

# TRI PUMAS

## Ultra Distance Triathlon Training Camp

19<sup>th</sup> March - 22<sup>nd</sup> March 2010

Sanctioned by Triathlon SA (TSA) and Gauteng North Triathlon Club

Where: **NUMBELA , WHITE RIVER, MPUMALANGA**

Athletes : Ultra Distance Triathletes / Triathletes ( 18yrs and older)

Cost per person: R500 pp

Information: includes : Course Fees, Dinner Friday at Numbela, Nutrition workshop

excludes all other Meals, Accommodation and Transport

Contact : Tracy 084 491 2708 / [relax@numbela.co.za](mailto:relax@numbela.co.za)

**EARLY BOOKING IS ESSENTIAL**

**BRING:** Tri Equipment

Cooler Box with Race Nutrition & Race Drinks for the training camp;

Indoor Bike Trainer (if you own one - if very wet weather)

Please note: Road Cycles (to avoid confusion)



triathlon sa

## EARLY BOOKING IS ESSENTIAL

### **ENTRY FORM:**

PLEASE PRINT CLEARLY.

Fax to: 0866 196 796

E-Mail: [relax@numbela.co.za](mailto:relax@numbela.co.za)

Name	Surname	Age
Physical Address	Postal Address	Male      Female
ID number		
E-Mail Address	Cell Number	Telephone Number
Emergency Contact Person	Emergency Contact Phone Number	Allergies
Medical Aid	Medical Aid Number	Health Problems-List
Are you a registered TSA Member? No.?	Running Permanent No. (Blue)	Road Running Club Licence Number for 2010
Club	Elite Category Athlete	
List Previous Ironman Events / 70.3 Events		

### **BANK DETAILS:**

TRI PUMAS

Capitec Bank, branch Code 47 00 10

Savings Acc 121 588 5146      R500.00      Ref: Name & Surname/Tri Camp

Fax proof payment: 086 619 6796 or email: [relax@numbela.co.za](mailto:relax@numbela.co.za)

## TRAINING CAMP PROGRAMME

DAY	MORNING ACTIVITY	AFTERNOON ACTIVITY	EVENING ACTIVITY
Friday 19 <sup>th</sup> March 2010		<b>15h00-16h00</b> Meet at Da Gama Dam to start swim at <b>16h00</b> <b>16h00-17h00</b> Da Gama Dam Open Water Swim 2.4-3.2km With/without wetsuits	<b>17h30</b> Dinner at Numbela & Briefing  <b>18h00</b> Nutrition Workshop (Nutrition for the Endurance Athlete) Liesbet Delpport of GI Foundation
Saturday 20 <sup>th</sup> March 2010	<b>06h00</b> Elands Valley Run Race 21km plus extra 9km = 30km or 42km(>20 yrs only/strong runner)	<b>15h00 - 17h00</b> 2 hour / 40 km Cycle Hilly Route	
Sunday 21 <sup>st</sup> March 2010	<b>07h30</b> Ultra Triathlon Da Gama Dam (slow transitions) Swim :1.6km or 3.2km Cycle: 50km or 100km Run: 10km or 20km		
Monday 22 <sup>nd</sup> March 2010	<b>08h30</b> Da Gama Dam Open Water Swim 1.6km or 2.4km <b>09h30</b> Run 10km Easy		

ACCOMMODATION: Numbela Exclusive Riverside Accommodation

[www.numbela.co.za](http://www.numbela.co.za) (25% discount for athletes)

Please Phone for bookings; Meals by prior arrangement

[www.hulala.co.za](http://www.hulala.co.za) (15% discount for athletes)

[www.conurecove.co.za](http://www.conurecove.co.za)

COME AND TRAIN IN SPECTACULAR SURROUNDINGS



Sanctioned by GNT

