



AFRICA TRIATHLON CUP SWAKOPMUND

25 MARCH 2023

Athletes' Guide



WELCOME TO THE REPUBLIC OF NAMIBIA

Namibia is one the most fascinating and diverse countries in the world and a number 1 travel destination. Few countries, if any, can claim limitless horizons, stark landscapes, harsh environments, and untamed wilderness, complemented by rare beauty, great scenery, a pleasant climate, few people, a beautiful coastline, one of Africa's greatest game parks and the world's oldest desert.

Namibia offers space, silence, and the chance to really get away from it all. It is the second least densely populated country on the planet, with only two people per square kilometre. You can drive for hours under huge blue skies without seeing another car, surrounded by landscapes so vast and empty that at times you feel like you are on the edge of the planet. In an overpopulated world, there are not many places left where you can immerse yourself as deeply in remote wilderness as in Namibia.

Swakopmund is the ideal base for both mild and extreme adventure seekers. Waterfront palm-lined promenades, beach accommodation, buzzing nightlife and classy restaurants make Swakopmund, Namibia's top beach resort town. A mecca for adventure junkies, the west coast recreational area has something to offer for everyone. If sandboarding or skydiving sounds too energetic, then offshore fishing or a dolphin cruise may suit you better. Of course, the ever-present sand makes a great backdrop and quad biking in the dunes certainly gives that "Mad Max" feeling. The extremists can try parachuting or hot air ballooning.

Swakopmund has great German delicatessen on offer. Treat yourself to a brötchen at Namibia's most famous coffee shop, Café Anton; fish and chips at the famous yellow bus Fork & Nice next to the beach and try the big boot beer at the traditional German restaurant, Swakopmund Brauhaus.

Make the most of your stay and mingle with the locals – that is where the true beauty of our beautiful country lies.

Wishing you a pleasant and safe stay in the land of the brave.

President of Namibia Triathlon Federation (NTF)

Roual Spangenberg

EVENT SPONSORS



RACE INFORMATION

Transition, Start and Finish will be at the **Swakopmund Mole**, which is a man-made bay and the main beach of Swakopmund.

The **Swim** will be in the Atlantic Ocean, a beach start in the Mole, and will consist of several triangular laps.

The **Bike route** is exciting – technical enough to mount a break away but not enough to spoil the fun. It too, consists of laps.

The **Run** will be laps amongst the beautiful promenade.

The **Transition** will be in the parking lot opposite An der Mole Apartments. The **Race Office** will be at transition. Bike mechanical services will be available on race day.

Parking on race day will be available at the Strand Hotel Parking lot, no access to transition will be available via Theo Ben Guirirab Street

Entry fees: **Elite** N\$1 200,00 and **Junior** N\$650,00

Registration and Uniform check on 24 March 2023 will be at the MTC Dome MTC Dome, Welwitchia Street, Swakopmund, GPS Coordinates **22°39'47.9"S 14°31'46.6"E**.

Parking on race day will be available at the Strand Hotel parking area ((±400m from Transition). No vehicle access to **Transition** will be available via Theo Ben Guirirab Street

EVENT SCHEDULE

All times are subject to change.

Time changes will be posted at the Race Office and at the athlete information area in the village.

FRIDAY 24 MARCH 2023

- 15:00** **Elite and Junior Route** familiarization
Meet at **transition**
- 16:00** **Elite and Junior** Registration, Race Pack Collection and UNIFORM CHECK.
MTC Dome, Swakop Room
- 17:00** **Elite and Junior** Race Briefing:
MTC Dome, Swakop Room

SATURDAY 25 MARCH 2023

Junior (Male and Female)

10:10 Transition & Athletes' Lounge **Open**

Body Marking

Bike & Uniform Check

10:15 Transition **Open**

10:25 **Swim** warm-up

10:50 Transition and Swim warm-up **Close**

10:55 Athletes **Introduction**

11:00 **Start Males**

11:02 **Start Females**

16:30 **Medal Presentation** & Prize Giving

Elite Female

12:05 Transition & Athletes' Lounge **Open**

Body Marking

Bike & Uniform Check

12:10 Transition **Open**

12:25 **Swim** warm up

12:50 Transition and Swim warm-up **Close**

12:55 Athletes' **Introduction**

13:00 **Start**

16:40 Medal Presentation & Prize Giving

Elite Male

14:05 Athletes' Lounge **Open**

Body Marking

Bike & Uniform Check

14:10 Transition **Open**

14:25 **Swim** warm-up

14:50 Transition and Swim warm-up **Close**

14:55 Athletes' **Introduction**

15:00 **Start**

16:40 Medal Presentation & Prize Giving

Sunrise 07:07

Sunset 19:08

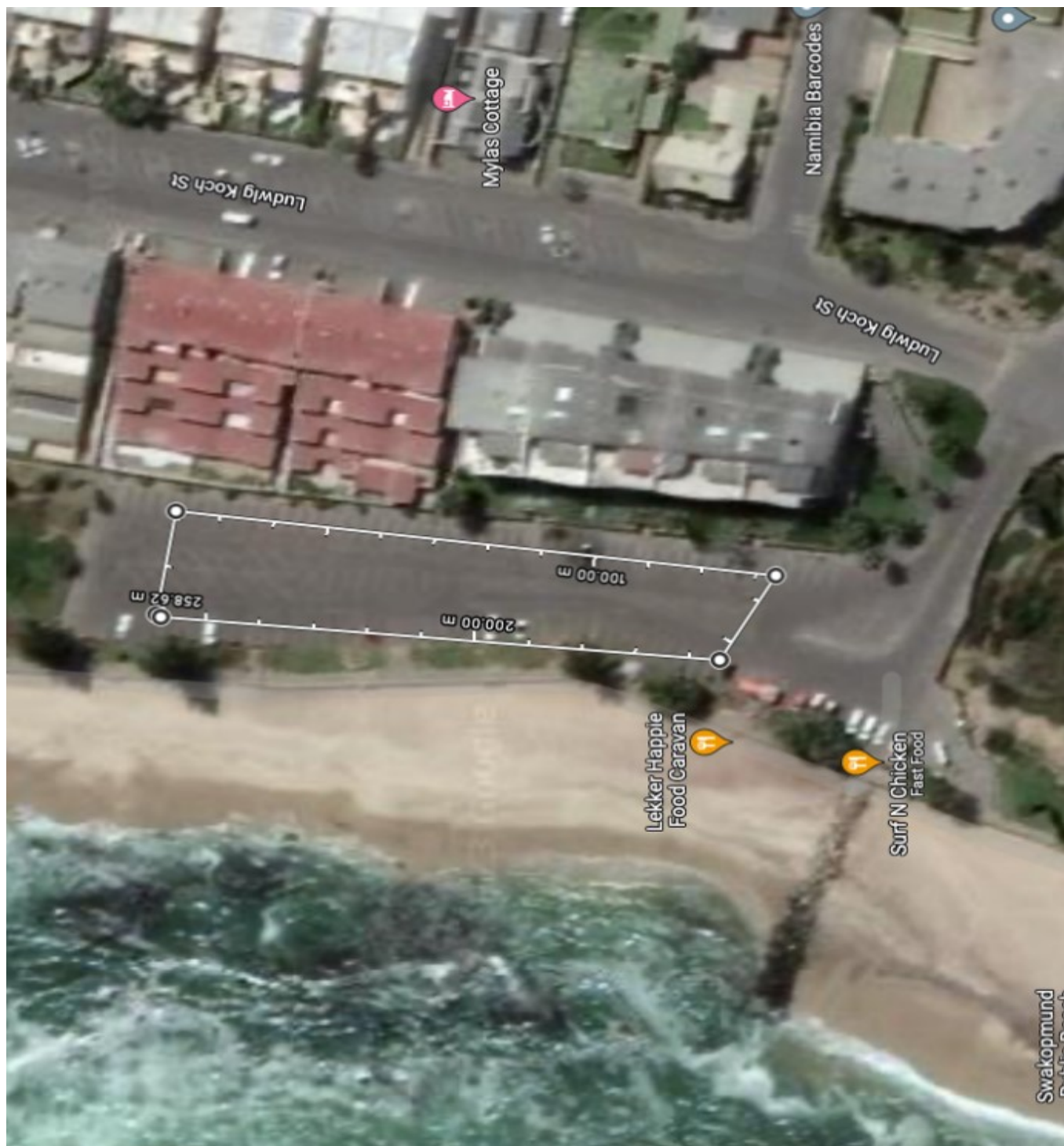
High tide 05:41

Low tide 11:40

High tide 18:01

COURSE MAPS

Transition and Event Village - Area accessible only by foot on race day



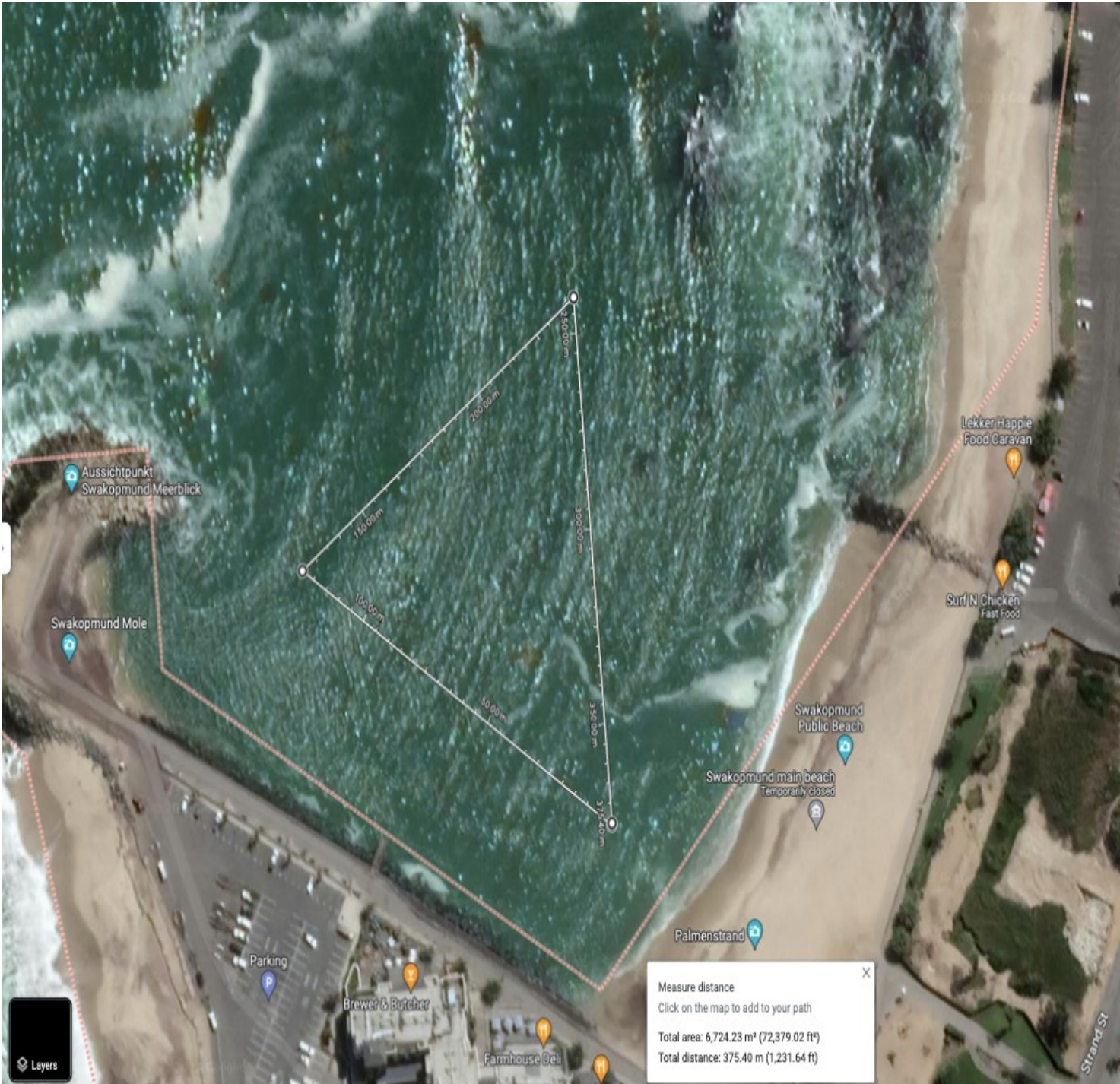
Swim

Sprint distance - 750m:

2 Laps

Direction:

Clockwise



Bike

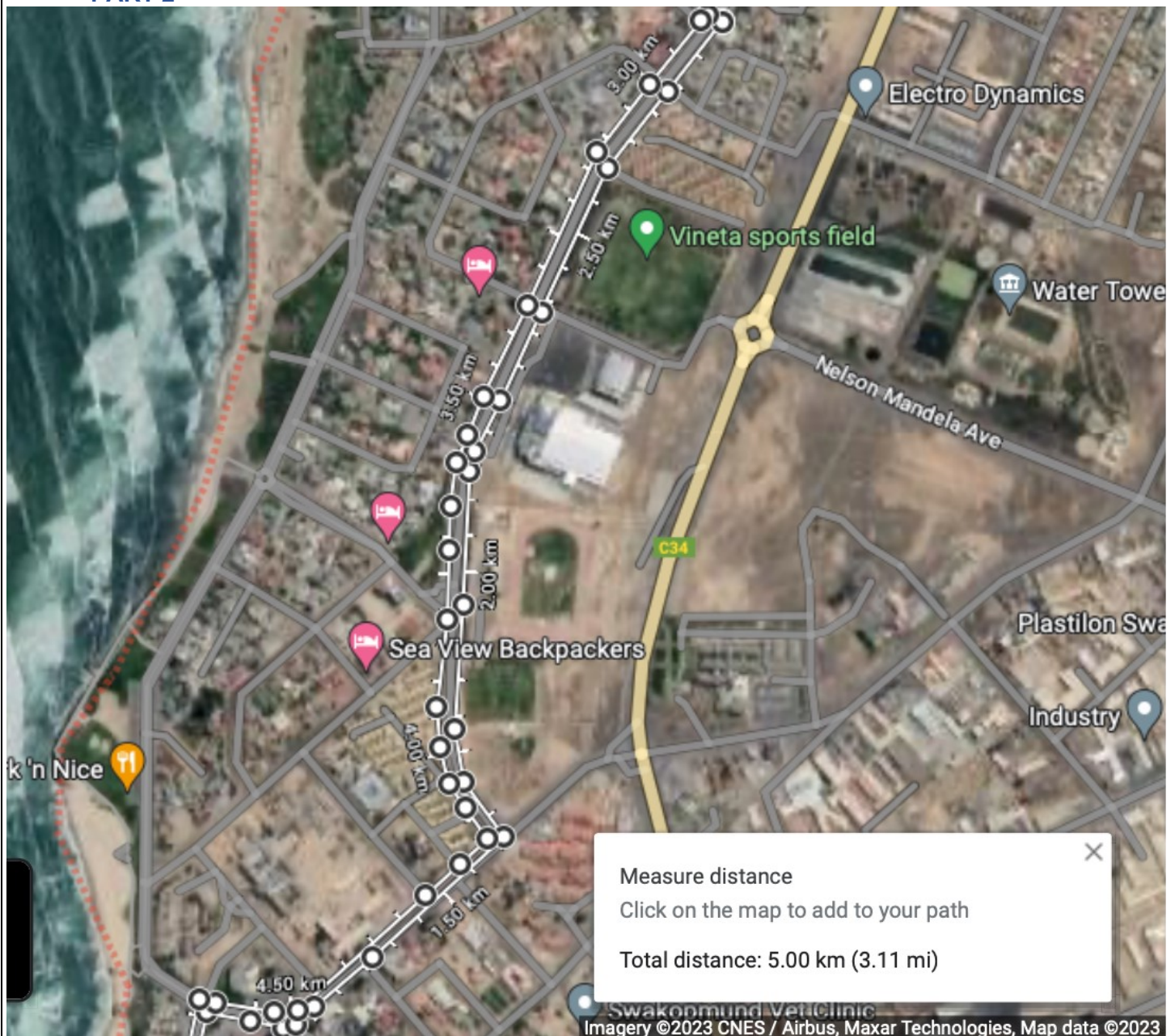
Sprint distance – 20km: 4 Laps

Direction clockwise and keep to the left of the road/course

PART 1



PART 2



- **Exit** Transition towards **Theo Ben Gurirab Street**
- Turn **left** into **Ludwig Koch Street** and head up to **Werft Street**, turn right into **Werft Street** and **left** onto **Mittel Street**
- Follow **Mittel Street** and turn **left** onto **Welwitchia Street**
- Pass **The Dome** on your **right**, up to a **U turn** at **Schulterus Street**
- **After** the U turn (**180°**) back in **Welwitchia Street** and turn **right** into **Mittel street**

- Turn **right** into **Werft Street** and **left** into **Ludwig Koch Street**
- Once you have passed the Transition junction continue in **Strand Street**, through the **Museum parking**, turning steep left and make a **U turn** (180°) in front of the Amphitheatre. Follow the course back onto **Strand Street** in a **northern direction**, again pass through the Museum parking to the Transition junction. That will be **one lap**
- Only on your final lap, will you turn left at the Transition junction and return to **Transition**

Run Course

Sprint Distance – 5km:

4 Laps

Direction:

Anti-clockwise



- **Exit** Transition Parking towards **Theo Ben Gurirab Street**
- Turn **left** onto **Ludwig Kock Street**
- Turn **left** onto **Strand Street** and follow route onto **U turn left.**
- Turn **left** onto **promenade** in **Southern direction.**
- Follow **promenade back** to **transition/village.**
- Turn **left** into **village.**
- Follow route **through** **village.**
- On your **final lap** **do not turn left** into the village but continue **straight** on towards **finish arch**

NOTES

Although safety is our priority, we do ask athletes to be vigilant for any traffic or pedestrians that might cross over road closures.

MEDICAL SERVICES / TREATMENT

Emergency Paramedics, **E-Med Rescue**, will be available during the event.

Sea Rescue Institute will be stationed in the Mole during the swimming.

We do have a doctor on call.

In case of serious injury, patients will be evacuated to **Medi-clinic Swakopmund Hospital**:

Physical Address: **Franziska van Neel Street**, Swakopmund

Tel: **+264 64 412 200**
+264 64 412 205 (emergency department)

Medical support persons will be stationed at the transition area.

ACCOMMODATION

The following accommodation is suggested, all within walking distance, from the event:

The Dome

This is our host hotel and conveniently located within walking distance from the beach and centre of town, with spectacular views of Swakopmund and the ocean (within 3km from the start venue).

They offer boutique accommodation in a modern setting. Their personalized service comes standard, whether you stay for business or leisure, as individual traveller or family, or as part of a larger sports or corporate group. Accommodation packages are tailor-made to meet guests' specific needs.

When booking with The Dome, please use the reference:

“Triathlon Africa Cup”.

Tel: **+264 426 800**

+264 85 658 9044

Email: **bookings@thedomenamibia.com**

Strand Hotel (5 star)

This hotel is located 300m from the race venue.

Tel: **+264 64 411 4308**

Email: **strand.res@ol.na**

Hotel Prinzessin Rupprecht (2 star)

This hotel is less than 1km from the race venue.

Tel: **+264 64 412 540**

Web: **hotel-prinzessin-rupprecht.com**

Alte Brucke

Located 1.5km from the race venue. The resort offers self-catering chalets.

Tel: **+264 64 404 918**

Email: **info@altebrucke.com**

AIRPORT & TRANSFERS

The closest airport is Walvis Bay International Airport, about 40km south of Swakopmund.

Hosea Kutako International Airport is situated about 50km east of Windhoek and Windhoek is 400km east of Swakopmund.

Taxis are readily available into town.

Rental agencies are also available and will deliver the car to the Airport, if necessary.

Shuttle buses are available daily from Windhoek to Swakopmund (return). Please note it is a 4-hour drive.

<https://welwitschiashuttle.wheretostay.na>

CURRENCY

The Namibian Dollar (N\$) is linked to the South African Rand.

The ratio is therefore 1:1.

South African Rand is also accepted as payment.

Namibian Dollar (+/-NAD 18.50 = US\$1) and all major international credit cards accepted.

BIKE SHOPS IN SWAKOPMUND

Mannie's Bike Becca Swakopmund

On your way to Henties Bay, in Moses Garoeb Street, next to CTM

Tel: **+264 64 463 766**

CONTACTS

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