



Stronger Together Triathlon

Rules and Regulations:

Let's start:

- All athletes must be registered before our cut-off date on 20 January 2022.
- Late entries will be allowed on race day, but will be charged extra for an admin fee.
- Supporters are allowed, but should stick to all Covid rules and regulations.
- **There will be a race briefing on Friday 28 January 2022, 17:00pm at Buckley's Restaurant. Here you will receive all your race merchandise. This is not compulsory but highly suggested. Those who will not be able to attend will receive all race merchandise on race day, as they enter the gates.**
- Please keep in mind that there are limited portable toilets available, please keep and stay clean. Have respect for the nature.
- No Littering. Look for a dustbin - that will not be difficult.
- The race will start at Smithfield Dam and end at Buckley's restaurant in town.
- **Poenkie 1 – Cut off time: 4 Hours. Start time: 7:45 AM.**
- **Poenkie 2 – Cut off time: 6 Hours. Start time: 7:30 AM.**
- **Poenkie 3 – Cut off time: 8 Hours. Start time: 7:00 AM.**
- **All ATHLETES must be at Smithfield dam from 4:30 AM to do their bike and gear check ins on race day - 29 January 2022.**
- The bike racks and gear will be safely moved to Buckley's after the swim, your bike race will end at Buckley's and you will rack your bike there, get your Tog bag with gear to change into running gear, and proceed with the run.
- The run will start at Buckley's and end at Buckley's.
- You will receive your medal, and goodie bag at Buckley's, followed by a nice meal to eat at Buckley's restaurant. Your race band will be cut off and will be your ticket to receive a meal.
- Remember there are three different races and each will be colour coded. Follow your colour.
- Timing will be done by Peak Timing using chip-free digital technology – please ensure your race number is clearly visible so the official timekeepers can **see** your race number. Participants are encouraged to use a "tri-belt" for the race bib – displayed at the back when cycling, and in front when running.
- No public nudity, please.
- Thank our marshals and Officers: Every time you pass a marshal or Officer, pay your respects and thank them for being there for YOU today. Example: Thank you marshal, Thank you Officer. Easy, you are not even wasting energy.
- Do not cheat. This is an honest race. You will be racing for the love of racing, respect the rules, respect me.
- You will be disqualified if you do not pay respect to the rules and regulations, having bad sportsmanship or not living up to the ethical code of good companionship or manners. Our team will not be dealing with rudeness.



- This event is created to give you a small town Free State FUN feeling. This is not the Ironman, or Big City like event, we do this for the love of sport and the love for people. We do this to be Stronger Together. We do this for our loved ones murdered on farms and in our towns for no reason. This is for the people that loved other people. If you do not have that in you, this race is not for you.
- Practice good sportsmanship at all times;
- Be responsible for your own safety and the safety of others.
- Know, understand and follow all competition rules as stated.
- Obey traffic regulations and instructions from Race Officials;
- Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda.
- DO NOT BE LATE.

The Swim:

- Poenkie 1 – 500M swim – Your turn around point will be at the 250M Buoy. Swimming with a Green Swim Cap. Swim and race start: 7:45 AM.
- Poenkie 2 – 1KM swim – Your turn around point will be at the 500M Buoy. Swimming with a Blue Swim Cap. Swim and race start: 7:30 AM.
- Poenkie 3 – 2KM swim – Your turn around point will be at the 1Km Buoy. Swimming with a Red Swim Cap.
- All Buoys is are clearly marked. Swim and race start: 7:00 AM.
- Compulsory: Swim cap and goggles.
- You will have to know how to swim in open water.
- No flippers.
- No Bikini's.
- Respect your fellow racers.
- Tip: If you are racing ~~on your own~~ as an individual entrant (and not in team relays) – we advise you to race in a Tri-Suit.
- Wetsuits: No wetsuits –unless the water temperature is below 19 degrees, a wetsuit will then be an option to consider.
- There will be a water point available after the swim.
- Do not cheat. You are doing this for yourself, not for anyone else.
- Be safe.

The Bike:

- Poenkie 1 – 20KM Bike – Turn around point will be at the 10KM mark and water point – clearly marked in Green.
- Poenkie 2 – 50Km Bike – Turn around point will be at the 25KM mark and water point - clearly marked in Blue.



- Poenkie 3 – 90KM Bike – Turn around point will be at the 45KM mark and water point – clearly marked in Red.
- Use your race belt for you bib number, bib number should be placed on the back.
- **IMPORTANT: There will be a 3KM go slow, no tri, no time, no passing neutral warm up zone. You will be riding on the N6 on the left hand side in the yellow lane into town. When you have passed this point, you will continue on with all rules, riding left and passing right. The route will continue on the Bethulie road. Please remember your safety rules.**
- Do not cycle next to each other; this is still a public road.
- Compulsory: Helmet, shoes and your riding gear.
- Make sure your water bottles are filled up.
- Please, please, please remember that this is our first year, you will have to stay by the normal cycling safety rules, or otherwise you will be taken out of the race.
- There will only be three water points, at the three different turn around points.
- Your bike race will end at Buckley's Restaurant. So the bike racks and all your gear will be safely moved to Buckley's where you will now continue with the run.
- Team Relays: your teams runner should be waiting for you at Buckley's to proceed with the run.
- Be safe.

The Run:

- Poenkie 1 – 5KM Run – Turn around point will be at the 2.5KM mark and water point – Clearly marked in Green.
- Poenkie 2 – 10KM Run – Turn around point will be at the 5KM mark and water point – Clearly marked in Blue.
- Poenkie 3 – 21Km Run – Turn around point will be at the 10.5KM mark and water point – Clearly marked in Red.
- There will be an extra water point between 5km and 10.5km for the Poenkie 3 racers.
- The run will be on the backroads of Smithfield, going through the Beautiful Poort, passing the Golf players. This will be a gravel road run for safety reasons, keeping you off the national roads. Please remember your running safety rules, also keeping left, passing right in the direction you are going.
- Do not cheat, you will be running in a zone where you can slip a marshal and that will be on your own conscious.
- Your run will end at Buckley's Restaurant. You will then receive your race medal and finisher goodie bag. You can collect your meal inside the restaurant and relax with fellow racers on the grass.
- Supporters are also welcome.
- Be safe and enjoy the race.



In regarding to all the rules and regulations, we accept that you will have read and study them thoroughly. This is for your own safety.

Please respect all the rules and regulations; this was created to help you with all the race details. If there is anything unclear you are more than welcome to contact the Stronger Together team for more assistance.

I dearly hope that you will come and enjoy this eventful day with me and my team and that we can make this a yearly event.

If you have to travel, travel safely.

I am looking forward racing with you on 29 January 2022.

With love

Helé Niehaus

Race Founder and Director.