



PROVINCIAL CONTROLLING BODY FOR TRIATHLON, DUATHLON & AQUATHLON
AFFILIATED TO TRIATHLON SOUTH AFRICA & SASCOC

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

SATURDAY 29th of MAY 2010

**UNIVERSITY OF THE FREE STATE BLOEMFONTEIN
SOUTH AFRICA**

TOTAL PRIZE MONEY : T B A

CLOSING DATE FOR ENTRIES: 21 May 2010

All athletes to be registered with TSA or their National Federations

All foreign athletes to enter via their National Federations

NO LATE ENTRIES WILL BE ACCEPTED

REGISTRATION: JUNIOR & SENIORS (Including Elites) Friday 16h00 – 17h00 UOFS Cricket Club House

JUNIOR & SENIOR RACE BRIEFING : AT THE EVENT 15 MINUTES PRIOR TO RACE

ENTRY FEES:

Elite & Senior Athletes: R280-00

Junior Athletes: R240-00

Development wave/ Fun Event: NO ENTRY FEES / FINISHERS MEDALS ONLY

BANKING DETAILS: TSA OFFICE

ACCOMMODATION

TUINHUIS	082 775 0195
AFRICAN FOOTPRINTS	051 522 7239
SHAWU LODGE	051 522 5731
VILLA FAVORITA	051 444 4010
FORMULA ONE HOTEL	051 444 3523
CITY LODGE	051 444 5411