



Africa Triathlon Cup Swakopmund

23 April 2022



## TECHNICAL GUIDE

### WELCOME TO THE REPUBLIC OF NAMIBIA

Namibia is one the most fascinating and diverse countries in the world and a number 1 travel destination. Few countries, if any, can claim limitless horizons, stark landscapes, harsh environments, and untamed wilderness, complemented by rare beauty, great scenery, a pleasant climate, few people, a beautiful coastline, one of Africa's greatest game parks and the world's oldest desert...

Namibia offers space, silence, and the chance to really get away from it all. It is the second least densely populated country on the planet, with only two people per square kilometer. You can drive for hours under huge blue skies without seeing another car, surrounded by landscapes so vast and empty that at times you feel like you are on the edge of the planet. In an overpopulated world, there are not many places left where you can immerse yourself as deeply in remote wilderness as in Namibia.

Swakopmund is the ideal base for both mild and extreme adventure seekers. Waterfront palm-line promenades, beach accommodation, buzzing nightlife and classy restaurants make Swakopmund Namibia's top beach resort town. A mecca for adventure junkies, the west coast recreational area has something to offer for every need. If sandboarding or skydiving sounds too energetic, then offshore fishing or a dolphin cruise may suit you better. Of course, the ever-present sand makes a great backdrop and quad biking in the dunes certainly gives that "Mad Max" feeling. The extremists can try parachuting or hot air ballooning.

Swakopmund has great German delicatessen on offer. Treat yourself to a brotchen at Namibia's most famous coffee shop, Café Anton; fish and chips at the famous yellow bus Fork & Nice next to the beach and try the big boot beer at the traditional German restaurant, Swakopmund Brauhaus.

Make the most of your stay and mingle with the locals – that is where the true beauty of our beautiful country lies.

Wishing you a pleasant and safe stay in the land of the brave.

President of Namibia Triathlon Federation (NTF)

Mr. Roual Spangenberg

## EVENT SPONSORS



# PROSPERITY HEALTH



Namibia Breweries Limited



[office@ntfnam.com](mailto:office@ntfnam.com)

## RACE INFORMATION

Transition, Start and Finish will be at the Swakopmund Mole, which is a man-made bay and the main beach of Swakopmund.

The **Swim** will be in the Atlantic Ocean, in the Mole, and will consist of several triangular laps, depending on your race distance.

The **Bike route** is exciting – technical enough to mount a break away but not enough to spoil the fun. It too consists of laps.

The **Run** will be laps amongst the beautiful promenade and Strand Street.

The Event Office will be in the Strand Hotel on the main beach.

The Transition will be on The Mole Parking close to the Boat Launch.

## EVENT SCHEDULE

**ALL TIMES ARE SUBJECT TO CHANGE.**

Time changes will be posted at the Race Office and in the foyer of the Strand Hotel.

### Friday 22 April 2022

- 16:00 Elite registration, race pack collection and UNIFORM CHECK; Strand Hotel
- 17:00 Race briefing clarification: 2022 Africa Triathlon Cup Swakopmund; Strand Hotel
- 18:00 Age Group Athletes, race pack collection and registration
- 19:00 Age Group Athletes Race Briefing

### Saturday 23 April 2022

#### **Prosperity Health Super Sprint Triathlon (Draft legal)**

- 07:30 Transition open, body marking, bike check
- 08:05 Transition close
- 08:10 Start Male
- 08:12 Start Female
- 11:45 Prize giving

### **Prosperity Health Sprint Triathlon (Draft legal)**

**08:20** Transition open, body marking, bike check  
**09:00** Transition close  
**09:05** Start Male (16 – 19)  
**09:20** Start Male (20+)  
**09:35** Start Female (all)  
**11:45** Prize giving

### **Elite Female**

**10:20** Transition and Athletes' Lounge open, body marking, bike and uniform check  
**10:40** Swim familiarization  
**11:00** Transition and swim familiarization close  
**11:05** Athlete introduction  
**11:10** Start  
**14:15** Medal presentation and prize giving

### **Elite Male**

**11:40** Transition and Athletes' Lounge open, body marking, bike and uniform check  
**12:00** Swim familiarization  
**12:20** Transition and swim familiarization close  
**12:25** Athlete introduction  
**12:30** Start  
**14:15** Medal presentation and prize giving

## COURSE MAPS

### SWIM:



Super Sprint Distance: 1 Lap 375m

Sprint Distance: 2 Laps 750m

**Direction: anti-clockwise**

Exit water and run around the Prosperity Health point after each lap.

## BIKE COURSE:

Super Sprint Distance: 2x laps

Sprint Distance: 5x laps

From Transition area head towards Arnold Schad Promenade

At T Junction Turn right into Strand Street

At turn around point turn left and head back in Strand Street

Turn Right into Sam Nujoma Street

Turn left into Garnison

Continue in Garnison up to Theo Ben Guirab

Turn left into Theo Ben Guirab

Turn Right into Ludwig Koch

Follow Ludwig Koch up to crossing

Turn left into Strand Street

Continue with Strand Street up to roundabout at M Garoub Street

Make a u turn at round about and head back to Ludwig Koch Street

Turn Right into Ludwig Koch

Head back to Strand Street Turn around cone – this is one lap

After number of Laps are completed, turn right from Strand Street into A Schad Promenade back to transition area



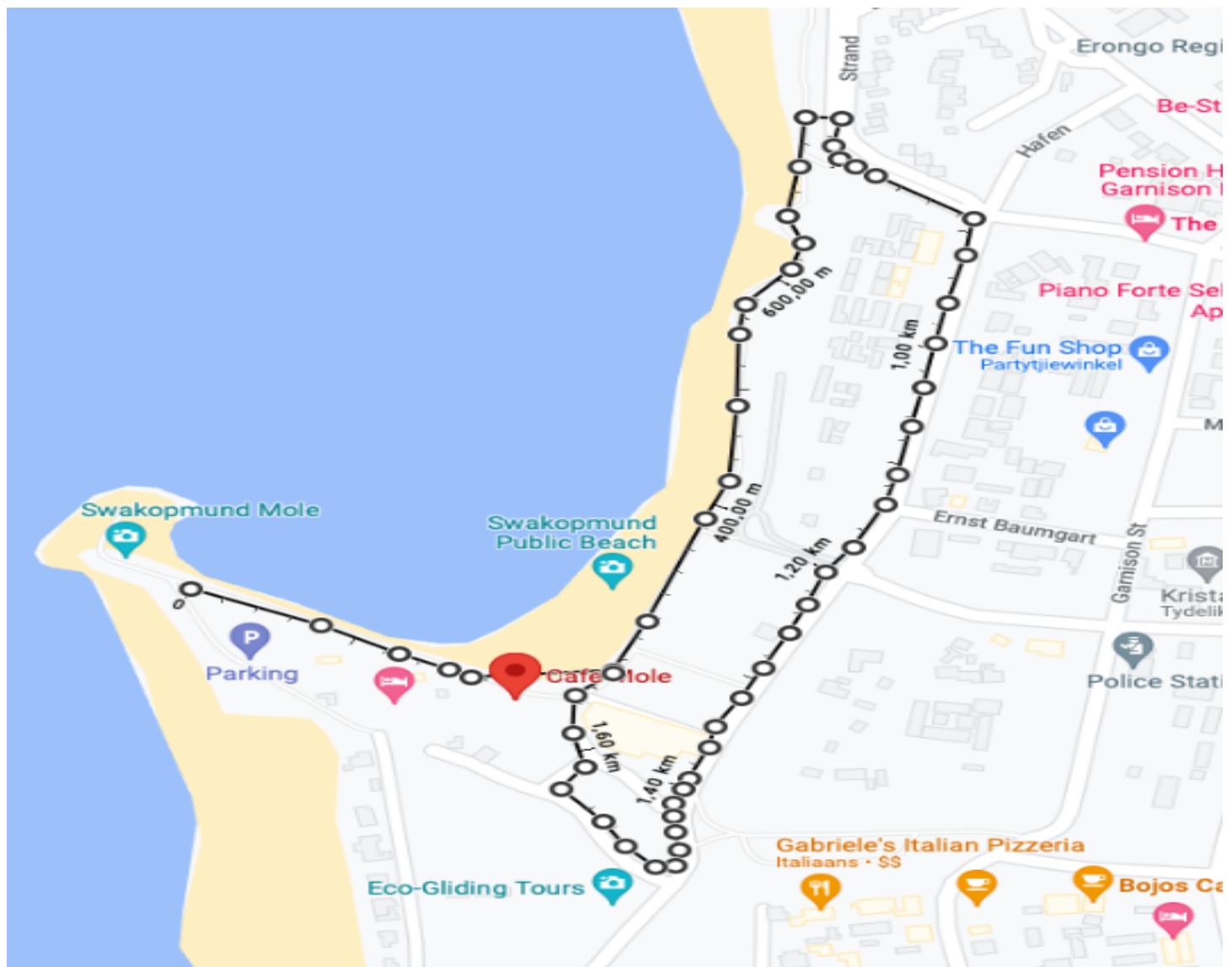
[office@ntfnam.com](mailto:office@ntfnam.com)

## RUN COURSE:

Super Sprint Distance: 2x laps of 1.25km

Sprint Distance: 3x laps of 1.6km as indicated

Exit transition to boat ramp, turn right into promenade past restaurants on promenade, at Museum Café turn right, follow route to Strand Street. Turn left and run past Museum Parking to Ludwig Koch Street. Turn left into Strand Street. Turn left onto promenade in front of Molensicht Apartments. Run along promenade to Museum Café. On final lap turn right at Museum Café towards finish arch.



## NOTES

Although safety is our priority, we do ask athletes to be vigilant for any traffic or pedestrians that might cross over road closures.

## MEDICAL SERVICES / TREATMENT

Emergency paramedics (**E-Med Rescue**) will be available during the event.  
**Sea Rescue Institute** will be stationed in the mole during the swimming.

We do have a doctor on call.

In case of serious injury, patients will be evacuated to Mediclinic Swakopmund  
(Physical address):

Franziska van Neel Street, Swakopmund.

+264 64 412 200

+264 64 412 205 (emergency department).

Medical support persons will be stationed at the transition area.

## ACCOMMODATION

The following accommodation is suggested, all within walking distance from the event:

### **STRAND HOTEL (5 star)**

This is the host hotel and located at the race venue on the Swakopmund Mole. When booking with the Strand Hotel please use the reference "Namibia Triathlon".

**Phone:** +264 64 411 4308

Email: [strand.res@ol.na](mailto:strand.res@ol.na)

### **HOTEL PRINZESSIN RUPPRECHT (2 star)**

This hotel is less than 1km from the race venue.

**Phone:** +264 64 412 540

Web: [hotel-prinzessin-rupprecht.com](http://hotel-prinzessin-rupprecht.com)

## ALTE BRUCKE

Located 1.5km from the race venue. The resort offers self-catering chalets.

**Phone:** +264 64 404 918

Email: [info@altebrucke.com](mailto:info@altebrucke.com)

## AIRPORT & TRANSFERS

The closest airport is Walvis Bay International Airport about 40km south of Swakopmund. Flights to Walvis Bay are expensive and limited.

Hosea Kutako International Airport is situated about 50km east of Windhoek. Taxis are readily available into town. Rental agencies are also available and will deliver the car to the Airport if necessary.

Shuttle buses are available daily from Windhoek to Swakopmund (return). Please note it is a 4-hour drive.

<https://welwitschiashuttle.wheretostay.na>

## CURRENCY

The Namibian Dollar (N\$) is linked to the South African Rand. The ratio is therefore 1:1. South African Rand is also accepted as payment.

Namibian Dollar (+/-NAD 15.50 = US\$1) and all major international credit cards accepted.

## BIKE SHOPS IN SWAKOPMUND

### Cycles4U

Hidipo Hamutanya Street, Swakopmund  
+264 64 463 546

### Mannie's Bike Mecca Swakopmund

On your way to Henties Bay, in Moses Garoeb Street, next to CTM  
+264 64 463 766

## CONTACTS

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Adele De La Rey – NTF Secretary: +264 81 246 2204

## COVID 19 PROTOCOL

Namibia no longer requires PCR tests for vaccinated persons and wearing of masks is no longer required in open and public spaces. Non-vaccinated persons should still produce a PCR test (for flying) or Rapid Antigen (test for driving) not older than 72 hours.

**Please make sure of the latest Regulations closer to your travel date to ensure that you comply with regulations as at time of travel. The current Regulations is subject to change at short notice.**

### Elite Athletes - World Triathlon Requirements:

As per the COVID-19 guidelines, it is mandatory for athletes to complete the **World Triathlon COVID-19 Online Screening Process**. This process involves:

- (i) Fill in the online pre-event questionnaire.
- (ii) Perform an Antigenic or PCR swab pre-travel test within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes.
- (iii) PCR and Antigen Tests accepted.