

X TERRA®

SOUTH AFRICA



27 Feb - 1 March

2026

ATHLETES GUIDE

ELGIN GRABOUW SPORTS CLUB

XTEERRA®

SOUTH AFRICA

REGISTRATION & RACE SCHEDULE

REGISTRATION WILL TAKE PLACE AT GRABOUW COUNTRY CLUB FOR ALL DISCIPLINES.

Fri 27th Feb 15:00 - 19:00 | Sat 28th Feb 06:00 - 12:00 | Sun 1st March 06:00 - 12:00

27
Feb

FRI.

14:00 Race Village and Expo opens
15:00 - 19:00 Race Pack pick up and late entries for all Races

28
Feb

SAT.

08:00 START - Full Distance Triathlon
08:00 START - Full Duathlon
12:00 START - Kids Race (6 - 8 years)
12:30 START - Kids Race (9 - 11 years)

01
Mar

SUN.

07:00 START - Half Marathon Trail Run
07:30 START - 10K Trail Run
07:45 START - 6K Trail Run
08:30 START - Sprint Triathlon (Individual & Relays)
08:30 START - Sprint Duathlon
08:30 START - Youth B & Junior Triathlon
10:30 START - Youth A Triathlon



ELGIN GRABOUW SPORTS CLUB

EVENT INFO

01.**When do online entries close?**

Online entries will close on Friday 27th February at 12:01am - in order to qualify for XTERRA World Champs and SA Champs you will need to register online.

We will be accepting late entries on Race Day.

02.**Where is the event venue?**

The XTERRA South Africa Venue is the Elgin Grabouw Sports Club approximately 1 hour from Cape Town International Airport.

03.**How do I get there?**

Travelling from Cape Town (as well as Cape Town International Airport) you will take the N2 towards George traveling away from Cape Town, through Somerset West and over Sir Lowrys Pass. Once on the other side of the pass you will turn Left opposite the Peregrine Farm Stall taking the second road you your right (Worcester Road) and then follow the signs to the XTERRA Race Village.

There are various car rental companies available at Cape Town International Airport as well as UBER drivers.

04.**How technical are the bike trails?**

The XTERRA Full bike course is a good mix of fun, flow, focus and climbing. About 60% single track and 40% jeep track. XTERRA World Champ - Conrad Stoltz built a flowy new 3km single track as part of the new opening loop. Then it's back to familiar trails from years before - but with a notable exclusion of The Rock Garden. For more info and downloadable GPX files, go to XTERRA South Africa website.

05.**How technical is the run course?**

The run course is approx 85% single track and 15% jeep track. The trails are well defined and not very technical, except for the Swamble section where athletes will wade down a stream with a rocky bottom. Lifeguards will be present. For maps and course profile, visit our website.

06.**Are wetsuits allowed for swimming?**

XTERRA South Africa is a TSA (Triathlon South Africa) Sanctioned event so all TSA RULES will apply.

- All Athletes are allowed a wetsuit if the water temperature on morning of the event is 22 Degrees Celsius and below.

07.**Will I be able to rent a wetsuit?**

You will be able to rent a wetsuit on the day from our partners at Sailfish: marten@sailfish.co.za

EVENT INFO (continued)**08.****Will I be able to rent a bike?**

There will be no bike rentals available at the event, however, should you require a bike rental please get in touch with us by emailing southafrica@xterra.com and we will put you in touch with Bike Rental Companies.

Bike Market

<https://bikemarket.co.za/home/bicycle-rentals/>

info@bikemarket.co.za

Contact: +27 61 528 8020 / +27 61 525 1032

09.**Is there a bag drop for my extra gear?**

All your racing gear will need to be placed with your bike in Transition.

Should you have an extra bag with a change of clothes for once you have finished, you are more than welcome to hand this in at Registration where you will be given a tag for collection once you are done.

10.**What is the cancellation or refund policy?**

Should the Event be cancelled or postponed as a result of any events beyond the event organizer's control (i.e. due to force majeure, Communicable Diseases or legislation introduced by the South African government, etc.), then the following refund policy will apply to entrants:

- Participants will be refunded 50% of their paid for entry, should the event be cancelled or postponed within 48 hours of the event taking place, participants will be able to roll their event entry to new event date or the following year.
- There will be no refunds within 7 days of the event.
- Transfers are allowed and there will be a nominal transfer fee. Transfers can only be done by contacting Race Office via Email.

11.**What are the age limits for entry?****Full Distance Age**

18 years - 18 or older by December 31, 2025 (individual)

16 years - 16 or older by December 31, 2025 (team)

Sprint Distance Sprint

16 years - 16 or older by December 31, 2025 (individual)

14 years - 14 or older by December 31, 2025 (team)

The youth and kids races on Sunday are for the following ages:

SA Juniors 12 - 15yrs

SA Juniors 16 - 19yrs

Kiddies 9 - 11yrs

Kiddies 6 - 8yrs

The rest of the events are for athletes 16 years and up. (team)

12.**Can parents help their children?**

Yes, for the Kiddies races.

13.**Will there be any bicycle transportation services?**

We do not offer bicycle transport.

EVENT INFO (continued)

14.

Is there a physio service?

Yes, EPT will offer massages. You can book prior to the event to secure your spot info@eptrecovery.com

15.

Can I qualify for the XTERRA World Championship at this event?

By winning your age group in the full-distance triathlon you can earn a slot to enter the XTERRA World Championships. The top 5 boys and top 5 girls from the categories listed below, will qualify for XTERRA Worlds in New Mexico, USA. Youth A 14 - 15 years, Youth B 6 - 17 years and Junior 18 - 19 years. For more information of age-groups, qualification and rules.

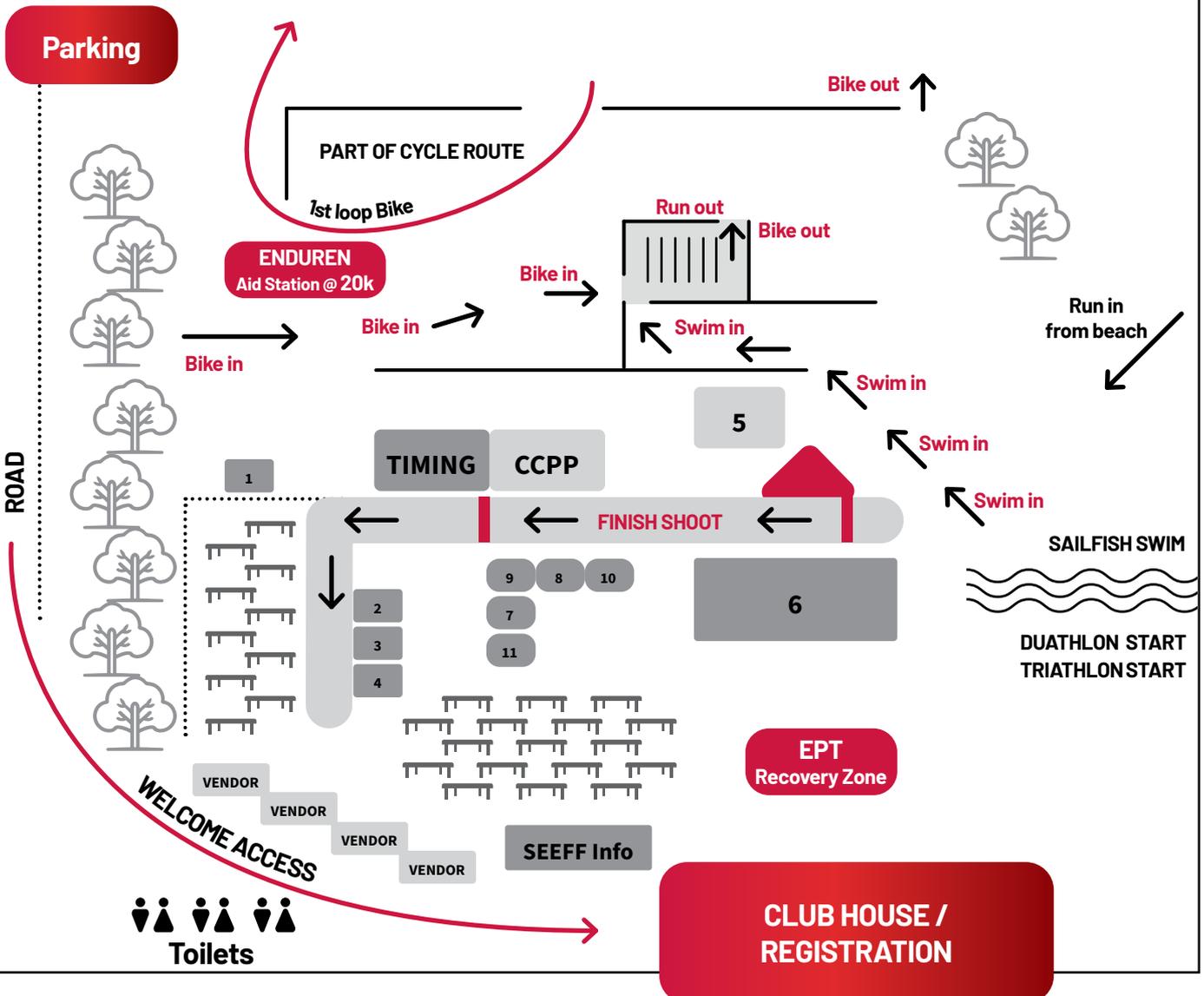
16.

How can people volunteer?

The XTERRA South Africa weekend wouldn't be possible without our amazing volunteers, and we would love to have you on our team.

If you would like to get involved please send an email to events@xterrasa.co.za and we will be in touch with you.

2026 LAYOUT



ROUTE MAPS



XTRERRA®

SOUTH AFRICA

Kids Races

X TERRA

SOUTH AFRICA

A fun kids race for all levels to enjoy. The focus is fun! Kids get to try out each stage of the triathlon experience in a fun and safe environment. The 6-8 years do a 50m splash, 880m bike and 450m run. The 9-11 years do a 100m swim (50m of the swim is a splash), 4km bike (2 laps of 2km) and 1.5K run.

6 - 8 YEARS

SWIM 50M



BIKE 880M



RUN 450M



Race Time: Saturday 12:00

Red - Run

Blue - Bike



The course is mostly on smooth jeep track and manicured grass, but there is a short, easy single track section which is slightly uphill. Parents are welcome to jog with their kids throughout the race to offer help & support!

9 - 11 YEARS

SWIM 100M



BIKE 4K



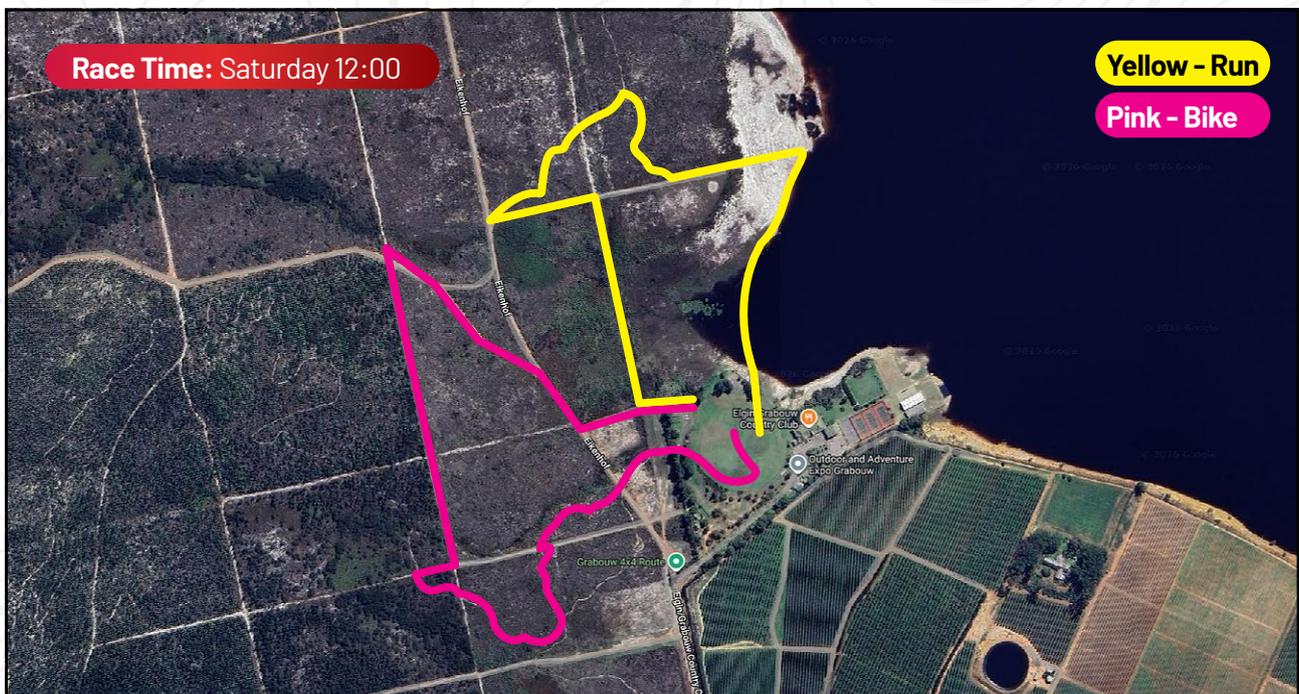
RUN 1.5K



Race Time: Saturday 12:00

Yellow - Run

Pink - Bike



This 2 lap bike course (2km per lap) is designed to welcome kids to XTERRA. It consists of 70% jeep track with a gentle climb of about 400m long and 30% single track which gently meanders amongst the pine trees. No rocks or roots, but kids need to be comfortable using the brakes and shift gears.

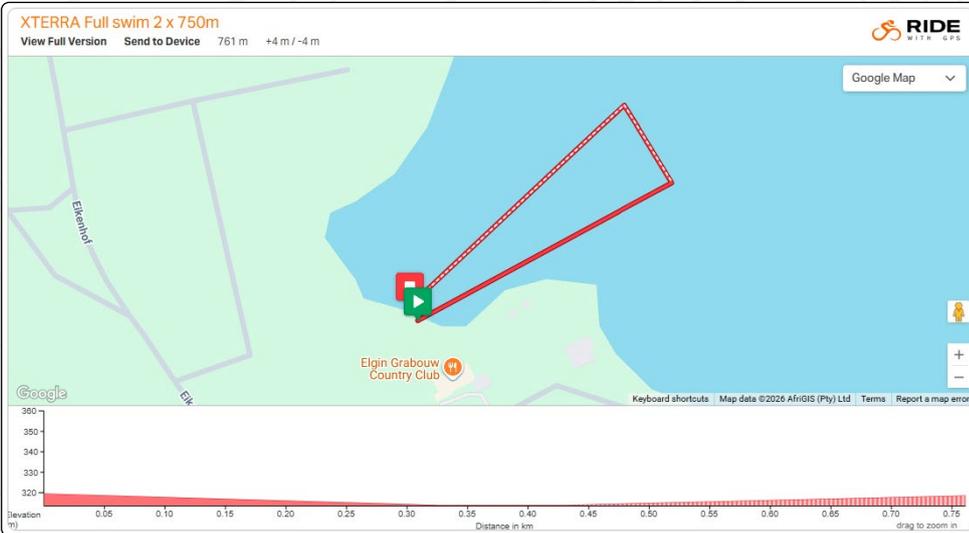
ELGIN GRABOUW SPORTS CLUB

Full Distance Triathlon

X TERRA
SOUTH AFRICA

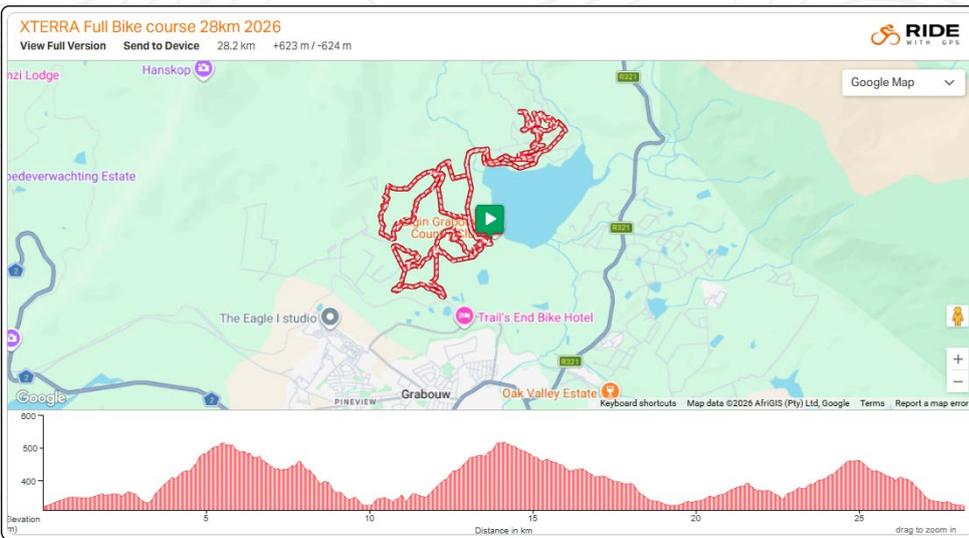
SWIM 1.5K  BIKE 30K  RUN 10K  - Individual & Relay

The Full Distance Triathlon race at the Elgin Grabouw Sports Club will see athletes from across the world competing for a slots in the XTERRA World Champs.



Starting on the shores of the Eikenhoff Dam, the swim course takes you on an out and back loop on this picturesque dam. The official swim course will only get laid out on the weekend of the event taking weather and safety into consideration. The water in the Eikenhof Dam is Coca-Cola-colored due to tannins from the fynbos roots. It sits on top of an aquifer and is fed by small mountain streams so clean that I'd drink the water anywhere. I haven't seen water like this anywhere else in the world." - Conrad Stoltz (ZAF)

[Download GPX](#) 



The XTERRA Grabouw mountain bike route has become well known across the XTERRA community.

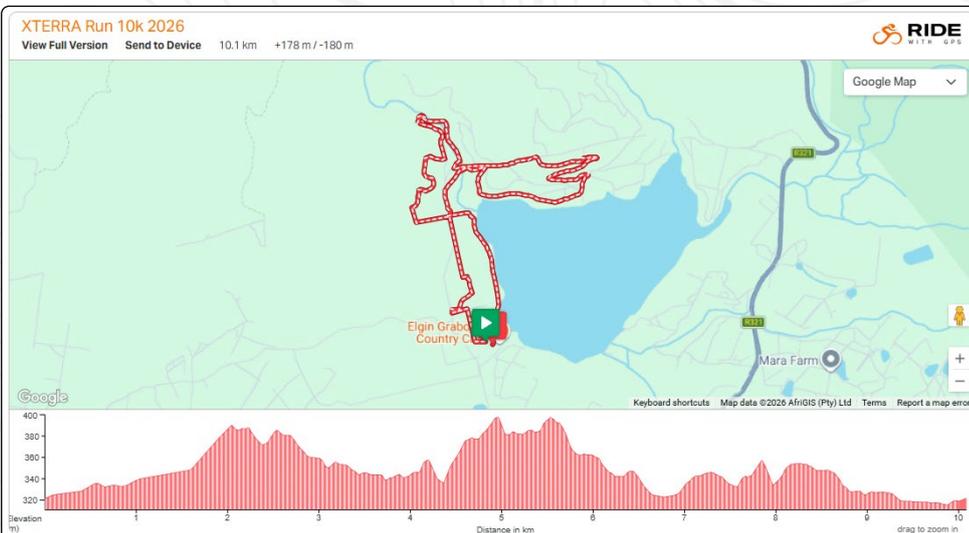
Over the past winter I, Conrad Stoltz, 7x World Champion and trail builder, have built a brand new trail called The Dream Trail, featuring fast, flowy trails on mostly hard packed clay soil. Access to this single track is via a 2K long jeep track climb, gaining 170m. After this 9KM opening jaunt, it's back out on the familiar XTERRA trails from previous years. A significant change is the Rock Garden and surrounding sandy trails will be excluded from the race.

The clover leaf design consists of a 20K loop, where once back to the Race Village, you'll go through the spectator point and Enduren aid station before tackling the final 10K loop.

This Grabouw course with its white sandstone rock formations and sandy patches features tons of single track, which makes this ride a real mountain bikers' dream, despite it "only" being 29K with 850m of vertical gain.

Download the GPX file and practice on the course in your preparation for the event. You can also hire a guide at Trails End Bike Hotel. The trail will be fully marked and ready to ride a week before the event.

[Download GPX](#) 



This 10km trail run with "only" 190m of vert gain is a trail runners' extravaganza - it is very varied - sweeping trail in the Fynbos, dense woods with wooden bridges, a steep jeep track climb, some technical bundu bashing and even a 80m Swamble down a knee to hip deep mountain stream. As always the run finishes on the Moon Landscape next to the Eikenhof Dam.

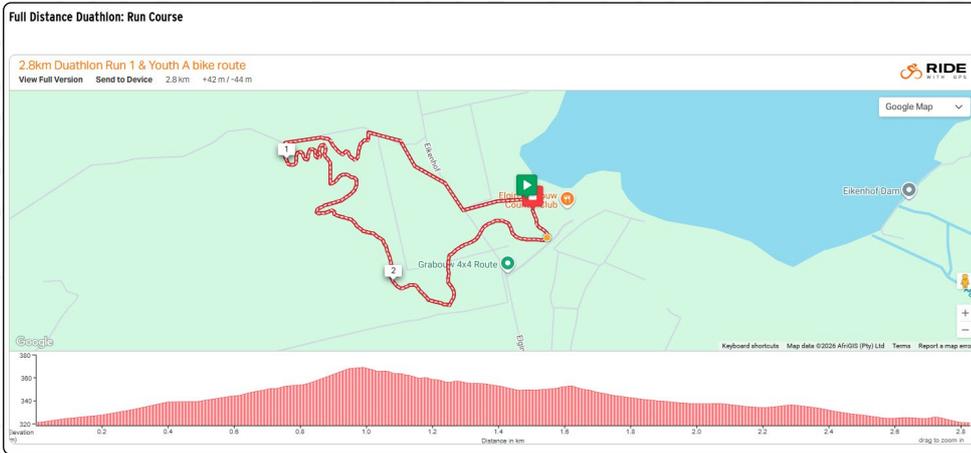
[Download GPX](#) 

Full Distance Duathlon

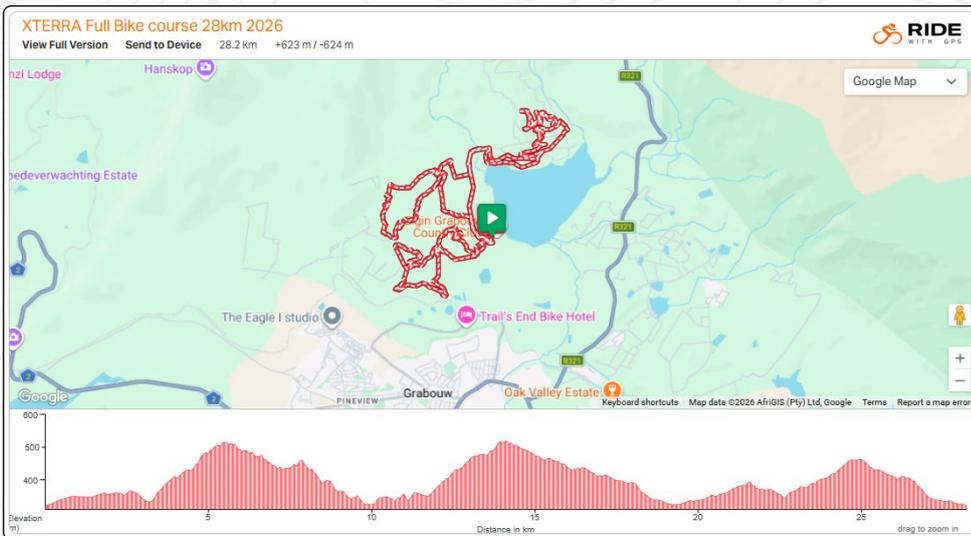
X TERRA
SOUTH AFRICA

RUN 2.5K BIKE 30K RUN 10K - Individuals & Teams

XTERRA South Africa Duathlon combines the thrills of MTB and trail running to provide a great race for athletes who enjoy the challenges and rewards of off-road trail sports set in a magnificent location. Minimum age participation is 16 years. If you are not a valid TSA Annual License holder, it is compulsory to add a temp license on the next page, if you hold an annual permit please add that ticket to cart.



Starting on the shores of the Eikenhoff Dam, the swim course takes you on an out and back loop on this picturesque dam. The official swim course will only get laid out on the weekend of the event taking weather and safety into consideration. The water in the Eikenhof Dam is Coca-Cola-colored due to tannins from the fynbos roots. It sits on top of an aquifer and is fed by small mountain streams so clean that I'd drink the water anywhere. I haven't seen water like this anywhere else in the world." - Conrad Stoltz (ZAF)



The XTERRA Grabouw mountain bike route has become well known across the XTERRA community.

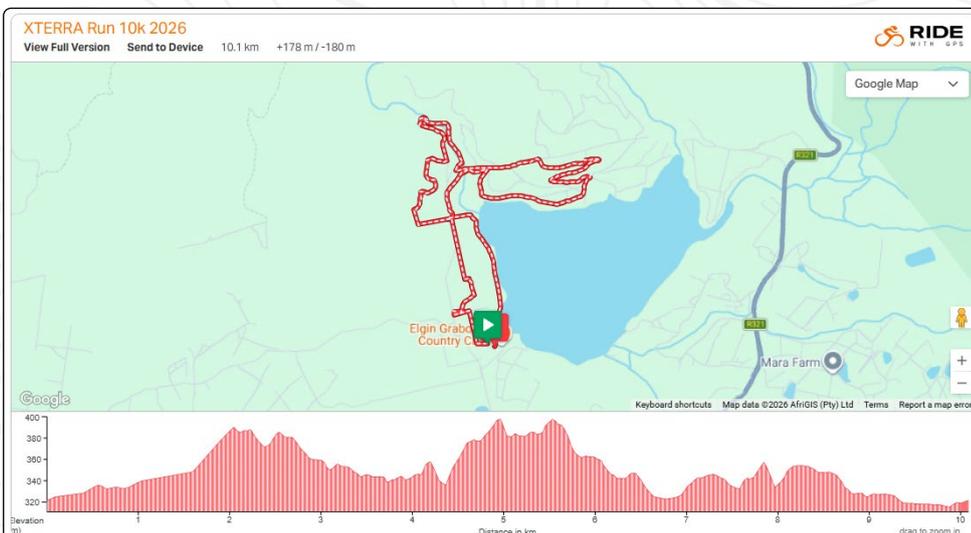
Over the past winter I, Conrad Stoltz, 7x World Champion and trail builder, have built a brand new trail called The Dream Trail, featuring fast, flowy trails on mostly hard packed clay soil. Access to this single track is via a 2K long jeep track climb, gaining 170m. After this 9KM opening jaunt, it's back out on the familiar XTERRA trails from previous years. A significant change is the Rock Garden and surrounding sandy trails will be excluded from the race.

The clover leaf design consists of a 20K loop, where once back to the Race Village, you'll go through the spectator point and Enduren aid station before tackling the final 10K loop.

This Grabouw course with its white sandstone rock formations and sandy patches features tons of single track, which makes this ride a real mountain bikers' dream, despite it "only" being 29K with 850m of vertical gain.

Download the GPX file and practice on the course in your preparation for the event. You can also hire a guide at Trails End Bike Hotel. The trail will be fully marked and ready to ride a week before the event.

[Download GPX](#)



This 10km trail run with "only" 190m of vert gain is a trail runners' extravaganza - it is very varied - sweeping trail in the Fynbos, dense woods with wooden bridges, a steep jeep track climb, some technical bundu bashing and even a 80m Swamble down a knee to hip deep mountain stream. As always the run finishes on the Moon Landscape next to the Eikenhof Dam.

[Download GPX](#)

Youth B & Junior Triathlon

X TERRA
SOUTH AFRICA

SWIM 500M



BIKE 11K

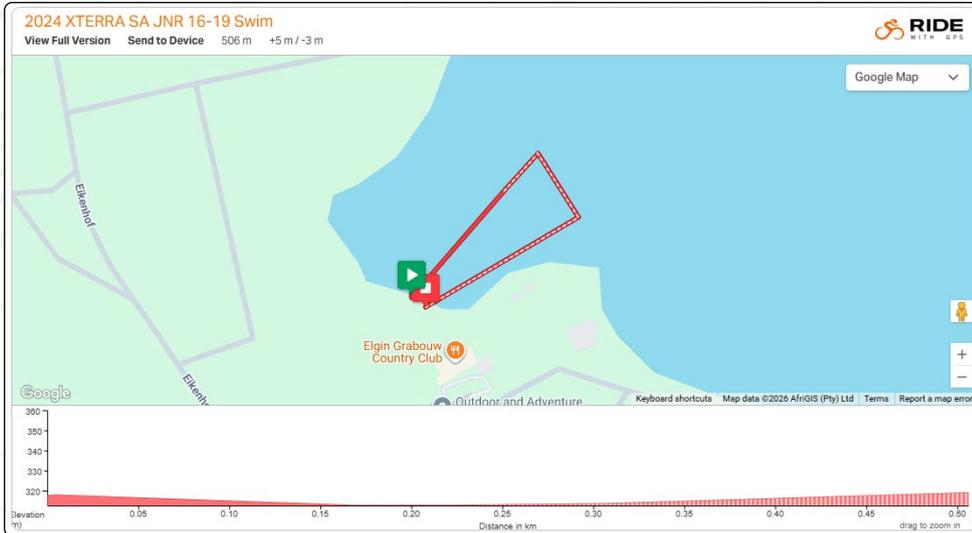


RUN 6K



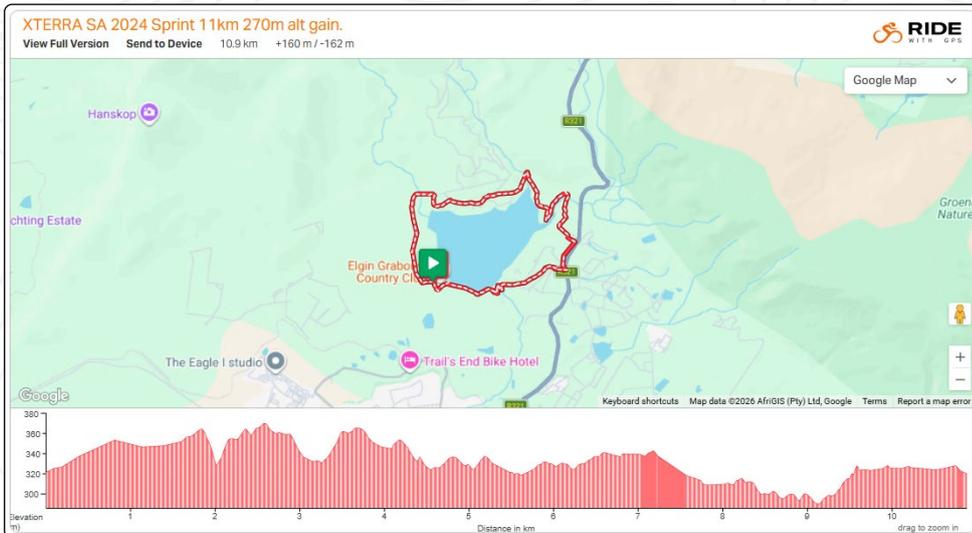
- 16 - 17 Youth B / 18 - 19 Junior

Our Juniors are tomorrows champs in the making and under the watchful eye of XTERRA South Africa's Route Director (and 7 time World Champ) Conrad Stoltz these athletes are in for a real treat as they get to experience the atmosphere of an XTERRA event!



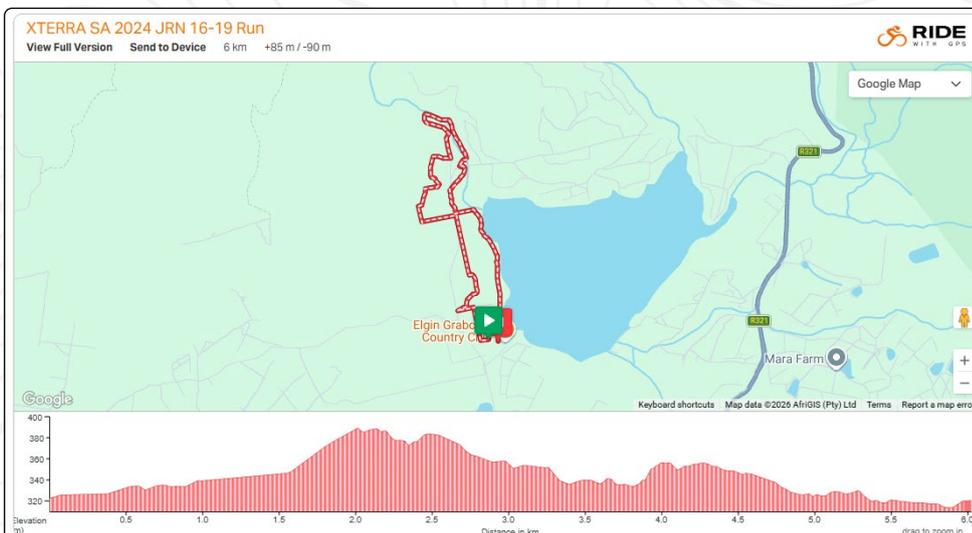
Starting on the shores of the Eikenhoff Dam, the swim course takes you on an out and back loop on this picturesque dam. The official swim course will only get laid out on the weekend of the event taking weather and safety into consideration.

Download GPX



Designed to give our Juniors a real you a taste of what its like to race an off-road triathlon, with a mix of gravel roads, jeep tracks and single tracks.

Download GPX



Following in the footsteps of the Full Triathlon, with similar views with only half the climbing and less technical terrain. This run leg has been designed to be the perfect end to the Junior Triathlon event.

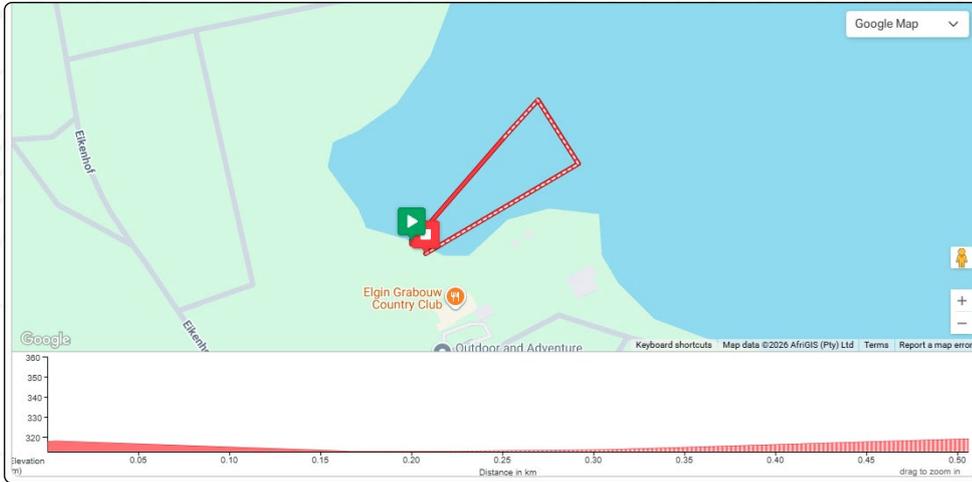
Download GPX

Sprint Triathlon - Individuals & Teams

X TERRA
SOUTH AFRICA

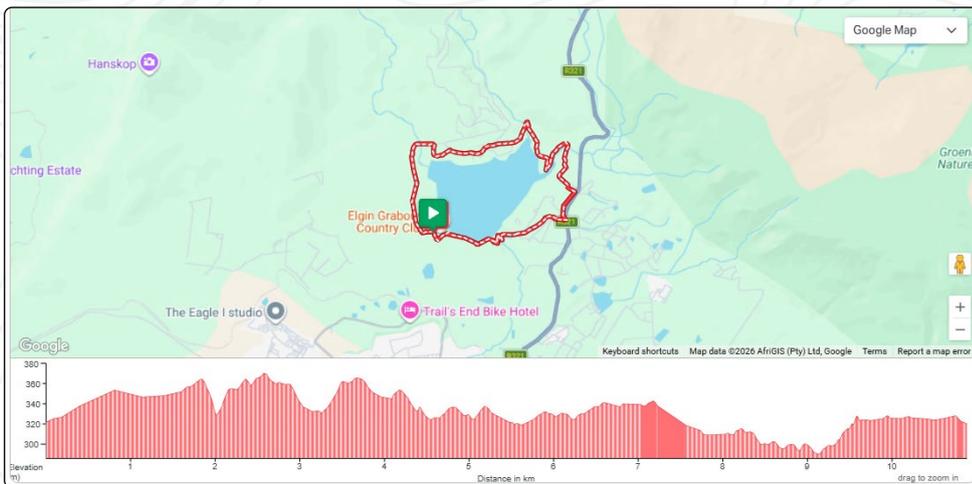
- SWIM 500M
- BIKE 11K
- RUN 6K

The Sprint Triathlon also offers the same look and feel as the Full Distance, only shorter with fewer climbs, but still gives you that feel of an XTERRA Triathlon. An ideal event to prepare you for your transition to the Full Distance.



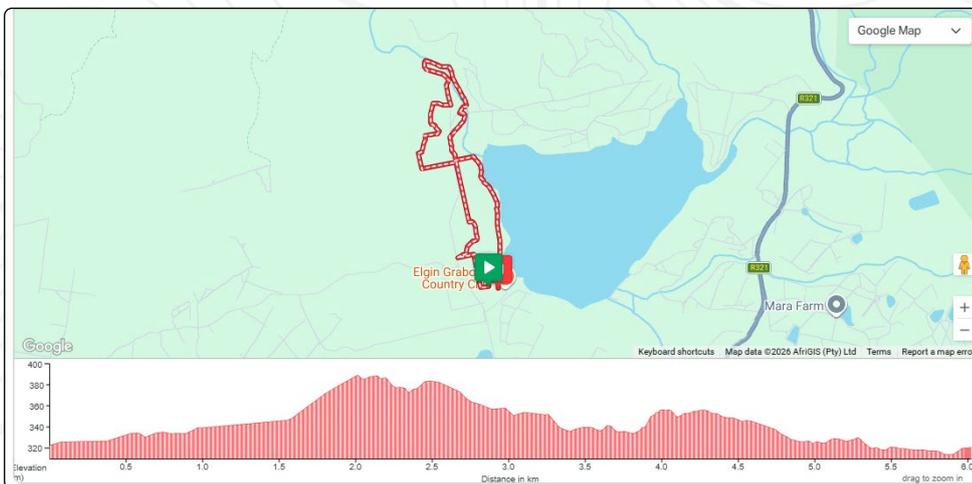
Starting on the shores of the Eikenhoff Dam, the swim course takes you on an out and back loop on this picturesque dam. The official swim course will only get laid out on the weekend of the event taking weather and safety into consideration.

[Download GPX](#)



Designed to give you a taste of what it's like to race an off-road triathlon, with a mix of gravel roads, jeep tracks and single tracks.

[Download GPX](#)



Following in the footsteps of the Full Triathlon, with similar views with only half the climbing and less technical terrain. This run leg has been designed to be the perfect end to the Sprint Triathlon event.

[Download GPX](#)

Youth A Triathlon - 12 - 13 and 14 - 15 Years

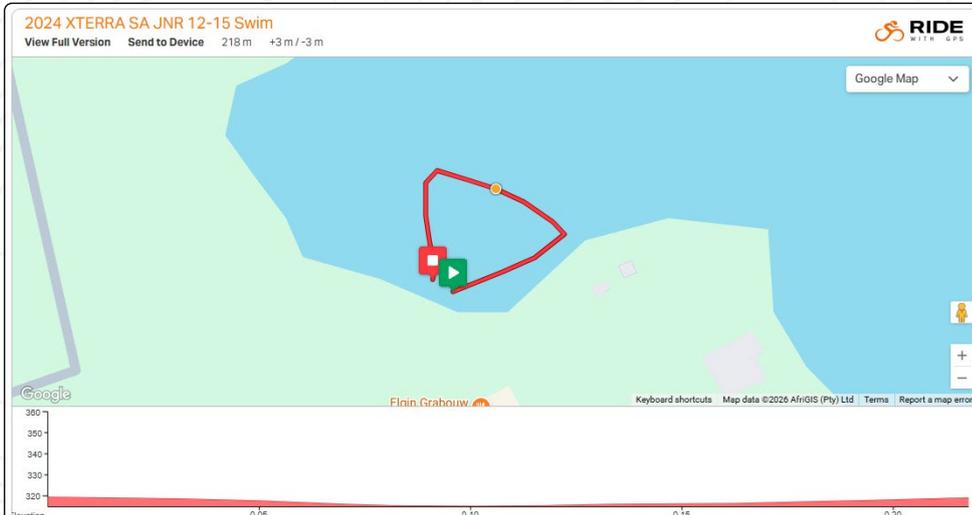
X TERRA
SOUTH AFRICA

SWIM 250M 

BIKE 7K 

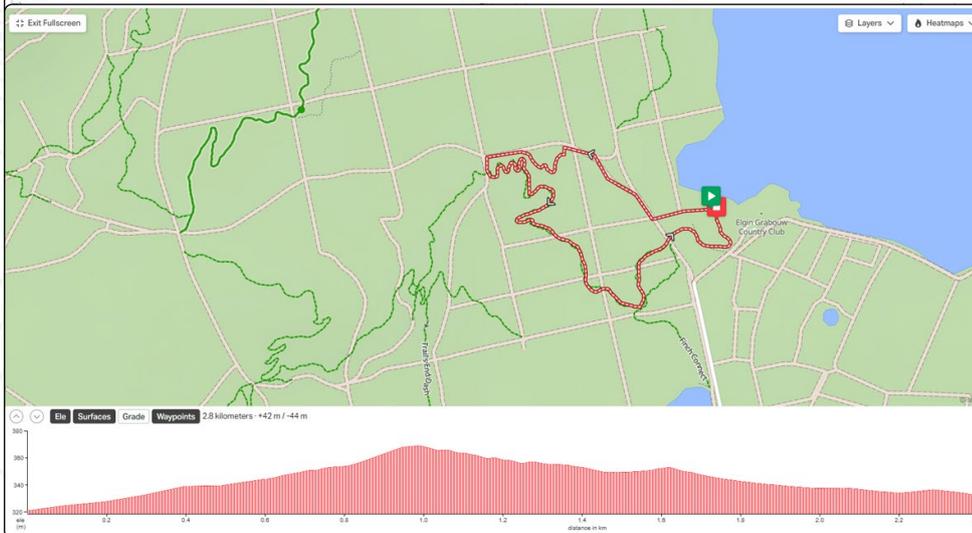
RUN 2K 

Our Juniors are tomorrows champs in the making and under the watchful eye of XTERRA South Africa's Route Director (and 7 time World Champ) Conrad Stoltz these athletes are in for a real treat as they get to experience the atmosphere of an XTERRA event! This race is reserved to 12-15 years old athletes. - Youth A - 14 - 15 years, will have their own prize giving and qualifies 5 boys and 5 girls for XTERRA World Champs. - 12 - 13 years will have their own prize giving, but unfortunately do not qualify for XTERRA Worlds yet.



Starting on the shores of the Eikenhoff Dam, the swim course takes you on an out and back loop on this picturesque dam. The official swim course will only get laid out on the weekend of the event taking weather and safety into consideration.

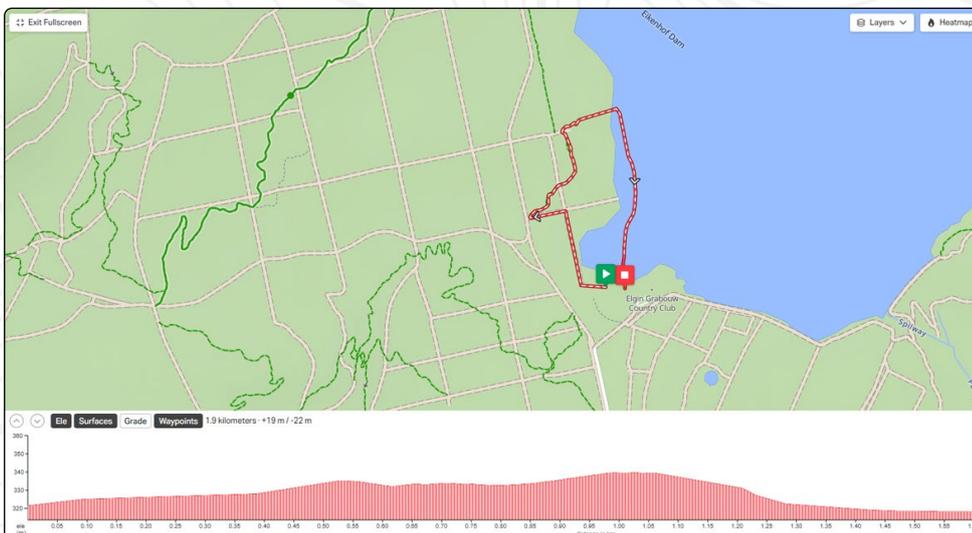
[Download GPX](#) 



This 2 lap course starts with a somewhat challenging climb up good jeep track and gentle single track, gaining 40m in about 800m.

Once at the top, you dive into a long, meandering single track section through the pine trees. The single track is quite flowy and easy, but does have some sandy patches and a few turns. There are no rocks or significant roots.

[Download GPX](#) 



This run leg is almost completely flat, but features a lot of winding single track and finishes with the same iconic sand patches along the dam as the Full XTERRA.

[Download GPX](#) 

Sprint Duathlon

X TERRA
SOUTH AFRICA

RUN 2.7K  BIKE 11K  RUN 6K 

XTERRA South Africa XTERRA SPRINT Duathlon combines the thrills of MTB and trail running to provide a great race for athletes who enjoy the challenges and rewards of off-road trail sports set in a magnificent location.

Half Marathon Trail Run - from 18 Years

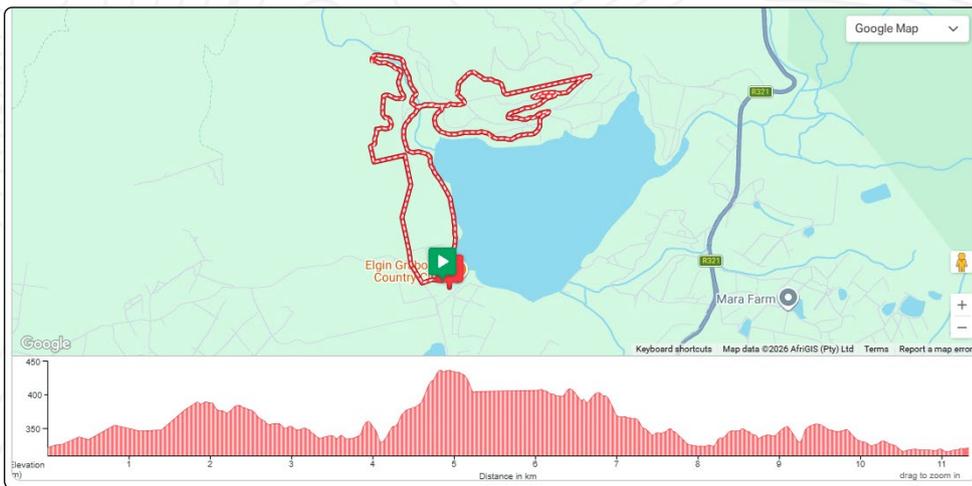
RUN 21K 

Take on the same course as the XTERRA Full Triathlon participants will experience as the Run leg of their Triathlon. The route boasts spectacular views of the surrounding Elgin Valley rich with diverse fauna and flora as you head away from the Elgin Grabouw Sports Club, host to XTERRA South Africa's Race Village, with the iconic Eikenhoff Dam on your right with the finish taking you over the white sand of the dams beach bringing you back to Race Village.

10K Trail Run

RUN 10K  - from 14 Years

The Elgin Valley is not only home to some spectacular Mountain Bike Trails, but so equally spectacular views and hidden gems only accessible on foot. And our Trail Run routes allow you to experience as many of these as we can fit into the respective routes.



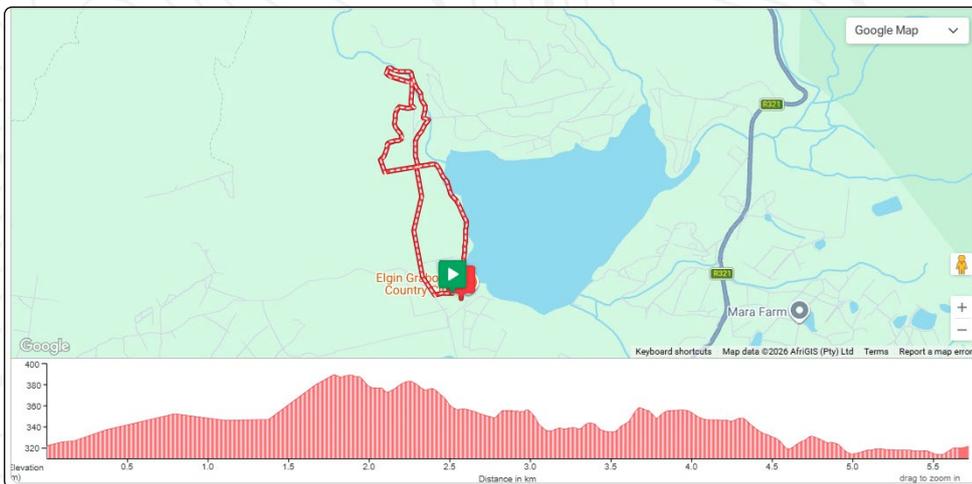
This 10KM Trail Run might be half of the XTERRA Half Marathon Trail Run, but don't let the distance fool you as this route mimics the Half Marathon with similar trails and its own unique mix of river crossings. Designed to leave you wanting more and won't leave you disappointed.

[Download GPX](#) 

6K Trail Run

RUN 6K  - from 7 Years

The Elgin Valley is not only home to some spectacular Mountain Bike Trails, but so equally spectacular views and hidden gems only accessible on foot. And our Trail Run routes allow you to experience as many of these as we can fit into the respective routes.



Ideally suited for our aspiring junior trail runners, the 6 KM route is the perfect mix of jeep tracks, singles tracks, soft beach sand and spectacular views. Its designed to be fast and flat for an enjoyable experience.

[Download GPX](#) 

X TERRA®

SOUTH AFRICA

EVENT PARTNERS



CIVVIO

