WOOLWORTHS X TRI!

ATHLETE GUIDE

Triathlon · Paul Clüver

Sunday 6 December 2026 · Groenrug Dam, Paul Clüver Family Wines, De Rust Estate, Elgin

Incorporating the SA Cross Triathlon Championships

X TRI **08:00**
1km swim · 27km MTB · 10km trail run



X TRI LITE **08:45**
500m swim · 12km MTB · 4km run



X TRI SUPER **09:15**
250m swim · 5km MTB · 2km run



REGISTRATION

SATURDAY 5 DECEMBER

09:00–16:00	**Registration & race-pack collection**

SUNDAY 6 DECEMBER

From 06:00	**Race-day registration**

Bring the QR code you received from FinishTime.

RACE DAY TIMELINE · SUNDAY 6 DECEMBER

06:00	**Arrive.** Transition & registration open
07:15	Wetsuit decision announced
07:45	**X TRI: TRANSITION CLOSES**
07:50	X Tri race briefing (swim start)
08:00	**X TRI START** – INDIVIDUALS · TEAMS 08:01
08:30	**X TRI LITE & SUPER: TRANSITION CLOSES**
08:35	X Tri Lite race briefing
08:45	**X TRI LITE START** – INDIVIDUALS · TEAMS 08:46
09:05	X Tri Super race briefing
09:15	**X TRI SUPER START** – INDIVIDUALS · TEAMS 09:16
11:00	Podium presentations, next to the finish
From 11:30	**Transition check-out** – bring your race number

Lite & Super share one transition (separate race areas). **No access after it closes**. Briefings are at the swim start; **all team members attend**.

ARRIVAL & CHECK-IN

- **Arrive by 06:00.** Allow for Somerset West traffic and roadworks on Sir Lowry's Pass.
- **Wear your helmet, fastened, to check in.** Bike and helmet get a safety check – an unsafe bike will not start.
- Rack in the transition for your race. Lay your kit on a towel next to your bike.
- Race kit only: **no bags, buckets or glass**. No changing tents – arrive dressed to race.
- Bad weather may shorten courses; a cancelled swim becomes a short run into transition.
- **Kids Zone** open 06:00–12:30 – sign children in and out.

YOUR RACE

Race number · swim cap · bike board · timing chip · safety pins & cable ties. **Check it before you leave registration.**

- **Timing chip on your LEFT ankle**, under your wetsuit, Velcro strap plus a safety pin. Keep it on until you finish.
- **Race number** on a race belt or elastic: facing **back** on the bike, turn it to the **front** for the run.
- **Bike board** on your handlebars with the cable ties.
- **Official swim cap** worn on the outside.
- Enjoy the **226ERS** hydration and nutrition at the aid stations.
- Log withdrawals or medical incidents at the Race Office.

SWIM

- Wetsuits: compulsory below 15.9°C, optional 15.9–22°C, not allowed above 22°C. No baggy clothing.
- **Need help?** Roll onto your back and raise a fist – a lifeguard will come. You may exit at the nearest bank and continue (not prize-eligible).

RELAY TEAMS

- **Swimmer → rider:** put the chip on your rider's left ankle in the Handover Zone. Riders don't unrack until it's on.
- **Rider → runner:** rack first, then pass the chip and race number. Runner wears the number facing forward.
- Finish together: meet your runner at the finish chute.

KEY RULES

- **No helmet, no ride.**
- Helmet clipped **before** you unrack; unclip only **after** you rack.
- No riding in transition – **mount and dismount at the line**.
- MTBs only (26"+, bar ends plugged) – no gravel bikes.
- No earphones or listening devices.
- Littering will result in a DQ. Drop **waste at aid stations** only.
- Top on at all times, shoes on for the run.
- Valid TSA licence, or a TSA day licence.

AFTER YOU FINISH

- Hand your **timing chip** to finish line volunteers.
- Collect your **Finisher's Gift** at the Registration tent.
- Not finishing? Report to the timing team with your chip.
- **Recovery refreshments are for athletes only.** Use what you need only, as other athletes are still to finish.

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Instagram: @ww_xtri
Email: info@wwxtri.co.za
Results: wwxtri.co.za

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RACE VILLAGE LAYOUT



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Runs & Walk · Paul Clüver

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X TRAIL 15KM	08:30	RUN 4 FUN	09:00	WALK 4 GOOD	09:30
15km trail run		5km off-road run – walkers welcome		3km family nature walk – all ages	







GETTING THERE

- Allow plenty of time: Somerset West traffic and **roadworks on Sir Lowry's Pass**.
- Use the public parking and walk into the race village.

REGISTRATION

SATURDAY 5 DECEMBER

09:00–16:00	**Registration & race-pack collection**

SUNDAY 6 DECEMBER

From 06:00	**Race-day registration**

Bring the QR code you received from FinishTime.

RACE DAY TIMELINE · SUNDAY 6 DECEMBER

06:00	Venue and race-day registration open
08:30	**X TRAIL 15KM START**
09:00	**RUN 4 FUN 5KM START**
09:30	**WALK 4 GOOD 3KM START**
11:00	Podium presentations, next to the finish

All runs and the walk start on the **far side of transition**. Look for the **BIG MOMENTUM M**. Be at the start 15 minutes early for announcements.

Log withdrawals or medical incidents at the Race Office.

REGISTRATION & YOUR NUMBER

- **Registering on Sunday? Allow at least 90 minutes before your start.**
- Check your pack before you leave: race number and safety pins. Your timing chip is on your race bib.
- Pin your number to the **front** of your top. Make sure it's **visible at the finish**.

ON THE COURSE

- **Follow only your colour of arrow** – courses may overlap with other routes.
- Shoes and a top must be worn.
- Enjoy the **226ERS** hydration and nutrition at the aid stations.
- Carry wrappers and cups to the **litter zones**. Littering is not cool and will get you disqualified.
- Walk, jog or run – take as long as you need at water points.
- Feel unwell? Tell the nearest marshal or medic.
- Not finishing? Report to the timing team to let them know.

AFTER YOU FINISH

- **Keep moving through the finish** to make space for others, then head to recovery refreshments.
- Collect your **Finisher's Gift** at the Registration tent (better than a medal!).
- **Recovery refreshments are for athletes only.** Use what you need only, as other athletes are still to finish.
- Results are posted on wwxtri.co.za.

FOR FAMILIES & SUPPORTERS

- **Kids Zone** 06:00–12:30, fully staffed – sign children in and out with your details.
- Woolworths coffee trailer, food trucks, and Paul Clüver wine tasting and sales in the village.
- Supporters: cheer from the course edges and keep out of transition.
- Photos and video are taken on the day.

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