

MANDELA DAY
MARATHON
TRIUMPH OF THE HUMAN SPIRIT 
T R I A T H L O N

9th June 2016

Start;

The Mandela Day Triathlon is the newest edition to the already popular Mandela Day Marathon activities and brings in a multisport element to the weekend. The Triathlon event takes place at Midmar Dam on Saturday the 29th August 2015.

On the day there will be 3 different Triathlon events to enter into. The shortest race, the Mini Triathlon will consist of a 200m, 5km cycle and a 2.5km run. The Sprint Triathlon is the middle distance race and will consist of a 600m swim, a 20km cycle and a 5km run. The favorite Olympic Distance race is the longest race and consists of a 1.5km swim a 40km cycle and a 10km run.

With R120 000 in prize money on offer and R22 500 for the winning Olympic Male and Female the Olympic race is going to attract the best of the best Triathletes around South Africa. The triathlon race is the newest kid on the block, adding to the impressive portfolio of events like the Mandela Marathon, Mandela Trail Run and the Mandela Mountain bike races.

The association of the Triathlon event with the Mandela Day Marathon represents a solid unity between main stream sports and fringe sports like Triathlon. The challenge of racing 3 different disciplines in one event embodies Nelson Mandela's struggle and perseverance to achieve his goal and his own finish line.

The Mandela Day Triathlon race entries are open and close on the 16th of August. Competitors can enter in Teams of 2 or 3 for the Sprint and Olympic races to share the challenge of the triathlon distances. The first 300 athletes will qualify for a 20% discount, thereafter normal entry fees will apply.

For more race information go to www.mandelamarathon.co.za or www.bactive.com

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