

SEESA

Jozzi

TRIATHLON



ATHLETE GUIDE 2025

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Welcome Message

GLEN CORE Jozi Tri Organiser



We are SO excited to see some old faces back for this year's SEESA Jozi Tri and also to welcome a whole bunch of newbies tackling their first triathlon.

This year's event will also double as the Central Gauteng Triathlon Championships which gives us a little more boost in terms of prestige.

Our goal is simple, make this the best triathlon event in the land. We hope you love it and we can guarantee that we will give 110% effort to ensure that you enjoy this race from start to finish.

Good Luck!

URSULA BOTHA SEESA CEO



Welcome to the SEESA Jozi Tri. To those joining us for the very first time, well done on taking this step. The decision to be here, to put yourself on the start line, already says so much about your determination and courage.

To our returning athletes, thank you for coming back once again and being part of this incredible community.

The SEESA Jozi Tri is about more than swim, bike, run. It's about testing yourself, embracing the challenge, and discovering what you're capable of when the going gets tough. It's about the spirit of competition, but also about connection, the shared experience of pushing limits alongside others who understand the same journey.

From all of us at SEESA, we are proud to stand behind you. We wish you strength, focus, and above all, enjoyment in every stage of the race. May this day leave you with lasting memories.

Event Schedule



VENUE: East Rand Boat Club / CR Swart Park, Benoni

FRIDAY: 26-September-2025

14:00 – 18:00	Athlete Registration	Boat Club Hall
14:00 – 18:00	Troisport SA Store	Boat Club Hall

SATURDAY: 27-September-2025

05:00 – 06:30	Athlete Registration	Boat Club Hall
05:15 – 06:30	Bike Check-In	Transition Zone
05:00 – 14:00	Food Vendors	Race Village
06:45 – 06:55	Race Briefing	Swim Start Area
07:00	Standard Start	Swim Area Entrance 1
07:30	Sprint Start	Swim Area Entrance 1
07:45	Super Sprint Start	Swim Area Entrance 2
10:00 – 12:30	Bike Check-Out	Transition Area
11:30	Prize-giving	Race Village

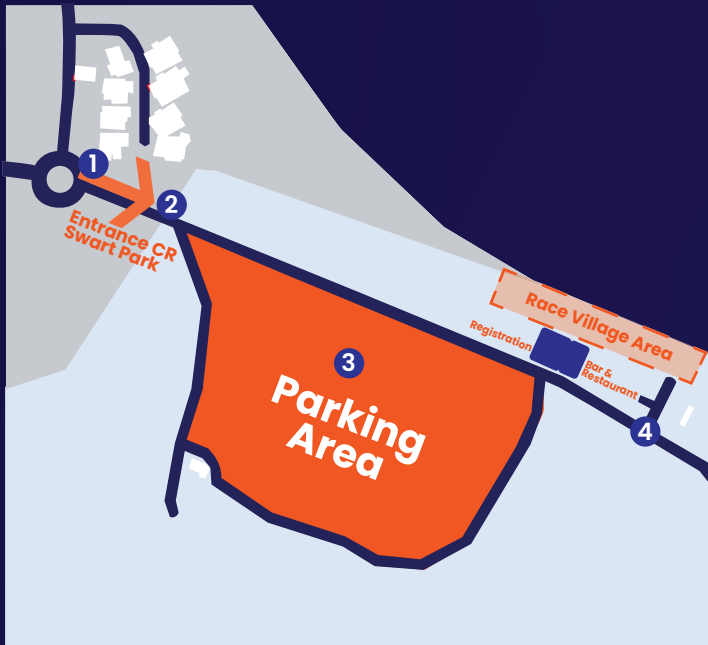
NOTE: Race day briefing is compulsory for all athletes

Race Village



- 1 Entrance CR Swart Park
- 2 Parking Area
- 3 Entrance To Village & Registration
- 4 Race Village
- 5 Registration
- 6 Bar & Restaurant
- 7 Bike Racking (Transition)
- 8 Swim Start Area
- 9 Bike Start Area
- 10 Run Start Area
- 11 Finish Area

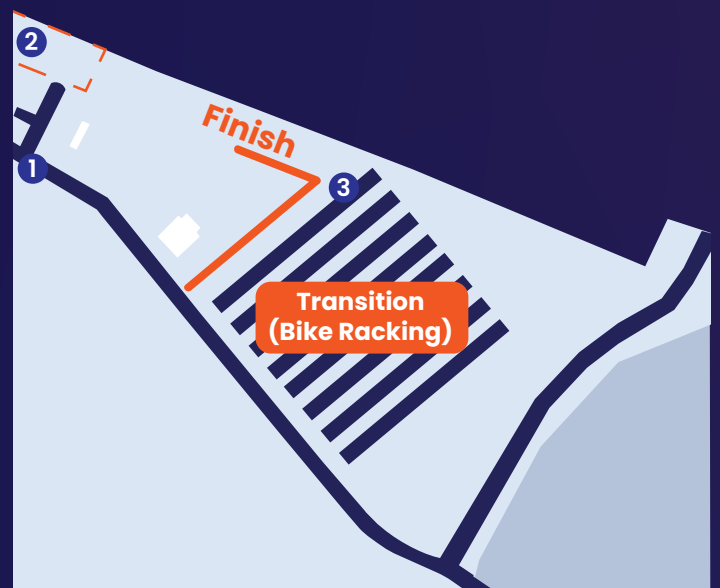
Parking & Bike Check In



- 1 At the Ebotse Estate Circle, take the second exit, passing the Ebotse Golf & Country Estate on your left.
- 2 Continue straight to enter CR Swart Park via Sarel Cilliers Street.
- 3 On your right-hand side, you'll see an open field – this area will be allocated for athlete and spectator parking.
- 4 The East Rand Speedboat Club gate will serve as the entrance to the SEESA Jozi Tri Race Village & Registration area. (No vehicles beyond this point)


On race morning, just follow the signs and volunteers – they'll help guide you the rest of the way!

- 1 After parking your vehicle in the allocated field parking area, you can enter the event area through the East Rand Speedboat Club gate.
 - 2 To the left, you'll find the Race Village and Registration Area.
 - 3 To the right is the Bike Racking Transition Area.
- Bike Check-In / Racking:**
Saturday, 27 September
05:15 - 06:30
- Bike Check-Out:**
Saturday, 27 September
10:00 - 12:30



Only individual and team cyclists will be allowed in the bike transition area. Other team member(s) / family / friends can wait in surrounding areas. Please ensure that you have your cycling helmet securely fastened on your head when you check your bike into the Transition area. Referees will check your bike and ensure your helmet is securely fitted and in good condition.

Once inside the Transition Area:

 Rack your bike on any rail in the transition area. Please just remember where you racked your bike for easy transition.

 Leave all your race gear on the ground, below your racked bike (on a towel if you wish).


 **Example:**

 **For Individual or Team Cycling:**

Helmet, Cycling Shoes, Socks, Sunglasses, Gloves, Water Bottles.

 **For Individual Running:**

Running outfit, Running Shoes, Visor, Sunglasses, Socks.

 Make sure you understand the flow through the transition area – Swim to Bike and Bike to Run.

Arrive Early – Trust Us!

Beat the traffic, find your spot and warm up stress-free. No one wants to sprint to the start line before the actual race! We advise that athletes arrive no later than 06:00 AM, as the bike racking / transition area closes at 06:30 AM for all distances.

Pre-Race Briefing

It is compulsory for all athletes to attend the pre-race briefing. Join us at 06:45 AM for the safety and route briefing. Even if you've raced before, don't skip it!

Spectators

Friends, family and fans are welcome!

Race Village with big trees and green grass. Bring your picnic blanket!

Enjoy a variety of delicious food and refreshing drinks from on-site food trucks and our licensed social bar – something for everyone to enjoy!

Location

CR Swart Park, Benoni – Ebotse Golf and Country Estate

SWIM:
CR Swart Dam

BIKE:
Neighbourhood Area

RUN:
Ebotse Golf &
Country Estate

Solo or Team Entry

Both solo and team options for all distances.

SOLO:
Go the distance on your own – swim, bike and run!

TEAM:
Pick your crew! Split the race between teammates –
One Swims, One Bikes, One Runs. Perfect for friends, family, or coworkers!

Who Can Enter?

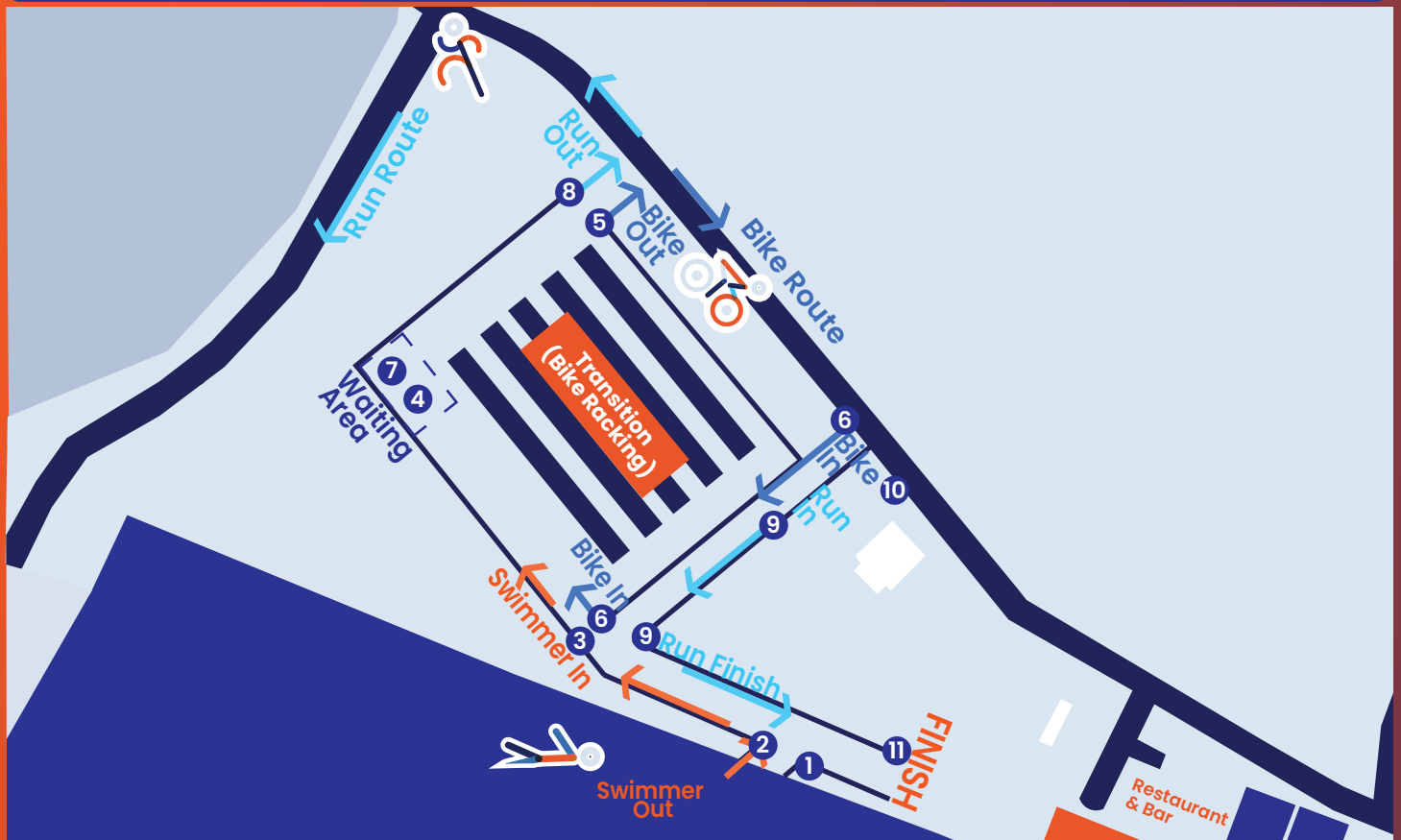
Athletes, Friends, Family, Businesses, Colleagues, Schools, Triathlon Clubs, Anyone!

STANDARD:
18 years and older

SPRINT:
16 years and older

SUPER SPRINT:
12 years and older

Transition Area Map



- 1 Swim Start 1:** Standard and Sprint Distance start here.
- 2 Swim Exit:** Standard, Sprint, and Super Sprint distance exit the swim here.
- 3 Swimmer In:** Swimmer will enter the transition area here to get their bike.
- 4 Team Waiting Area:** Team cyclist will wait here for the swimmer to enter the transition area and hand over the timing chip.
- 5 Bike Out:** Cyclist will exit here and turn right to start the cycling route.
- 6 Bike In:** Cyclist will enter here after completing their total cycling distance.
- 7 Team Waiting Area:** Team runner will wait here for the team cyclist to enter transition and hand over the timing chip. Cyclist must rack their bike first before handing over the timing chip to the runner.
- 8 Run Out:** Runner will exit here and turn left to start the running route.
- 9 Run In:** Runner will enter here after completing their total running distance.
- 10 Team Waiting Area:** If the team swimmer and cyclist wish to finish with the team runner, they can wait here.
- 11 Official Finish:** Athletes will finish here and collect their medals.

What Should I Pack?

Race belts are not required for our event. Athletes will receive a timing chip that must be secured around their LEFT ankle. Therefore, no race belt is needed.



BIKE:

- Bike
- Helmet
- Bike Shoes
- Socks
- Sunglasses
- Gloves
- Water Bottles
- Pump

SWIM:

- Wetsuit
- Tri-Suit/Swimsuit
- Swim Cap
- Goggles
- Small Towel
- Water Bottle
- Anti-Chafe Cream



- Repair Kit
- Sunscreen
- Anti-Chafe Cream
- Energy Gels/Bars

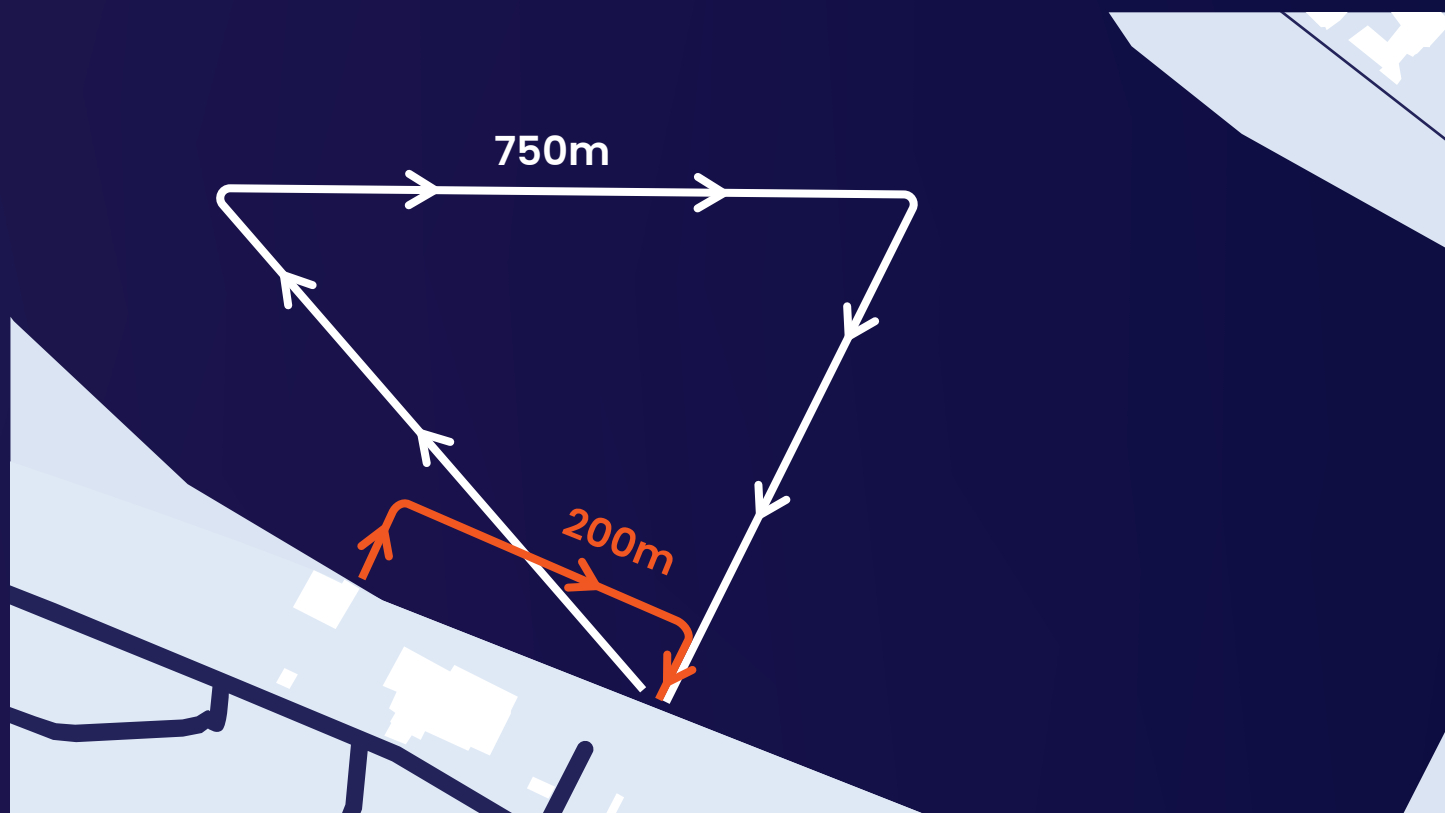
RUN:

- Running Outfit
- Running Shoes
- Sunglasses
- Socks



- Hat/Visor
- Water Bottles
- Energy Gels/Bars

SWIM Profile



Standard: 1.5km
Sprint: 750m

White | Two Loops
White | One Loop

Super Sprint: 200m

Orange | One Loop

- See race-specific rules on page 18 - 19 of this Athlete Guide.
- Individuals and teams will start at the same time, based on the race distance they entered. Your start time will be recorded when you begin the swim.
- Athletes must access the swim start holding area via the slipway and line up in the designated holding area.
- Slower or less confident swimmers are urged to position themselves towards the back of the holding area to reduce congestion and avoid being overtaken continuously by faster swimmers.
- The swim course flows in a clockwise direction.
- Swimmers in need of assistance must raise one arm overhead, pump it up and down, and either call for help or seek assistance.
- Swimmers can wear their own swim cap or the cap provided in their goodie bag. It is compulsory to wear a swim cap.

- It is not compulsory to swim with goggles but they are strongly recommended for comfort, safety, and performance.
- Wetsuits will be allowed, subject to the water temperature being below the required minimum. (22 Degrees)
- Upon exiting the swim, athletes will turn left and head towards the bike transition area through the gate opening.

SWIM Distances:

No Cut off Times – Just Good Vibes!

Standard Distance (1.5km):	The swim will consist of two loops of the white -marked route on the map.
Sprint Distance (750m):	The swim will be one loop of the white-marked route on the map.
Super Sprint Distance (200m):	The swim will be one loop of the orange-marked route on the map.

Transition from SWIM to BIKE:

Individual Athlete – After reaching the transition area, the athlete should grab their bike and put on their cycling shoes. The helmet must be securely fastened before the athlete can handle their bike. Athlete should push their bike towards the “BIKE OUT” area. (Top Left Corner in Transition Area). Cyclist should turn RIGHT when passing the “BIKE OUT” board.

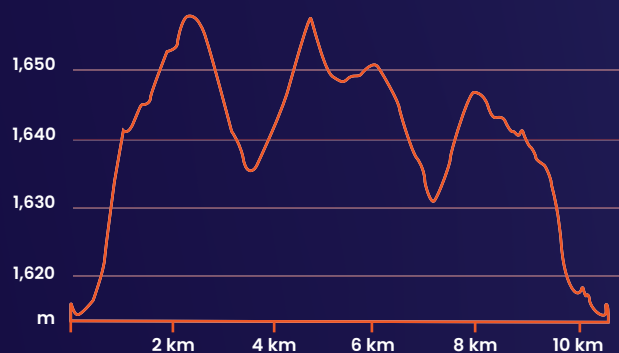
Team Athlete – After the swimmer enters the bike transition area, the swimmer should remove the timing chip from their ankle and hand it to the cyclist, who will be waiting inside the transition area. (Check Transition Map for Waiting Area). The cyclist should immediately fasten the timing chip to their LEFT ankle before heading to retrieve their bike. The cyclist must ensure their helmet is securely fastened before they can handle their bike. Athlete should push their bike towards the “BIKE OUT” area. (Top Left Corner in Transition Area). Cyclist should turn RIGHT when passing the “BIKE OUT” board.

Athlete – No cycling is allowed inside the Transition Area. Cyclists may only mount their bikes after exiting the transition area and crossing the Mount/Dismount Line. Referees will be stationed at this point to ensure compliance. The cyclist must ensure their helmet is securely fastened before they can handle their bike. Athlete should push their bike towards the “BIKE OUT” area. (Top Left Corner in Transition Area). Cyclist should turn RIGHT when passing the “BIKE OUT” board.

BIKE Profile



Standard: 40km | Route x 4
Sprint: 20km | Route x 2
Super Sprint: 10km | Route x 1



- See race-specific rules on page 18 - 19 of this Athlete Guide.
- Cyclist will leave the transition area, pushing their bikes to the mount/dismount line.
- Cyclist should turn RIGHT when passing the "BIKE OUT" board. (Top Left Corner in Transition Area).
- Once cyclist exits the transition area, they must push their bike until they cross the Mount/Dismount Line, where referees will be stationed.
- From there, cyclists will mount & ride on the left-hand side of the road.
- Cyclists should keep left on the bike route and allow faster riders to pass on the right.
- The bike route flows in a clockwise direction.
- The race will be non-drafting. All types of bikes are permitted: Road Bikes, Mountain Bikes and Time Trial Bikes.

- Please note that the road surface may not meet everyone's expectations, particularly for athletes using time trial bikes. Some sections include loose gravel and speed bumps, which could affect comfort and handling.
- Do not litter on the cycling route.
- There is an aid station within the first few kilometres of the first lap. It is accessible on all laps and provides water.
- Please note the published bike check-out times in the race schedule.

BIKE Distances:

No Cut off Times – Just Good Vibes!

Standard Distance (40km):	The bike will consist of four loops of the orange-marked route on the map.
Sprint Distance (20Km):	The bike will be two loop of the orange-marked route on the map.
Super Sprint Distance (10Km):	The bike will be one loop of the orange-marked route on the map.

Transition from BIKE to RUN:

Individual Athlete – Cyclist must dismount BEFORE the Mount/Dismount Line and push their bike into the transition area. Bikes should be racked at the same spot they were collected from. Note: Helmets may only be unclipped once the bike has been racked. The runner should proceeding to the "RUN OUT" area. (Top Left Corner in Transition Area). Once the runner passed the "RUN OUT" board they should begin their run to the LEFT.

Team Athlete – Cyclist must dismount BEFORE the Mount/Dismount Line and push their bike into the transition area. Bikes should be racked at the same spot they were collected from. Note: Helmets may only be unclipped once the bike has been racked. The cyclist should first rack their bike before they remove the timing chip from their ankle and hand it to the runner, who will be waiting inside the transition area. (Check Transition Map for Waiting Area). The runner should immediately fasten the timing chip to their LEFT ankle before proceeding to the "RUN OUT" area. (Top Left Corner in Transition Area). Once the runner passed the "RUN OUT" board they should begin their run to the LEFT.

Athlete – No cycling inside the Transition Area.

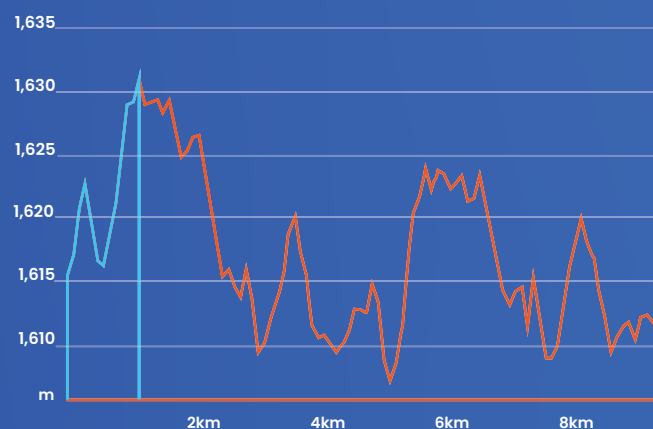
RUN Profile



Standard: 10km | Route x 2

Sprint: 5km | Route x 1

Super Sprint: 2km | 1km Out & Back



- See race-specific rules on page 18 - 19 of this Athlete Guide.
- Runner should proceed to the "RUN OUT" area.
- Once the runner passed the "RUN OUT" board they should begin their run to the LEFT. (Top Left Corner in Transition Area).
- Make sure timing chip is securely fasten on your LEFT ankle.
- The run route flows in an anti-clockwise direction.
- Do not litter on the route.

RUN Distances:

No Cut off Times – Just Good Vibes!

Standard Distance (10km):

The run will consist of two loops of the orange-marked route on the map.

Sprint Distance (5km):

The run will be one loop of the orange-marked route on the map.

Super Sprint Distance (2km):

The run will follow an out-and-back format along the blue-marked route on the map.

Water Points

There will be two water points on the running route. The first water point will be located at the start of the running course, and the second approximately 2.5 km into the route. Athletes in the Standard Distance will pass each water point twice, those in the Sprint will pass them once, and those in the Super Sprint will only pass the first water point.

Finish Line Process



Collect your medal.



Team finishers must collect a medal for each relay team member.



Team swimmers and cyclists may run across the finish line with the team runner. The meeting spot is at the "RUN IN Finish" board.



Remove the timing chip from your left ankle and hand to a volunteer.



Leave the finish line area and head to the final aid station, where drinks will be served.



Enjoy the race village!

Bike Checkout

Bike check-out will take place between 10:00 and 12:30. Only Team Cyclists and individuals are allowed into transition for bike check-out.

Please remove your equipment from the transition area by the time bike check out closes, as we need to pack up the area.

Prize Giving

Join us at 11:30 AM for prize-giving at the Race Village. Whether you raced or cheered, come and support your fellow athletes. Don't Miss It!

Smile For The Camera

Our event photographers will capture every moment. A photo link will be shared post-race to view and purchase your photos.

Don't Miss A Thing!

Follow us on Social Media for announcements, tips and pre-race hype.

Facebook and Instagram:

SEESA (Pty) Ltd
Jozi Triathlon

Rules & Regulations

SWIM:

- ❏ Race caps are provided to all swimmers. Wearing a cap is compulsory, and is recommended to use the event caps
- ❏ Wearing swim goggles is recommended, but optional.
- ❏ Wetsuits are permitted and become compulsory if the water temperature drops below 16°C. A ruling on wetsuit use will be made by TSA on the day.
- ❏ Wear your timing chip on your left ankle (a standard triathlon practice—this prevents it from getting tangled with the bike's drive chain).
- ❏ No individual paddlers or escorts will be allowed. The swim course will be adequately patrolled by lifeguards.
- ❏ A swimmer having trouble and who needs assistance **MUST** raise an arm overhead, pump it up and down and call for or seek assistance.

BIKE:

- The Jozi Triathlon is a non-draft race.
- Conventional bikes are allowed (road bikes, mountain bikes, triathlon time-trial bikes, and hybrids).

All bikes and helmets will be checked by race referees before the race. Handlebars will be inspected for end plugs. Race officials reserve the right to reject any bike or helmet that does not meet safety standards. If issues are found, the athlete must correct them before being allowed to participate.
- Your torso must always be covered during both the bike and run portions of the race.
- No cell phones are allowed during the race.
- Audio or MP3 players are not permitted during the cycle leg for safety reasons.
- All athletes must mount and dismount in the clearly marked zones outside the transition area.
- Athletes must follow the instructions of all race officials and public authorities.
- No littering is allowed.
- Athletes may walk with their bikes if necessary but may not make progress on the bike course without their bicycles.

BIKE:

- Under no circumstances may participants ride their bikes inside the transition area.
- Any unreturned timing chips will be charged to the athlete(s) at R150 each.
- All bikes must be removed from the transition area by 13:30.

RUN:

- ▨ Follow the directions and instructions of all race officials and public authorities.
- ▨ No cell phones are allowed during the run leg.
- ▨ No audio or MP3 players are permitted during the run leg for safety and fairness reasons.
- ▨ Do not litter on the racecourse, except at the designated Aid Station. Violating this rule may result in disqualification.

See You There!



SEESA is your partner. We will take care of your legal compliance and business needs, so you can run your business - with peace of mind.

What can we help you with?

-  Labour Law
-  Skills Training
-  UIF & COID
-  BEE
-  PayTime
-  Consumer Protection & POPI
-  Compliance & Transparency
-  SEESA Business Solutions
-  Domestic UIF & COID
-  Occupational Health & Safety

Where to find us?

- | | | | | |
|--------------|-------------|------------|--------------|-----------|
| Aliwal North | De Aar | Gqeberha | Newcastle | Springbok |
| Bethlehem | Durban | Kimberley | Polokwane | Upington |
| Bloemfontein | East London | Klerksdorp | Pretoria | Vredendal |
| Cape Town | George | Nelspruit | Richards Bay | Worcester |



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