

FAQ's CHALLENGE CAPE TOWN

What is the Challenge Cape Town distance?

Middle Distance: 1.9km swim, 90km bike, 21.1km run.

The bike leg is NOT draft legal.

What is the minimum age to participate?

You must be 18 years or older on 31 December 2019.

Is there a cut-off time?

Yes, cut-offs are strictly enforced for safety reasons and will be communicated in due course.

Must I be an experienced triathlete to participate?

While you do not need to be an experienced triathlete, you need to be fit to successfully complete a Middle Distance triathlon. If this is your first Middle Distance triathlon, we strongly recommend you join a multisport club near you. Most offer 6-month beginner training programmes to get you race ready.

Do you accept team entries?

Yes, you may enter the Team Relay; being part of a team is a great way to experience triathlon without committing to completing all three disciplines. A team may comprise two or three individuals.

Can I split / stagger my entry payment?

You may take advantage of the staggered payment offer, and may select the staggered payment option during the payment stage of the entry process. Note that the staggered payment option is **ONLY** applicable to the Standard Entry Fee. You will not be able to select a staggered payment option, combined with an Early Bird discount.

- An initial deposit of R500 will be payable in order for you to secure your entry.
- The Staggered payment option is available for South African residents only.
- Athletes who select the Staggered Payment offer before 31 May 2019, may cancel their entry and get a full refund of their R500 deposit, no questions asked. *Note that refunds will only be done after the event.*
- The Staggered Payment option is available for individual (solo) entries only and not for team relay entries.
- The balance of the athlete's entry fee will be payable as follows:
 - o 2nd Payment = R1445 for individual entries, to be paid by 23h59 on 30 June
 - o Final Payment = R1445 for individual entries to be paid by 23h59 on 31 July.
- Any default on payment or payments that are not received within the above periods will result in cancellation of your entry. Organisers will retain the greater of the initial deposit of R500 or 50% of entry fees paid by the participant. No late payments will be accepted, and no correspondence will be entered into in this regard.

When do entries close?

Early Bird entries close on 31 May (or, as soon as 300 entries have been received). Standard entries close on 10 October (or, as soon as 1 500 entries have been received). Once entries close, a waiting list will activate, and entries are automatically allocated as per your position on the list. If you receive an entry on the waiting list, you have 24 hours to complete your payment and accept your entry.

Can my entry for this year's event be postponed to be used at next year's event?

Entries may not be deferred to the next year.

Is it possible for me to cancel my race entry? And what is the policy on refunds?

Athletes that are unable to participate, regardless of their reasons, can request cancellation and refund of their entry under the following terms:

- Until 23h59 on 31 May 2019 – 100% refund on entry fee, less a processing fee
- Until 23h59 31 July 2019 – 50% refund on entry fee, less a processing fee
- Until 23h59 8 September 2019– 25% refund on entry fee, less a processing fee
- 9 September 2019 and after – 0% refund on entry fee

A 5% processing fee will be levied on all cancellations and transfers.

No refund will be provided if the cancellation request is received on or after 9 September 2019.

Please submit your cancellation and refund request to info@challenge-capetown.co.za

Is it possible to transfer my entry to someone else?

Entries can be transferred to another person as long as the substitution request is submitted before 23h59 on 10 September 2019. A 5% administration fee will apply.

To transfer your entry to someone else, submit your request to info@challenge-capetown.co.za.

Do I need to purchase a day license if I am not a member of Triathlon South Africa (TSA)?

Yes, if you are not registered with Triathlon South Africa with a valid 2019 licence, you will need to purchase a day licence to participate. The cost is R120 per licence - valid for individual and team entries. (*Only one temporary licence for a team is needed, no need to purchase three.)

Because this event is sanctioned by Triathlon South Africa, all Triathlon South Africa rules and regulations are applicable.

What kind of gear do I need?

You will need a wetsuit, as the water in Cape Town is cold and the event will most likely be wetsuit compulsory. You also need a road bike (mountain bikes are not permitted) and running gear. More experience triathletes wear tri suits, which assist with a faster transition.

Will time trial (TT) bikes and tri bars be allowed?

Tri bikes and tri bars will be allowed, as this is not a draft-legal race.

May I use a Tandem or unconventional bike?

You may not participate on a tandem or unconventional bike. If you are a para-triathlete, please email info@challenge-capetown.co.za for special requirements.

Will drafting be allowed?

Under no circumstances will drafting be allowed.

Will athletes receive split timings for the separate legs of the race?

Yes, time splits will be provided for the swim, bike and run leg of the race? Timing mats will be placed throughout the course to ensure your race results are accurate.

Where will I be able to find my finish time?

Provisional results will be posted on the event website, and a link to final results will be provided to athletes.