

**KDV BEDDING SMALLBRIDGE DAM, PENHALONGA
TRIATHLON & MULTISPORT EVENT
1st & 2nd DECEMBER 2023**



 2ND DEC 2023

 SMALLBRIDGE DAM
PENHALONGA

 info@zimtri.org

**Triathlon,
Duathlon,
Aquabike,
Trirun**



Visit our Website
www.zimtri.org
For more Information



WELCOME BACK TO KDV BEDDING WHO ARE THE TITLE SPONSORS OF THE 2023 SMALLBRIDGE DAM, PENHALONGA EVENT, YOUR SUPPORT IS HUGELY APPRECIATED BY THE TRIATHLON ZIMBABWE FAMILY

"KDV are the leading quality bed manufacturer in Zimbabwe. We manufacture our own foam for quality assurance. All our products are warranted, and we stand by it. All our products are sold in all leading furniture retail shops nationwide". Visit their website <http://www.kdvbedding.com/> - No matter your budget they have a bed for you !!!!



This Guide contains all of the event information – Event Schedule, Course Maps, Accommodation information – all in one place.



EVENT SCHEDULE

This schedule can also be downloaded from the EVENT HOMEPAGE on our website
<https://www.zimtri.org/kdv-smallbridge-dam-penhalonga-2-dec/>

FRIDAY 1st DECEMBER 2023 * not compulsory	TIME	WHERE			
COURSE FAMILIARISATION	1400	DAM WALL			
REGISTRATION AND PAYMENTS	1300 -1600	CLUB HOUSE			
BRIEFINGS WITH COURSE MAPS - Q & A	1600	CLUB HOUSE			
SATURDAY 2nd DECEMBER - CHECK IN AT DAM WALL FOR ALL EVENTS FROM 0645					
TRIATHLON - SWIM-BIKE-RUN	Pre-Start Briefing	START TIME	SWIM	BIKE	RUN
STANDARD	720	730	1500m	40km	10km
SPRINT - SELECTION JUNIOR MEN & WOMEN	750	800	750m	20km	5km
SPRINT - AGE GROUP	750	800	750m	20km	5km
SUPERSPRINT - SELECTION YOUTH BOYS & GIRLS	850	900	375m	10km	2.5km
SUPERSPRINT - AGE GROUP	905	915	375m	10km	2.5km
TRIFIT - ALL AGES	905	915	250m	10km	2.5km
TRIFUN - ALL AGES	950	1000	125m	5km	1.25km
TRISPORT - AGES 7 - 12 - competent swimmers only	1020	1030	50m	2km	1km
DUATHLON - RUN-BIKE-RUN	Pre-Start Briefing	START TIME	RUN	BIKE	RUN
SPRINT - AGE GROUP	750	800	5km	20km	2.5km
SUPERSPRINT - ALL AGES	905	915	2.5km	10km	1.25km
AQUABIKE - SWIM-BIKE	Pre-Start Briefing	START TIME	SWIM	BIKE	
SPRINT - AGE GROUP	750	800	750m	20km	
SUPERSPRINT - ALL AGES	905	915	375m	10km	
TRIRUN	Pre-Start Briefing	START TIME			RUN
ALL AGES	750	800			5km
OPEN WATER SWIM	Pre-Start Briefing	START TIME			
1500m	1115	1130			
750m	1115	1130			
4 x 500m RELAY	1230	1245			



RACE ENTRIES

PRE-REGISTRATION IS RECOMMENDED – please submit your entry via our website using this link – follow the instructions for team entries. This is a **COMPULSORY SELECTION EVENT** for U15, U17 and U19 athletes

<https://www.zimtri.org/events/kdv-smallbridge-dam-penhalonga/>

FRIDAY 1ST DECEMBER –

SMALLBRIDGE DAM CLUBHOUSE – 1300 – 1600hrs

Registration and payment of race entry fees – late entries and payments will be accepted on Race Day. Race Entry Fees are as follows -

ALL TRIATHLON / DUATHLON / AQUABIKE INDIVIDUAL ENTRIES - **US\$ 10** per person –

TRISPORT / TRIRUN / OPEN WATER SWIM - **US\$ 5** per person

All disciplines - Team entries - **US\$ 15** per team of 3 **OR US\$ 5** per person

* For RTGS Bank Transfers / Ecocash payments please contact triathlonzimbabwe@gmail.com for banking details

Course Familiarisations will take place at the Dam Wall from 1400hrs (not compulsory)

Triathlon, Duathlon & AquaBike Briefing and Q&A will take place at the Club House from 1600hrs but brief overview will take place pre-race start. ** If you do not attend the Briefing it is YOUR responsibility to ensure you study the Course Maps and ask for guidance from Race Officials

SATURDAY 2nd DECEMBER –

ALL EVENTS WILL START AT THE DAM WALL - CYCLE HELMETS & BRIGHTLY COLOURED SWIMMING CAPS ARE COMPULSORY

- Meet at the Dam Wall where the races will take place
- Refer to the Event Schedule for Pre-Start briefing time for your race and plan to be at the venue at least 30 mins before your race starts
- Report to the Check-In Desk for body marking and then proceed to the transition area
- Vehicle Access to the Dam Wall will be controlled – please take care as there may be cyclists and runners out on the course – please plan your arrival accordingly



ACCOMMODATION

*** ONLY CAMPING IS AVAILABLE AT SMALLBRIDGE DAM**

- Limited gazebos under thatch with plug point on a 1st come 1st served basis
- Clean communal ablutions with hot & cold running water, showers, bath & flushing toilets
- Communal bar, braai and entertainment area
- ZESA intermittent - generator for back-up power to the campsite at set times during the day and into the evening
- Good Econet coverage - load data for whatsapp/internet
- Bring all your camping equipment, tents, bedding, gas lights, torches, cutlery, crockery, toiletries etc.
- Make sure to bring all your own food, drinks, toiletries & supplies
- BE PREPARED FOR RAIN - Bring a raincoat and extra warm, dry clothing and bedding

NON-CAMPERS ALTERNATIVE

If you don't like camping or not kitted out to camp, please contact ANGELA HAMA at LA ROCHELLE RESERVATIONS to book under their "TRIATHLON WEEKEND DISCOUNTED RATES"

Double room - \$150.00 per night, bed & breakfast (2 people)
Single room - \$90.00 per night, bed & breakfast

ANGELA HAMA

2 Doon Road, Vainona, Borrowdale, Harare, Tel: +263 242 885065,
Cell: +263 714 610 803, Email: reservations@larochellecentre.com
or visit: www.larochellecentre.com



LA ROCHELLE
COUNTRY HOUSE & SPA
PENHALONGA · ZIMBABWE



LAKE ALEXANDER COUNTRY RESORT

PLEASE BOOK DIRECTLY WITH EVE MUDZINGWA -



SELF CATERING FAMILY CHALETs

- * 2 Double Bedded Bedrooms
- * 1 X 3/4 Bed
- * 2 Full Bathrooms
- * Full Equipped Kitchen

\$220
PER NIGHT

ACTIVITIES

Boat Cruises, Quad bikes, Canoeing,
Nature walks/ swimming

BOOKINGS

FULL BAR AND RESTAURANT ONSITE

+263 77 243 6366



CATERING

THE DRAUGHT MAN – Shingi and Melody Pswarayi and their team will be onsite at Smallbridge Dam Club House to cater for ALL your catering requirements – delicious food at incredibly reasonable prices.

Your dinner, breakfast, lunch and all those in between refreshments will be on hand – there will be a big braai on Friday night with a delicious array of meats, salads, sadza and rolls

The legendary Draughtman Mobile Van will also be at the Dam Wall on race day so there is no need to worry about packing munchies and drinks on race day – it will all be sorted for you –



DIRECTIONS TO SMALLBRIDGE DAM

TURN LEFT off main Harare-Mutare road at the sign post for PENHALONGA and LA ROCHELLE.

Pass Penhalonga Village & Red Wing Mine

After approx. 20km TURN RIGHT at the ODZANI WATERWORKS sign

Continue on this road until you reach SMALLBRIDGE DAM

Beware of potholes & stray animals on the road

Approximate travel time from the main Mutare Rd turn-off is 1 1/2 hours.

If you are staying at La Rochelle on Friday night, please ensure that you leave early on Saturday morning to be at the Dam Wall at least 30 minutes before the start of your race



COURSE MAPS

- Course Familiarisations will take place at the Dam Wall from 1400hrs (not compulsory)
- Triathlon, Duathlon & Aqua-Bike Briefing and Q&A will take place at the Club House from 1600hrs

**** If you do not attend the Briefing it is YOUR responsibility to ensure you study the Course Maps and ask for guidance from Race Officials**

The course maps below can be downloaded from the website

<https://www.zimtri.org/kdv-smallbridge-dam-penhalonga-2-dec/>



SWIM COURSE 1



SWIM COURSE 2



BIKE COURSE



RUN COURSE





Our sincere thanks go to the Title sponsors ... KDV BEDDING

Thanks also to Schweppes Zimbabwe for keeping us all hydrated with BONAQUA STILL WATER, to Eastern Angling Society for allowing us to utilise Smallbridge Dam as the venue for this event, to the Triathlon Zimbabwe Organising Committee, Technical Officials and volunteers ... and finally to all of YOU for supporting this event

Contact triathlonzimbabwe@gmail.com if you have any queries

