

# PROGRAMME 2023



EVENT	DISCIPLINE	DISTANCE	EVENT TIME	START VENUE
<b>FRIDAY, 28 APRIL</b>				
WARM UP EVENING				
LEDLENSER TWILIGHT RUN	RUN	7.5KM   191 GAIN	17:30	GROTTO BEACH
<b>SATURDAY, 29 APRIL</b>				
RUN DAY				
HI-TEC DASH 4 CHARITY	ALL	SPRINT   HANG   DANCE	08:00-18:00	AMPITHEATRE
FERNKLOOF HIKE	HIKE	2 - 3 HOURS	07:30	FERNKLOOF <small>PARKING</small>
WBO TRAIL RUN STAGE/SINGLE (DAY 1)	TRAIL RUN	20KM   851M GAIN	07:45	HERMANUS SPORTSGROUNDS
SEE EN SAND SWIM, RUN, JUMP	SWIM RUN, JUMP	400M(S) 1.5KM(R) CLIFF JUMP 400 (S)	14:00	OLD HARBOUR
<b>SUNDAY, 30 APRIL</b>				
SOCIAL SUNDAY				
HI-TEC DASH 4 CHARITY	ALL	SPRINT   HANG   DANCE	08:00-17:00	AMPITHEATRE
YOGA & COLD WATER SWIM	YOGA & SWIM	NA	07:00	MARINE TIDAL POOL
WBO MTB CHALLENGE (LONG)	MTB	40KM   1,100M GAIN	07:30	HERMANUS SPORTSGROUNDS
WBO MTB CHALLENGE (SHORT)	MTB	23KM   500M GAIN	07:30	HERMANUS SPORTSGROUNDS
WBO TRAIL RUN STAGE/SINGLE (DAY 2)	TRAIL RUN	15KM   660M GAIN	07:45	HERMANUS SPORTSGROUNDS
HI-TEC PIRATE WALK FUN	CLIFF PATH RUN	2KM	08:00	AMPITHEATRE
WBO OPEN WATER SWIM (ULTRA)	SWIM	5KM	13:30	NEW HARBOUR
WBO OPEN WATER SWIM (LONG)	SWIM	2.5KM	14:30	NEW HARBOUR
BEER RUN (FUN RUN)	RUN	8KM   130M GAIN BEER/COLD DRINK	16:00	AMPITHEATRE
DASH 4 CHARITY FINALE & PRIZE GIVING	ALL	SPRINT   HANG   DANCE	17:00	AMPITHEATRE
LIVE MUSIC ENTERTAINMENT	ALL	ME & MR GREEN   2 DJ's	17:30-20:00	AMPITHEATRE
<b>MONDAY, 1 MAY</b>				
TRIATHLON DAY				
WBO SPRINT TRIATHLON	TRIATHLON	600M (S) 23.7KM (C) 5.6KM (R)	08:00	AMPITHEATRE
WBO JUNIOR TRIATHLON	JNR TRI	150M (S) 5KM (C) 2KM (R)	10:30	AMPITHEATRE