



**Africa
Triathlon
Cup**

Troutbeck
| Sprint
| 2024

bonaqua
water by design

Athlete's Guide

2024 Africa Triathlon Cup Troutbeck
Saturday, 17th February 2024

- 2024 Sprint Triathlon Africa Cup
- 2024 Sprint Triathlon Junior Africa Cup

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INTRODUCTION

The purpose of this Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event.

The LOC ensures that the information contained in this Guide is correct and up-to-date. Athletes, coaches and Team Leaders are advised to check with the LOC office regarding any changes in information included in this guide.

KEY CONTACTS

EVENT & LOC DIRECTOR - MR RICK FULTON

Email: fultonrickh@gmail.com

Mobile: + 263 772 573534

LOC EVENT ADMINISTRATION & VIP SERVICES - MRS CAROL PAKENHAM

Email: troutbecktri-loc@zimtri.org / triathlonzimabwe@gmail.com

Email: carol.pakenham47@gmail.com

Mobile/Whatsapp : +263 772 410344

Contact LOC Administration for all enquiries – Race entries, Registration, Hotel Bookings

TECHNICAL DELEGATE - please refer to the World Triathlon event pages

ATHLETE LIAISON & VIP SERVICES - MRS CATHERINE JENNINGS

Email: zudwa@yahoo.com /

Mobile/Whatsapp: +263 772 353760

MEDICAL DELEGATE - DR AUSTIN JEANS

Email: jeansdoc86@gmail.com

Mobile: +263 772 307848

NATIONAL FEDERATION TRIATHLON ZIMBABWE

President – MR ROSS O'DONOGHUE Email: rosso@valley.co.zw

Secretary General – MRS TAMMY BENADE Email: info@zimtri.org

IMPORTANT INFORMATION & DATES

AFRICA TRIATHLON CUP – ELITE/U23 MEN & WOMEN

THURSDAY 15 FEBRUARY

Arrival at RG International Airport, free transfer by road to Troutbeck Inn Resort

FRIDAY 16 FEBRUARY

MEN & WOMEN -

Cycle Course Familiarisation	0900-0945
Swim Course Familiarisation	1000-1030 ** 2nd session 1400-1430
Run Course	no set time, run course open at all times
Registration, Uniform Check & Race Pack Collection	1130-1230
BRIEFING	1230
Media Conference	1300-1330

SATURDAY 17 FEBRUARY

WOMEN

Athlete lounge opens	1200
Collect Timing Chip & Swim Cap, Bike Check & Transition opens	1200-1215
Swim warm up	1230-1245
Transfer to Start Tent	1250
Athlete Introduction	1255
START	1300
Medal Ceremony	1615

MEN

Athlete lounge opens	1330
Collect Timing Chip & Swim Cap, Bike Check & Transition opens	1330-1345
Swim warm up	1400-1415
Transfer to Start Tent	1420
Athlete Introduction	1425
START	1430
Medal Ceremony	1615

AFRICA TRIATHLON JUNIOR CUP – MEN & WOMEN

AFRICA TRIATHLON CUP – JUNIOR MEN & WOMEN

THURSDAY 15 FEBRUARY

Arrival at RG International Airport, free transfer by road to Troutbeck Inn Resort

FRIDAY 16 FEBRUARY

JUNIOR MEN & WOMEN -

Cycle Course Familiarisation

0900-0945

Swim Course Familiarisation

1000-1030 ** 2nd session 1400-1430

Run Course

no set time, run course open at all times

**Registration, Uniform Check &
Race Pack Collection**

1330-1400

BRIEFING

1400

Media Conference

1430-1500

SATURDAY 17 FEBRUARY

JUNIOR MEN

Athlete lounge opens

1030

**Collect Timing Chip & Swim Cap,
Bike Check & Transition opens**

1030-1045

Swim warm up

1100-1115

Transfer to Start Tent

1120

Athlete Introduction

1125

START

1130

Medal Ceremony

1600

JUNIOR WOMEN

Athlete lounge opens

1030

**Collect Timing Chip & Swim Cap
Bike Check & Transition opens**

1030-1045

Swim warm up

1100-1115

Transfer to Start Tent

1120

Athlete Introduction

1130

START

1135

Medal Ceremony

1600

COURSE MAPS



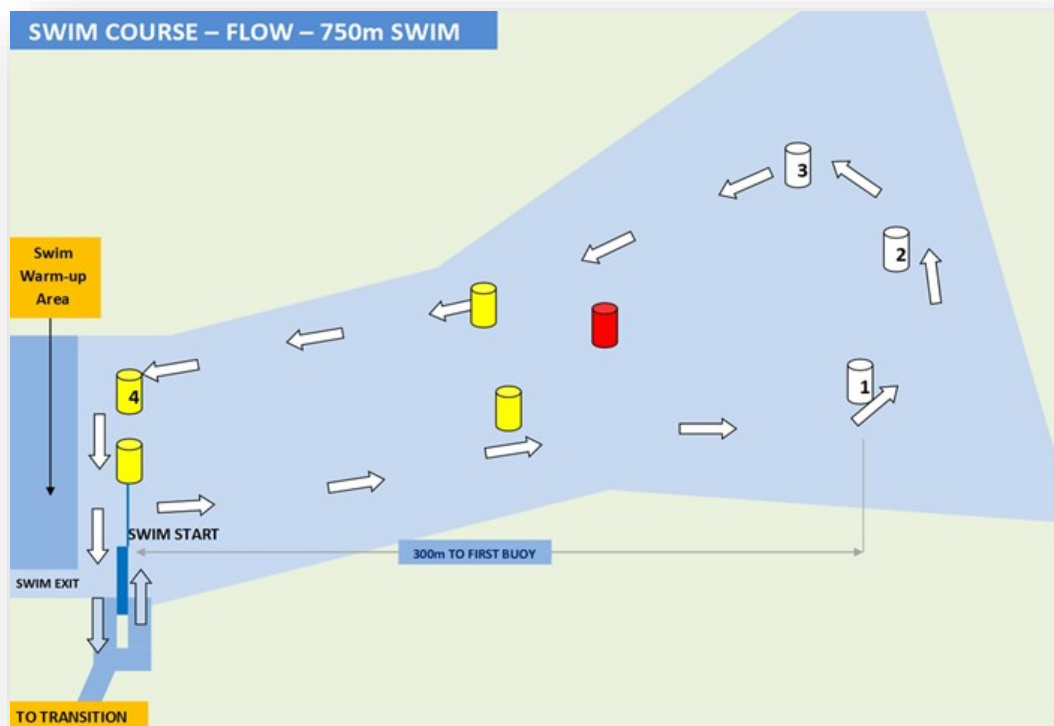
SWIM COURSE – SPRINT DISTANCE

Water temperature : EXPECT 20 DEGREES
Number of laps : 1 LAP X 750
Start Mechanism : DEEP WATER
Conditions : LAKE-CLEAN, DISEASE & ANIMAL FREE

TRANSITION 1

Flow through transition.

Enter transition, deposit swim gear in numbered bin beside bike racks position. Traditional bike racks used with athletes' name and numbers displayed. Secure your helmet, un-rack the bike and move forward towards the mount line

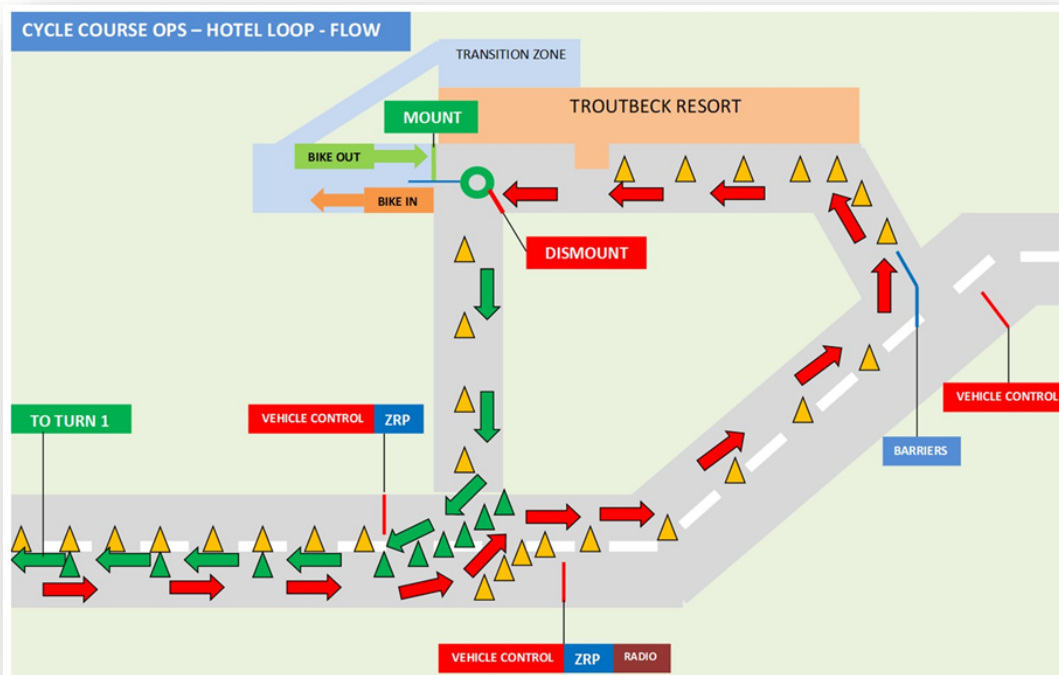




BIKE COURSE – SPRINT DISTANCE

Good tar, hilly, technical, no requirement for gear/cassette changes, 16% gradient, Road closure.

Number of laps : 3 laps x 6.6km = 19.8k





RUN COURSE – SPRINT DISTANCE

Hilly, 90% asphalt, 10% grass



RACE VENUE

TROUTBECK INN RESORT, NYANGA, ZIMBABWE

The venue meets stringent World Triathlon Event Organiser standards with regards to safety and athlete's experience and is selected for a guaranteed clean, disease and animal free open water swim.

At an altitude of 2000m and over hilly terrain the courses are demanding, good tar roads for the cycle section and a central location for all aspects of the event for spectators and athletes alike.

LOC OFFICE & MEDICAL DELEGATE

LOC Office is located at the front of the hotel. Opening hours 0700 – 1700

SECURITY

On-site security will be in place and provided by event partner Safeguard Security, Zimbabwe

ENTRIES & REGISTRATION

ALL ENTRIES FOR THE ELITE/U23 AND JUNIOR AFRICA CUP EVENTS MUST BE MADE THROUGH YOUR NATIONAL FEDERATION & THE WORLD TRIATHLON ENTRIES SYSTEM

WORLD TRIATHLON PRE-PARTICIPATION EVALUATION (PPE)

MANDATORY for all Elite, Junior and U23 triathletes. It is the responsibility of your National Federation to ensure that pre-competition screening procedures have been performed and confirmed to World Triathlon that all entered athletes have completed the screening.

Any Athlete or Official must pre-declare to the Medical Delegate/Covid Control Officer any high- risk conditions such as Heart Disease, High blood pressure, Obesity and Diabetes.

RACE ENTRY FEES

ELITE/U23	USD 80 payable at Registration
JUNIOR MEN & WOMEN	USD 80 payable at Registration

**** CASH IS PREFERRED BUT CARD PAYMENT IS ACCEPTED**

PRIZE MONEY

Total USD 3000

ELITE MEN	1 st Place	USD 750
	2 nd Place	USD 450
	3 rd Place	USD 300
ELITE WOMEN	1 st Place	USD 750
	2 nd Place	USD 450
	3 rd Place	USD 300

Please refer to the World Triathlon Event Website for the Troutbeck event to access the most updated prize money allocation for Elite Men and Women

ATHLETE'S BRIEFING

Briefings will be delivered by the Technical Delegate and will be available on the World Triathlon and Triathlon Zimbabwe websites.

SWIM CAPS AND TIMING CHIPS

You must collect your swim cap and timing chip during Check in procedures on Saturday 17 February. Timing chips to be worn on the ankle.

RESULTS

Results will be uploaded on to the World Triathlon official website www.triathlon.org. All the Results information will be displayed on the Notice Board at the venue.

PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

DOPING CONTROL

Doping tests will be conducted according to WT/WADA rules

ATHLETE SERVICES

TRAINING FACILITIES

- BIKE:** Set Course Familiarisation, escorted with road closure
Friday 16 February – from 0900 – 0945
- SWIM:** Course Familiarisation with water safety in place
Friday 16 February – from 1000-1030 & 1400 -1430
- RUN:** Running around venue at any time.

ATHLETES MAY SWIM, BIKE OR RUN AT ANY OTHER TIME BUT AT YOUR OWN RISK

MEDICAL SERVICES

First Aid and Emergency Medical Services on-site and free of charge at the event. Medical Delegate on call at the Host Hotel, Medical personnel and ambulances available to provide emergency transfers to a nearby hospital. Treatments in private hospitals if necessary will be for your account. Ensure you have appropriate Medical Insurance. A medical area will be provided on site at the finish area.

BIKE MECHANICAL SERVICE

Ensure bikes have been serviced and are in good working order. Bring all specific items required for your bike should these be unavailable in Zimbabwe. There is NO BIKE SHOP available at the race venue or in the area.

A LIMITED selection of spares and equipment will be available from our onsite Bike Mechanical partners ZIMCYCLES. They will assist with any minor adjustments or repairs that might be necessary after air travel.

ACCREDITATION

Accreditation Cards will be issued to the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, Technical Staff, Volunteers, etc. on Friday 16 February 2024 at the LOC Office.

Athletes will receive Accreditation in their Race Pack at registration. Accreditation Cards must be displayed at all times during the event. Entry to specified zones will be denied to anyone without accreditation

Only Coaches entered through the World Triathlon System by their National Federation will be issued with an Accreditation Card.

Media personnel must be registered with the LOC. Accreditation Cards and event packs will be distributed. Press Conferences will be held at specific times only

TRAVEL AND ACCOMMODATION

VISA REQUIREMENTS

It is your responsibility to check if you need a VISA to enter Zimbabwe and must be obtained WELL IN ADVANCE of departure from your home country.

Confirm if you can pay for a visa on arrival, if you can apply ONLINE or if you have to submit documents to the Embassy in your home country.

Contact LOC ADMINISTRATOR OR VIP SERVICES for a Letter of Invitation AND Letter of Support for Visa Applications if required

RESOURCES – <http://www.zim.gov.zw/Immigration-visas/immigration-and-visas>

<https://www.evisa.gov.zw/home>

AIR TRAVEL

Airport - HARARE INTERNATIONAL (ROBERT GABRIEL MUGABE INTERNATIONAL) AIRPORT

RECOMMENDED ARRIVAL AND DEPARTURES (to coincide with Free transfers)

Arrivals by latest 1330 on THURSDAY 15 FEBRUARY 2024

Departures after 1130 on SUNDAY 18 FEBRUARY 2024

**** EARLY ARRIVALS ON WEDNESDAY 14 FEBRUARY / LATE DEPARTURES ON MONDAY 19 FEBRUARY PLEASE SEE BELOW**

RECOMMENDED AIRLINES

HARARE/JOHANNESBURG – DAILY SCHEDULES

FN – FAST JET / 4Z AIRLINK / SA – SOUTH AFRICAN AIRWAYS

ARRIVALS JOHANNESBURG/HARARE

4Z 100 JNB HRE	Departs Jnb	0620	Arrives Hre	0800
SA 022 JNB HRE	Departs Jnb	1000	Arrives Hre	1135
4Z 104 JNB HRE	Departs Jnb	1055	Arrives Hre	1235

DEPARTURES HARARE/JOHANNESBURG

SA 023 HRE I JNB	Departs Hre	1225	Arrives Jnb	1405
4Z 105 HRE I JNB	Departs Hre	1325	Arrives Jnb	1520
FN8335HRE JNB	Departs Hre	1555	Arrives Jnb	1745
4Z 107 HRE I JNB	Departs Hre	1630	Arrives Jnb	1825

KENYA AIRLINES – connection from Europe via Nairobi and Lusaka

**Arrive Harare 1100
Depart Harare 1150**

ETHIOPIAN AIRLINES – connection from Europe via Addis Ababa

**Arrive Harare 1235
Depart Harare 1510**

QATAR – connection from Europe via Doha and Lusaka

**Arrive Harare 1020
Depart Harare 1205**

EMIRATES – connection from Europe via Dubai and Lusaka

**Arrive Harare 1700
Depart Harare 1845**

***** IT IS IMPERATIVE YOU CHECK WITH THE AIRLINE REGARDING TRANSPORTATION FOR YOUR BIKE BEFORE CONFIRMING YOUR BOOKING AS THERE IS LIMITED SPACE FOR BIKES ON AIRLINK, FASTJET & SAA**

TRANSFERS

- Harare airport to Troutbeck Inn Resort for flight arrivals on Thursday 15 February
- Troutbeck Inn Resort to Harare airport for flight departures on Sunday 18 February

TRANSFERS ARE FREE OF CHARGE for athletes, coaches, managers and bikes arriving ON OUR RECOMMENDED DATES, FLIGHTS AND ARRIVAL TIMES which coincide with the Bus Schedules.

The journey is by ROAD and takes approximately 4 hours – NO BUS TRANSFERS ARE PERMITTED TO TRAVEL AFTER DARK

EARLY/LATE ARRIVALS & DEPARTURES

Athletes arriving on WEDNESDAY 14 FEBRUARY will have to stay in HARARE overnight. **All accommodation and transfer costs will be for Athlete's account**

MONOPATAPA HOTEL or HOLIDAY INN HARARE RATES

**US\$ 135 DOUBLE per room per night – bed and breakfast ** covers 2 people sharing
US\$ 110 SINGLE per room per night – bed and breakfast**

SUN LEISURE TRANSFER RATES

Airport Transfers to and from Monomatapa Hotel and Holiday Inn Harare
PER PERSON - One Way: US\$15.00 / Return: US\$30.00

Venue Transfers to and from Monomatapa Hotel and Holiday Inn Harare to Troutbeck Resort, Nyanga

SEDAN VEHICLE – max 2 passengers – PER VEHICLE US\$ 364 one way / US\$ 728 return (if only 1 athlete travelling, cost remains per vehicle)

QUANTUM MINI BUS – max 10 passengers – PER VEHICLE US\$ 600 one way / US\$ 1200 return (if less than 10 athletes travelling, cost remains per vehicle)

**** ARRANGEMENTS CAN BE MADE TO COLLECT ATHLETES FROM EITHER MONOMATAPA HOTEL OR HOLIDAY INN HARARE ON THE MORNING OF THURSDAY 15 FEBRUARY FOR THE ORGANISED TRANSFER TO TROUTBECK INN RESORT**

Contact LOC Administrator or Athlete Liaison to assist with the necessary reservations.

VENUE ACCOMMODATION

Host hotel - Troutbeck Inn Resort, Nyanga, Zimbabwe. Homestays are not available.

Option 1 - HOST HOTEL – TROUTBECK INN RESORT – HALF BOARD

USD 206 double 2 people sharing a room per night (equates to USD 103 per person per night) Dinner, Bed and Breakfast

USD 148 single 1 person per room per night Dinner, Bed and Breakfast
**** LIMITED SINGLE OCCUPANCY ROOMS AVAILABLE**

PAYMENT Pre-payment is not required, if you wish to pre-pay please contact LOC for instruction and banking details.

ALL ROOM ACCOUNTS MUST BE SETTLED WITH THE HOTEL PRIOR TO DEPARTURE ON SUNDAY 18 FEBRUARY. VISA/MASTERCARD/CASH ACCEPTED

Option 2 - BLUE SWALLOW TIMESHARE UNITS – FULL BOARD

COST PER PERSON: USD 350

This cost includes free transfer from Harare to Troutbeck return, refreshments on the transfer bus to Troutbeck, 3 nights shared accommodation in the timeshare units on site at the venue, all meals from Thursday dinner to Sunday breakfast inclusive of mid-morning and mid-afternoon tea, unlimited bottled water and bottled fruit juice, Awards Dinner in the hotel on Saturday night and packed snack for bus transfer to Harare on Sunday

The Blue Swallow Timeshare Units are situated on site at the race venue. This is a more cost-effective arrangement for accommodation. Elite and Junior Athletes from all countries will be accommodated in separate Male / Female unit.

Coaches/Managers may also make use of this option but will have to also share with other Male or Female Coaches/Managers in gender specific units.

Each unit sleeps 5 people (can accommodate up to a maximum of 8 people but the 3 extra would have to sleep on mattresses). There is 1 double bed room and 2 twin bedded rooms in each unit

CATERING IS CARRIED OUT BY OUR DEDICATED SERVICE PROVIDER JENS KITCHEN. SPACES ARE LIMITED TO PLEASE BOOK EARLY

SPECIAL DIETARY REQUIREMENTS MUST BE CONFIRMED 2 WEEKS PRIOR TO ARRIVAL. PLEASE INFORM LOC ADMINISTRATOR.

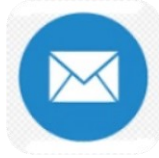
**PAYMENT - CASH to LOC Administrator OR
PREPAYMENT BY BANK TRANSFER - Contact LOC for bank details.**

****ALL ACCOMMODATION bookings must be made through the LOC Administrator**

USEFUL INFORMATION - ZIMBABWE

- Languages** : English, Shona, Ndebele
- Currency** : US\$ CASH - bring small denomination notes (50, 20, 10, 5, 1)
- Time Zone** : Standard Time GMT+2
- Electricity adaptor** : 220v. UK version square or SA version round. Bring a universal adaptor
- Telephone** : International prefix +263
- Climate** : Tropical, peak summer months & rain October – March

SOCIAL MEDIA



troutbecktri-loc@zimtri.org
info@zimtri.org
triathlonzimbabwe@gmail.com



<https://www.zimtri.org/troutbeck-2024/>
[https://triathlon.org/events/event/2024 africa triathlon cup troutbeck](https://triathlon.org/events/event/2024%20africa%20triathlon%20cup%20troutbeck)
[https://triathlon.org/events/event/2024 africa triathlon junior cup troutbeck](https://triathlon.org/events/event/2024%20africa%20triathlon%20junior%20cup%20troutbeck)



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... AND PARTNERS



**Thank you for
joining us, good
luck and have a
great race !!!**

Proudly organized and hosted by

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ZIMBABWE

