# Media Contacts

**Tanya Odendaal**  
Marketing & Communications, Worldsport  
tanya@worldsport.co.za  
Office: +27 21 426 5775  
Mob: +27 72 345 4393

**Nadia Genis**  
Marketing Project Manager  
nadia@worldsport.co.za  
Office: +27 21 426 5775  
Mob: +27 82 326 4990

**Inke Rupert**  
Mass Participation Brand Manager  
inke@worldsport.co.za  
Office: +27 21 426 5775  
Mob: +27 72 148 9908

**Lisa Duthie**  
TenFour Operations Director  
lisa@tenfourmedia.co.za  
Office: +27 21 424 8459  
Mob: +27 83 973 2681

**Fergus Murray**  
Senior Producer, ITU TV & Broadcast  
Fergus.murray@triathlon.org  
Office: +1 604 904 9248

**Carsten Richter**  
Lagadere Senior Director - TV Rights  
crichter@lagardere-unlimited.de  
Direct: +49 40 88 00 - 73  
Mob: +49 170 56 39 008

**Erin Greene**  
Media Manager, ITU Communications  
Erin.greene@triathlon.org  
Office: +34 915 421 855  
Mob: +34 645 216 509

**Chelsea White**  
Media Delegate, ITU Communications  
Chelsea.white@triathlon.org  
Mob: +1 231 590 4026

# Table of Contents

- Welcome to the ITU Triathlon World Series ........................................ 4
- Series Overview .................................................................... 5
- The Basics ........................................................................ 6
- ITU Triathlon History ............................................................... 6
- Prize Money ........................................................................ 8
- Media Services ...................................................................... 9
- Cape Town Media ................................................................. 10
- ITU World Triathlon Series Cape Town ....................................... 12

## Athlete Profiles

### Elite Women ................................................................. 18
### Elite Men ..................................................................... 20

## 2015 Review ................................................................. 22

## Past World Champions ..................................................... 24

## FAQ ................................................................................. 28

## Glossary ............................................................................ 29
WELCOME TO THE ITU TRIATHLON WORLD SERIES

Dear Athletes, Coaches and members of the National Federations,

Sponsors and Media,

I’d like to welcome you to the 2016 ITU World Triathlon Series. It’s hard to believe we are now entering our eighth season, what a journey it has been! What started as the Dextro Energy Series in 2009 and was later re-branded to the ITU World Triathlon Series has reached a level of success and popularity beyond our imagination.

The 2015 ITU triathlon season was one of the most iconic seasons we have ever seen in the Series. With two World Champions making history in both the men’s and women’s fields, from start to finish, it was truly a season to remember.

We were treated to a wonderful blend of familiar rivalries amongst the men, while the women’s season was punctuated with breakthrough after breakthrough performances by Gwen Jorgensen. The U.S. native continued her dominating reign as she took home seven consecutive gold medals and increased her undefeated streak to 12, becoming the only triathlete - male or female - to ever win the World Championships title with a perfect season.

The Grand Final in Chicago was nothing short of spectacular: Proving that she is a threat in all disciplines, Jorgensen raced untouched and secured the gold. Jorgensen proved to be the unstoppable frontrunner to the season, especially in the Grand Final, but what marvellous performances by all of the women.

In the men’s racing, what an incredible sight to see Javier Gomez fulfill his drive for five World Champion crowns, becoming the first elite triathlete to accomplish such a feat. The Grand Final finish for the men was also an exciting way to end the Series as Spanish compatriots Mario Mola and Gomez rivaled down the finish chute for a sprint finish that saw Mola get the gold medal.

Beyond the World Triathlon Series, preparation for paratriathlon’s debut into the 2016 Paralympic Games continued at full force yet again with strong participation at the World Championships. While Mixed Relay won’t yet be included in the Olympic programme this summer, we enjoyed one of the most successful Mixed Relay World Championships to date, with the French team earning the first-ever World title for their Federation.

The World Cup circuit continued to serve as an important development tool, with 12 new athletes winning a World Cup event this year.

In looking ahead, we have a very exciting year upon us as we approach the Rio de Janeiro Olympic and Paralympic Games this summer, with the French team earning the first-ever World title for their Federation. The World Cup circuit continued to serve as an important development tool, with 12 new athletes winning a World Cup event this year.

While Mixed Relay won’t yet be included in the Olympic programme this summer, we enjoyed one of the most successful Mixed Relay World Championships to date, with the French team earning the first-ever World title for their Federation. The World Cup circuit continued to serve as an important development tool, with 12 new athletes winning a World Cup event this year.

Overall, I hope you enjoy this ITU season wherever in the world you are able to watch, follow or participate in an event, and I look forward to sharing this year with you.

Sincerely,

Marisol Casado
President, International Triathlon Union
Member of the International Olympic Committee

NEW FOR THE 2016 SEASON

Two new cities will be added to the docket in 2016 to make it a nine-stop circuit. For the second time, the Series opener will be held in the Middle East with a race slated in Abu Dhabi, United Arab Emirates. However this season, Abu Dhabi will offer a standard-distance race for the elites as opposed to a sprint as was contested in 2015. The second stop will be Gold Coast, Queensland. Cape Town will be the third stop, but this year offers up as a sprint-distance course. Following Yokohama, which will be the fourth stop up, the Series will hit the halfway mark before heading to Europe. The English city of Leeds, home to the Brownlee brothers, will host a standard-distance course. After the elites compete in Stockholm and Hamburg, there’s a brief hiatus in the Series while the athletes head to Rio de Janeiro for the Olympic Games. Following Rio 2016, the circuit heads to Canada, where Edmonton will once again offer up a sprint-distance race before the Grand Final. The 2016 World Triathlon Grand Final will be hosted in Cozumel, Mexico. The city that has been home to three World Cups since 2013.

2016 SEASON SCHEDULE

**While not a stop on the Series, athletes will earn points at the Olympics for the 2016 World Triathlon Series**
THE BASICS

Six of the ITU World Triathlon Series events will be Olympic distance races for the elite competitors. An Olympic-distance triathlon, also referred to as an intermediate or standard-distance triathlon, combines a 1.5km swim, a 40km bike ride and a 10km run. Every triathlon includes two transitions (swim to bike and bike to run). Elite athletes typically make these transitions in less than 30 seconds. Average finishing times at a World Triathlon Series race are around 1 hour and 50 minutes for the elite men and around two hours for the elite women. In 2016, three sprint-distance events have been integrated into the WTS in Cape Town, Hamburg and Edmonton, elite athletes will compete at these shorter races (swim 750m, bike 20km and run 5km).

A maximum of 65 men and 65 women may be entered at each World Triathlon Series race, with a maximum of 75 men and women competing in the Grand Final. The ITU World Triathlon Grand Final, which will be held in Cozumel in 2016, and will also host the Under23, Junior, Age-Group, Paratriathlon and Aquathlon World Championships. Age Group athletes can qualify for Aquathlon, Sprint and Standard distance races.

ITU TRIATHLON HISTORY

1994
Triathlon was awarded full Olympic Games medal status by the IOC at its Congress in Paris. France’s Isabelle Mouthon-Michelli and Rob Barel of the Netherlands won the first-ever Long Distance Triathlon World Championships.

1997
Aquathlon World Championships were first held, providing the opportunity for athletes who only swim and run to join the multisport world.

2000
Triathlon made its Olympic debut at the 2000 Sydney Games. Brigitte McMahon (SUI) and Simon Whitfield (CAN) won the sport’s first gold medals.

2009
The ITU World Triathlon Series was created as ITU's top-tier race series, staging multiple rounds in iconic cities across the globe.

2010
The sport was officially accepted into the Paralympic Games at the IPC Governing Board meeting in Guangzhou, China.

2015
ITU currently has more than 160 affiliated National Federations.
PRIZE MONEY

With ITU leading as one of the top sport’s to honour equal earnings for both men and women, in 2016 there is $692,500 available to the top 35 men and women. With around $2.2 million dollars up for grabs, the WTS remains one of the richest triathlon circuits worldwide.

<table>
<thead>
<tr>
<th>Finish Place</th>
<th>ITU World Triathlon Series Events</th>
<th>ITU World Triathlon Series Grand Final</th>
<th>ITU Triathlon World Cup Events</th>
<th>Bonus Pool</th>
<th>Mixed Team Relay</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>18,000</td>
<td>20,000</td>
<td>7,500</td>
<td>80,000</td>
<td>17,500</td>
</tr>
<tr>
<td>2</td>
<td>12,000</td>
<td>22,000</td>
<td>6,000</td>
<td>55,000</td>
<td>14,000</td>
</tr>
<tr>
<td>3</td>
<td>8,000</td>
<td>10,000</td>
<td>4,500</td>
<td>32,000</td>
<td>10,500</td>
</tr>
<tr>
<td>4</td>
<td>6,000</td>
<td>12,000</td>
<td>3,000</td>
<td>25,000</td>
<td>7,000</td>
</tr>
<tr>
<td>5</td>
<td>4,900</td>
<td>9,800</td>
<td>2,100</td>
<td>20,000</td>
<td>5,600</td>
</tr>
<tr>
<td>6</td>
<td>4,100</td>
<td>8,000</td>
<td>1,800</td>
<td>15,000</td>
<td>4,900</td>
</tr>
<tr>
<td>7</td>
<td>3,400</td>
<td>6,400</td>
<td>1,500</td>
<td>13,000</td>
<td>4,200</td>
</tr>
<tr>
<td>8</td>
<td>2,800</td>
<td>5,200</td>
<td>900</td>
<td>11,000</td>
<td>2,800</td>
</tr>
<tr>
<td>9</td>
<td>2,400</td>
<td>4,000</td>
<td>750</td>
<td>10,000</td>
<td>2,100</td>
</tr>
<tr>
<td>10</td>
<td>1,900</td>
<td>2,900</td>
<td>525</td>
<td>9,500</td>
<td>1,400</td>
</tr>
<tr>
<td>11</td>
<td>1,600</td>
<td>2,900</td>
<td>450</td>
<td>9,000</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>1,400</td>
<td>2,500</td>
<td>375</td>
<td>8,500</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>1,200</td>
<td>2,200</td>
<td>300</td>
<td>7,900</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>1,200</td>
<td>2,000</td>
<td>225</td>
<td>7,400</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>1,100</td>
<td>1,800</td>
<td>150</td>
<td>6,800</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>1,000</td>
<td>1,600</td>
<td>120</td>
<td>6,000</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>1,000</td>
<td>1,400</td>
<td>900</td>
<td>5,500</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>1,000</td>
<td>1,300</td>
<td>900</td>
<td>5,100</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>1,000</td>
<td>1,200</td>
<td>450</td>
<td>4,500</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>1,000</td>
<td>1,100</td>
<td>375</td>
<td>4,000</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>1,000</td>
<td>1,000</td>
<td>300</td>
<td>3,400</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>1,000</td>
<td>1,000</td>
<td>270</td>
<td>2,700</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>1,000</td>
<td>1,000</td>
<td>270</td>
<td>2,700</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>1,000</td>
<td>1,000</td>
<td>250</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>1,000</td>
<td>1,000</td>
<td>250</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>1,000</td>
<td>1,000</td>
<td>240</td>
<td>2,500</td>
<td></td>
</tr>
</tbody>
</table>

MEDIA SERVICES

ITU MEDIA CENTRE | media.triathlon.org

ITU’s Online Media Centre has been produced to provide a portal for media to quickly gather all relevant information about ITU, its events and athletes. Media Centre services include:

- Latest ITU news and press releases
- Up-to-date results, rankings and race statistics
- Comprehensive athlete profile database
- Rights-free high-resolution photos from all major events
- Full audio from athlete interviews
- Access to broadcast quality race video highlights
- Start Lists for each race, available for download prior to every event

For more information, or to register for a Media Centre account, visit media.triathlon.org

PHOTOGRAPHY

ITU employs several award-winning sports photographers to cover every round of the ITU World Triathlon Series. These stunning high-resolution images are available on the AP wire and on the ITU Online Media Centre, free for editorial use.

ITU SOCIAL MEDIA

- Twitter: @worldtriathlon, @triathlonlive
- Facebook: facebook.com/worldtriathlon
- Periscope: @worldtriathlon
- Instagram: @worldtriathlon

ITU WEBSITES

- triathlon.org: Stay up to date on all of ITU’s latest information from the World Triathlon Series to Multisports to Development news.
- WTS.triathlon.org: Dedicated to covering all things World Triathlon Series. Find in-depth stats, race information, start lists, start times and much more.
CAPE TOWN MEDIA

ACCREDITATION

The LOC will provide registered media with an official accreditation card. Only accredited persons will be allowed to access certain areas. Media are requested to carry their accreditation cards with them at all times and to present it on request.

Registration completed online before 23:59 on 19 April can be collected at the Press Conference on 21 April. Should you register online after this time accreditation will have to be collected from the Media Centre at Green Point Athletics Stadium on Race Weekend.

MEDIA CENTRE

There will be an onsite media centre at the Green Point Athletics Stadium.

MEDIA CENTRE OPENING TIMES

Friday 22 April: 12:00 – 19:00
Saturday 23 April: 06:00 – 18:00
Sunday 24 April: 05:30 – 19:00

MEDIA SHUTTLES

Media shuttles will be available for the Elite races. These shuttles will take media to and from the Start & Finish venues during the race. Please note that seats on the media shuttles are limited and will work on a first come, first serve basis. You must have your media accreditation with you in order to make use of these shuttles.

MEDIA SHUTTLE TIMES

The media shuttles will only be available on Sunday 24 April during the following times.
Women’s Race 12:45 – 13:00 From Vlei Road at The Green Point Athletics Stadium to the Start
14:15 – 14:30 From Dock Road at North Wharf, V&A Waterfront to the Finish
Men’s Race 15:35 – 15:50 From Vlei Road at The Green Point Athletics Stadium to the Start
16:45 - 17:00 From Dock Road at North Wharf, V&A Waterfront to the Finish

SOCIAL MEDIA

The media shuttles will only be available on the Sunday 24 April during the below specified times.

Twitter: @WTS_CapeTown
Facebook: facebook.com/WorldTriathlonCapeTown
Instagram: @WTS_Cape_Town
Website: capetown.triathlon.org
ITU WORLD TRIATHLON CAPE TOWN
24 APRIL 2016

ABOUT THE RACE
In 2014, Cape Town became the first African city to organise a World Triathlon Series race. Set on the V&A Waterfront with majestic Table Mountain in the background, the race offers some of the most spectacular views on the Series. In addition to elite racing, the weekend will also include mass participation events. Age groupers will have the option to choose between a Standard Olympic distance course or hone their speed skills on a Sprint course.

MEDIA FACILITIES/SERVICES
On-site media centre with wireless internet
Photo positions on course
Photo stand at finish area
Mixed Zone for post-race interviews
Race previews and recaps, audio interviews, high-resolution photos at media.triathlon.org

PAST RESULTS

<table>
<thead>
<tr>
<th>ELITE WOMEN</th>
<th>ELITE MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2015 ITU WORLD TRIATHLON CAPE TOWN</strong></td>
<td><strong>2014 ITU WORLD TRIATHLON CAPE TOWN</strong></td>
</tr>
<tr>
<td>1. Vicky Holland (GBR)</td>
<td>1. Javier Gomez (ESP)</td>
</tr>
<tr>
<td>2. Katie Zaferes (USA)</td>
<td>2. Javier Gomez (ESP)</td>
</tr>
<tr>
<td>3. Nicola Spirig (SUI)</td>
<td>3. Vincent Luis (FRA)</td>
</tr>
<tr>
<td>1. Jodie Stimpson (GBR)</td>
<td>1. Javier Gomez (ESP)</td>
</tr>
<tr>
<td>2. Helen Jenkins (GBR)</td>
<td>2. Jonathan Brownlee (GBR)</td>
</tr>
<tr>
<td>3. Gwen Jorgensen (USA)</td>
<td>3. Dmitry Polyanskiy (RUSIA)</td>
</tr>
</tbody>
</table>
## Elite Competition Schedule & Map

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 21 April</td>
<td>Press Conference</td>
<td>12:00 - 14:00</td>
<td>Southern Sun The Cullinan 1 Cullinan Street, Mezzanine Level, Protea Room 1 &amp; 2</td>
</tr>
<tr>
<td>Friday 22 April</td>
<td>Registration</td>
<td>17:00 - 18:00</td>
<td>Southern Sun Cape Sun, 3rd Floor VCC North, 23 Strand Street Cape Town City Centre</td>
</tr>
<tr>
<td></td>
<td>Elite Athlete Briefing</td>
<td>18:00 - 19:00</td>
<td>Southern Sun Cape Sun, 3rd Floor VCC North, 23 Strand Street Cape Town City Centre</td>
</tr>
<tr>
<td>Saturday 23 April</td>
<td>Elite Bike Course Familiarisation</td>
<td>06:30 - 07:15</td>
<td>North Wharf, V&amp;A Waterfront TZ1</td>
</tr>
<tr>
<td></td>
<td>Age Group Standard/Sprint/ Super Sprint Duathlon Distance</td>
<td>07:30 - 17:00</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Elite Swim Familiarisation</td>
<td>15:00 - 16:00</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Age Group Standard/Sprint/Distance Individual and Team</td>
<td>07:30 - 12:00</td>
<td>V&amp;A Waterfront &amp; Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Elite Women T22 Check-in</td>
<td>12:15 - 12:45</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Elite Women Athletes’ Lounge Check-in</td>
<td>12:30 - 13:30</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Women Swim Warm Up</td>
<td>13:00 - 13:50</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Women T21 Check-in</td>
<td>13:00 - 13:50</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Women Presentation</td>
<td>13:55</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Women Sprint Distance</td>
<td>14:06 - 15:10</td>
<td>V&amp;A Waterfront &amp; Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Elite Women Award Ceremony</td>
<td>15:20</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td>Sunday 24 April</td>
<td>Elite Men T22 Check-in</td>
<td>14:45 - 15:00</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men Athletes’ Lounge Check-in</td>
<td>15:00 - 16:00</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men Swim Warm Up</td>
<td>15:30 - 16:20</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men T21 Check-in</td>
<td>15:30 - 16:20</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men Presentation</td>
<td>16:25</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men Sprint Distance</td>
<td>16:30 - 17:30</td>
<td>V&amp;A Waterfront &amp; Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Elite Men Award Ceremony</td>
<td>17:45</td>
<td>Green Point Athletics Stadium</td>
</tr>
</tbody>
</table>

**Elite Course Map**

*Course subject to change, refer to capetown.triathlon.org for up to date information.*
## Age Group Competition

### Schedule & Map

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 21 Apr</td>
<td>Registration</td>
<td>12:00 - 19:00</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td>Friday 22 Apr</td>
<td>Registration</td>
<td>12:00 - 19:00</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td>Saturday 23 Apr</td>
<td>Registration</td>
<td>10:00 - 16:00</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Discovery Duathlon Race Day</td>
<td>07:30 - 17:00</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td>Sunday 24 Apr</td>
<td>Race Village Opens</td>
<td>05:30 - 08:30</td>
<td>Green Point Athletics Stadium</td>
</tr>
<tr>
<td></td>
<td>Standard Distance Start</td>
<td>07:30 - 08:40</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Sprint Distance Start</td>
<td>08:00 - 10:00</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Women’s Race</td>
<td>14:06 - 15:30</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>Elite Men’s Race</td>
<td>16:36 - 17:50</td>
<td>North Wharf, V&amp;A Waterfront</td>
</tr>
<tr>
<td></td>
<td>T3 Party</td>
<td>19:00</td>
<td>Shimmy Beach Club</td>
</tr>
</tbody>
</table>

---

**Age Group Course**

- **Swim**
  - Olympic - 500m (1 lap)
  - Sprint - 300m (1 lap)
  - Run - 40km
- **Transition**
  - T1
  - T2
- **Finish**
  - North Wharf, V&A Waterfront

---

*Course subject to change, refer to capetown.triathlon.org for up to date information.*
ATHLETES PROFILE

ELITE WOMEN

FLORA DUFFY (BER) 2
Twitter: @floraduffy
Website: floraduffy.com
Date of Birth: 20 September, 1987
Place of Birth: Paget Parish, Bermuda
Past Olympic Games:
45th – 2012 London Olympic Games
ITU Highlights
1st – 2015 Sardegna ITU Cross Triathlon World Championships, 2012 Huatulco ITU Triathlon World Cup, 2011 Mazatlan ITU Triathlon Pan American Cup
Note: Started competing in triathlon at age 7
Represented Bermuda in swimming at the 2004 Junior Commonwealth Games
International Debut: Mrs. T’s Chicago, USA
Junior Worlds, Gaiman 2005 Sprint distance 1:07:47
Commonwealth Games, Melbourne 2006, Olympic distance 2:00:35
Commonwealth Games 2006

JODIE STIMPSON (GBR) 3
Twitter: @jodiestimpson
Website: www.jodiestimpson.co.uk/
Date of Birth: 7 February 1989
Hometown: Bilbury, West Midlands
ITU Highlights:
2014 Glasgow Commonwealth Games Champion, Elite Women
2014 Glasgow Commonwealth 4x Mixed Relay Champion
2nd – 2013 World Triathlon Series silver medalist, 2013 ITU Mooloolaba World Cup

VENDULA FRINTOVA (CZE) 7
Twitter: @vendulafrintova
Website: http://frintova.aitom.cz/
Date of Birth: 4 September 1983
Place of Birth: Nachod, CZE
Past Olympic Games
15th, 2012 London Olympic Games
ITU Highlights
1st – 2010 Mooloolaba World Cup
3rd – 2015 New Plymouth ITU Triathlon World Cup, 2013 Alanya ITU Triathlon European Championships, 2013 Sarisota ITU Triathlon Pan American Cup, 2006 Richards Bay Triathlon World Cup

MARI RABIE (RSA) 11
Twitter: @marirabie
Date of Birth: 10 September 1986
Place of Birth: Cape Town
Residence: Stellenbosch RSA
ITU Highlights:
4th – 2016 New Plymouth ITU Triathlon World Cup
1st – 2016 Buffalo City ATU Triathlon African Championship
1st – 2015 Hong Kong ASTC Sprint Triathlon Asian Cup
2nd – 2015 Le Munne ATU Sprint Triathlon African Cup
2nd – 2015 Sharm El Sheikh ATU Triathlon African Championships and Pan Arab Championships

AINHOA MURUA (ESP) 17
Twitter: @ainhoamuruix
Website: ainhoamuru.com
Date of Birth: 18 July 1978
Place of Birth: Zarautz, Spain
Residence: Zarautz, Spain
Past Olympic Games:
7th – London 2012
28th – Beijing 2008
24th – Athens 2004
ITU Highlights:
1st – 2013 ITU Vaejavy World Cup
2nd – 2012 Elat ITU European Triathlon Championships
3rd – 2015 Geneva ITU Triathlon European Championships, 2010 Tongyeong ITU Triathlon World Cup
4th – 2011 Pontevedra ETU European Triathlon Championships, 2010 Athlone ITU European Triathlon Championships, 2005 Lausanne ETU European Triathlon Championships, 2009 Ishigaki ITU Triathlon World Cup, 2008 Cancun ITU Triathlon World Cup, 2004 Salford ITU Triathlon World Cup
2 time European Cup winner
5th – 2014 ITU World Triathlon Cape Town
Notable:
Became one of only a few athletes to compete at three consecutive Olympic Games in London Made her ITU debut in 2001 and has competed in 100 ITU races, and finishes 42 times in the top 10
ATHLETES PROFILE

ELITE MEN

MARIO MOLA (ESP) 1

Twitter: @maminoma
Website: http://mariomola.com
Date of Birth: 24 February 1990
Place of Birth: Palma de Mallorca, Balaeric Islands, Spain
Residence: Madrid, Spain

Olympics:
18th – London 2012

ITU Highlights:
2013 Runner up World Champ
2014 Runner up World Champ
2009 ITU Junior Men World Champion
1st – 2014 ITU World Triathlon Dubai
1st – 2014 New Plymouth ITU Triathlon World Cup
3rd – 2014 Mooloolaba ITU Triathlon World Cup
2nd – 2015 ITU World Triathlon Gold Coast
2nd – 2014 ITU World Triathlon Grand Final Edmonton
2nd – 2014 ITU World Triathlon Yokohama

RESIDENCE: Benedita, Portugal
PLACE OF BIRTH: Benedita, Portugal

FUERNO ALARZA (ESP) 2

Twitter: @fernandoalarza
Website: fernandoalarza.com
Date of Birth: 23 March 1991

ITU Highlights:
2010 Dextro Energy Triathlon - ITU Triathlon World Championship Grand Final Budapest, Junior Men Champion
1st – 2013 Banyoles ITU Triathlon Premium European Cup, 2013 Quarteira ITU European Cup

3rd – 2014 Mendoza PATCO Triathlon Pan American Cup, 2012 Lanceh ITU Sprint Triathlon African Cup, 2012 Quarteira ITU Triathlon European Cup

CRISSANTO GRAJALES (MEX) 5

Twitter: @CrisantoGrajales
Data of Birth: 6 May 1987
Place of Birth: Veracruz, Mexico

Past Olympic Games:
28th – London 2012

ITU Highlights:
U23 2008 Monterrey ITU Aquathlon World Champion

JONATHAN BROWNLEE (GBR) 9

Twitter: @jonny_brownlee
Data of Birth: 30 April 1990
Place of Birth: Yorkshire, Great Britain
Residence: Leeds, Yorkshire, Great Britain

Olympics:
3rd – London 2012

ITU Highlights:
2014 Glasgow Commonwealth Games 4X4 Mixed Relay Champion
2014 Hamburg ITU Triathlon Mixed Relay World Champion, 4X4 Mixed Relay
2013 ITU World Triathlon Series silver medallist, 2012 ITU World Champion
2012 ITU Mixed Team Relay World Champion
2010 & 2011 ITU Sprint Triathlon World Champion
2010 ITU U23 World Champion

JOAO SILVA (POR) 9

Data of Birth: 15 May 1989
Place of Birth: Benfica, Portugal
Residence: Benfica, Portugal

ITU Highlights:
1st – 2012 & 2011 ITU World Triathlon Yokohama, 2010 Monterrey ITU Triathlon World Cup
3rd – 2014 New Plymouth ITU Triathlon World Cup

4th – 2015 ITU World Triathlon Abu Dhabi

Notable:
His triathlon career started in 2005 when he competed at the World Cross Country Junior World Championship. He was the first Spanish triathlete to win an ITU event and made his Olympic debut in 2008. He consistently runs under 30 minutes.

His time was football but he started taking part in triathlon at the age of 14. His Olympic gold medalist brother, is an all-round triathlete and strong in each of the three disciplines.

Before starting triathlon full time, was a successful fell and cross country runner. One of only a few men on the tour who consistently runs under 30 minutes.

Eared bronze in his Olympic debut, two wins from two races to start the season, in Mooloolaba and Sydney, followed by a silver medal in San Diego. Densham also sat out the 2015 and much of the 2014 ITU seasons largely due to illness. She is married to Jonathan Hall, the Junior National Coach for Canada.
2015 REVIEW

ABU DHABI

The 2015 season kicked off in Abu Dhabi, with the Capital of the United Arab Emirates playing host as the first city in the Middle East to host a race in the history of ITU. Picking up from where she left off after claiming the 2014 World Champion title, Gwen Jorgensen (USA) opened up her season in a winning come from behind fashion after being down by over minute heading into the run. In the men’s field, Spaniard Mario Mola earned his second-ever World Triathlon Series title when he broke away from a three-man pack and made a final push for home to the finish line.

AUCKLAND

With Auckland having a rich history of delivering Jonathan Brownlee the silver medal, 2015 proved to be the year to right that wrong for the Brit. In the men’s race, he turned in a master-class performance over the tough, hilly course made even more difficult in the wet conditions to beat out the reigning WTS Auckland champion Javier Gomez Noya (ESP). On her third attempt, Gwen Jorgensen added Auckland to her list of gold medal novelties. The victory rocketed the American to 10 WTS wins and cemented her place at the top of the Threeneedle leader board after her win in Abu Dhabi.

GOLD COAST

In the third stop of the Series, Gold Coast became a momentous stop in the 2015 season. The women’s race was historical after seeing USA’s Gwen Jorgensen claim her third consecutive victory of the season and eighth in her career, giving her the longest-running WTS streak of any elite woman since the inception of the Series. The USA women also swept the podium after Sarah True and Katie Zaferes earned the silver and bronze. Jonathan Brownlee (GBR) stood at the top of the podium for the men’s side and delivered him a back-to-back victory on the season, before an injury that would take him out until the Grand Final.

CAPE TOWN

Triathlon came to Cape Town to land the sport on the continent of Africa for the first time in WTS history. As the fourth stop on the tour, the results ended up giving new and old faces a bit of glory after Great Britain’s Vicky Holland and Alistair Brownlee claimed the golds. In the women’s race, Holland out-performed the competition that rewarded her first ever WTS victory. While on the men’s side, Alistair Brownlee returned to the circuit after suffering an injury the year before and once again outran Spain’s Javier Gomez and solidify his 18th career WTS win.

YOKOHAMA

The race in Yokohama marked the halfway point of the 2015 season. USA’s Gwen Jorgensen pulled off her fourth win of the season after a dominating win ahead of her competition by crossing the finish line with a commanding lead of over a minute. During the men’s race Spain’s Javier Gomez earned his first WTS gold of the season after a thrilling blue carpet sprint finish over Great Britain’s Alistair Brownlee.

LONDON

The London race always brings an extra ounce of excitement during the Series and this year it was no exception. Hometown hero Alistair Brownlee wowed the crowd and reclaimed the gold medal in front of his Nation’s people. The women’s race offered up another slice of ITU History when the U.S. swept the podium for a second time in the season as Gwen Jorgensen, Katie Zaferes and Sarah True took home the gold, silver and bronze.

HAMBURG

As the biggest and most anticipated race in the Series, 2015 brought forth a fresh face to the men’s podium. Young Frenchman Vincent Luis finally secured his first WTS victory after a breakthrough run. His first gold came after making podium in every race contended in so far in the season. He then followed up the win by joining forces with his French compatriots to earn the gold medal in the Mixed Relay World Championships and deliver France their first World title. In contrast, seasoned veteran to the top of the podium, Gwen Jorgensen dominated the Hamburg course and claimed her sixth win of the season.

STOCKHOLM

Tackling the cobblestone streets and the last stop of the European leg of the Series, both victories on the men’s and women’s sides went to triathletes that conquered personal feats in the Swedish capital. Winning the title for the first time in 2014, USA’s Sarah True returned for vengeance and was able to succeed in securing a back-to-back title. Despite his long list of victories and accolades in his WTS career, Stockholm was the one city that Spain’s Javier Gomez had yet to vanquish. After a strong and consistent performance through the swim, bike and run, he finally accomplished his goal and was able to add the city to his list of gold medal victories.

EDMONTON

As the last race in the season before the Grand Final in Chicago, all athletes were looking to add as many rankings points as they could. Cold weather conditions brought a new level of competition to the field and all contending athletes performed phenomenally. Earning his first ever WTS victory, Richard Murray of South Africa staged his perfect race to ultimately be honoured with a gold. Great Britain’s Vicky Holland also dominated the conditions to claim her second WTS victory of the season.

CHICAGO

The Grand Final spared no expense when it came to race excitement as it gave spectators a glimpse of not one, but moments of iconic triathlon history. American Gwen Jorgensen became a piece of triathlon royalty when she not only won a back-to-back World Championship title, but did so by becoming the only elite to win after having a perfect season. Jorgensen pushed forward in a last effort on the run to break away from Great Britain’s Non Stanfond and Vicky Holland and secured her seventh WTS victory of the 2015 season and increased her outstanding winning streak to 12. The final men’s race of the season saw Spain’s Mario Mola outstrip compatriot Javier Gomez in the last kilometre to reach the top of the podium and earn the rights to the own the fastest run split time in ITU history. Gomez claimed the silver, but it was good enough to fulfil his drive for five World Championship titles and become the only triathlete to do so.
PAST WORLD CHAMPIONS

ELITE

<table>
<thead>
<tr>
<th>YEAR</th>
<th>HOST</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>Chicago, USA</td>
<td>Javier Gomez (ESP)</td>
<td>Gwen Jorgensen (USA)</td>
</tr>
<tr>
<td>2014</td>
<td>Edmonton, CAN</td>
<td>Javier Gomez (ESP)</td>
<td>Gwen Jorgensen (USA)</td>
</tr>
<tr>
<td>2013</td>
<td>London, ENG</td>
<td>Javier Gomez (ESP)</td>
<td>Non Stanford (ENG)</td>
</tr>
<tr>
<td>2012</td>
<td>Auckland, NZL</td>
<td>Jonathan Brownlee (GBR)</td>
<td>Lisa Norden (SWE)</td>
</tr>
<tr>
<td>2011</td>
<td>Beijing, CHN</td>
<td>Alistair Brownlee (GBR)</td>
<td>Helen Jenkins (GBR)</td>
</tr>
<tr>
<td>2010</td>
<td>Budapest, HUN</td>
<td>Javier Gomez (ESP)</td>
<td>Emma Moffat (AUS)</td>
</tr>
<tr>
<td>2009</td>
<td>Gold Coast, AUS</td>
<td>Alistair Brownlee (GBR)</td>
<td>Emma Moffat (AUS)</td>
</tr>
<tr>
<td>2008</td>
<td>Vancouver, CAN</td>
<td>Javier Gomez (ESP)</td>
<td>Helen Tucker (GBR)</td>
</tr>
<tr>
<td>2007</td>
<td>Hamburg, GER</td>
<td>Daniel Unger (GER)</td>
<td>Vanessa Fernandes (POR)</td>
</tr>
<tr>
<td>2006</td>
<td>Lausanne, SUI</td>
<td>Tim Don (GBR)</td>
<td>Emma Snowsill (AUS)</td>
</tr>
<tr>
<td>2005</td>
<td>Gamagori, JPN</td>
<td>Peter Robertson (AUS)</td>
<td>Emma Snowsill (AUS)</td>
</tr>
<tr>
<td>2004</td>
<td>Madeira, POR</td>
<td>Bevan Docherty (NZL)</td>
<td>Sheila Taormina (USA)</td>
</tr>
<tr>
<td>2003</td>
<td>Queenstown, NZL</td>
<td>Peter Robertson (AUS)</td>
<td>Emma Snowsill (AUS)</td>
</tr>
<tr>
<td>2002</td>
<td>Cancun, MEX</td>
<td>Ivan Rana (ESP)</td>
<td>Leanda Cave (GBR)</td>
</tr>
<tr>
<td>2001</td>
<td>Edmonton, CAN</td>
<td>Peter Robertson (AUS)</td>
<td>Siri Lindley (USA)</td>
</tr>
<tr>
<td>2000</td>
<td>Perth, AUS</td>
<td>Olivier Marcou (FRA)</td>
<td>Nicole Hackett (AUS)</td>
</tr>
<tr>
<td>1999</td>
<td>Montreal, CAN</td>
<td>Dmitriy Gaag (KAZ)</td>
<td>Loretha Harrop (AUS)</td>
</tr>
<tr>
<td>1998</td>
<td>Lausanne, SUI</td>
<td>Simon Lessing (GBR)</td>
<td>Joanne King (AUS)</td>
</tr>
<tr>
<td>1997</td>
<td>Perth, AUS</td>
<td>Chris McCormack (AUS)</td>
<td>Emma Carney (AUS)</td>
</tr>
<tr>
<td>1996</td>
<td>Cleveland, USA</td>
<td>Simon Lessing (GBR)</td>
<td>Jackie Gallagher (AUS)</td>
</tr>
<tr>
<td>1995</td>
<td>Cancun, MEX</td>
<td>Simon Lessing (GBR)</td>
<td>Karen Smyers (USA)</td>
</tr>
<tr>
<td>1994</td>
<td>Wellington, NZL</td>
<td>Spencer Smith (GBR)</td>
<td>Emma Carney (AUS)</td>
</tr>
<tr>
<td>1993</td>
<td>Manchester, GBR</td>
<td>Spencer Smith (GBR)</td>
<td>Michelle Jones (AUS)</td>
</tr>
<tr>
<td>1992</td>
<td>Musoka, CAN</td>
<td>Simon Lessing (GBR)</td>
<td>Michelle Jones (AUS)</td>
</tr>
<tr>
<td>1991</td>
<td>Queensland, AUS</td>
<td>Miles Stewart (AUS)</td>
<td>Joanne Ritchie (CAN)</td>
</tr>
<tr>
<td>1990</td>
<td>Orlando, USA</td>
<td>Greg Welch (AUS)</td>
<td>Karen Smyers (USA)</td>
</tr>
<tr>
<td>1989</td>
<td>Avignon, FRA</td>
<td>Mark Allen (USA)</td>
<td>Erin Baker (NZL)</td>
</tr>
</tbody>
</table>

ITU WORLD CHAMPIONS BY COUNTRY

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>TOTAL</th>
<th>ELITE</th>
<th>UNDER23</th>
<th>JUNIORS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Man</td>
<td>Women</td>
<td>Man</td>
<td>Women</td>
</tr>
<tr>
<td>Australia</td>
<td>35</td>
<td>6</td>
<td>14</td>
<td>2</td>
</tr>
<tr>
<td>Great Britain</td>
<td>27</td>
<td>10</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>France</td>
<td>12</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>United States</td>
<td>10</td>
<td>1</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Germany</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Spain</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>New Zealand</td>
<td>7</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Switzerland</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Canada</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Sweden</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Portugal</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Ukraine</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>South Africa</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Russia</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Poland</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Kazakhstan</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Japan</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Denmark</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Brazil</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>35</td>
<td>6</td>
</tr>
<tr>
<td>Great Britain</td>
<td>27</td>
<td>10</td>
</tr>
<tr>
<td>France</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td>United States</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Germany</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Spain</td>
<td>9</td>
<td>6</td>
</tr>
<tr>
<td>New Zealand</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Switzerland</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Canada</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Sweden</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Portugal</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Ukraine</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>South Africa</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Russia</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Poland</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Kazakhstan</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Japan</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Denmark</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Brazil</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
Most World Championship Series Wins

### Men
- 19 – Alistair Brownlee (GBR)
- 12 – Javier Gomez (ESP)
- 9 – Jonathan Brownlee (GBR)
- 2 – Bevan Docherty (NZL)
- 2 – Joao Silva (POR)
- 2 – Jan Frodeno (GER)
- 1 – Jarrod Shoemaker (USA)
- 1 – Stuart Hayes (GBR)
- 1 – Brad Kahlefeldt (AUS)
- 1 – Steffen Justus (GER)
- 2 – Richard Murray (RSA)
- 2 – Mario Mola (ESP)

### Women
- 15 – Gwen Jorgensen (USA)
- 5 – Emma Moffatt (AUS)
- 5 – Paula Findlay (CAN)
- 4 – Nicola Spirig (SUI)
- 4 – Lisa Norden (SWE)
- 3 – Andrea Hewitt (NZL)
- 3 – Anne Haug (GER)
- 3 – Barbara Riveros Diaz (CHI)
- 2 – Erin Densham (AUS)
- 2 – Helen Jenkins (GBR)
- 2 – Vihti Holland (GBR)
- 2 – Non Stanford (GBR)
- 1 – Daniela Ryf (SUI)
- 1 – Anne Haug (GER)

**As of November 17, 2015**

Most World Championship Series Wins in a Single Season

### Men
- 5 – Alistair Brownlee (GBR) 2009
- 4 – Alistair Brownlee (GBR) 2011
- 4 – Javier Gomez (ESP) 2014
- 3 – Alistair Brownlee (GBR) 2013
- 3 – Javier Gomez (ESP) 2013
- 2 – Javier Gomez (ESP) 2010
- 2 – Alistair Brownlee (GBR) 2010
- 2 – Alistair Brownlee (GBR) 2015
- 2 – Jonathan Brownlee (GBR) 2015
- 2 – Javier Gomez (ESP) 2015
- 2 – Mario Mola (ESP) 2015

### Women
- 7 – Gwen Jorgensen (USA) 2015
- 5 – Gwen Jorgensen (USA) 2014
- 4 – Emma Moffatt (AUS) 2009
- 4 – Paula Findlay (CAN) 2011
- 3 – Lisa Norden (SWE) 2012
- 2 – Erin Densham (AUS) 2012
- 2 – Alistair Brownlee (GBR) 2014
- 2 – Helen Jenkins (NZL) 2014
- 2 – Emma Moffatt (AUS) 2010
- 2 – Emma Moffatt (AUS) 2009
- 2 – Lisa Norden (SWE) 2012
- 2 – Erin Densham (AUS) 2012
- 2 – Barbara Riveros Diaz (CHI) 2012

**As of November 17, 2015**
FAQ

HOW CAN ATHLETES QUALIFY TO COMPETE IN THE SERIES?
National Federations (NF) will enter athletes and the start list will be based on the current athlete’s ranking. Each NF will be allowed a maximum of six athletes with the host NF given a maximum of eight spots. A maximum of 65 men and 65 women will make up the Elite category with up to 75 men and 75 women in the Grand Final.

HOW DO ATHLETES QUALIFY FOR THE GRAND FINAL?
Athletes qualify through a detailed qualification process, which takes into account his or her world championship ranking, ITU points standing and respective continental championships.

WILL THERE BE INVITATIONS FOR “NEW FLAG” AND/OR “SPORT DEVELOPMENT” ATHLETES?
Spots at the start line will continue to be reserved for athletes from developing countries who have proven ability to compete at this level.

HOW CAN THE PUBLIC FOLLOW THEIR FAVOURITE ATHLETES?
The public may keep track of all their favourite triathletes at www.triathlon.org where all athlete bios, current rankings and event times may be found, and can watch races live with a subscription through www.triathlonlive.tv.

HOW DOES ITU IMPLEMENT ANTI-DOPING STRATEGIES?
The ITU has accepted the World Anti-Doping Agency’s (WADA) Code to help keep the sport of triathlon clean; the ITU Anti-Doping Rules are in compliance with the World Anti-Doping Code. Please visit www.triathlon.org/about/anti-doping for more information.

GLOSSARY

OLYMPIC DISTANCE TRIATHLON
1.5km swim, 40km bike, 10km run

SPRINT-DISTANCE TRIATHLON
750m swim, 20km bike, 5km run

ELITE TRIATHLETE
A professional triathlete who competes at an international level.

AGE-GROUP TRIATHLETE
A non-professional (i.e. amateur) triathlete who competes against other athletes within their five-year age bracket (e.g. 25-29, 30-34, etc.).

BRI CK WORK OUT
A combination workout during which an athlete completes a swim and bike or bike and run back-to-back.

DNF
“Did not finish”

DNS
“Did not start”

T1
Transition 1: The change from swim to bike.

T2
Transition 2: The change from bike to run.

DRAFTING
All ITU World Triathlon Series and ITU World Cup events are draft legal on the bike, allowing athletes to follow directly behind the rider in front of him or her in order to save energy.

SPLIT TIME
An athlete’s time for one segment of the race (swim, bike or run).

LAP TIME
An athlete’s time for a single swim, bike or run lap.

PENALTY BOX
An athlete may be given a 15-second penalty in the Penalty Box if assessed by a Technical Official to have unintentionally infringed the rules – for example, failure to properly place one’s helmet in the designated box after T2. The Penalty Box only appears in the run segment.
WITH THANKS TO OUR EVENT PARTNERS:

Official Title Partner
Discovery

Official Presenting Partner

Host Partners
City of Cape Town

Host Federations

Official Partners
Pick n Pay

Schools Challenge Presenting Partner

Official Suppliers
TsoGo Sun

Media Partners
Women's Health

WWW.CAPETOWN.TRIATHLON.ORG