

Mariental Triathlon Sprint (1 loop for cycle & run)



Mariental Triathlon African Cup 2018

Sprint Distance Triathlon (Swim 750m -- Cycle 20km -- Run 5km) for Age Groups and Teams (all non-Elite athletes)

Swim: Start (A) at Bootbaai. Course is in a triangular shape with 300m - 150m - 300m legs. The swim is in an anti-clockwise direction around the outside of the buoys. Only one loop of 750m for the Sprint distance.

- Cycle:** Cycle from Transition 1 (T1) to the T-junction (B) (which is a neutral zone - no overtaking) and turn RIGHT. Keep in the RIGHT lane until you exit the Hardap Dam Resort Gate (D). Move over to the LEFT side of the road and continue to the turning point close to the B1 road (G). TURN AROUND and follow the same route back to the dam wall (C) and turn LEFT. Cycle to the end of the dam wall (F) and TURN AROUND. Return to the beginning of the dam wall (C) and turn LEFT. Ride up to the Resort Office (H) and enter into T2 and rack your bike.
- Run:** After T2 run on the same course as for the bike towards the B1 road. At the dam wall (C) TURN RIGHT onto the dam wall and TURN AROUND at the 2.5km marker. Run back to the beginning of the dam wall (C), TURN LEFT and proceed to the FINISH line at the Resort Office (H).

Distances (approximate):

A - B	500 metres
B - C	1 500 metres
C - D	700 metres
D - E - G	6 325 metres
C - F	900 metres
B - H	600 metres
C - J	400 metres

Cycle:

A - B	500
B - C	1 500
C - D	700
D - E - G	6 325
G - E - D	6 325
D - C	700
C - F	900
F - C	900
C - B	1 500
B - H	600
<u>19 950</u>	

Run:

H - B	600
B - C	1 500
C - J	400
J - C	400
C - B	1 500
B - H	600
<u>5 000</u>	

Height / elevation (approximate):

A	1 145 metres
B	1 145 metres
C	1 155 metres
D	1 130 metres
E	1 130 metres
F	1 155 metres
G	1 125 metres
H	1 180 metres
I	1 175 metres
J	1 155 metres