



**Africa
Triathlon
Cup**

**Troutbeck
Sprint
2026**

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Athlete's Guide

**2026 Africa Triathlon Cup Troutbeck
Saturday, 14th March 2026**

- **2026 Sprint Triathlon Africa Cup**
- **2026 Sprint Triathlon Junior Africa Cup**

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INTRODUCTION

The purpose of this Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event.

The LOC ensures that the information contained in this Guide is correct and up-to-date. Athletes, coaches and Team Leaders are advised to check with the LOC office regarding any changes in information included in this guide.

KEY CONTACTS

EVENT & LOC DIRECTOR - MR RICK FULTON

Email: fultonrickh@gmail.com

Mobile: + 263 772 573534

LOC EVENT ADMINISTRATION & VIP SERVICES - MRS CAROL PAKENHAM

Email: troutbecktri-loc@zimtri.org / triathlonzimbabwe@gmail.com

/ carol.pakenham47@gmail.com

Mobile/Whatsapp : +263 772 410344

Contact LOC Administration for all enquiries – Race entries, Registration, Hotel Bookings

TECHNICAL DELEGATE – MR MARTIN BIRTWISTLE (RSA)

ATHLETE LIAISON & VIP SERVICES - MRS CATHERINE JENNINGS

Email: zudwa@yahoo.com

Mobile/Whatsapp: +263 772 353760

MEDICAL DELEGATE - DR AUSTIN JEANS

Email: jeansdoc86@gmail.com

Mobile: +263 772 307848

NATIONAL FEDERATION TRIATHLON ZIMBABWE

President – MR ROSS O'DONOGHUE Email: rosso@valley.co.zw

Secretary General – MRS TAMMY BENADE Email: triathlonzimbabwe@gmail.com

IMPORTANT INFORMATION & DATES

AFRICA TRIATHLON CUP – ELITE/U23 MEN & WOMEN

THURSDAY 12 MARCH

Arrival at RG International Airport, free transfer by road to Troutbeck Resort

***** NO FREE TRANSFERS AFTER THURSDAY 12 MARCH - ATHLETES TO TRAVEL TO TROUTBECK INDEPENDENTLY AT YOUR OWN COST**

FRIDAY 13 MARCH

ACTIVITY	TIME
Cycle Course Familiarisation	0900-0945
Swim Course Familiarisation	1000-1030 ** 2nd session 1400-1430
Run Course	no set time, run course open at all times
Registration, Uniform Check & Race Pack Collection	1130-1230
BRIEFING	1230
Media Conference	1300-1330

SATURDAY 14 MARCH

ACTIVITY	WHO	TIME
Athlete lounge opens	Women	1200
	Men	1330
Collect Timing Chip & Swim Cap, Bike Check & Transition opens	Women	1200-1215
	Men	1330-1345
Swim Warm Up	Women	1230-1240
	Men	1400-1410
Transfer to Start tent	Women	1250
	Men	1420
Athlete Introduction	Women	1255
	Men	1425
START	Women	1300
	Men	1430
Medal Ceremony	ALL	1615

AFRICA TRIATHLON JUNIOR CUP – MEN & WOMEN

THURSDAY 12 MARCH

Arrival at RG International Airport, free transfer by road to Troutbeck Inn Resort

***** NO FREE TRANSFERS AFTER THURSDAY 12 MARCH - ATHLETES TO TRAVEL TO TROUTBECK INDEPENDENTLY AT YOUR OWN COST**

FRIDAY 13 MARCH

ACTIVITY	TIME
Cycle Course Familiarisation	0900-0945
Swim Course Familiarisation	1000-1030 ** 2nd session 1400-1430
Run Course	no set time, run course open at all times
Registration, Uniform Check & Race Pack Collection	1330-1400
BRIEFING	1400
Media Conference	1430-1500

SATURDAY 14 MARCH

ACTIVITY	WHO	TIME
Athlete lounge opens	Men & Women	1000
Collect Timing Chip & Swim Cap, Bike Check & Transition opens	Men & Women	1030-1045
Swim Warm Up	Men & Women	1100-1110
Transfer to Start tent	Men	1115
	Women	1120
Athlete Introduction	Men	1125
	Women	1130
START	Men	1130
	Women	1135
Medal Ceremony	ALL	1615

COURSE MAPS



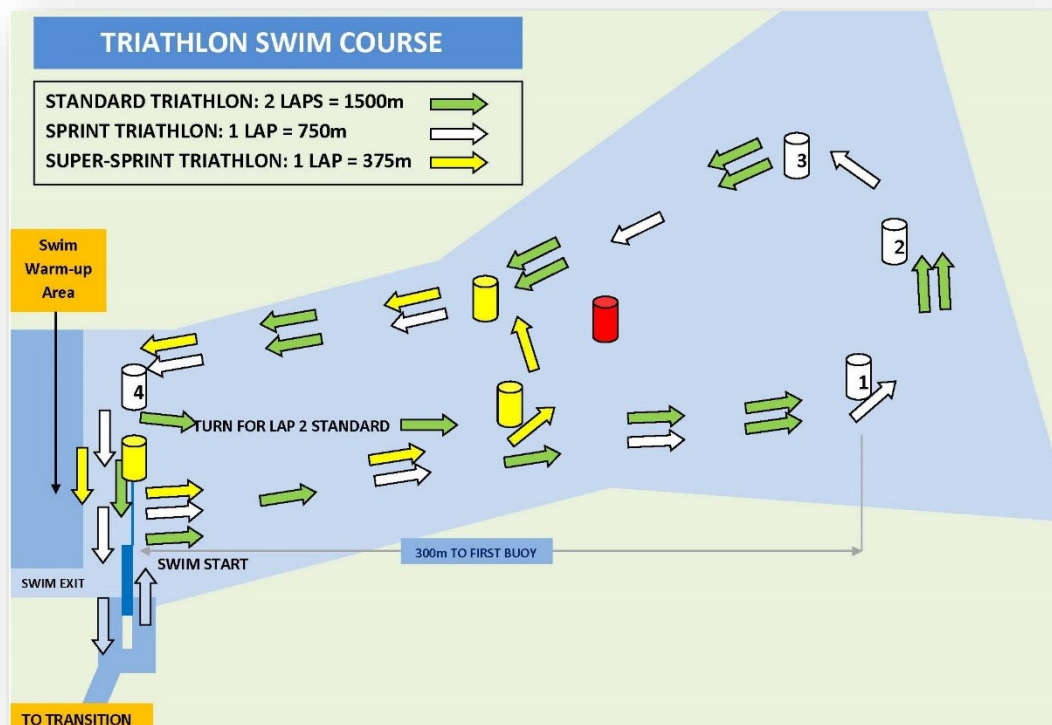
SWIM COURSE – SPRINT DISTANCE

Water temperature : EXPECT 20 DEGREES
Number of laps : 1 LAP X 750
Start Mechanism : DEEP WATER
Conditions : LAKE-CLEAN, DISEASE & ANIMAL FREE

TRANSITION 1

Flow through transition.

Enter transition, deposit swim gear in numbered bin beside bike racks position. Traditional bike racks used with athletes' name and numbers displayed. Secure your helmet, un-rack the bike and move forward towards the mount line

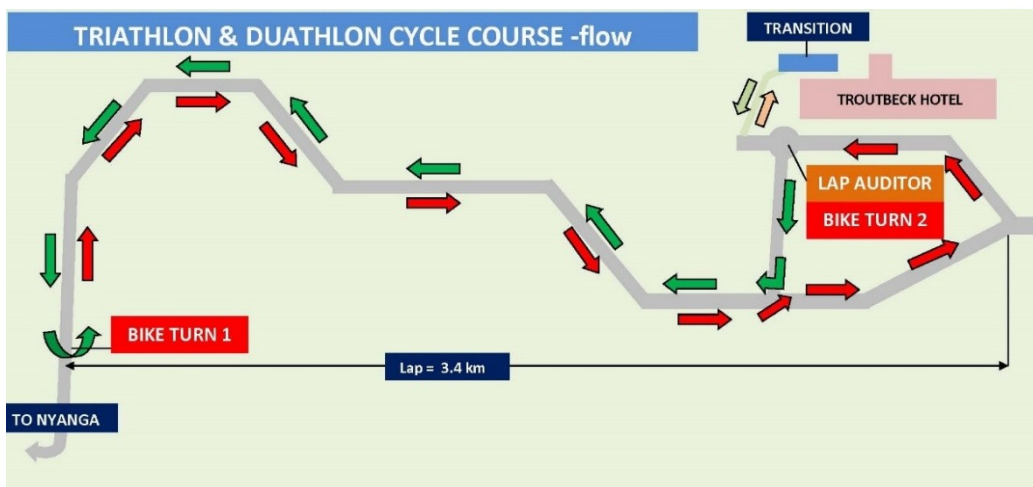
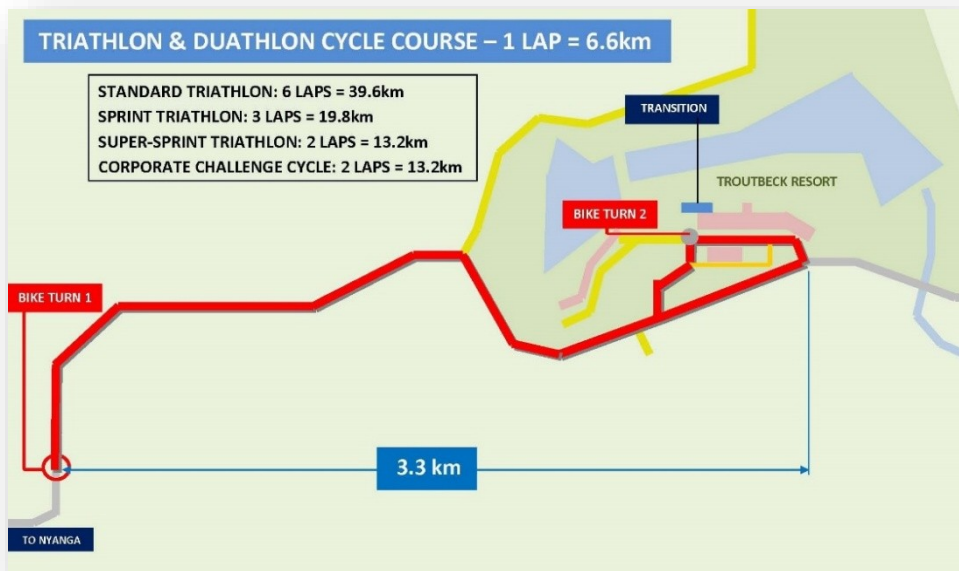




BIKE COURSE – SPRINT DISTANCE

Good tar, hilly, technical, no requirement for gear/cassette changes, 16% gradient, Road closure.

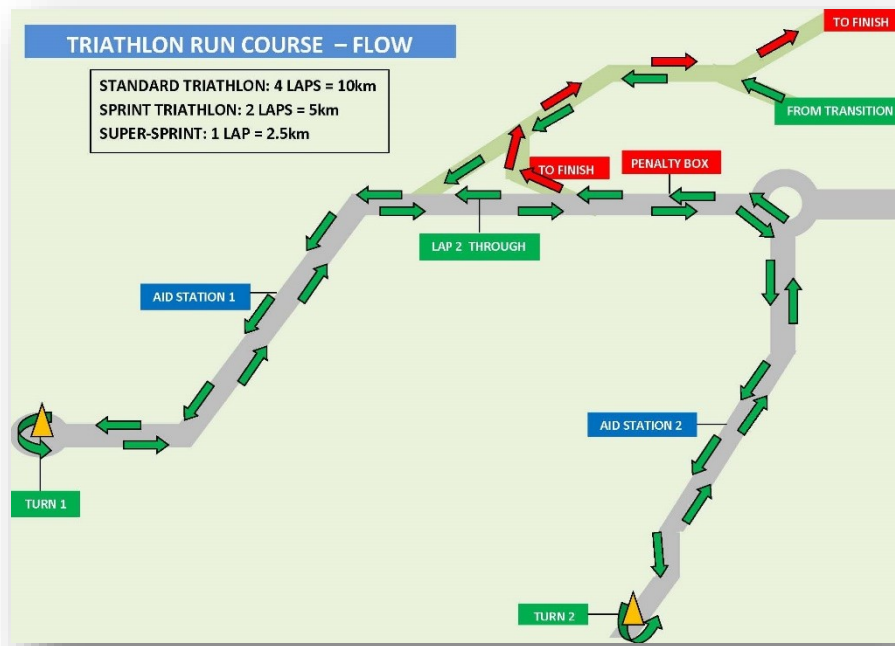
Number of laps : 3 laps x 6.6km = 19.8km





RUN COURSE – SPRINT DISTANCE

Hilly, 90% asphalt, 10% grass



RACE VENUE

TROUTBECK RESORT, NYANGA, ZIMBABWE

The venue meets stringent World Triathlon Event Organiser standards with regards to safety and athlete's experience and is selected for a guaranteed clean, disease and animal free open water swim.

At an altitude of 2000m and over hilly terrain the courses are demanding, good tar roads for the cycle section and a central location for all aspects of the event for spectators and athletes alike.

LOC OFFICE & MEDICAL DELEGATE - LOC Office is located at the front of the hotel. Opening hours 0700 – 1700

SECURITY - On-site security will be in place and provided by event partner Safeguard Security, Zimbabwe

ENTRIES & REGISTRATION

ALL ENTRIES FOR THE ELITE/U23 AND JUNIOR AFRICA CUP EVENTS MUST BE MADE THROUGH YOUR NATIONAL FEDERATION & THE WORLD TRIATHLON ENTRIES SYSTEM

WORLD TRIATHLON PRE-PARTICIPATION EVALUATION (PPE)

MANDATORY for all Elite, Junior and U23 triathletes. It is the responsibility of your National Federation to ensure that pre-competition screening procedures have been performed and confirmed to World Triathlon that all entered athletes have completed the screening.

Any Athlete or Official must pre-declare to the Medical Delegate/Covid Control Officer any high- risk conditions such as Heart Disease, High blood pressure, Obesity and Diabetes.

RACE ENTRY FEES: **** CASH IS PREFERRED BUT CARD PAYMENT IS ACCEPTED – PRE-PAID BANK TRANSFERS CAN BE ARRANGED**

ELITE/U23	USD 80 payable at Registration
JUNIOR MEN & WOMEN	USD 80 payable at Registration

PRIZE MONEY - Total USD 3000

ELITE MEN & WOMEN	1 st Place	USD 750
	2 nd Place	USD 450
	3 rd Place	USD 300

Please refer to the World Triathlon Event Website for the Troutbeck event to access the most updated prize money allocation for Elite Men and Women

ATHLETE'S BRIEFING - Briefings will be delivered by the Technical Delegate and will be available on the World Triathlon and Triathlon Zimbabwe websites.

SWIM CAPS AND TIMING CHIPS - You must collect your swim cap and timing chip during Check in procedures on Saturday 14 March. Timing chips to be worn on the ankle.

RESULTS - Results will be uploaded on to the World Triathlon official website www.triathlon.org. All the Results information will be displayed on the Notice Board at the venue.

PROTEST & APPEALS - Standard procedures will be followed according to the World Triathlon Competition Rules

DOPING CONTROL - Doping tests will be conducted according to WT/WADA rules

ATHLETE SERVICES

TRAINING FACILITIES

BIKE:	Set Course Familiarisation, escorted with road closure Friday 13 March – from 0900 – 0945
SWIM:	Course Familiarisation with water safety in place Friday 13 March – from 1000-1030 & 1400 -1430
RUN:	Running around venue at any time.

ATHLETES MAY SWIM, BIKE OR RUN AT ANY OTHER TIME BUT AT YOUR OWN RISK

MEDICAL SERVICES - First Aid and Emergency Medical Services on-site and free of charge at the event. Medical Delegate on call at the Host Hotel, Medical personnel and ambulances available to provide emergency transfers to a nearby hospital. Treatments in private hospitals if necessary will be for your account. Ensure you have appropriate Medical Insurance. A medical area will be provided on site at the finish area.

BIKE MECHANICAL SERVICE - Ensure bikes have been serviced and are in good working order. Bring all specific items required for your bike should these be unavailable in Zimbabwe. There is **NO BIKE SHOP** available at the race venue or in the area.

A LIMITED selection of spares and equipment will be available from our onsite Bike Mechanical partners ZIMCYCLES. They will assist with any minor adjustments or repairs that might be necessary after air travel.

ACCREDITATION - Accreditation Cards will be issued to the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, Technical Staff, Volunteers, etc. on Friday 13 March at the LOC Office.

Athletes – will receive Accreditation in their Race Pack at registration. Accreditation Cards must be displayed at all times during the event. Entry to specified zones will be denied to anyone without accreditation

Coaches - Only Coaches entered through the World Triathlon System by their National Federation will be issued with an Accreditation Card.

Media - Media personnel must be registered with the LOC. Accreditation Cards and event packs will be distributed. Press Conferences will be held at specific times only

TRAVEL AND ACCOMMODATION

VISA REQUIREMENTS

ZIMBABWE IMMIGRATION – 19 SEPTEMBER 2025

ALL PASSENGERS TRAVELLING TO ZIMBABWE ARE REQUIRED TO COMPLETE ARRIVAL FORMS **ONLINE** BEFORE DEPARTURE - PAPER FORMS ARE NO LONGER IN USE

WHILE I-PADS ARE PROVIDED AT IMMIGRATION IN ZIMBABWE FOR THIS PURPOSE, COMPLETING THE ARRIVAL FORM ON ARRIVAL MAY RESULT IN DELAYS

TO ENSURE A SMOOTHER AND QUICKER JOURNEY THROUGH IMMIGRATION, YOU MUST COMPLETE YOUR FORM ONLINE IN ADVANCE BY GOING TO WEBSITE

<https://evisa.gov.zw/app/index.html>

OR SCAN THE QR CODE BELOW



Contact LOC ADMINISTRATOR OR VIP SERVICES if any assistance can be given for this process.

AIR TRAVEL & TRANSFERS

Arrival Airport - HARARE INTERNATIONAL (ROBERT GABRIEL MUGABE INTERNATIONAL) AIRPORT

Recommended flight Arrival and Departure times to coincide with the FREE transfer to and from Troutbeck Resort -

Arrivals by latest 1230 on THURSDAY 12 MARCH 2026

Departures after 1130 on SUNDAY 15 MARCH 2026

EARLY ARRIVALS ON WEDNESDAY 11 MARCH / LATE DEPARTURES ON MONDAY 16 MARCH –

Athletes will have to stay in HARARE overnight and all accommodation and transfer costs will be for Athlete's account. Arrangements can be made to make reservations at host hotel partner HOLIDAY INN HOTEL.

Athletes will be collected from the hotel on Thursday at a time to coincide with the free transfer to Troutbeck Resort. Contact LOC Administrator or Athlete Liaison to assist with the necessary reservations

RECOMMENDED AIRLINES

REGIONAL – FAST JET, AIRLINK, SOUTH AFRICAN AIRWAYS

INTERNATIONAL – KENYA AIRWAYS, ETHIOPIAN AIRLINES, QATAR AIR LINES, EMIRATES, RWANDA AIR

***** NOTE *****

IT IS IMPERATIVE YOU CHECK WITH THE AIRLINE REGARDING TRANSPORTATION OF YOUR BIKE BEFORE CONFIRMING YOUR BOOKING AS THERE IS LIMITED SPACE FOR BIKES ON AIRLINK, FASTJET & SAA.

FREE BUS TRANSFERS – HARARE-TROUTBECK RETURN

Transfers and Bike Transportation are **FREE OF CHARGE** for athletes, coaches, managers and bikes arriving on the **RECOMMENDED ARRIVAL DATE THURSDAY 12 MARCH.**

Should you not arrive on the recommended day, transport to Troutbeck Resort will have to be self-organised and funded.

The journey is by ROAD and takes approximately 4 hours – **NO BUS TRANSFERS ARE PERMITTED TO TRAVEL AFTER DARK**



VENUE ACCOMMODATION

Host hotel - Troutbeck Resort, Nyanga, Zimbabwe. Homestays are not available.

Option 1 - HOST HOTEL – TROUTBECK INN RESORT – HALF BOARD

USD 254 double 2 people sharing a room per night (equates to USD 127 per person per night) Dinner, Bed and Breakfast

USD 181 single 1 person per room per night Dinner, Bed and Breakfast
** LIMITED SINGLE OCCUPANCY ROOMS AVAILABLE

PAYMENT Pre-payment is not required, if you wish to pre-pay please contact LOC for instruction and banking details.

ALL ROOM ACCOUNTS MUST BE SETTLED WITH THE HOTEL PRIOR TO DEPARTURE ON SUNDAY 15 MARCH. VISA/MASTERCARD/CASH ACCEPTED

Option 2 - BLUE SWALLOW TIMESHARE LODGES – FULL BOARD

COST PER PERSON: USD 400

INCLUDES - Transfer from Harare to Troutbeck return, refreshments on the transfer bus
3 nights shared accommodation in the timeshare lodges which are on site at the venue,
all meals from Thursday to Sunday – breakfast, mid-morning and afternoon tea, lunch,
dinner, unlimited bottled water and bottled fruit juice, Awards Dinner in the hotel on
Saturday night and a packed snack breakfast for the early departure bus transfer to
Harare on Sunday

The Blue Swallow Timeshare Lodges are situated on site at the race venue. Elite and
Junior Athletes from all countries will be accommodated in separate Male / Female
lodges.

Coaches and Managers may also make use of this option but will have to share with other
Male or Female Coaches / Managers in gender specific lodges.

Each lodge sleeps **5 people or 6 people** - There are 3 bedrooms - 1 with a double bed
(for single or double occupation sharing the bed) and 2 bedrooms with twin single beds.
The lodge can accommodate up to a maximum of 8 people but the 3 extra would have to
sleep on mattresses.

CATERING IS CARRIED OUT BY OUR DEDICATED SERVICE PROVIDER JENS
KITCHEN. SPACES ARE LIMITED TO PLEASE BOOK EARLY

**SPECIAL DIETARY REQUIREMENTS MUST BE CONFIRMED 2 WEEKS PRIOR TO
ARRIVAL. PLEASE INFORM LOC ADMINISTRATOR.**

PAYMENT - CASH payable to LOC Administrator at Registration on Friday 13th March at
Troutbeck Resort OR

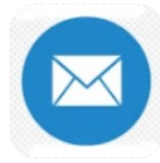
PREPAYMENT BY BANK TRANSFER - Contact LOC for bank details.

****ALL ACCOMMODATION bookings must be made through the LOC Administrator**

USEFUL INFORMATION - ZIMBABWE

- Languages : English, Shona, Ndebele
- Currency : US\$ CASH - bring small denomination notes (50, 20, 10, 5, 1)
- Time Zone : Standard Time GMT+2
- Electricity : 220v. UK version square or SA version round. Bring a universal adaptor
- Telephone : International prefix +263
- Climate : Tropical, peak summer months & rain October – March

SOCIAL MEDIA



troutbecktri-loc@zimtri.org
triathlonzimbabwe@gmail.com



<https://www.zimtri.org/>
<https://triathlon.org/events/2026-africa-triathlon-cup-troutbeck>
<https://triathlon.org/events/2026-africa-triathlon-junior-cup-troutbeck>



<https://www.facebook.com/groups/TriZim>



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[@TriathlonZimba](https://www.x.com/TriathlonZimba)

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And partners



**Thank you for
joining us, good
luck and have a
great race !!!**

Proudly organized and hosted by

triathlon
ZIMBABWE

