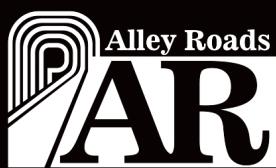


AFRICAN CUP 2026



SA SPRINT CHAMPS



› Ebotse Estate Benoni
› 8 March 2026



The African Champs and South African Sprint Triathlon Championships 2026 will be held in conjunction with the AR Tri-Fest at a CR SWART PARK Benoni which is home to the prestigious EBOTSE GOLF & COUNTRY CLUB ESTATE that borders the Rynfield Dam.

Book the Date – 8th MARCH 2026. This race will cater to the very best of SA's and our neighbouring countries Youth, Junior, Para, Elite and Age Group triathletes.

EBOTSE
GOLF & COUNTRY ESTATE


DNA
AUTO CENTRE


triathlon
south africa



REGISTRATION: SATURDAY 7 MARCH

VENUE: East Rand Boat Club CR SWART PARK Benoni

TIME: Managers only between 9am and 12pm

ROUTE RECCES:

- **Age Groupers and Youth:** CR SWART PARK at 8am (cycle route) – 8:30am (run route) – 9am (swim route)
- **Elites and Juniors:** CR SWART PARK at 9am (swim route) – 9:45am (cycle route) – 10:30am (run route)

PRE-RACE BRIEFINGS: (East Rand Boat Club CR Swart Park)

- 2pm Age Groupers (18-70+)
- 2:30pm Youth (12-15km)
- 3pm: Juniors and Elite)

RACE DAY: SUNDAY 8 MARCH

CR SWART PARK – Benoni

AGE GROUPERS:

- Athletes arrive from 5am onwards
- Bike check-in at 5:45am – 6:40am for Age Groupers
- Pre-Race Briefing 6:45am
- RACE START – MEN 7:00am/ LADIES 7:05am

YOUTH:

- Athletes arrive from 5am onwards
- Bike check in from 5:45am onwards
- Pre-Race Briefing 7:45am
- RACE START – BOYS 8:15am/LADIES 8:20am

JUNIORS (MEN): Cup event

- Athletes arrive from 5am onwards
- Bike Check in from 5:45am onwards
- Pre-Race Briefing 8:45am
- RACE START 9:15am

JUNIORS (LADIES): Cup event

- Athletes arrive from 5am onwards
- Bike Check in from 5:45am onwards
- Pre-Race Briefing 9:45am
- RACE START 10am

ELITES: Cup Event

- Athletes arrive from 8am onwards
- Bike Check in from 8am onwards
- Pre-Race Briefing 10:45am
- RACE START – MEN 11:15am
- RACE START – FEMALE – 11:25am

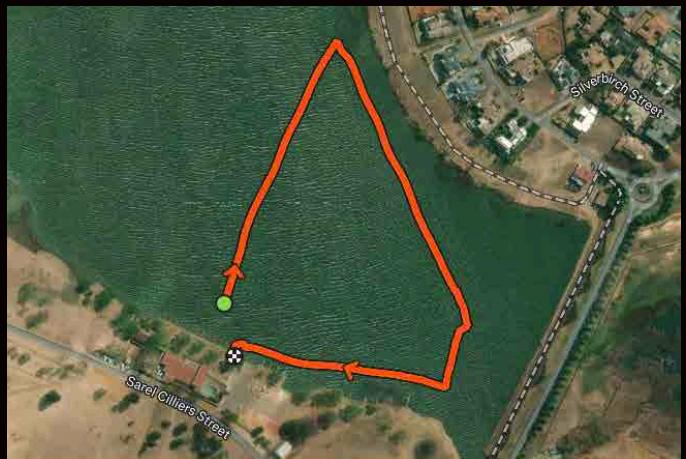
PRIZE-GIVING 12:30am 13H00

THE SWIM

1 lap for Age Groupers/Juniors and Elites (750m lap)

1 lap for youth (400m lap)

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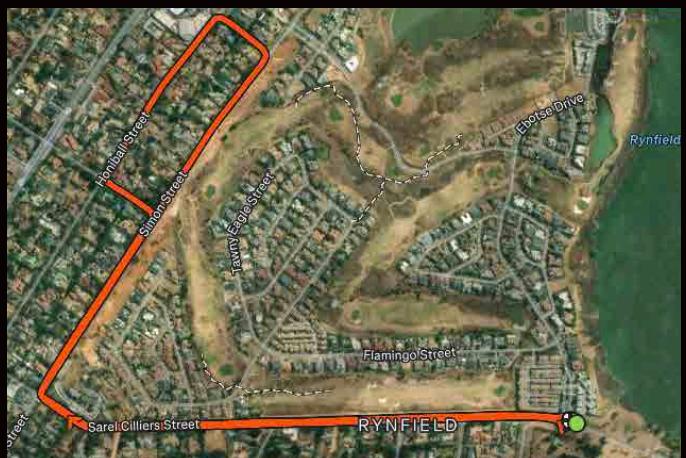


THE BIKE

4 laps for Age Groupers/Juniors/Elites (4.8km per lap – this excludes the 800m to the start of the loop from transition and the 800m back to transition from the loop ending)

2 laps for Youth

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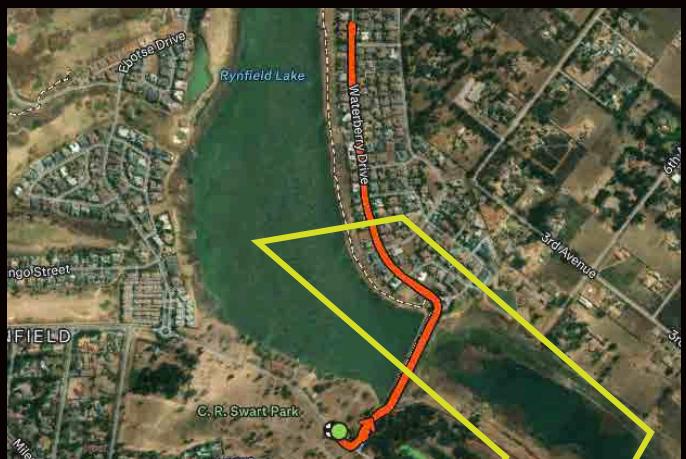


THE RUN

2 laps for Age groupers/Juniors and Elites (2.5km per lap)

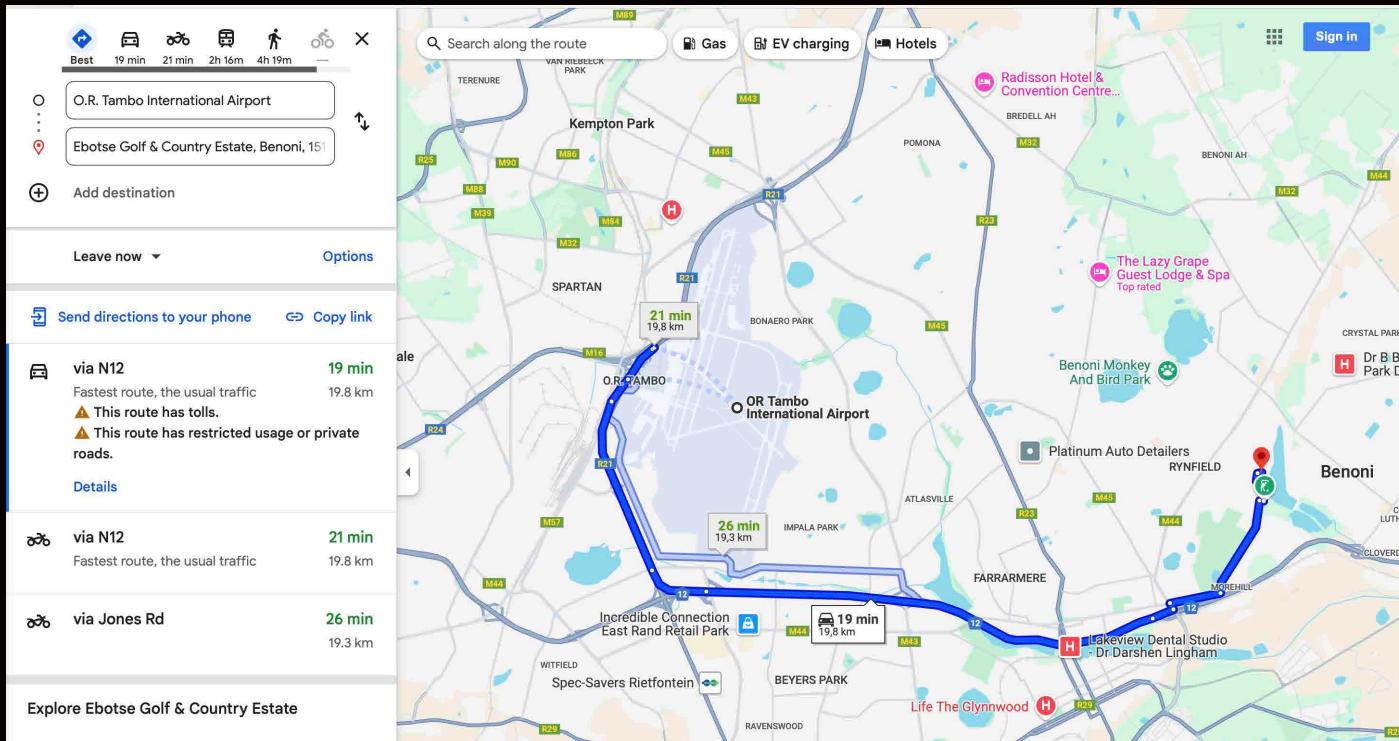
1 lap for Youth

<https://strava.app.link/nTgDAvSRWZb>



THE VENUE LOCATION

Parking information will be relayed to competitors timeously in advance to ensure that there are no vehicles arriving and interfering while racing is in progress – ATHLETES must stick STRICTLY to this key information on race day



ENQUIRIES: events@triathlonplussa.co.za

