

Race Cut-Off Times

Race cut-off times will be enforced to ensure the safety of all athletes. Athletes who fail to make relevant cut-off times will be removed from the course and not be allowed to carry on with their race. They will also not receive a finisher's medal.

Standard Triathlon

Swim	1 hour after your wave start
Bike	2 hours 40 minutes after your wave start
Run	4 hours after your wave start

Standard Duathlon

1st Run	1 hour 20 minutes after your wave start
Bike	3 hours 20 minutes after your wave start
2nd Run	4 hours after your wave start

Sprint Triathlon

Swim	40 minutes after your wave start
Bike	2 hours after your wave start
Run	3 hours after your wave start

Sprint Duathlon

1st Run	45 minutes after your wave start
Bike	2 hours 15 minutes after your wave start
2nd Run	3 hours after your wave start

Juniors Triathlon

Swim	20 minutes after your wave start
Bike	50 minutes after your wave start
Run	1 hour 10 minutes after your wave start

Juniors Duathlon

1st Run	25 minutes after your wave start
Bike	55 minutes after your wave start
2nd Run	1 hour 10 minutes after your wave start

Young Ones Triathlon & Duathlon

35 minutes after your wave start

Kiddies Triathlon & Duathlon

35 minutes after your wave start

