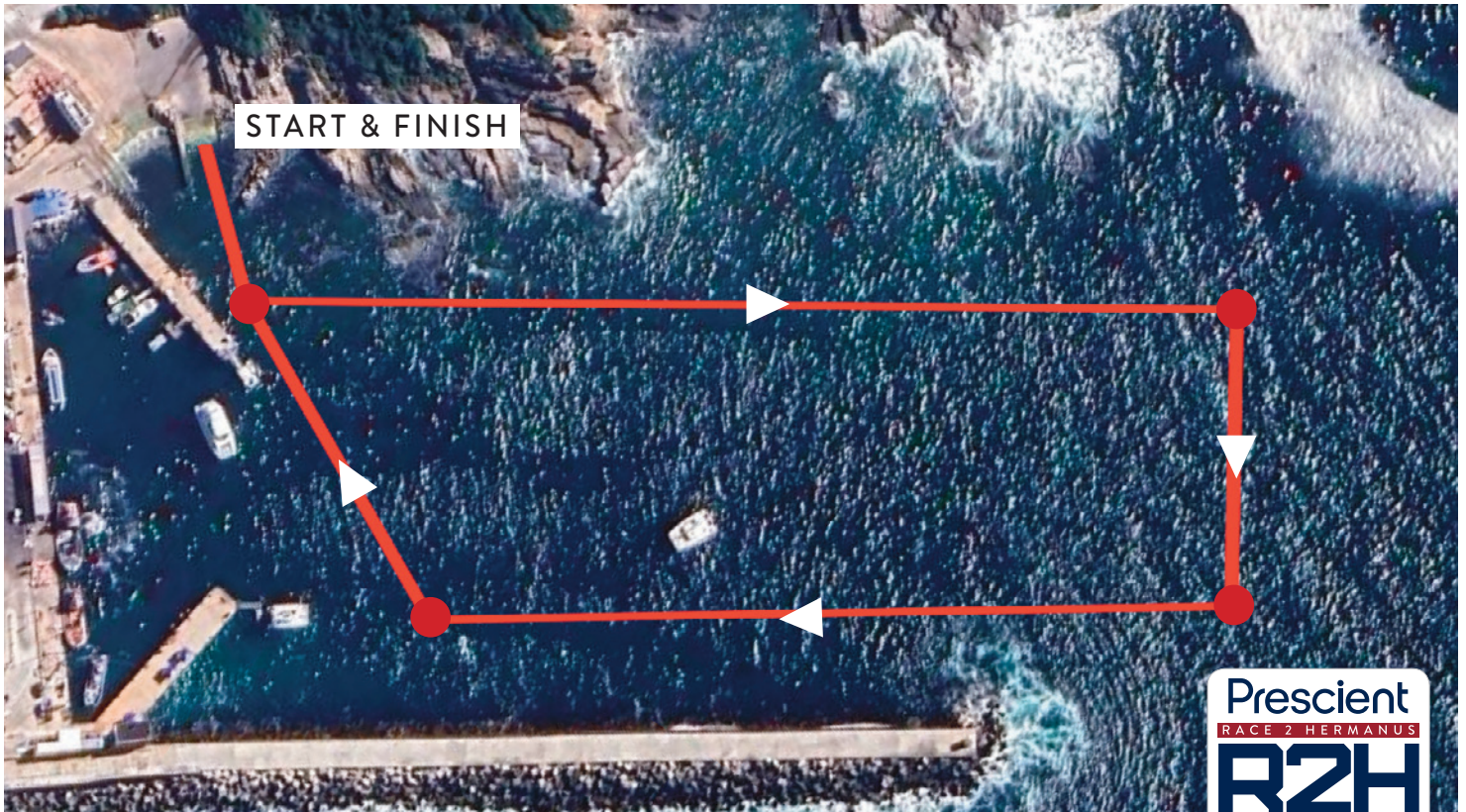
Athletes to carry all necessary spares for their bikes in order to manage any small technical issues (tubes, pump, repair kit)

GetCycling in Hermanus will also be providing bike check-ups and also offer athletes a 10% discount in their store.

RACE PACK

- Timing chips only at Hermanus
(to be collected on Friday evening at registration or on Saturday morning pre-race (No registration on Saturday morning, only timing chip collection))
- Race number
- Bike sticker
- Transition box sticker





START & FINISH

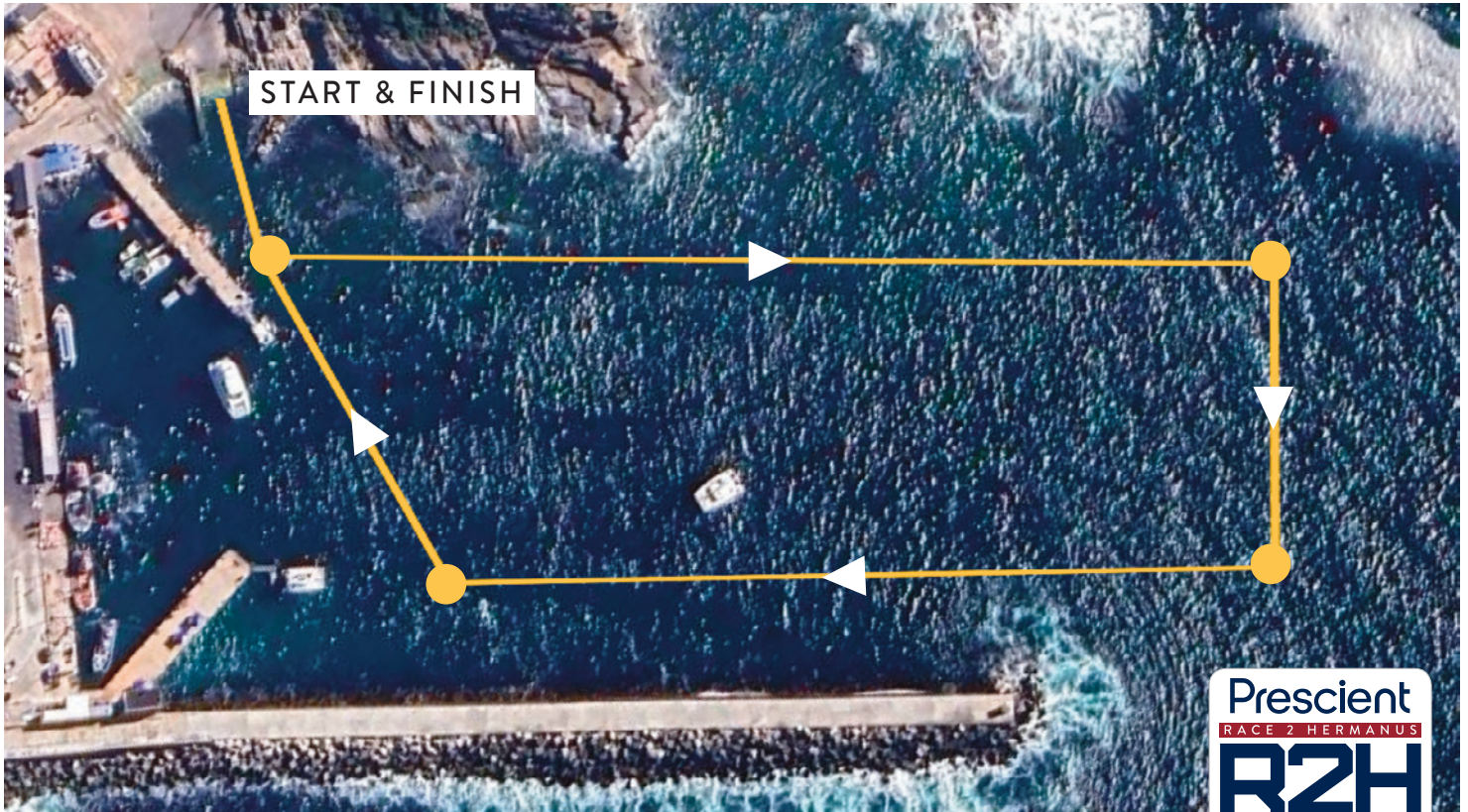


STANDARD: 1500m

(2 laps of 750m in a clockwise direction)



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START & FINISH

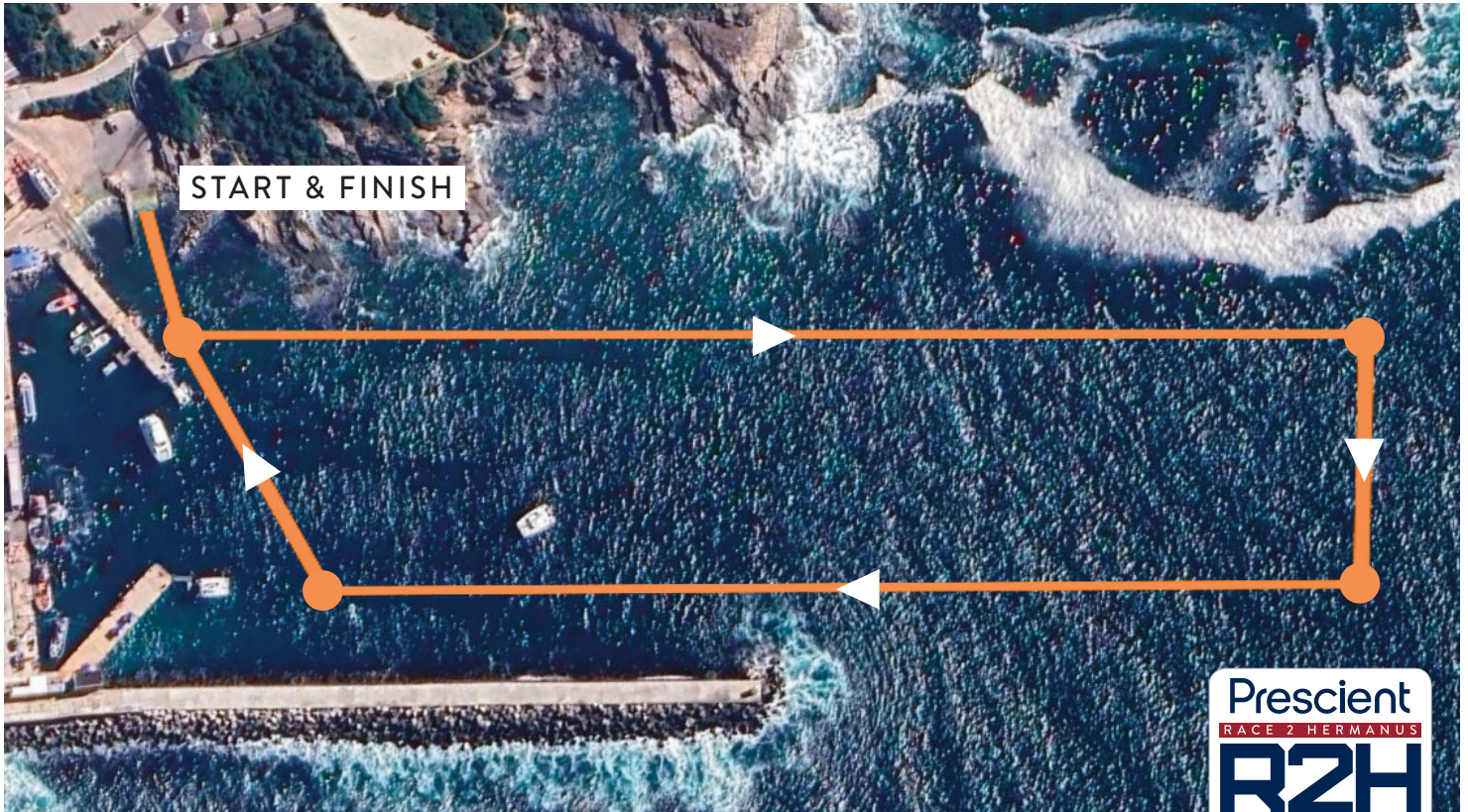


SPRINT: 750m

(1 lap of 750m in a clockwise direction)



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START & FINISH

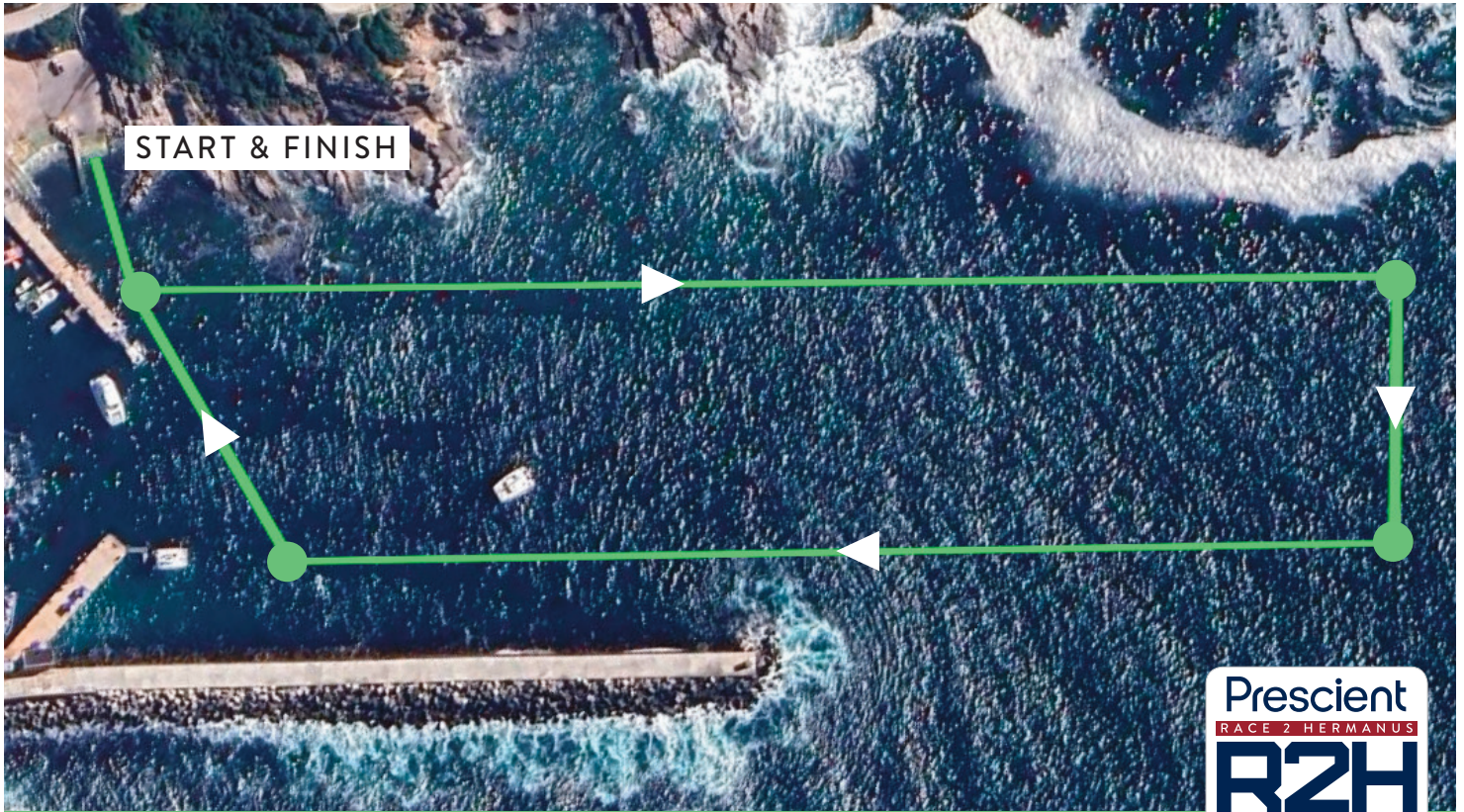


ULTRA: 2000m

(2 laps of 1km in a clockwise direction)



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START & FINISH



AQUABIKE: 2000m Ultra Swim

(2 laps of 1km in a clockwise direction)



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STANDARD: 42km

(1 lap of the Ultra bike route)



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START & FINISH

TURNAROUND

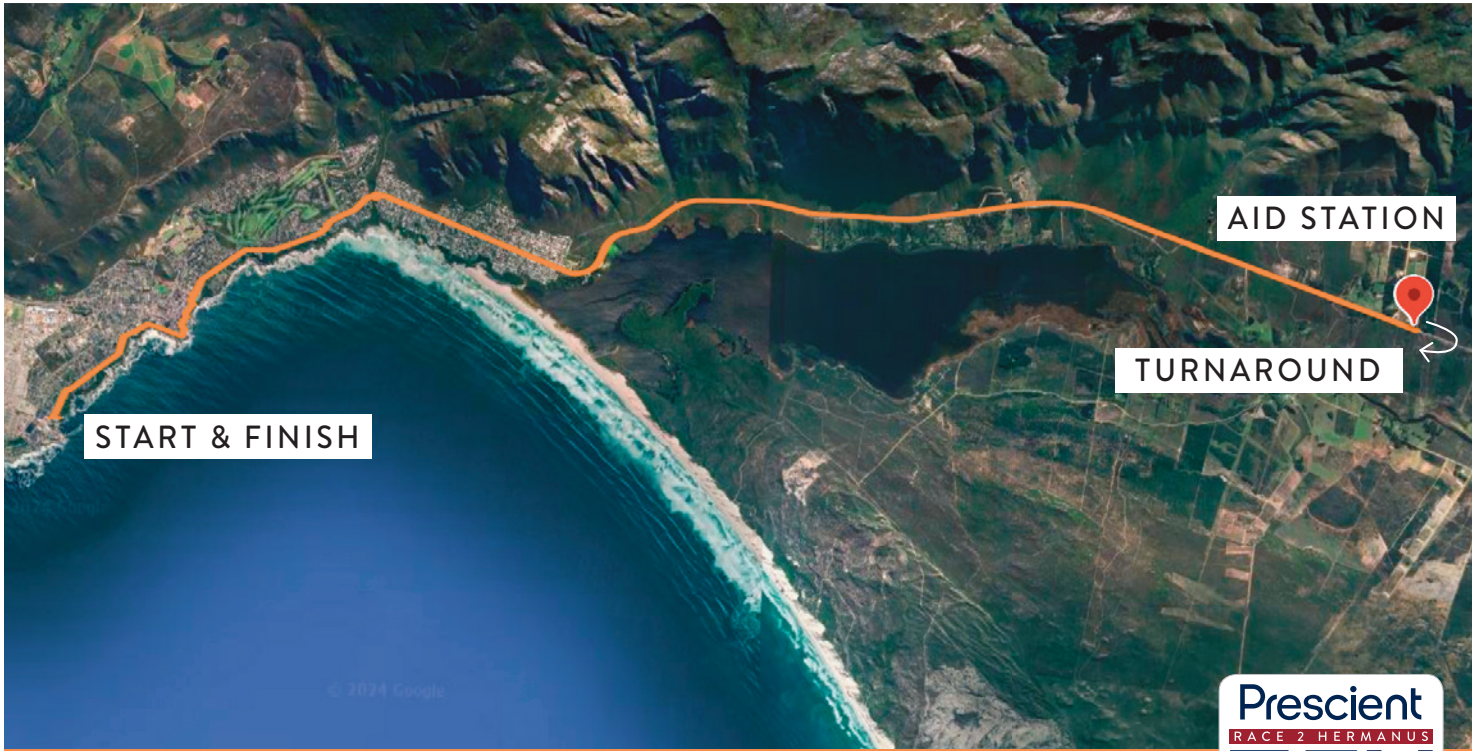


SPRINT: 23km (1 lap)



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ULTRA: 79km

(2 laps, starting the 2nd lap at the Marine circle)



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ULTRA BIKE ROUTE DETAIL

Turn at the circle to start the 2nd lap.



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AQUABIKE: 77km

(2 laps of the Ultra bike route in a clockwise direction)

Follows the same route as the Ultra with 2 laps but finishes at the timing pod at Marine Circle before racking bikes at the finish area and crossing the finish line.



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AQUABIKE BIKE ROUTE DETAIL

Turn at the circle to start the 2nd lap.



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STANDARD: 11km

(1.5 laps of the run route)

Athletes must always stay on the right.

Route detail on next page.



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RUN DETAIL

Runners leave transition and turn right to head to the harbor 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 (red arrows for laps).



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SPRINT: 5km (1 lap)





RUN DETAIL

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

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



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ULTRA: 17km

(2.5 laps of the run route)

Athletes must always stay on the right.

Route detail on next page.



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RUN DETAIL

Runners leave transition and turn right to head to the harbor 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 (red arrows for laps).



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