



EVENT INFORMATION

2010 SA NATIONAL DUATHLON CHAMPIONSHIPS (INCORPORATING) 2010 ITU BLOEMFONTEIN AFRICAN DUATHLON CHAMPIONSHIPS

SATERDAY 29th of MAY 2010

EVENT	DISTANCE	BIKE RACKING	BRIEFING	START TIMES
LONG DISTANCE ELITE AND AGE GROUPERS NON DRAFTING	RUN - 15 KM CYCLE - 50 KM RUN - 10 KM	Between 06:00 and 06:45	Race briefing will take place at 06:45 at START Race briefing is compulsory	Males START- 07:00 Females START- 07:01
AGE GROUPERS NON DRAFTING	RUN - 10 KM CYCLE - 40 KM RUN - 5 KM	Between 07:15 and 08:15	Race briefing will take place at 08:15 at START Race briefing is compulsory	Males START- 08:30 Females START- 08:31
Elite / U23 NON DRAFTING	RUN- 10 KM CYCLE - 40 KM RUN - 5KM	Between 07:15 and 08:15	Race briefing will take place at 18:00 ON FRIDAY AT THE RACE VENUE Race briefing is compulsory	Males START- 08:30 Females START- 08:31
MEDAL PRESENTATION	Elite / U23(Long distance & age groupers)			12 : 00
JUNIOR 16 - 19	RUN- 5 KM CYCLE - 20 KM RUN - 2.5KM	Between 12:30 and 13:00	Race briefing will take place at 12:50 at START Race briefing is compulsory	Males – 13:00 Females – 13:05

JUNIOR 12 - 15	RUN – 2.5 KM CYCLE – 10 KM RUN – 1.25 KM	Between 14:00 and 14:30	Race briefing will take place at 14:20 at START Race briefing is compulsory	Males – 14:35 Females – 14:40
DEVELOPMENT EVENT FINISHER MEDALS ONLY	RUN – 1.25 KM CYCLE – 5 KM RUN – 1.25 KM	Between 15:00 and 15:15	Race briefing will take place at 15:15 at START Race briefing is compulsory	Males – 15:20 Females – 15:20
MEDAL PRESENTATION (16 to 19 – 12 to 15 – development)	AT PODIUM 16:00			