

Discovery  
**triathlon**  
World Cup Cape Town

 **Discovery**



# 2018

## ELITE ATHLETES GUIDE

### SWIM**CYCLERUN**

DISCOVERY TRIATHLON WORLD CUP CAPE TOWN | 11 FEBRUARY 2018

Official Title Partner



Host City



Host Venue



Host Federations





# CONTENTS

## 1. GENERAL INFORMATION

1.1 Key Dates	1
1.2 Key Contacts	3
1.3 Event Organiser	3
1.4 Host National Federation	3
1.5 TV Coverage	3

## 2. VENUE

2.1 Venue	4
2.2 Elite Athletes Lounge	5
2.3 Doping Control	5
2.4 Medical Services	5
2.5 Bike Mechanic Service	7
2.6 Information Centre / LOC Office	7
2.7 Security	7
2.8 Banking	7
2.9 Post Office	9

## 3. ACCOMMODATION 10

## 4. AIRPORT TRANSFERS 10

## 5. TRAINING

5.1 Swim Training	11
5.2 Bike Training	12
5.3 Run Training	12
5.4 Course Familiarisation	12

## 6. COMPETITION INFORMATION

6.1 Competition Schedule	13
6.2 Competition Rules	15
6.3 Information about the Field of Play (FOP)	15
6.4 Weather Conditions	21
6.5 Results	21
6.6 Protest & Appeals	21
6.7 Course Map Elite	23

## 7. ACCREDITATION 25

## 8. PUBLIC TRANSPORT 26



## WELCOME FROM THE ITU

Greetings, and a very warm welcome to our first race of 2018: the Discovery Triathlon World Cup Cape Town.

It is a pleasure to be back here following the city's memorable debut on the World Cup circuit last year. This is one of the truly iconic triathlon circuits in the world and there can be few better places to begin this exciting new, 18-stop season.

Cape Town made its ITU debut back in 2014 when it hosted the first ever WTS to be held on the great continent. As a country, South Africa is no stranger to World Cups either, with Richards Bay hosting races for three consecutive years from 2006-2008, but I know that the Cape Town sprint circuit is somewhere that athletes love to come and perform.

We can expect another fast and furious spectacle from our elite athletes in the summer sun, with the single-lap, 750m swim in Cape Town Harbour followed by a 20km cycle and ending with two laps of the 2.5km run course, all in and around the famous Green

Point Park, overlooked by Table Mountain and Signal Hill. As well as the elites on Sunday afternoon, there will be an 18+ and Schools Challenge, and Duathlon events on Sunday morning over standard, sprint and super sprint distances. There will also be a lot of fun activities and events taking place to ensure the whole family has something to enjoy.

Vibrant Cape Town will no doubt once again provide the picture-perfect backdrop for all these events and we can look forward to an excellent weekend of family-friendly sports action for its residents. After all, triathlon is a sport anyone can enjoy, regardless of age or gender.

I would like to thank Triathlon South Africa, the Local Organising Committee and the city of Cape Town for helping to put this weekend together.

**Sincerely,**  
**Marisol Casado**  
**President, International**  
**Triathlon Union**  
**IOC Member**

## WELCOME MESSAGE – EXECUTIVE MAYOR OF THE CITY OF CAPE TOWN, PATRICIA DE LILLE

The City of Cape Town is a proud host and sponsor of the Discovery Triathlon World Cup.

We look forward to an exhilarating weekend and welcome the Elite athletes from across Africa and the world to our beautiful city.

The Discovery Triathlon World Cup is a premier international event and, as the City of Cape Town, we are proud to be part of it.

Cape Town is continually affirming its place as the events capital of Africa.

The Triathlon World Cup adds to the list of prominent events hosted in our city.

Events are a catalyst for providing outstanding visitor experiences in a unique and incredibly beautiful setting.

The economic spin-offs from these events hold enormous benefits for the city and its residents.

The ripple effect by way of job creation during the events and after, the increased spending at our attractions and across the hospitality industry, coupled with the need for local associated services that benefit directly from these events, are all a welcome injection into the local economy.

In 2017, the Discovery Triathlon World Cup contributed R11.7 million to the local economy.

We wish all participants and organisers well for the weekend's event.

To those from out of town, please take time to explore the many interesting attractions in and around our city.



# 1. GENERAL INFORMATION

## 1.1 KEY DATES

### THURSDAY 8th FEBRUARY

Times	Action	Location
11:00 – 13:00	Elite Athlete Press Conference	The President Hotel

### FRIDAY 9th FEBRUARY

Times	Action	Location
17:30 – 18:00	Registration	The President Hotel
18:00 – 19:00	Elite Athlete briefing	The President Hotel

### SATURDAY 10th FEBRUARY

Times	Action	Location
05:45 – 07:30	Bike Mechanic Service	Quay 6, V&A Waterfront
06:15 – 07:15	Elite Bike Course Familiarisation	Quay 6, V&A Waterfront
09:00 – 16:00	Elite Swim Familiarisation	Quay 6, V&A Waterfront
09:00 – 16:00	LOC Information	Athletes Race Village - Green Point Common

### SUNDAY 11th FEBRUARY ELITE WOMAN

Times	Action	Location
07:00 – 12:00	Age Group Standard/ Sprint distance individual and team	Quay 6, V&A Waterfront & Green Point Common
12:30 – 13:00	Elite Women TZ2 check-in	Vlei Road
12:45 – 13:45	Elite Women Athletes' Lounge check-in	Quay 6, V&A Waterfront
13:15 – 14:00	Elite Women TZ1 check-in	Quay 6, V&A Waterfront
13:15 – 14:00	Elite Women swim warm-up	Quay 6, V&A Waterfront
14:10	Elite Women presentation	Quay 6, V&A Waterfront
14:15 – 15:15	Elite Women Sprint distance	Quay 6, V&A Waterfront & Green Point Common

### SUNDAY 11th FEBRUARY ELITE MEN

Times	Action	Location
14:00 – 14:30	Elite Men TZ2 check-in	Vlei Road
14:45-15:45	Elite Men Athletes' Lounge check-in	Quay 6, V&A Waterfront
15:15 – 16:00	Elite Men TZ1 check-in	Quay 6, V&A Waterfront
15:15 – 16:00	Elite Men swim warm-up	Quay 6, V&A Waterfront
16:05	Elite Men presentation	Quay 6, V&A Waterfront
16:15 – 17:15	Elite Men Sprint distance	Quay 6, V&A Waterfront & Green Point Common
17:30	Award Ceremony Men and Women	Green Point Common

## 1.2 KEY CONTACTS

ITU Team Leader	Rick Fulton	+27 (0) 72 899 0577
ITU Technical Delegate	Dave Ellis	+27 (0) 72 349 2715
ITU Medical Delegate	Dr Marijke Kirstein	+27 (0) 82 497 5720
LOC Event Director	Gary Marescia	+27 (0) 82 556 8039
LOC Travel Management	Manue Marescia	+27 (0) 82 820 0617

## 1.3 EVENT ORGANISER

WorldSport South Africa Pty (Ltd), 2 Dock Road, Cape Town, 8001

Tel: +27 (0) 21 426 5775

Email: [info@wts-capetown.com](mailto:info@wts-capetown.com)

Website: [capetown.triathlon.org](http://capetown.triathlon.org)

## 1.4 HOST NATIONAL FEDERATION

Triathlon South Africa, L19 Sport Centre University of Pretoria

c/o George Storrar Drive & Leyds Street, Groenkloof,

Pretoria, 0181

Tel: +27 (0) 12 420 5796

E-mail: [office@triathlonsa.co.za](mailto:office@triathlonsa.co.za)

Website: [www.triathlonsa.co.za](http://www.triathlonsa.co.za)

## 1.5 TV COVERAGE

Sunday 11 February: Magazine Show coverage – for April release

## 2. VENUE

### 2.1 VENUE

The race venue is shared across the V&A Waterfront and Green Point Common. The swimming will take place off Quay 6 in the V&A Waterfront and the finish area is at the Green Point Common.

There are regular shuttle services between the various hotels and the V&A Waterfront.



## 2.2 ELITE ATHLETES' LOUNGE

Facilities including the 'Athletes' Lounge Area' and toilets are provided for the athletes at the start (Quay 6) and a recovery area is available at the finish area (Green Point Common). Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the Athletes' Lounges and recovery areas.

### ATHLETES' LOUNGE OPENING TIMES:

Course Familiarisation: Saturday, 10 February 06:15 – 08:45

Elite Women's Race: Sunday, 11 February 14:15 – 15:15

Elite Men's Race: Sunday, 11 February 16:15 – 17:15

## 2.3 DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Doping control will be located at the Finish area within the Green Point Common next to the medical and recovery areas. ID/passport must be produced by athletes selected for doping control.

## 2.4 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at Bike and Swim Familiarisation sessions on 10 February. There will be First Aid and Emergency Medical Services at the Green Point Common on competition day 11 February. Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on-site at the finish area.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants. Athletes/teams should ensure that they have appropriate medical insurance. If you require medical assistance during your stay in Cape Town, but away from the venue, contact the Medical Emergency Services. In a medical emergency, dial 112 from a mobile phone or 10177 from a landline and ask for ambulance service. This number is free of charge from any telephone.

The nearest hospitals to the Venue and official hotels are:

- Private hospital: Cape Town MediClinic, 21 Hof Street, Gardens, Cape Town, +27 (0) 21 464 5500
- Private hospital: Christiaan Barnard Memorial Hospital, 13 Rua Bartolomeu Dias Plain, Cape Town, +27 (0) 21 441 0000
- Public hospital (if no medical insurance): New Somerset Hospital, Cnr Beach and Lower Portswood Roads, Green Point, Cape Town, +27 (0) 21 402 6911

PHYSIOTHERAPIST	ADDRESS	CONTACT NUMBER
Julia Gane	Suite C103, First Floor, Old Cape Quarter 72 Waterkant Street Green Point	+ 27 (0) 21 421 2971
Francie Bührmann Physio Active	4 Milner Road Tamboerskloof	+27 (0) 21 423 5776
Martine Cohen	Shop 9A, Piazza da Luz 94 Regent Road Sea Point	+27 (0) 21 434 7131
Andrew Seymour	2nd Floor, The Adelphi Centre, 127 Sea Point Main Road, Church Square House, Spin Street, Cape Town	+27 (0) 21 439 6742 +27 (0) 73 1926 500
Lisa Radomsky	9 Gorleston Road Sea Point	+27 (0) 21 439 6051 +27 (0) 21 439 3558

DENTISTS	ADDRESS	CONTACT NUMBER
Dr George Botha	De Waterkant Health, 1st Floor Chiappini House 13 Hudson Street Green Point	+ 27 (0) 21 418 2048
Dr Nicolaas Botha	Dental Studio @ De Wa- terkant Suite C103, 1st Floor 72 Waterkant Street Cape Quarter	+27 (0) 21 421 2971



## 2.5 BIKE MECHANIC SERVICE

Our bike partner will offer bike mechanic support and will be available from February 9th until February 11th at the race village (Green Point Common).

The Bike Mechanic will be available during athlete check-in on race days and course familiarisation sessions at the Athletes' Lounge.

### ON-SITE SERVICES

#### SATURDAY 10 FEBRUARY

05:45 – 07:30 Athletes' Lounge, Quay 6, V&A Waterfront

#### SUNDAY 11 FEBRUARY

07:00 – 12:00 Green Point Common

14:00 – 17:30 Athletes' Lounge, Quay 6, V&A Waterfront

## 2.6 INFORMATION CENTRE LOC OFFICE

The LOC Information Office is located at the Green Point Common, and is open Saturday 10th and Sunday 11th February 2018.

### OPEING HOURS

#### SATURDAY 10 FEBRUARY

11:00 – 16:00

#### SUNRDAY 11 FEBRUARY

06:00 – 18:00

## 2.7 SECURITY

The V&A Waterfront security will be responsible for the venue security and Field of Play (FOP) inside the V&A Waterfront. Marshals will assist and patrol around the Field of Play on race days and Traffic management services will be done by the City of Cape Town Traffic with regards to road closures and the traffic control around the course. transfer to hospital. A medical area will be provided on-site at the finish area.



## 2.8 BANKING

Banks can be found in the Victoria & Alfred Waterfront Mall as well as within a 5-minute walk from the Race Village. From the Official Hotel, your closest banks will be in Cape Quarter, a 5-minute walk.

### BANK OPERATING HOURS:

08:30/09:00 – 15:30/16:00 Mon-Fri

08:00/09:00 – 11:00/11:30/12:00 Sat

## 2.9 POST-OFFICE

The nearest post office to the race venue is in the V&A Waterfront:

Shop 263

Victoria Wharf Shopping Centre,

Waterfront Pier Road

021 4214551

### OPENING HOURS:

09:00 – 16:00 Mon-Fri

09:00 – 16:00 Sat

## 3. ACCOMMODATION

The Stay Easy Tsogo Sun Hotel offers a variety of accommodation options within the edge of Cape Town City centre. For restaurants and shopping there is the Cape Quarter, which is a 5-minute walk from the hotel or the V&A Waterfront, which in turn is a short taxi ride from the hotel.

For all your accommodation and travel enquiries, please contact Manue Marescia on +27 (0) 82 820 0617 or email: [manue@worldsport.co.za](mailto:manue@worldsport.co.za)

## 4. AIRPORT TRANSFERS

The LOC will provide free transportation for the Elite Athletes and their Team Officials from the airport to the Official Hotels and back to the airport.

This service must be booked by email: [Manue@worldsport.co.za](mailto:Manue@worldsport.co.za).

This airport-to-hotel service will be available from Wednesday 7th February to Friday 9th February.

For hotel-to-airport, this service is available from Sunday 11th February to Tuesday 13th February

### FOR BOOKINGS AND QUERIES:

Email: [manue@worldsport.co.za](mailto:manue@worldsport.co.za)

Phone: +27 (0) 82 820 0617



## 5. TRAINING

### 5.1 SWIM TRAINING

#### SEA POINT SWIMMING POOL LOWER BEACH ROAD, SEA POINT

(+27 (0) 21 434 3341) 50m pool

Free Entry when you present your Passport or Elite License at the gate. Otherwise, a single entry is R23

Two lanes will be allocated for Elite Training, 07h30 – 09h30 from Thursday 8th until Saturday 10th February

Otherwise, general opening times: 07h00 – 19h00

#### VIRGIN ACTIVE: GREEN POINT

BILL PETERS DRIVE, GREEN POINT (+27 (0) 21 434 0750)

25m heated indoor pool

Single Entry: R220

Open/close times:

Monday – Thursday: 05:00 – 22:00

Friday: 05:00 – 21:00

Saturday: 06:00 – 21:00

Sunday: 06:00 – 21:00

Public Holidays: 06:00 – 21:00

#### VIRGIN ACTIVE: FORESHORE

17 RUA BARTOLOMEU DIAS PLAIN, FORESHORE, CAPE TOWN

(+27 (0) 21 418 5704)

25m heated indoor lap pool

Single Entry: R220

Open/close times:

Monday – Thursday: 05:00 – 22:00

Friday: 05:00 – 21:00

Saturday: 06:00 – 21:00

Sunday: 06:00 – 21:00

Public Holidays: 06:00 – 21:00

#### VIRGIN ACTIVE: SILO DISTRICT

SILO 4, SOUTH ARM ROAD, V&A WATERFRONT (+27 (0) 10 005 1616)

20m heated indoor lap pool

Single Entry: R440

Open/close times:

Monday – Thursday: 04:30 – 21:30

Friday: 04:30 – 21:30

Saturday: 06:00 – 20:00

Sunday: 06:00 – 20:00

Public Holidays: 06:00 – 20:00

### 5.2 BIKE TRAINING

The roads are well used by local cyclists and a suggested route would be to cycle in and around Green Point, where one can create a loop and enjoy the picturesque views. The route is not closed to traffic, so you will be cycling at your own risk.

### 5.3 RUN TRAINING

Green Point Urban Park and Sea Point Promenade are suitable areas to train – there are many pedestrian paths which are good for run training.

### 5.4 COURSE FAMILIARISATION

#### BIKE

You will be able to familiarise yourself with the bike course on Saturday, February 10th from 06:15 – 07:15. Athletes are to gather at the swim course and T1 start area at Quay 6 in the V&A Waterfront. You will be escorted by the Traffic Police for two laps on the bike course, returning to the TZ1 start area on completion.

**Please note:** The official race courses are otherwise not open for training before the races. The race courses are generally NOT suitable for training.

**SWIM**

You will be able to familiarise yourself with the swimming course on Saturday, February 10th from 07:15 – 08:15. The location will be the same as the start of the race, Quay 6, V&A Waterfront.

**6. COMPETITION INFORMATION****6.1 COMPETITION SCHEDULE****THURSDAY 8th FEBRUARY**

Times	Action	Location
11:00 – 13:00	Elite Athlete Press Conference	The President Hotel

**FRIDAY 9th FEBRUARY**

Times	Action	Location
17:00 – 19:00	Registration/Briefing	The President Hotel

**SATURDAY 10th FEBRUARY**

Times	Action	Location
11:00 – 16:00	LOC Information Office	Athlete Race Village – Green Point Common
05:45 – 07:30	Bike Mechanic Services	Quay 6, V&A Waterfront
06:15 – 07:15	Bike course Familiarisation	Quay 6, V&A Waterfront
07:15 – 08:15	Swim Familiarisation	Quay 6, V&A Waterfront

**SUNDAY 11th FEBRUARY**

Times	Action	Location
05:00 – 15:30	Bike Mechanic Services	Quay 6, V&A Waterfront
12:30 – 13:00	Transition Zone 2 Check-in (Women)	Vlei Road, Green Point Stadium Precinct
12:45 – 13:45	Athletes' Lounge opens	Quay 6, V&A Waterfront
13:15 – 14:00	Transition Zone 1 Check-in	Quay 6, V&A Waterfront
13:15 – 14:00	Athletes Warm-up	Quay 6, V&A Waterfront
14:10	Athletes Introduction	Quay 6, V&A Waterfront,
14:15	Elite Women Competition Start	Quay 6, V&A Waterfront, and Green Point Common
14:00 – 14:30	Transition Zone 2 Check-in (Men)	Vlei Road, Green Point Stadium Precinct
14:45 – 15:45	Athletes' Lounge opens	Quay 6, V&A Waterfront
15:15 – 16:00	Transition Zone 1 Check-in	Quay 6, V&A Waterfront,
15:15 – 16:00	Athletes Warm-up	Quay 6, V&A Waterfront,
16:05	Athletes Introduction	Quay 6, V&A Waterfront,
16:15	Elite Men Competition Start	Quay 6, V&A Waterfront, and Green Point Common
17:30	Mens and Womens Medal Ceremonies	Green Point Common

6.2 COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union.

6.3 INFORMATION ABOUT THE FIELD OF PLAY (FOP)



START

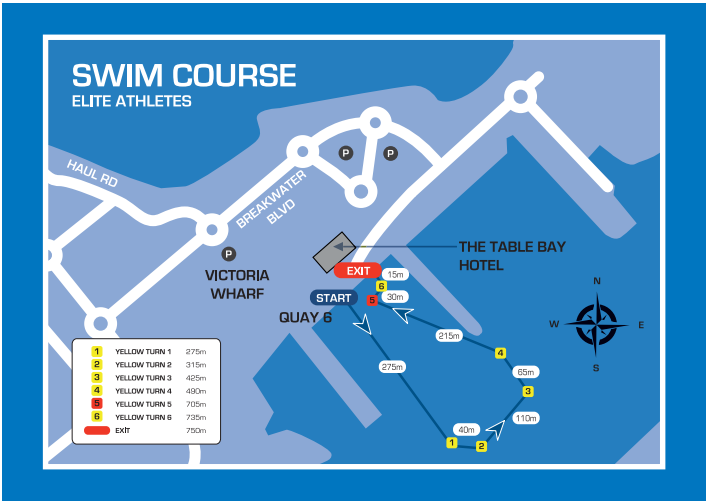
The start area is at Quay 6 in the V & A Waterfront. Athletes will start from a pontoon (0,6m high) and stand in a starting position approximately 70cm wide. The Race Referee, with the assistance of ITU Technical Officials, who are assigned to the start, will start each Swim. The athletes are required to leave their last-minute equipment at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes' Lounge at Quay 6. This equipment will be transported from Quay 6 by the LOC to the finish area.

- 750M SWIM 1 LAP
- 20KM BIKE 1 LAP OF 4.8km FOLLOWED BY 4 LAPS OF 3.8km
- 5KM RUN 2 LAPS

SWIM COURSE

The swim comprises one lap of 750m, beginning and ending in Quay 6 in the V&A Waterfront, proceeding in an anti-clockwise direction. The start is from a pontoon platform and the exit is a stepped ramp covered in carpet. The water temperature in the Waterfront harbour in mid-February is expected to be roughly  $\pm 14^{\circ}\text{C}$ .

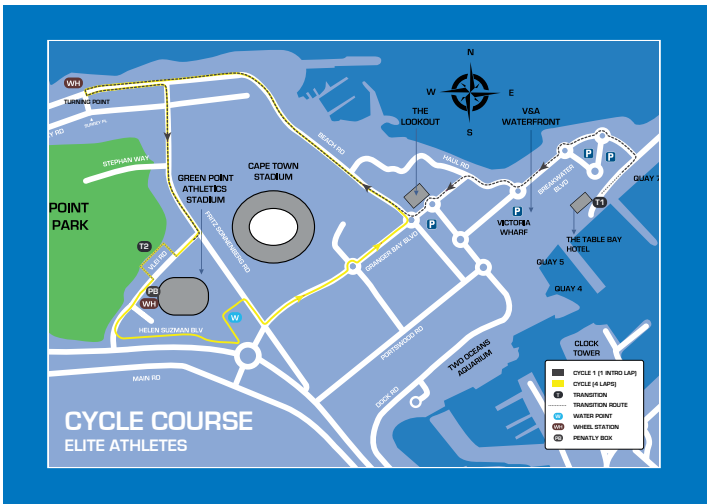
EXPECTED AIR TEMPERATURE  $20^{\circ}\text{C} - 25^{\circ}\text{C}$





### BIKE COURSE

Out of Transition Zone 1 onto East Pier Road, turning left onto Breakwater Boulevard, right at Haul Road, left onto Granger Bay Boulevard to the roundabout and right onto Beach Road. Cycle along Beach Road until you get to Turning Point 1 before the Mouille Point lighthouse, returning back along Beach Road and a right turn onto Fritz Sonnenburg Road. A Right turn onto Vlei Road takes the athletes past T2 (past the area between the shared fields and the athletics stadium). The route then turns left on the City Cycle path behind the athletics stadium, where the route takes a sharp turn left and back towards the athletics stadium before taking a sharp righthand turn across the concourse. Here they join Fritz Sonnenburg again with a right turn and then left onto Granger Bay Boulevard before rejoining Beach road at the roundabout. From this point, follow the same routes as before back to Vlei Road for completion of Lap 1 (which is 4,8 km). On completion of a further four laps of 3.8 km, you will enter Transition Zone 2 (located inside P6 parking, just off Vlei Road) where you will start your run



### WHEEL STATIONS

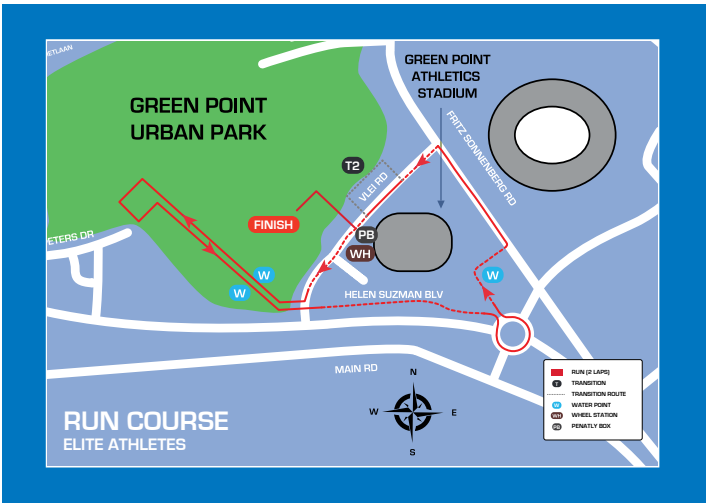
There are two wheel stations on the Bike course, with the first being at Turning Point 1; this is a neutral wheel stop with wheels supplied by the LOC. The second wheel stop will be at the exit of TZ2 and this will be a team wheel stop with your own dedicated wheels.

### PENALTY BOX

The penalty box is situated before the entrance to TZ2, before the start of Lap 2 of the run, and the finish.

### RUN COURSE

The run comprises of two laps of 2.5 km ending on the Green Point Common. The run starts at Transition Zone 2, exiting right onto Vlei Road, turning right down the Green Point Urban Park to Turning Point 1 and a U-turn out of Urban Park and down the city cycle path under the underpass and back up to the paved Stadium forecourt. A left turn will take you down Fritz Sonneburg Road, with a left turn into Vlei Road back past Transition Zone 2. The same route is followed for Lap2. Upon completion of two laps, you will turn right after passing Transition Zone 2 onto the road dissecting the cricket and shared fields, and do a quick left turn to the finish line. TZ2 and this will be a team wheel stop with your own dedicated wheels.

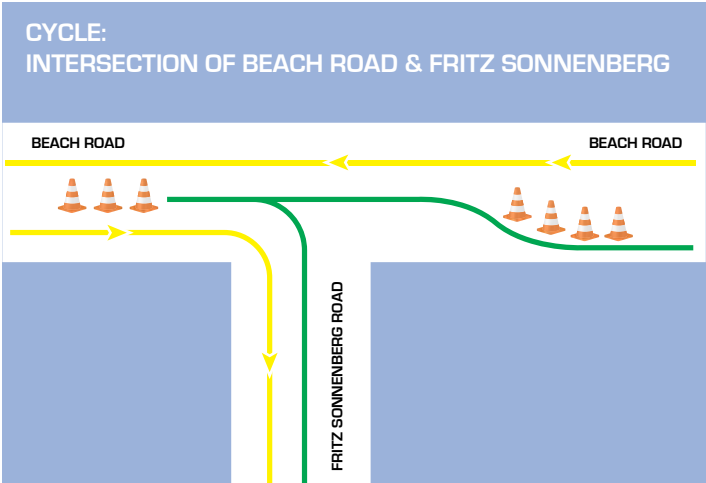
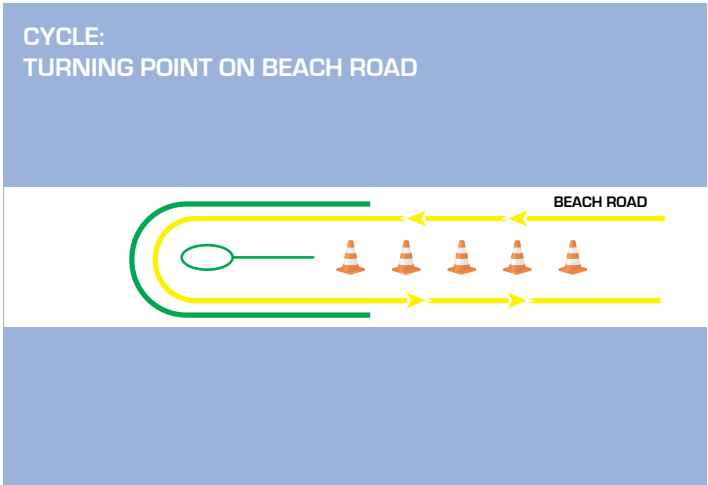


**Please Note:** At the intersection of Fritz Sonneburg and Vlei Road, there could be a possibility of first runners arriving at that point when the last bikes are approaching TZ2. In this case, the bikes will be stopped and removed from the course.

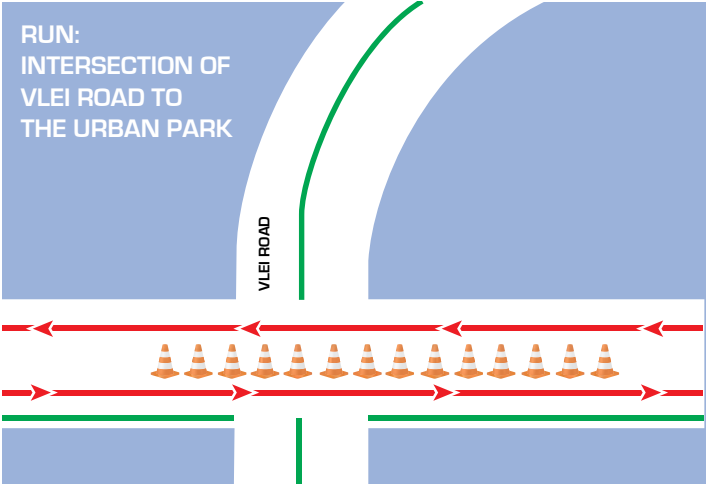
**AID STATIONS**

There are three aid stations per lap, the first two are located in the urban park to and from turn point 1, and the third is located on the Green Point Stadium Forecourt after turn point 2. Closed 0.5 litre bottles of sealed water will be handed out at each aid station.

**ELITE ATHLETE COURSE SPECIFICATIONS: BIKE**



**ELITE ATHLETE COURSE SPECIFICATIONS: RUN**



## 6.4 WEATHER CONDITIONS

Nothing is as changeable as the weather in Cape Town – you may encounter four seasons in one day. Average temperature highs in February are 27C, with lows of 16C.

For weather forecasts go to: [www.weathersa.co.za/home/weather](http://www.weathersa.co.za/home/weather)

## 6.5 RESULTS

Results will be uploaded live at the ITU's official website:

[www.triathlon.org](http://www.triathlon.org)

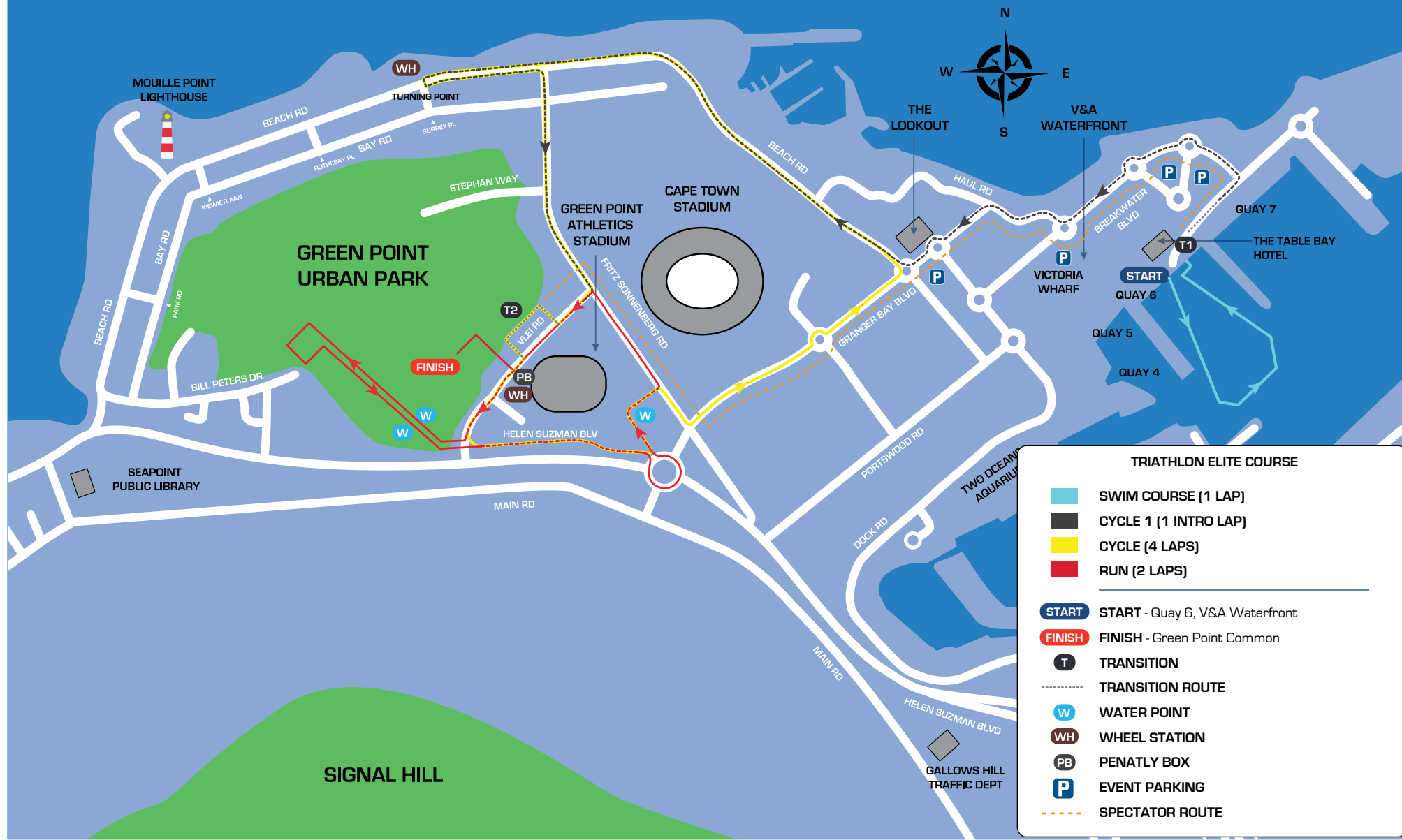
All the results information will be distributed to the Team Leaders at the LOC Information Office.

## 6.6 PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.



# TRIATHLON ELITE COURSE



## 7. ACCREDITATION

The LOC will provide all athletes, coaches and any team medical staff with an official accreditation card according to the ITU Event Operational and \ Technical Requirements. Only accredited persons that have been registered through the ITU system in advance will be given accreditation and will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific zones within the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request. All accreditation cards will be issued during the official registration on February 9th after the Race Briefing at The President Hotel:

### THE PRESIDENT HOTEL

4 Alexander Road  
Bantry Bay

## 8. PUBLIC TRANSPORTATION

With the exception of the routes to and from the airport, you'll need a myconnect card to travel aboard the MyCiTi bus. These are available from appointed kiosks and participating retailers (for more info, visit the MyCiTi website or call +27 (0) 800 65 64 63); after purchasing, it's simply necessary to begin loading money onto the card to travel (fares are calculated on a distance-travelled basis). Children under four years of age can ride the MyCiTi for free.

Bicycles are welcome on the MyCiTi system and can be carried free of charge, as long as they are stored safely and securely and do not cause inconvenience to other passengers. All bicycles must be kept in the space designated for them on the bus, next to the wheelchair area. If there isn't enough space in this area, you will need to wait for another bus.

### CLOSEST STATIONS & KIOSK TO OFFICIAL HOTELS:

Thibault Square, near the intersection of Lower Long Street and Hans Strijdom Avenue.

### CLOSEST STATION & KIOSK TO VENUE:

Waterfront Station, Opposite Entrance 1 of V&A Waterfront, Victoria Wharf Shopping Centre.

Discovery

155 West Street | Sandton | [www.discovery.co.za](http://www.discovery.co.za) | 0860 99 88 77

Discovery is an authorised financial services provider.

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DISCOVERY DUATHLON

For more information about the Discovery Duathlon visit  [www.discoveryduathlon.com](http://www.discoveryduathlon.com)