

# ATHLETE RACE GUIDE



*african spirit of*

# IRONMAN

05  
MARCH  
2023



# WELCOME MESSAGES



Dear IRONMAN athlete

You are only days or hours away from one of the biggest accomplishments one can achieve. All your hours spent on training, diligent preparations and search for the marginal gains are all culminating on the start line in only a few moments.

The IRONMAN community is a global family of great achievements and of the thousands of fellow athletes. You will be racing with and against athletes who will have their own special and unique stories, and a reason to be there on that start line together with you. Some are here for the first time, and some have tens and even hundreds of races under their belt.

The IRONMAN spirit is created in the special bond between all the people involved in our community. Be part of making the spirit even stronger and look your fellow athletes in her or his eyes and let them know that “we can do this; we are in it together – all the way to the finish line”.

On behalf of IRONMAN and the team behind the ISUZU IRONMAN African Championship event, we wish you all the best and a great race.

Anything is possible!

**Thomas Veje Olsen, Managing Director,  
IRONMAN Europe, Middle East and Africa**



A warm welcome on behalf of the Nelson Mandela Bay Municipality to all athletes, whether local, national or international, to the 2023 ISUZU IRONMAN African Championship in beautiful Nelson Mandela Bay.

To all the families, friends and fans who have come to support their athletes, your presence and cheer will encourage these athletes to preserve and push past the tough moments on to the finish line.

Renowned as the home of IRONMAN racing in South Africa, the 2023 ISUZU IRONMAN African Championship Nelson Mandela Bay holds a special place in many triathlete’s heart.

As the “Friendly City” we are grateful to again such a prestigious event as the ISUZU IRONMAN African Championship. This is the third competition post Covid-19 outbreak and we will never again take for granted the ability to gather for competitions such as this.

We thank the ISUZU IRONMAN African Championship for returning to Nelson Mandela Bay as this is testament to the trust placed in the City to host an event of this stature. Apart from the welcome annual boost it gives to the City’s economy, particularly the hospitality and retail sectors, it helps solidify the Bay’s reputation as a preferred sporting destination, capable of delivering top national and international sporting events.

Thank you to all the organizers both from Nelson Mandela Bay and the public. It took precision planning and very hard work to ensure the continuity and sustainability of this event.

To all the athletes, the thousands of hours you’ve put into training, the blood, sweat and tears you’ve endured over the last year has brought you to this moment. May you go further than you’ve gone before and complete this race with endurance. Persevere and conquer, this is your time.

**Executive Mayor  
CLLR R Odendaal  
Nelson Mandela Bay Municipality**

# WELCOME MESSAGES



Dear Athletes,

The 2023 ISUZU IRONMAN African Championship is upon us.

This year we celebrate the 18th edition of this auspicious race on this famous course.

Your race will start with at Hobie Beach, with the scenic Summerstrand beach front lining the ROKA swim course.

The Bike Course takes your through Walmer and over Mount Pleasant to the scenic turnaround point at Maitland's and then back to Summerstrand via Sardinia Bay, Schoenmakerskop and Marine Drive.

The Run Course spans the length of the Humewood and Summerstrand seafronts.

Take in the atmosphere, scenery and relish in the exhilarating experience of racing the ISUZU IRONMAN African Championship.

I wish you all the best of luck with your final training and preparation. We are looking forward celebrating your landmark goal at the finish line.

All of the best!

**Your Race Director,  
Michele Bronkhorst**



# RACE SCHEDULE



Race week telephone number +27 (0) 82 476 6626

## SUNDAY, 5 MARCH 2023

### THURSDAY 2 MARCH 2023

**14:00 - 18:00**  
IRONMAN & IRONMAN 70.3  
Registration  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**14:00 - 18:00**  
Isuzu CTC, powered by Algoa FM  
Registration  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**14:00 - 18:00**  
Health & Fitness Expo & Merchandise  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**14:00 - 18:00**  
Bike Workshop  
*The Boardwalk*

### FRIDAY 3 MARCH 2023

**09:00 - 18:00**  
IRONMAN & IRONMAN 70.3  
Registration  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**09:00 - 19:00**  
Isuzu CTC, powered by Algoa FM  
Registration  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**09:00 - 19:00**  
Health & Fitness Expo & Merchandise  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**09:00 - 19:00**  
Bike Workshop  
*The Boardwalk*

3 MARCH 2023 CONTINUED >>

**17:00**  
IRONMAN Race Briefing  
*Live Q & A Online*

**18:30**  
Doors Open for Athlete Welcome Banquet (Pasta)  
**TICKETS FOR SALE AT REGISTRATION ONLY**  
*The Boardwalk Hotel & Convention Centre*

**19:00**  
Athlete Welcome Banquet (Pasta) Starts  
*The Boardwalk Hotel & Convention Centre*

### SATURDAY 4 MARCH 2023

**07:40**  
Isuzu CTC, powered by Algoa FM Race Start  
*Hobie Beach*

**09:45**  
CTC Awards  
*IRONMAN Village*

**11:00**  
PRO Race Briefing  
*Beach Hotel*

**08:00 - 13:00**  
IRONMAN & IRONMAN 70.3  
Registration  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**08:00 - 13:00**  
Bike Workshop  
*The Boardwalk*

**08:00 - 13:00**  
Health & Fitness Expo & Merchandise  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**13:30 - 17:00**  
Bike & Gear Check-In  
*Transition, Hobie Beach*

**13:30 - 17:00**  
Bike Maintenance  
*Transition - Hobie Beach*

### ISUZU IRONMAN AFRICAN CHAMPIONSHIP

**05:00 - 06:30**  
IRONMAN  
Transition Open & Bike Maintenance  
*Transition - Hobie Beach*

**IRONMAN AFRICAN CHAMPIONSHIP START**  
**Hobie Beach**  
IRONMAN PRO MEN: 06:10  
IRONMAN PRO WOMEN: 06:15  
IRONMAN ROLLING AGE GROUP START: 06:25

**07:00**  
First IRONMAN Pro Male expected out of the water

**10:00 - 19:00**  
IRONMAN Merchandise for sale  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**11:20**  
First IRONMAN Pro Male expected to start the run

**14:00**  
First IRONMAN Pro Male expected to finish

**17:45 - 24:00**  
Bike & Bag Check-out  
*Transition - Hobie Beach*

**± 24:00**  
IRONMAN AFRICAN CHAMPIONSHIP ENDS

### ISUZU IRONMAN 70.3 Nelson Mandela Bay

**05:00 - 06:30**  
IRONMAN 70.3  
Transition Open & Bike Maintenance  
*Transition - Hobie Beach*

**IRONMAN 70.3 Nelson Mandela Bay START**  
**Hobie Beach**  
ROLLING AGE GROUP START: 08:40

**09:05**  
First IRONMAN 70.3 Male expected out of the water

**10:00 - 19:00**  
IRONMAN Merchandise for sale  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**11:15**  
First IRONMAN 70.3 Male expected to start the run

**12:34**  
First IRONMAN 70.3 Male expected to finish

**17:45 - 24:00**  
Bike & Bag Check-out  
*Transition - Hobie Beach*

**± 17:30**  
IRONMAN 70.3 Nelson Mandela Bay ENDS

### MONDAY 6 MARCH 2023

**09:00 - 13:00**  
IRONMAN Merchandise for sale  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**09:00 - 13:00**  
IRONMAN & IRONMAN 70.3  
Finisher shirt swop/ Timing queries/ Lost & found  
*Underground Parking of The Boardwalk Hotel & Convention Centre*

**10:00**  
IRONMAN World Championship, Slot Allocation  
*The Boardwalk*

**12:00**  
IRONMAN 70.3 World Championship, Lahti Finland Slot Allocation  
*The Boardwalk*

**18:15**  
Doors Open for Awards Ceremony  
**TICKETS FOR SALE AT REGISTRATION ONLY**  
*The Boardwalk*

**19:00**  
IRONMAN & IRONMAN 70.3 Awards Ceremony Starts  
*The Boardwalk*



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**RACE DAY EMERGENCY NUMBER**  
for the public

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# PRE-RACE INFORMATION

## RACE VENUE ORIENTATION

The ISUZU IRONMAN African Championship is a unique experience offering:

- Exclusive 3-day Expo, showcasing the very latest in the triathlon world
- 5 days of IRONMAN Merchandise offerings (including race day)
- IRONMAN Athletes Welcome Banquet
- ISUZU Corporate Triathlon Challenge powered by Algoa FM
- ISUZU IRONMAN African Championship & ISUZU IRONMAN 70.3 Nelson Mandela Bay Race Day
- IRONMAN & IRONMAN 70,3 Awards Dinner.

We suggest you try and plan to stay for the duration of the full programme and Feel the Spirit which is IRONMAN.

We hope that you enjoy your stay and that this event is a memorable one.

## RACE BRIEFING

Wednesday, 1<sup>st</sup> March 2023: 17h30 Online Race Briefing

Friday, 3<sup>rd</sup> March 2023: 17h00 Live Q & A Online

A pre-recorded Race Briefing will be streamed on our social media platforms in the build up to the event. Additionally, a live Q & A will be streamed on Friday, 3<sup>rd</sup> March 2023.

Questions can be submitted during the pre-recorded and live briefings and will be answered by the IRONMAN Race Director.

## ATHLETE WELCOME BANQUET

Friday, 3<sup>rd</sup> March 2023 : 19h00

IRONMAN Athletes can join us at the Welcome Banquet, this will be at the Sun Boardwalk Convention Centre. A limited number of tickets will be sold at Registration for IRONMAN 70,3 Athletes, friends & family.

## ATHLETES REGISTRATION

### Sun Boardwalk ICC – Underground Parking

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h00
Saturday	:	08h00 - 13h00

Please note that parking will be in the Boardwalk underground parking.

Access to Marine Drive on Saturday morning will be via 2<sup>nd</sup> Avenue, in a city bound direction, due to the Corporate Triathlon Challenge.

All Athletes must have registered by 13h00 on Saturday, 4<sup>th</sup> March 2023. No registrations will be possible after this.

To register, you will need an Official government issued photo ID, passport, or driver's license.

## TRIATHLON SOUTH AFRICA | Day License Fee

R120 per individual, this is payable by all participants who are not members of Triathlon South Africa (TSA). Including international and professional athletes who are members of other triathlon federations in their home countries.

This fee buys a one-day membership of TSA and is payable by Debit / Credit card ONLY (Visa / Master cards). EasyReg is the administrator of this compulsory fee in South Africa. TSA members are only checked and verified against a list supplied by TSA, prior to the event.

## BIOMETRICS

All first-time athletes will need to complete the Biometric process at registration, this will include:

- Photo
- Fingerprint
- Scanning of ID

## PACK COLLECTION & INDEMNITY

At Registration you will receive the following in your race pack:

- Athlete Wristband – must be worn at all times.
- Backpack
- Race Number – for Bike & Run
- Safety pins
- Race Sticker Sheet
- Bike & Gear Check out card
- Official Swim Cap
- Transition Bags x3
  - WHITE – Streetwear bag
  - BLUE – Bike bag
  - RED – Run bag
- Personal Needs Bag (Special Needs) – these bags are optional, please collect from the Personal Needs table, should you require them.

Before leaving this registration point, all athletes will be required to sign a general waiver and a medical waiver for private hospital administration, if required.

## TIMING CHIPS

Timing Chips can be collected from the timing table in Registration where you will be required to confirm your timing chip correlates with your race number and your name.



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# HEROES DO WHAT OTHERS WON'T

## ALL ATHLETES

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SUPPORT CAN BE  
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& NO MAX!



1

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2

### CLICK HELP A HERO

and create your profile

3

### SELECT YOUR EVENT

4

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with family, friends &  
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Once your profile is up and running, your supporters, family and friends will be able to visit the website where they can support you and your cause by clicking on your profile to donate whatever amount they wish.

[www.ironman4thekidz.co.za](http://www.ironman4thekidz.co.za)



# PRE-RACE INFORMATION

## IRONMAN 4 THE KIDZ

IRONMAN 4 the Kidz Charity raises funds annually, to make a tangible difference in the lives of kids in need.

You can become a member of Team Orange or just donate to the cause by visiting :

[www.ironman4thekidz.co.za](http://www.ironman4thekidz.co.za)

### At Registration, Charity Athletes can :

- Collect Charity race packs
- Queries and information pertaining to how sponsors and athletes can get involved
- Queries and information pertaining to the supported charities
- Purchase of IM4Kidz promo items

## IRONMAN EXPO & MERCHANDISE

### EXPO

Sun Boardwalk – Level 1 Parking

Thursday : 14h00 – 18h00

Friday : 09h00 - 19h00

Saturday : 08h00 - 13h00

The Expo showcases the very latest on offer in the world of triathlon and is open to the public.

### IRONMAN MERCHANDISE

Sun Boardwalk – Level 1 Parking

Thursday : 14h00 – 18h00

Friday : 09h00 - 19h00

Saturday : 08h00 – 13h00

Sunday : 10h00 – 19h00

Monday : 09h00 – 13h00

Athletes, family, and friends are encouraged to visit the Merchandise & Exhibition Areas in the Sun Boardwalk Convention Centre – Level 1 Parking area.

## IRONMAN BIKE WORKSHOP

Thursday : 14h00 – 18h00

Friday : 09h00 – 19h00

Saturday : 08h00 – 13h00

Wayne Pheiffer Cycles & Action Cycles bike shops will be set up in a tent on the lawns outside the boardwalk mall.

On Saturday during Bike & Gear Check-in between 13h30 and 17h00, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.

## MASSAGE & PHYSIOTHERAPY

There will not be any onsite Physiotherapists or Massage facilities, however should you require an assessment / treatment / pre and post race massages or strapping you can book directly :

### Nicky Roote Physiotherapy

16 Buckingham Road Mount Croix

+27 41 374 8190 / +27 41 373 3753

[nrphysio@telkomsa.net](mailto:nrphysio@telkomsa.net)

### Marika Gerber Massage

16 Keiskamma Street Summerstrand

+27 83 419 2872

[marika@aerosat.co.za](mailto:marika@aerosat.co.za)

# PRE-RACE INFORMATION

## TRAINING

There are no official IRONMAN training sessions associated with the ISUZU IRONMAN Africa Championship in Nelson Mandela Bay. Below are a few notes on public spaces where athletes can train.

### SWIM TRAINING:

There is no official swim training, however Hobie Beach to "6 pack" is a favourable swim route for a lot of athletes. Please ensure you swim at beaches where lifeguards are on duty, the recommended times are between 09h00 – 16h00. Be aware that the easterly winds in Port Elizabeth, chop up the sea making it more dangerous, whereas westerly winds are more favorable conditions to swim in, as the sea is flattened making it safer.

(Please note no swimming will be allowed on Saturday morning at Hobie Beach whilst the Corporate Triathlon Challenge swim is underway).

### BIKE TRAINING:

The bike training route will be from Hobie Beach, along Beach Road / Marine Drive to Schoenmakerskop, up Victoria Drive, left onto Sardinia Bay Road, right onto Heron Road, left onto Seaview Road. The turnaround will be where the road narrows, just past Bushy Park Farm. The recommended bike training time is between 08h00 – 16h00 to avoid heavy traffic going to and from work.

Please always be vigilant of mini-bus taxis along the beachfront, as they tend to stop in the road.

It is highly advised that you cycle in groups and not individually. Cycle on the left-hand side of the road, in the same direction as the traffic in your lane. The official ISUZU IRONMAN African Championship cycling stores are Wayne Pheiffer Cycles (contact details: +27 (0)41 582 2379) and Action Cycles (contact details: +27 (0)41 581 6499). You can contact these stores to find out when the various local cycling groups train and from what venues.

Please note that from 06h00 to 11h30 on **Saturday, 4<sup>th</sup> March 2023** Marine Drive, from La Rouche to Cape Recife Rifle Range, will be CLOSED whilst the ISUZU Corporate Triathlon Challenge is underway. No training will be allowed on this portion of road.

## RUN TRAINING:

The recommended run training route is along the beachfront, from Hobie Beach to the (red-and-white) Beacon at the corner of Marine Drive and Admiralty Way, Summerstrand. Recommended run training times are between 06h00 – 17h00. Please always be alert of your surroundings.

Please note that on **Saturday 4<sup>th</sup> March 2023** the ISUZU Corporate Triathlon Challenge event run takes place from Hobie Beach along the pathway to Kings Beach and back.

## BIKE & GEAR CHECK IN

SATURDAY, 4<sup>th</sup> March 2023 13h30 – 17h00

### ORIENTATION:

Bike & Gear Check in takes place at Transition, in the Hobie Beach Car Park.

All participating athletes must check a bike and both Bike & Run bags into Transition during this checking in time slot.

Enter via the Bike out / Bike In gate opposite the Finish Line chute and exit at the Swim in / Run out gate on the seaside pathway.

You will have access to these Bike & Gear Bags in Transition from 05h00 – 06h30, on Race Morning.

## CHECK -IN NOTES :

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just outside Transition.

Referees will do a bike and helmet-check on entrance into Transition, wear your helmet in line to speed up the process.

# PRE-RACE INFORMATION

It is the athlete's responsibility to know what equipment is / is not allowed.

Pack your Race Bib Number in your Bike Bag. In South Africa, race bib numbers are worn on the Bike & Run leg of the race.

Road, Tri Bikes, mountain bikes and disk brakes are allowed. No recumbent bikes and fairings add on devices designed exclusively to reduce resistance are allowed. Equipment will be subject to a final determination of legality by the Race Director and/or Chief Referee.

Your Race Bib number must be in your Bike Bag in Transition with your cycling gear (with safety pins in the registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

Your packed and numbered Bike and Run bags must be checked in now, you will hang these bags on the racks at the change mats. These bags can be accessed on race morning

All athletes MUST have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the left seat stay (rear portion of the frame that leads from the seat post to the back wheel). The helmet sticker must be stuck to the front of the helmet. See the pictures in the tables for guidance.

No items may be left on the bike overnight, nutrition and clipped in shoes should be placed on the bike on race morning.




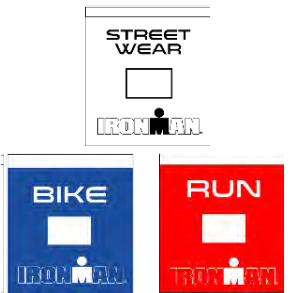
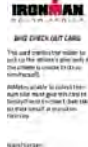

Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

We recommend that race technical equipment (including bike computers, batteries, etc..) be left in Transition Bags on race morning and only connected (if possible) during Transition.

No-one will be allowed into Transition after 17h00 when check-in closes.

It is illegal to interfere (including remove, swop, steal & / or tamper) with another athlete's equipment / nutrition in the Transition area (including during Bike Check – Out ) : this is a serious offense and may lead to your disqualification.

Overnight security is provided in the Transition Area.

ITEM	IMAGE
<p><b>Race Bib Number</b></p> <p>Medical &amp; Next of Kin info to be filled out on the back</p> <p>Worn on your back during the Bike &amp; on your front during the run.</p> <p>Used to check your bike &amp; Gear out of Transition</p>	
<p><b>Sticker Sheet</b></p> <p>Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags</p>	
<p><b>Athlete Wristband</b></p> <p>Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas"</p> <p>Your Wristband colour determines the group you will start in.</p>	
<p><b>Transition Bags</b></p> <p><b>Streetwear :</b> Post race casual clothes / shoes</p> <p><b>Bike :</b> Pack all cycling clothing, helmet &amp; shoes if not on your bike in this bag</p> <p><b>Run :</b> Running gear should be packed into this bag</p>	
<p><b>Bike Check out Card</b></p> <p>Used by family / friend if athlete cannot check-out their own bike: athletes race bib number to also be supplied.</p>	
<p><b>Official Swim Cap</b></p> <p>All Athletes must wear the official event swim cap supplied</p>	

# PRE-RACE INFORMATION

## TRANSITION BIKE & BAG CHECK IN



# RACE DAY INFORMATION

## ATHLETE SHUTTLES & PARKING

### RACE DAY SHUTTLES

IRONMAN Shuttle busses will run along Marine Drive starting from outside Caltex Garage at Hobie Beach in the directions of the Paxton Hotel and the Radisson Blue Hotel on race morning from 04h40 – 06h20

Please wait on Marine Drive, visible to the bus drivers and not in the car park of your hotels.

These busses will collect athletes between these two points and deliver them to the Hobie Beach Car Park.

PLEASE NOTE : The shuttle busses will NOT operate post-event i.e. in the afternoon / evening to take you back to your accommodation.

### RACE DAY PARKING/ACCESS

Race affected roads, including Beach / Marine Drive, will close at 05h00

On race day, parking can be accessed at:

- Parking is in the side streets off Marine Drive. Please do not park in driveways or at the end of the road against the road closure barriers.

#### Please note:

- The lower section of 2nd Avenue (Brighton Drive to Marine Drive) is CLOSED to ALL vehicles. This is a medical emergency exit area.
- Athletes and public are advised that you CANNOT drive along Marine Drive on race morning. The beachfront (M4 Humewood / Beach Road) from Settlers Highway (M9 / M4 intersection) to Admiralty Way, will be closed by 05h00. There will be full road closure of Marine Drive, outwards.



## SHUTTLE BUS ROUTE

Pre Race: Shuttle along Marine Drive/ Beach Road/ Humewood Road, between Paxton Hotel & Radisson Blu Hotel to Hobie Beach/ Transition



# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

### TRANSITION 1 : 05h00 – 06h30

Enter Transition at the bike out / bike in gate. From here athletes can walk through the bikes & gear bags, then exit transition through the swim in / run out gate on the seaside for race start.

Once you have completed the pre-race transition check, you must make your way to the swim start. Please note that the Hobie Beach Car Park, Transition area and the swim start will be an access-controlled area, your Athlete wristband will give you access to this area.

The race organisers do not accept responsibility for any valuable items in Transition Bags/on bikes.

IRONMAN will have pumps available in Transition for athletes to use, please do not bring your own pumps. Should you bring your own pump, ensure it is labelled (name, race number & telephone number) and place it in the area provided, in Transition. No pumps may be stored in Transition or Streetwear bags.

Athletes with critical aids such as prescription spectacles and hearing aids can leave them at a designated table in transition as they head off to the Swim Start. Please write your name, race number & telephone number on the envelope provided for these items.

There are toilets located at the following area:

- Portable toilets inside the Transition area
- Portable toilets in the IRONMAN Village

### BIKE MAINTENANCE

A “Bike Maintenance” area will be available just inside the Transition area. This is for minor adjustments. They will not be responsible for any lost/missing items.

### STREETWEAR BAG DROP

The streetwear bag is for clothes you will be wearing just before the race start and after you completed the race. Should you drop out during the race, this is also the first bag you will have access to, so pack it wisely.

Once you exit Transition to go to the Swim Start, place the items you are wearing (including slops/scandals/warm clothing for the end, etc.) into your Streetwear Bag.

Athletes will hang their own Streetwear Bags in the IRONMAN village at Hobie Beach on the racks according to their race numbers and walk to the beach for swim start.

You will collect / have access to this bag, immediately after your completion or withdrawal of the race. These bags must be collected by 24h00.

IRONMAN does not accept responsibility for any valuable items lost in your Streetwear or Transition bags.





# RACE DAY INFORMATION

## DROP OUT PROCEDURE

### DROP-OUT CLERKS

The drop out clerks are at the following points:

- Control tent outside Transition
- Drop-Out Tent in the IRONMAN Village
- During the swim, these Drop Out clerks will be at Hobie & Humewood Beaches.

The following is of critical importance: Any athletes who drop out from the event for any reason must be recorded.

### PRE-RACE

Athletes who have checked a bike into transition and then drop out before or during the swim portion must report to the Drop Out Clerks in pale blue bibs on the beach. They are at the swim start and swim exit points, within proximity to the Medical Flags. This is of critical importance for the swim clear procedure towards the end of the swim.

### BIKE

Athletes who drop out during the bike portion of the event must either make their way to one of the "SAG" vehicles along the course or wait to be picked up by the sweep team. Once back at Transition, you will still need to report to the Drop out tent.

Athletes who withdraw from the race will have access to their Streetwear Bags.

### RUN

Athletes who withdraw from the race will have access to their Streetwear Bags.

#### Bibs worn for identification purposes by Drop Out Clerks:

They will:

- Record your race number.
- Take a photo of you.
- Update your status on a Timing App.





ROKA

MAVERICK X

# THE WORLD'S MOST LOVED WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET

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# RACE DAY INFORMATION

## COURSE INFORMATION

### SWIM COURSE – 3.8 km / 2.4 Miles

Cut off: 2 hours 20 min from each athlete's individual start time.

The ISUZU IRONMAN African Championship makes use of a rolling swim start. Athletes will swim a one lap 3.8km course in the ocean. The course is rectangular and swam in an anti-clockwise direction.

NOTE: The swim course is an ocean swim with waves on swim entry and exit. Each athlete is expected to have the ability and conditioning to complete the swim. Please ensure that you read the IRONMAN Swim Smart program: <https://www.ironman.com/swim-smart>. The swim will take athletes around buoys in an anti-clockwise direction: all red turn buoys, except the last one, are passed on your left; the last red buoy is passed on your right. The yellow buoys are "guider buoys": you can swim either side of these.

Once you have completed your Transition checks you will be required to make your way directly to the swim holding areas.

Ensure that you seed yourself correctly into the holding area according to your realistic anticipated swim time. You may not leave this area once you have entered.

The IRONMAN Age Group self-seeding time slots are as follows:

- o Less 60min / 1 hour
- o 1hr00 – 1hr30
- o 1hr30 – 2 hours +
- o PC / ID / Open Division Athletes

There is NO access to the sea or a swim warm-up area : do a land-based warm-up.

Ensure you have your official swim cap on (mandatory) and swim goggles, if required. Additional swim caps are available at the final holding area, before entering the sea at the Swim Start.

Ensure your Timing Belt and Chip are secured to your LEFT ankle. Replacement timing chips + chip belts may be collected from the final holding area, before entering the sea at the Swim Start.

## ROLLING START PROCEDURE

Pro Athletes will have mass starts for Pro Men at 06h10 and Pro Women at 06h15. The first Age Group rolling swim start will start at 06h25.

Access to the Swim Start area will be via the slipway across from the IRONMAN Village, after you have hung your Streetwear bags

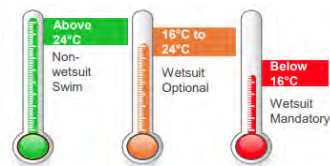
All athletes must be in the holding area 5mins prior to race start.

You will self seed yourself based on your anticipated swim time, once the holding area ahead of you has cleared the volunteers will allow access into the next area until you reach the start line.

Your race time starts when YOU cross the Swim Start mat.

## WETSUIT RULING

The average water temperature in Nelson Mandela Bay between February and March is around 20/23° Celsius which under normal conditions makes it a wetsuit optional swim.



Wetsuits will be compulsory if the water temperature is below 16°C. For Pro's, wetsuits may be worn in temperatures up to 21.9° C. For Age Groupers, wetsuits may be worn in water with temperatures up to and including 24.5° C. (However, IRONMAN may allow age group athletes to wear wetsuits in water temperatures up to 28.8° C : these athletes will start at the back of the field in the rolling swim start and will not be eligible for age-group awards, including championship slots – an indemnity must be signed by those athletes opting to swim with wetsuits here.)

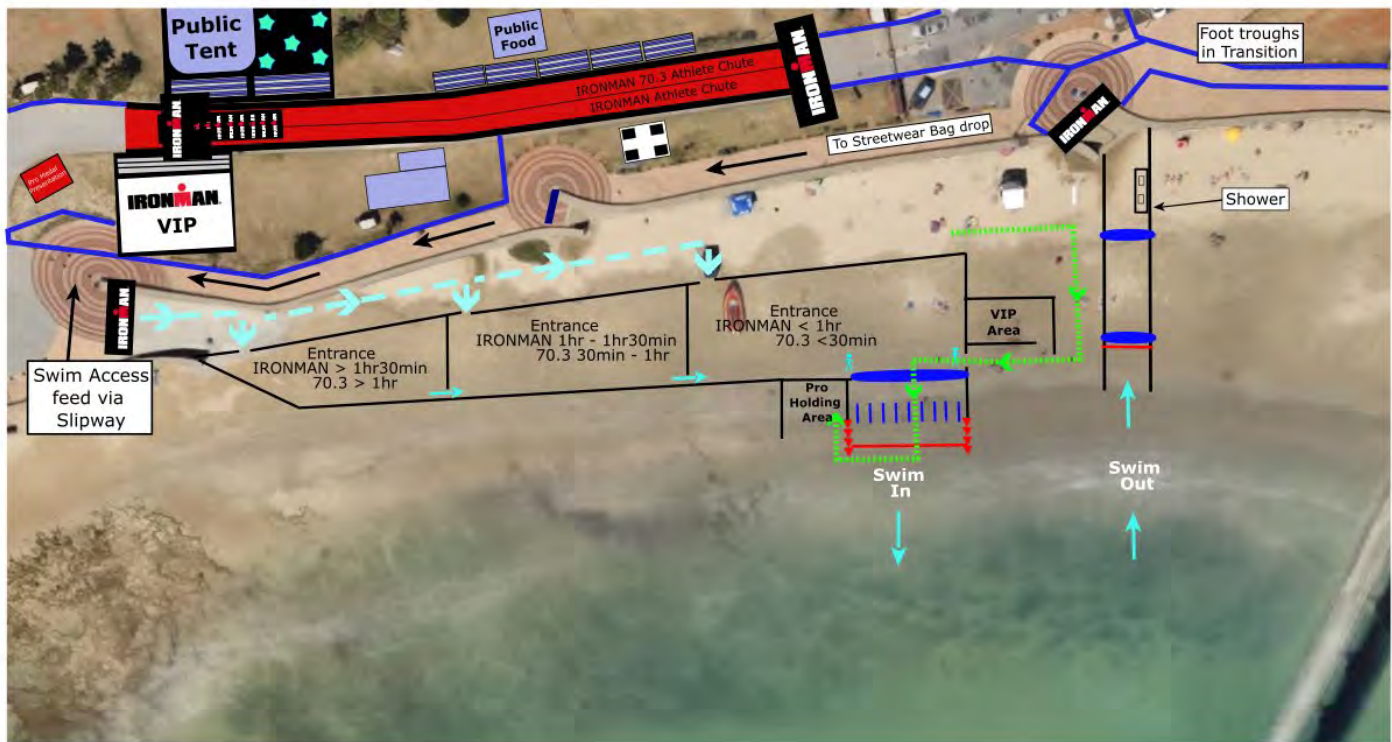
As per World Triathlon long distance rules, the swim will be shortened if the water temperature is between 12° and 13.9° C. If the water temperature is below 12° C, the swim will be cancelled.

# RACE DAY INFORMATION

## SWIM HOLDING AREA

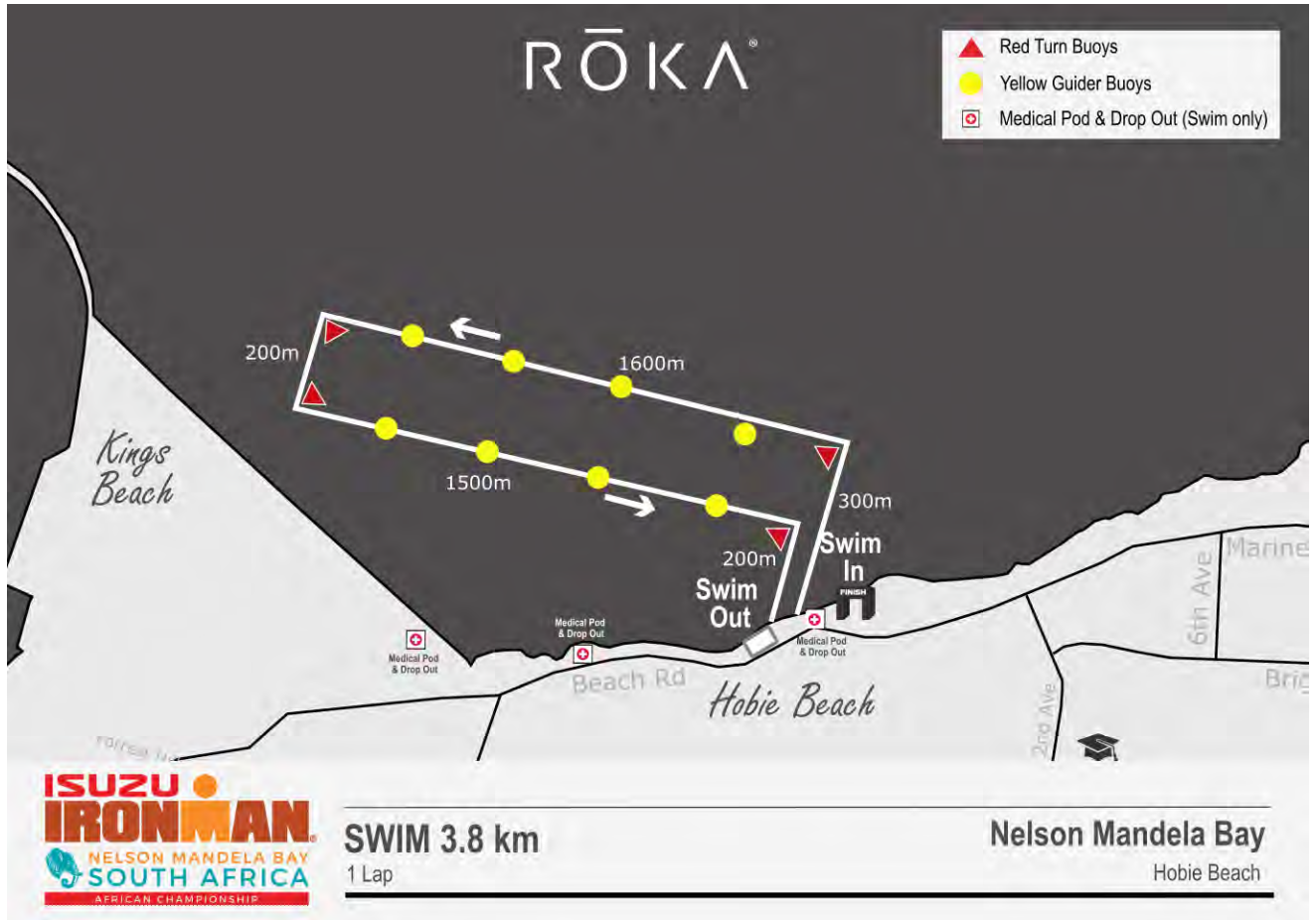


### IRONMAN African Championship Rolling Swim Start holding area



# RACE DAY INFORMATION

ISUZU IRONMAN African Championship: ROKA SWIM COURSE



To view the course maps online click here: <https://www.ironman.com/im-south-africa-course>

# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 1 : Swim to Bike

#### ATHLETES PROCEDURE

Athletes may strip the top of their wetsuits down to their waists as they run up from the beach into T1. The bottom half may only be fully removed once in the Transition Change mat area. Public nudity is prohibited.

There will be 'showers' at the end of the beach run: these will be run off of water tanks using (non-drinkable) borehole water. Walk-through 'foot baths' to rinse off sea sand will be located here too.

There is a Medical Tent and Physiotherapists available inside the Transition area.

Collect your Bike Bag. Changing must take place on the mats (or in the tent, if required) and not at the bag racks area.

Ensure your timing chip is still strapped to your LEFT ankle. Should it be missing - first check in your wetsuit, and only thereafter get a new one from the timing volunteers.

There will be sunscreen available in the Transition area.

Place all your swim gear including your WETSUIT into your Bike Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag. Tie the bag closed and drop your bag off in the Bag Drop Zone just outside of the change area.

Ensure that your race bib number is facing backwards (either on your race belt or pinned to the back of your cycling top – we recommend the use of a race belt, as the race bib must face forward during the run) Please do not swim with this race bib number on.

Ensure your helmet is on your head and the chin strap is securely fastened before handling your bike.

If your shoes are not clipped into your pedals on your bike, you MUST put them on when changing and run in your cycling shoes. Athletes will be penalised for attempting to put cycling shoes on at the Mount Line.

From here, PUSH your bike to the exit of Transition and over the Mount Line.

Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition at the Mount/Dismount line, as instructed by the Race Referee.

A Bike Maintenance Mechanic will remain at the exit of Transition until the last athlete has left on the bike course.

Transition will close 10 minutes after the last athlete entered from the swim course. All athletes in Transition must leave for the bike course within this timeframe.

The time spent in Transition is included in your total race time.

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# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE COURSE – 180.2 KM / 112 MILE

Cut off: 10 hours 30 mins from each athletes' individual start time.

The ISUZU IRONMAN African Championships bike course is arguably the most spectacular on the IRONMAN world circuit. The two-loop 180.2km (112 mile) bike course takes athletes along Marine Drive towards Settlers Highway, through the city and along Seaview Road to the villages of Seaview and Beachview, over Maitland's and returning via Sardinia Bay and Marine Drive. Enjoy sweeping views of the ocean, the rugged coastline and adjacent countryside on your way back to Hobie Beach where you will start your second lap.

### COURSE DESCRIPTION:

When exiting Transition, athletes will turn right immediately and head out on Marine Drive/Beach Road towards the M4 Settlers Highway. Cycling will be on the right-hand side of the lane you are in, overtaking to the left. Along the Beachfront athletes will be in the right-hand side of the land side (left-hand) lane. At the M4 Intersection you will turn left onto Walmer Blvd/Heugh Road/Buffelsfontein. Continue along this road, over the hill to Seaview Road. As you descend the hill into Seaview you will be moved from the left-hand lane to the right-hand lane, remaining on the right-hand side of this lane.

Along Seaview Road, enjoy an undulating and scenic countryside section, the first Aid Station is located opposite the Bushy Park Farm on Seaview Road. On entering the Seaview Village, there is a sharp left turn down onto Elizabeth Road. Follow the coastal road through the Village of Beachview and over the iconic Maitland's hill, the turnaround point is approximately 1,3km from De Stades Road. The Penalty Tent, Bike Maintenance & SAG vehicles will be located here. Do a U-turn and head back, still keeping right. The next Aid Station on your return, is located at the base of Maitland's, before you start your climb.

From here athletes will return along the same route until you reach Heron Road, where you will turn right past Grass Roof, be cautious through this decent and sharp left turn onto Sardinia Bay Road. At the intersection of Sardinia Bay Road and Victoria Drive, you will find an Aid Station, Bike Maintenance station & SAG Vehicle, before descending into Schoenmakerskop, be cautious around the sharp bend at the base of the hill.

Follow Marine Drive all the way back to the intersection of Admiralty Way, where you will find your last bike Aid station. Personal Needs (accessible at the start of your second loop) is stationed at 8<sup>th</sup> Avenue along with Bike Maintenance and the Penalty Tent 2.

### SAG (SUPPORT AND GEAR)

There are dedicated IRONMAN "SAG" vehicles with trailers on the course to collect athletes who drop out. These vehicles will return with athletes and their gear to Transition at the closure of the bike course. The SAG driver must record the athletes race number & take a photo for recording purposes.

- **SAG Point 1:** Maitland's Turnaround
- **SAG Point 2 :** Victoria Drive & Sardinia Bay Road Intersection.

Athletes returning to Transition in these SAG vehicles will need to complete the Drop – Out procedure with the Drop- Out Clerk outside of Transition.

Should you have handed in a Streetwear bag on race morning, please collect this bag from the IRONMAN Village at Hobie Beach.

### PENALTY TENTS:

The penalty tents on the bike course are located at the following locations.

**Penalty tent 1:** Located at the Turnaround Point

**Penalty tent 2:** on the left-hand side of the road at 8<sup>th</sup> Avenue Summerstrand

### ADDITIONAL BIKE CUT OFFS:

Besides the official overall bike cut-off time, there will be two cut-offs on the second lap of the bike course.

- The first cut-off will be at the start of lap 2 on Marine Drive, opposite Hobie Beach **13h15**.
- The second cut-off will be at the Maitland's Turnaround at **15h00**.

Athletes who do not make these cut-offs may not remain on the course. They will be collected by the sweep or SAG vehicles.

# RACE DAY INFORMATION

## ISUZU IRONMAN African Championship : BIKE COURSE



**BIKE 180.2 km**  
2 Laps

**Nelson Mandela Bay**  
Hobie Beach

To view the course maps online click here: <https://www.ironman.com/im-south-africa-course>

# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE MECHANICS:

There are three static and six roving bike mechanics on course. They wear "Bike Maintenance" bibs.

#### Bike Mechanic Static Point :

- Maitland's Turnaround
- Victoria Drive
- 8<sup>th</sup> Avenue Marine Drive

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number. Your email address will be supplied to the Bike Maintenance Service Provider for an invoice to be emailed to you post event, please ensure payments are made promptly.

Each Bike Aid Station carries the following stock for athlete's use at the Aid Station: (may not be taken for stock).

- 10 x 700 C road bike tubes
- 1 x set of tyre levers
- 1 x pump

There are no spare wheels on the course.

### AID STATIONS:

There are 4 aid stations on the bike course which athletes will pass.

**Aid Station 1 (outbound)** : Located on Seaview Road opposite Bushy Park Farm

**Aid Station 2 (inbound)** : Located at the base of Maitlands De Stades Road

**Aid Station 3 (inbound)** : Located on Victoria Drive, opposite Algoa Kart Club

**Aid Station 4 (outbound)** : Located on Marine Drive, Admiralty Way

The Litter Zones for athletes is 100m either side of the Bike Aid Stations.

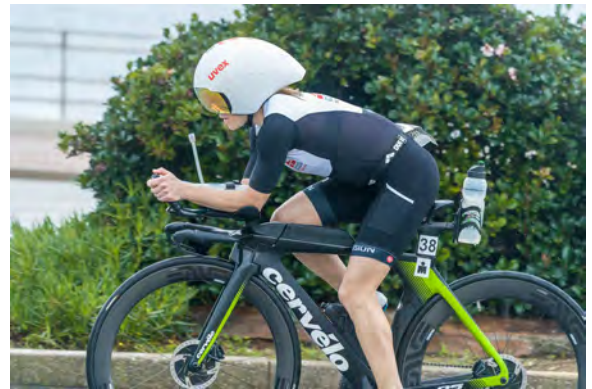
### BIKES:

**Recommended gearing:** 52/38 on the front chain rings and 12/25 on the back cluster.

**Wheels:** Deep sections, discs, bladed wheels are suitable for this course. Depending on the wind speed and wind direction, some athletes may struggle with a solid disc wheel.

### GEOGRAPHY:

**Elevation:** The bike course starts at 8m above sea level and the highest point on this bike course is 190m. The total meters elevation gained over the entire bike course is 1540m.



# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 2 : Bike – Run

Athletes must dismount before the dismount line; Race referees will be present at the dismount line to assist.

Athletes must either run into Transition wearing their cycling shoes or leave them clipped on their bike. You may not take your cycling shoes off your feet and clip them onto your bike once you have dismounted.

Athletes will self-rack their bikes according to their race numbers.

Follow the demarcated route through Transition to collect your Run Bag. Changing may only take place on the change mat / tent area.

Place all your bike gear into your Run Bag. It is the athlete's responsibility to ensure ALL your equipment is placed in your bag.

Tie the bag closed and drop your bag off in the 'Bag Drop' zone just outside the change area.

During the run, athletes race bib number must face forward. This is important, not only for identification purposes but also for race photos on the run leg.

Check that your timing chip is still in place on your left ankle. If necessary, additional Timing Chips can be collected from the "Drop-Out Clerk" gazebo just outside Transition.

Medical facilities are available to athletes just inside the Transition area at the change mats.

Continue through the demarcated route in Transition to exit to the run course.

Transition will close to all athletes 10 minutes after the last athlete has entered from the bike to change for the run.

Your transition time is included in your TOTAL race time.



# RACE DAY INFORMATION

## COURSE INFORMATION

### RUN COURSE – 42.2 KM / 26 MILE

Cut off: 16 hours 45 mins from each athletes' individual start time.

The Run Course is a fast, fairly flat route along the beachfront. Take in the sea breeze and enjoy the last leg of the race before running down the magical red carpet at the finish line.

### COURSE DESCRIPTION:

When exiting Transition, athletes will run around the outside perimeter fence of Transition and turn right onto Marine Drive in the direction of Humeraill: running on the seaside lane, keep to the right.

Marine Drive / Beach Road becomes Humewood Road. Just before the three-way intersection with Perrott Avenue you will find your first Aid station, before running under the bridge to make a U turn at the northern turn around point, keeping to the right of the run lane.

The next Aid Station is situated at Lodge Road, this is a multi directional Aid Station. You will continue along Marine Drive, past Admiralty to Flat Rocks where you will turn around at the Aid Station to start your next lap.

The Personal Needs station (accessible only once during the run, heading towards Hobie Beach) is located on Marine Drive at 8th Avenue.

**Elevation:** The run course starts at 8m above sea level and the highest point on this run course is 23m.

### Note on visibility at night:

Many athletes will be on the run course after sun set. We urge all athletes to make themselves as visible as possible. In addition to the required hot spots on your shoes (heels and toes) and reflective strips on your shorts (front and back), we suggest you use additional reflective tape / belts or other materials freely to make yourself visible from both the front and the rear, to support vehicles and other runners. Your safety and the safety of others is paramount.

### Note on cooler temperatures after sunset:

The air can become cooler after sunset and athletes are encouraged to anticipate a drop in temperature when packing their Run Bags. Should warm run gear be required such items must be pre-packed into the Run Bag and carried onto the course from Transition. Athletes are reminded that they cannot accept outside assistance as this may result in a disqualification.

### AID STATIONS

There are 3 aid stations and a sponsor-activated Red Bull aid station on the run course. Aid Stations are approximately 2km to 3km apart

**Aid Station 5:** Seascouts / Humewood Road

**Aid Station 6 :** Lodge Road – Multi Directional

**Aid Station 7:** Flat Rocks Turnaround

All products will be self-serve at the run aid stations

Red Bull sponsored Aid Station is located between 10<sup>th</sup> Avenue and Bude Street

### ADDITIONAL RUN CUT OFFS:

Besides the official overall run cut-off time, there will be a time of day cut-off on the last lap of the run course.

- The cut-off will be at **22h30** at the start of your last lap

Athletes who miss the run cut off will be non-finishers on the timing system and are not entitled to a finishers medal or shirt.

Athletes who drop out during the run need to go to a Drop Out Clerk to register as not being on the course. They are available outside Transition or in the IRONMAN Village.

# RACE DAY INFORMATION

ISUZU IRONMAN African Championship : RUN COURSE



To view the course maps online click here: <https://www.ironman.com/im-south-africa-course>

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# RACE DAY INFORMATION

What to expect on the Finish Line

## FINISH LINE PROCEDURE

On completion of your race:

**MEDALS** : Athletes will receive their Finisher Medals.

**WATER** : Athletes will receive water on the finish line.

**FINISHER SHIRTS** : All Athletes must collect the "Finisher T Shirt" as ordered during the online registration. No shirt swops will be done on the finish line post race.

Sizes can be swapped out, subject to availability, on Monday from 09h00-13h00 at the Boardwalk Convention Centre – Level 1 Parking.

**TIMING CHIPS** : Remove your Timing Chip + Chip Belt (if not your own) strip the two from each other and place them into the bins provided before leaving the finish line area.

## STREETWEAR

Collect your Streetwear Bag from the racks as you exit the Finish Line area, these bags are hung for you according to your race number.

IRONMAN does not accept responsibility for any valuable items lost in your Streetwear or Transition bags.

**FINAL AID** : Enjoy food & refreshments at the Final Aid Station in the public area of the IRONMAN Village. Please note that the refreshments supplied here are for athletes only.

Biogen Recovergen will be available here for all athletes.





# RACE DAY INFORMATION

## PERSONAL NEEDS

Personal Needs bags, if required must be collected at Registration, pre-event only.

Personal Needs bags must only be used for items that will be discarded / disposed of (e.g. nutrition) at the end of the race. **No bags / items / contents will be returned after the race. Please do not place valuables in these bags.**

From 05h00 – 06h30 on race morning, you can drop your bag in the Personal Needs Bag Drop area before you enter Transition.

These fenced areas are for Personal Needs bags only and will be marked:

- **BIKE Special Needs**
- **RUN Special Needs**



Please ensure that you place the correct bag into the correct pen. Personal Needs bags not handed in during this time will not be accepted for distribution to athletes during the race.

**No-one will be allowed to add or have access to any items in the bags once handed in.**

Only athletes with official race numbers may collect their own bag(s) during the race. No bags may be accessed after the following times: 13h30 for the bike (start of second loop) and 23h30 for the run.

Athletes may only have access to their bag(s) once during the bike (just before starting the 2nd loop only) and once during the run. Once you have removed your required item(s), place your bag in the demarcated bag drop area before you exit the Personal Needs Station.

Athletes may not receive assistance from public during the race, not even to open or remove items from these bags.

## During the bike leg:

- Access to the bags is only when moving between Admiralty Way and Transition before starting your second lap, this station is located in 8<sup>th</sup> Avenue.
- Athletes requiring Personal Needs Bags must move to the LEFT-hand side of the bike course, taking caution for other athletes.
- Athletes requiring Personal Needs Bags must turn into 8<sup>th</sup> Avenue STOP at the Personal Needs Station, dismount their bike and retrieve their own bag.
- Volunteers will only guide you to your bags, but will not assist you in collecting your bag.
- Empty/remove required contents and then place your bag in the demarcated bag drop area before you exit the Personal Needs Station.
- Only the Pro athletes will be allowed to collect their bag whilst cycling. Please be cautious when re-entering the race.

## During the run leg:

- Access to the bags is only when moving in the direction towards Transition (heading towards the Hobie Beach).
- Volunteers will only guide you to your bags but will not assist you in collecting your bag.
- Empty/remove required contents and then place your bag in the demarcated bag drop area before you exit the Personal Needs Station.

Please note: The Personal Needs Station is **NOT an Aid Station** – therefore there is NO 'litter zone'. **Rubbish / Litter must be placed back in your bag** before dropping it in the demarcated bag drop area. Discarding of your bag / litter elsewhere on the course could lead to disqualification.

All bags, including those not accessed by the athletes during the race, will be discarded after the race.

# RACE DAY INFORMATION

## AID STATIONS

### BIKE

**Please Note:** Toilet facilities are available at all Aid Stations

These Aid Stations are situated approximately every 20-25km apart and will supply the following per table, in the following order:

#### **Aid Station 1:** (Bushy Park, Seaview Road)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Maurten Gels - Caffeine
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Aid Station 2:** (Maitlands, De Stades)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Biogen Bars
- Bananas
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Bike Aid Station 3:** (Victoria Drive)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Maurten Gels - Caffeine
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Aid Station 4:** (Marine Drive, Admiralty way intersection)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Biogen Bars
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

At each Aid Station on the Bike course there will be a box of bike maintenance items: at the start of the race these will hold

- 10 x (road bike) 700 C tubes
- 1 x set tyre levers
- 1 x pump

The Bike Aid Stations will close as the last athlete passes them.

NOTE: Litter zones will be within 100m of either side of the bike aid stations.



# RACE DAY INFORMATION

## AID STATIONS

### RUN

These Aid Stations are situated approximately every 2.5km and will offer:

#### **Aid Station 5 & 7:** (Lodge Road, Multidirectional)

- Water Sachets
- Gatorade
- Coca-Cola
- Bananas/Potatoes
- Soup
- Coke
- Gatorade
- Water Sachets

#### **Run Aid Station 6:** (Seascouts, Humewood RD)

- Water Sachets
- Gatorade
- Coca-Cola
- Maurten Gels
- Biogen Bars
- Coca-Cola
- Gatorade
- Water Sachets

#### **Run Aid Station 8:** (Flat Rocks Turnaround)

- Water Sachets
- Gatorade
- Coca-Cola
- Maurten Gels
- Biogen Bars
- Coca Cola
- Gatorade
- Water Sachets

**Red Bull** will have an Aid Station along the Run course.

The Aid Stations will close as the last athlete passes them.

**NOTE: Litter zones will be within 50m of either side of the run aid stations.**

For those who prefer to have their own special food items available on the course, there is a Personal Needs Station – see 'Personal Needs' info.



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# RACE DAY INFORMATION

## COMPETITION RULES

IRONMAN and World Triathlon (formerly ITU) are continuing to work towards global rule harmonization. The IRONMAN Competition Rules govern all IRONMAN and IRONMAN 70.3 triathlon race competitions and are based primarily on the [World Triathlon Competition Rules](#); however, differences in the rules do exist. Within certain sections of the IRONMAN Competition Rules (e.g., the rules regarding equipment legality) IRONMAN may adhere to and/or reference the applicable World Triathlon Competition Rules. Notwithstanding, in the event of any conflict or inconsistency between the IRONMAN Competition Rules and the World Triathlon Competition Rules, such conflict or inconsistency shall be resolved by giving precedence to the IRONMAN Competition Rules.

### Common Competition Rule Violations and Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties (herein referred to as "Summary"). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-XI, the Competition Rules set forth in Articles I-XI shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

Please see full rule guide: <https://www.ironman.com/competition-rules>

*SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ
Littering outside of the trash/rubbish drop zones	5:00 Minute Time Penalty
Using unsportsmanlike behavior	DSQ and potential suspension
Failure to follow the prescribed course	DSQ
Failure to wear a shirt or sport top during the bike or run	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 or 60 Second Time Penalty (as applicable) will be assessed, if not: DSQ.
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race	DSQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DSQ
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner, during the Race.	DSQ
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ
SUMMARY OF SWIM RULES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DSQ
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ



# RACE DAY INFORMATION

## COMPETITION RULES

Wearing a wetsuit that measures more than 5mm thick	DSQ
Using a snorkel	DSQ
<b>**SUMMARY OF BIKE RULES</b>	<b>PENALTIES</b>
Drafting violation	5:00 Minute Time Penalty
Blocking (side by side riding)	30 or 60 Second Time Penalty (as applicable)
Once overtaken, re-passing prior to dropping out of the draft zone	30 or 60 Second Time Penalty (as applicable)
Once overtaken, remaining in the draft zone for more than 25 seconds	5:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Front zipper of uniform is not connected at the bottom <u>or</u> if the top does not cover the shoulders	DSQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Wearing headsets or headphones during competition	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Make forward progress without bike during the bike segment	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
<b>SUMMARY OF RUN RULES</b>	<b>PENALTIES</b>
Wearing headsets or headphones during competition	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Failure to wear a shirt or sport top during the run portion	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied
Front zipper of uniform is not connected at the bottom <u>or</u> if the top does not cover the shoulders	DSQ if not remedied promptly
Crossing the finish line with a non-participating individual	DSQ
Wearing running shoes that are prohibited	DSQ
<b>SUMMARY OF TRANSITION AREA RULES</b>	<b>PENALTIES</b>
Blocking the progress of other athletes	30 or 60 Second Time Penalty (as applicable)
Interfering with another athlete's equipment	30 or 60 Second Time Penalty (as applicable)

### Notes:

1. \*Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information).
2. \*\*Please note: at select Event venues athletes are required to wear their athlete bib number on both the bike and run segments of the Race (See Event-specific Athlete Information Guide for more information).

# RACE DAY INFORMATION

## APPEALS

Should you wish to lodge an appeal against another athlete or referee's decision, this must occur within 15 minutes after you cross the Finish Line. However, no athlete may file a protest about a judgement call, which includes drafting and blocking. Please advise one of the IRONMAN staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee to lodge an appeal.

The Head Race Referee should be located at the Drop Out Control gazebo in Transition, when the bike course closes. The location will be confirmed by the IRONMAN staff member.

Payment of R500,00 to the Head Race Referee. This will be reimbursed if your appeal is successful.

Appeal committee: Race Director / Head Race Referee / Triathlon SA representative.

## TIMING & CUT OFFS

Stops, rests, transitions, etc.. will be included into your total race time. Splits will be recorded for each segment of the race, i.e. swim time, Transition 1 (T1) time, bike time, Transition 2 (T2) time and run time. In addition to the 16 hours 45 minutes overall cut-off time, there are cut-off times for each segment of the race, as listed in the document above. The cut-off time for the swim segment is 2 hours 20 minutes after your start; the cut-off time for the bike segment is 10 hours 30 minutes after your start of the race and the cut-off for the run is total time 16 hours 45 minutes. Also note the additional cut-offs that will be implemented. It is of utmost importance that you are aware of, and adhere to, these timing conditions as they improve the quality of the race. Disqualified and cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results. Additional DNF's may be identified after the event when checking finishing times.

PLEASE NOTE: Loss of a Timing Chip will result in a charge of R1500.00 allocated to your specific race number. Failure to wear your chip on race day, return your chip after the event, or pay replacement costs, will disqualify you from future IRONMAN South Africa events.

When you collect your Race Pack at Registration, you will collect a Timing Chip from + Chip Belt from the timing table here you will also verify that your chip number correlates to your name. Should you wish to race with your own Chip Belt please only request a Timing Chip without a strap from the timing company

If you do not start the race on Sunday, you must ensure you return your chip to the Drop-Out recorder either at the Medical Pods on the beach or Drop-out Control outside Transition. Please ensure they record your chip return.

If you have not racked a bike it is the athlete's responsibility to return the timing chip + belt to the timing van/Drop Out control.

If you drop out of the race at any time on race day, **you MUST notify the Drop-Out Clerk outside Transition** or in the IRONMAN Village (info tent). Failure to do so may disqualify you from participating in future IRONMAN triathlons.

***It is essential that we know where you are on the course at all times, for your safety and our peace of mind.***

If you lose your Timing Chip during the event, it is your responsibility to get a replacement chip (at a price). These can be found at the Drop-out Clerk gazebo outside Transition.

If you lose your Timing Chip on the RUN course, you must notify a Race Official/Referee immediately after crossing the Finish Line.

If you are disqualified for a rule violation during the race (and you are going to lodge an appeal at the end of your race), you may continue. If you are cut-off, you may NOT continue.

Please do not intentionally cross the Finish Line as part of a group. Our timing equipment does not record ties.

The chips are special active chips, not the run-of-the-mill Timing Chip. These cost R1500.00 each and if lost/not returned, the athlete will be held liable for the replacement cost. Timing Chips + Chip Belts should be removed and placed in the bins provided on the Finish Line after the race.

Timing Chips should be returned to the IRONMAN South Africa office one week post race day. Failure to return timing chip will result in you being invoiced for the replacement of the chip.

**NOTE: It is the Athletes responsibility to ensure that the timing chip is securely fastened to your left ankle. Should you not use your own strap, please ensure that you pin and tape the strap issued with the chip to safely secure it. Should you lose this chip, including during the swim, you will be charged for a replacement chip.**

**NO CHIP = NO TIME**

# RACE DAY INFORMATION

## DRUG FREE SPORT

As a condition of participation in each IRONMAN and IRONMAN 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN's Drug Free Rules. In accordance with all the Drug Free Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, Drug Free Sport's drug free rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and seek advice from qualified medical professionals.

## MEDICAL

**Please note: *No members of the public, family, friends or media will be allowed into the medical tent at any time.***

Should an athlete need to be transported to hospital, the emergency contact (as per registration information) will be informed. Information pertaining to which hospital the athlete has been transported to will be given to the emergency contact.

**Important:** Full disclosure of all medical conditions, general health and surgical procedures within the previous 12 months are required. If you are taking any medication or have any medical problem(s) that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. You are required to notify the IRONMAN South Africa Race Office, in writing, if there is any change in your medical status/condition after your registration application has been processed. Failure to do so will result in suspension of participation in future IRONMAN South African events. **You are solely responsible for avoiding medications that appear on the list of banned substances as determined by the World Anti-Doping Agency (WADA).**

Medical consultation/clearance may be necessary from an attending physician prior to acceptance/participation in the race. In all cases, the final decision of medical consideration is at the discretion of the race Head Doctor.

## Race day pre-event athlete medical evaluation:

Saturday Assessments: 11h00 – 12h00

Sunday Assessments: 05h30 – 06h00

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Hobie Beach Medical Tent. Access and entry onto the medical system must be logged as per standard race day procedure. The result of the assessment, i.e. clearance to race or non-participation advice, must also be recorded on the system. Thus, the main medical tent will be set up and ready to assess athletes from 1 hour prior to the Start of the race.

There will be medical staff and facilities throughout the IRONMAN race course. The Main Medical Tent will handle injuries or medical problems of athletes that withdraw/are withdrawn during the race.

Qualified individuals will be stationed throughout the swim course, with medical pods on the beach to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing sea water and from motion sickness. Medication taken before the swim may help, but you are strongly advised to try the medication several times before the race to avoid any adverse reactions to it. **Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

There will be a Medical Tent at the Transition Area where this is the only area of the race where athletes may receive actual medical attention and strapping and then continue racing (at the discretion of the medical team).

On the bike and run, particular dangers include dehydration, hypernatremia, over-hydration, sunburn, exhaustion and injuries sustained from accidents. Please be attentive when passing through Aid Stations to avoid the possibility of an accident or injury to yourself or another. Be aware that during events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize.

# RACE DAY INFORMATION

Please ask for medical **advice** if you have the slightest hint you may need it. **You will not be penalized for receiving medical evaluation.** You will be withdrawn from the race only if you require transportation, IV fluids, and medication or if medical personnel feel your continued participation is not in your best health. The medical personnel will do all they can to keep you in the race and assure a safe finish.

If you see a fellow athlete looking unwell, the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and / or appear confused, you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health. Outside help is not permitted.

**IRONMAN staff, water safety officials and / or medical officials reserve the right to withdraw athletes from the course if they are judged to be incapable of finishing within time or without physical risk of serious injury or death.**

More than half of the visits to the medical tent occur after athletes have finished the race. Please do not leave the finish area until you and / or your family / friends are certain that you are okay, until you can drink without vomiting and stand without dizziness.

**Please note:** we will not administer a drip for recovery purposes post-event in the medical tent. A drip will only be administered by the Doctor on duty for medical reasons.

If you are transported to the Medical Tent (and/or hospital) and are unable to collect your own equipment, a family member or friend will need your "Bike Check-Out Card" (which you received in your Registration Pack) as well as your Race number / bib to collect your bike and bags.

The medical tent will officially close at 00h00. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred there are the sole responsibility of the athlete. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN South Africa events until accounts are settled.

## ACCIDENT REPORTING

Athletes must remain at the scene of an accident in which they are involved with a motor vehicle until an incident report has been completed with an official IRONMAN staff member and / or local traffic department officer.

## PHYSICALLY CHALLENGED ATHLETES

Please refer to the IRONMAN website and contact the IRONMAN South Africa office for relevant information.

### IRONMAN South Africa Office:

Tel: +27 41 581 7990 / [southafrica@ironman.com](mailto:southafrica@ironman.com)

7, 5th Avenue, Walmer, Port Elizabeth, 6070





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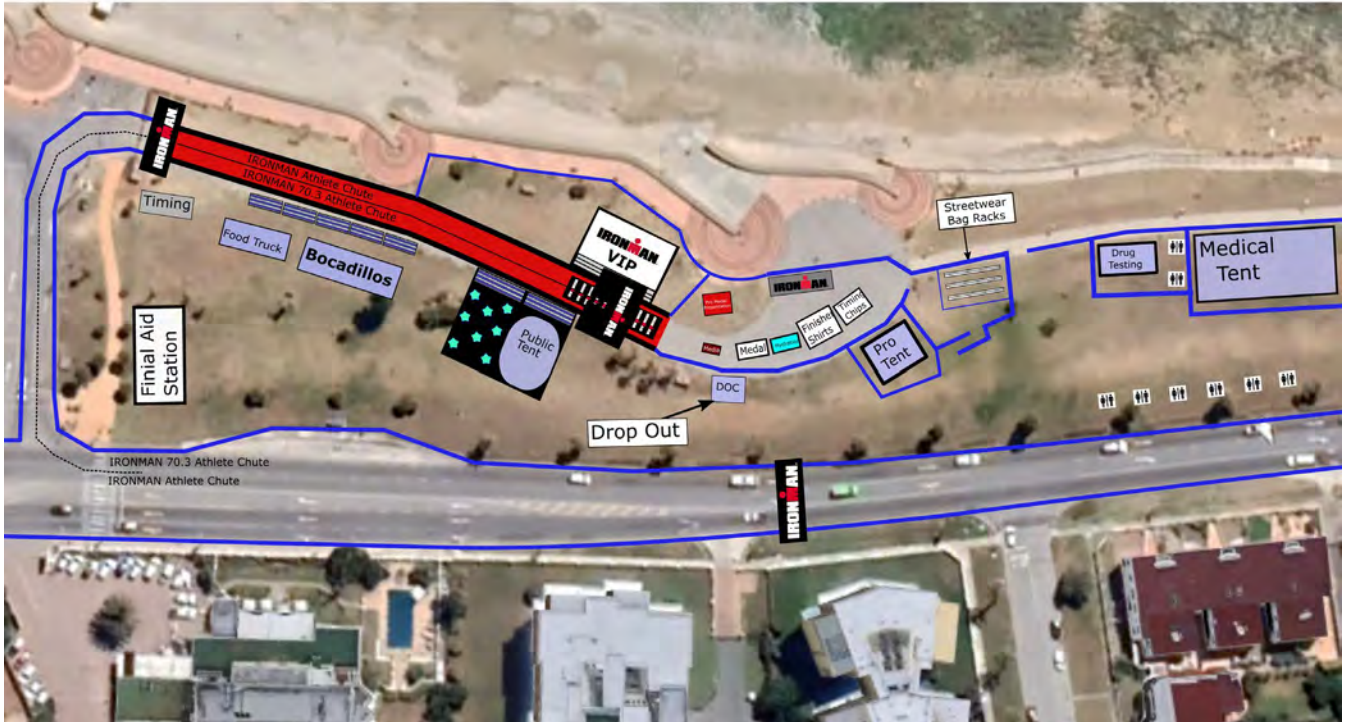
[www.Norflexgel.co.za](http://www.Norflexgel.co.za)

References: 1. Impact Rx Script Data - December 2020. 2. Norflex<sup>®</sup> Gel approved package insert, September 2001. 3. NORFLEX GEL FORTE (Gel) approved package insert, February 2000. 4. Diffiam Gel [cited 9 October 2020]; Available from URL: <http://www.mymc.com/drugs/diffiam-gel/>.  
Scheduling status: **S0** Proprietary name and dosage form: NORFLEX Gel. Composition: Each 100g contains: Benzylamine hydrochloride 3.0 g. Pharmacological classification: A3.1 Antirheumatics (anti-inflammatory) agents. Registration number: 32/3.1/0547. Scheduling status: **S1** Proprietary name and dosage form: NORFLEX GEL FORTE (gel). Composition: Each 100 g contains: Benzylamine hydrochloride 5.0 g. Pharmacological classification: A3.1 Antirheumatics (anti-inflammatory) agents. Registration number: 32/3.1/0391. Name and business address of applicant: Inova Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/001640/07. 15E Bailey Road, Bedfordview. Tel. No.: 011 087 0000. [www.inovapharma.co.za](http://www.inovapharma.co.za). For full prescribing information, refer to the package insert as approved by the SAHPRA (South African Health Products Regulatory Authority). For more information, speak to your healthcare professional. Further information is available on request from Inova Pharmaceuticals. 168499.1W4210/21.

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# RACE DAY INFORMATION

## FINISH LINE



## BIKE CHECK OUT



# POST RACE INFORMATION

## BIKE & GEAR CHECK OUT

Sunday: 17h45 – 24h00

The official Bike and Transition Bags check-out process will take place between 17h45 – 24h00 at Transition, Hobie Beach Car Park.

Bike & Bags will be checked out using your Race Number. Volunteers will check your Race Number to the Race Number on the Bike & Bags.

If you cannot collect your own bike, give your **“bike check-out card”** (as received in registration pack) and **Race Number / bib** to a friend or family member.

No bags may be passed over the fence – must be checked out with your bike.

Do not ride your bike home / to hotel if you are not wearing a helmet.

All bikes and bags must be collected by 24h00 on race day. The organisers are not responsible for items left in Transition on Sunday after 24h00

And again: Please note that it is illegal to interfere (including remove, swop, steal & / or tamper) with another athletes equipment / nutrition in the Transition area: this may lead to a disqualification.

## SPORTOGRAF

Sportograf is proud to be the official athlete photo service at the ISUZU IRONMAN African Championship.

We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here:

[www.sportograf.com/event/8438](http://www.sportograf.com/event/8438)

Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT on the run, to help up identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

## TOUR MEDAL

**Africa Tour Series: only by pre-registration:**

2023 South African Tour Series is back!

Register and complete either of the following series of races to be eligible for the 2023 South African Tour Series Medal:

Option 1: 2023 ISUZU IRONMAN African Championship, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay

Option 2: IRONMAN 70.3 Nelson Mandela Bay, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay

Register for all 3 races before 29 September 2023 to be eligible.

# POST RACE INFORMATION

## SLOT ALLOCATION

Venue : The Boardwalk ICC

Time : Monday, 6<sup>th</sup> March at 10h00

The ISUZU IRONMAN African Championship is offering 65 Female Age Group Slots to the 2023 VinFast IRONMAN World Championship on Kailua-Kona, Hawai'i on the 14<sup>th</sup> of October 2023 and 75 Male Age Group Qualifying Slots to the 2023 VinFast IRONMAN World Championship Nice, France on the 10<sup>th</sup> September 2023.

All athletes who have qualified for the 2023 IRONMAN World Championship and want to accept their slot MUST show intent by "opting in" or "opting out" of this slot allocation process. The roll down will only be offered to athletes who opted in for the IRONMAN World Championship slot allocation. This choice cannot be changed post event.

When collecting Registration packs pre-event, athletes will be asked the following question(s):  
**"Should you qualify, do you intend on accepting an Age Group slot to the 2023 IRONMAN World Championships?"**

On Monday, 6 March 2023 at 10h00 ONLY Athletes who have an automatic slot (Marked on the results sheet outside the building will need to come to slot allocation in The Boardwalk Hotel & Conference Centre. Athletes will have to sign a waiver to redeem their slot and proceed with the payment of the entry fee \$1400.00 (USD)\* + 9,25% Active processing fee (\$41,86), total \$1441.86 (includes taxes). Any slots not taken will then be rolled over by the Tampa office, USA.

Prior to race day, at least one slot will be tentatively allocated to each Age Group category (both male and female). Final numbers of slots per Age Group will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender.

If there are no more eligible finishers in a particular Age Group or no other finishers accepted the slot in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Groups within the gender with the largest athlete-to-slot ratios will receive the second re-allocated slots and so on.

See the IRONMAN website for additional information

NOTE : Only Age-Group Athletes are eligible to receive Age-Group World Championship qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status. Any change in an athletes status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

## ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age Group Athletes online. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.



# POST RACE INFORMATION

## PRO ATHLETES PRIZE MONEY & QUALIFICATION

### PRIZE MONEY:

The total prize money of USD 150,000 will be distributed to PRO Athletes as follows (subject to changes made by WTC) at the ISUZU IRONMAN African Championship:

MALE	POSITION	FEMALE
\$ 25 000	1 <sup>ST</sup>	\$ 25 000
\$ 15 000	2 <sup>nd</sup>	\$ 15 000
\$ 9 000	3 <sup>rd</sup>	\$ 9 000
\$ 7 500	4 <sup>th</sup>	\$ 7 500
\$ 5 500	5 <sup>th</sup>	\$ 5 500
\$ 4 000	6 <sup>th</sup>	\$ 4 000
\$ 3 000	7 <sup>th</sup>	\$ 3 000
\$ 2 500	8 <sup>th</sup>	\$ 2 500
\$ 2 000	9 <sup>th</sup>	\$ 2 000
\$ 1 500	10 <sup>th</sup>	\$ 1 500

Prize money will be paid once the Drug Testing Results have been reported.

## Qualifying for the 2023 IRONMAN World Championship Race

Venue : The Boardwalk ICC

Time : Monday, 6<sup>th</sup> March at 10h00

- Only Pro Athletes are eligible to receive Pro Qualifying Slots.
- There will be eight (8) PRO qualifying slots for the 2023 World Championship Race, four Male and four Female slots.
- Pro Qualifying Slots are NOT transferrable, and deferrals are NOT permitted. There is no waiting list or roll down for non-qualified Pro Athletes.
- There will be no 2023 Championship Race entry fee associated with the acceptance of a Pro Qualifying Slot, provided, however, that a valid 2023 IRONMAN Pro Membership is required as a condition of participating in the 2023 Championship Race.
- Pro Athletes accepting a Pro Qualifying Slot represent and warrant that their elite/professional athlete status with their ITU Member National Triathlon Federation is current and will be so at the time of the 2023 Championship Race. Any change in a Pro Athlete's status prior to the 2023 Championship Race must be disclosed immediately.

For more information

visit: <https://www.ironman.com/pro-athletes>





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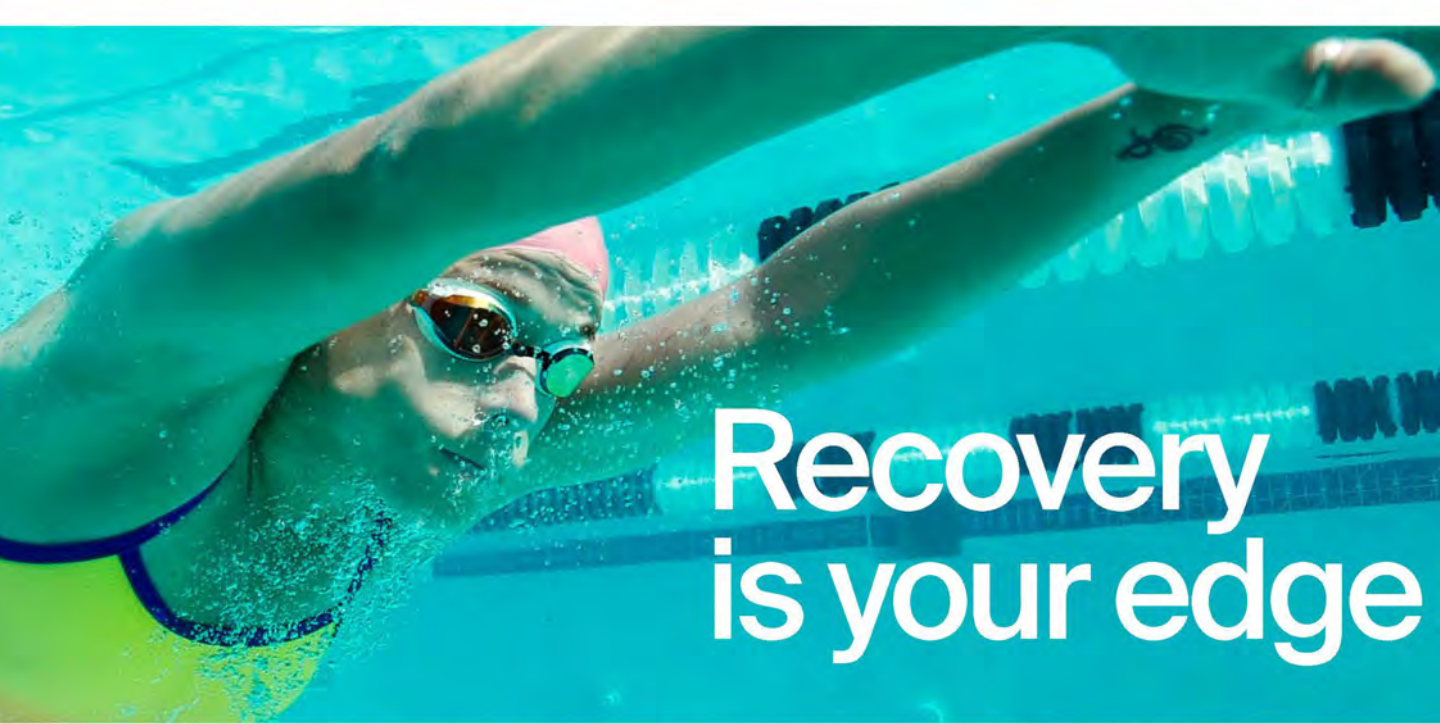
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# POST RACE INFORMATION

## AWARDS

### Awards Dinner:

Monday: 19h00 – 22h00

Doors will open at 18h15.

Venue: The Sun Boardwalk Convention Centre – access via mall escalator entrance only.

Please note that additional Awards Dinner tickets for family / friends will only be on sale at Registration, no tickets will be sold at the door.

Your athlete wristband is your access ticket to the Awards Dinner. Seating will be on a first come, first served basis.

Awards procedure starts at 19h00: ISUZU IRONMAN African Championship trophies will be awarded to the top 5 male and top 5 female Pro athletes as well as the first 3 athletes in each Age Group category for both male and female athletes.

ISUZU IRONMAN 70,3 Nelson Mandela Bay trophies will be awarded to the top 3 athletes in each Age Group category for both male and female athletes.

TRICLUB AWARDS: The top 3 TriClubs will be contacted on Monday morning to collect their trophies. Trophies will be awarded to the Top 3 TriClubs, with the most points. These will be allocated for both the ISUZU IRONMAN African Championship and ISUZU IRONMAN 70.3 Nelson Mandela Bay.

Please note: Athletes MUST be present at the Awards Dinner to collect their trophy. No trophies will be posted after the event.

## LOST & FOUND

Monday: 09h00 – 13h00

Race Day lost & found property will be located at the Sun Boardwalk Convention Centre – Level 1 Parking area from 09h00 - 13h00 on Monday.

It is recommended that you mark all your race gear with your name prior to race day as the event organisers will not be responsible for lost items.

## SHIRT SWOPS

Monday: 09h00 – 13h00

On Race Day, **Finisher Shirts** will be available at the Finish Line Area after the completion of your race. **Athletes have to take the size ordered** on their registration form.

Sizes can be **swopped** out, subject to availability, on Monday from 09h00 - 13h00 at the Sun Boardwalk Convention Centre – Level 1 Parking.

**PLEASE NOTE: Finisher Shirts will NOT be posted to athletes.**

## TIMING QUERIES

Preliminary results will be continually updated on race day on the website <https://www.ironman.com/im-south-africa> and this link will redirect you to the official site.

Should you have any Timing queries, please email them to Michele.Bronkhorst@ironman.com & Sharon.Talbot@ironman.com

## CERTIFICATES

Certificates will be available online within 14 days after the event for you to download & print yourself from the website <https://www.ironman.com/im-south-africa> and this link will redirect you to the official site.

# ADDITIONAL INFORMATION

## ATHLETE TRACKING

IRONMAN Tracking App

Sharing the experience with your athlete is inspiring and emotional. Follow your favourite athlete on race day with our IRONMAN Tracking App. You can also view the race schedule and get notifications.

The App can be downloaded on iOS or Android.



## PUBLIC INFORMATION

### ROAD CLOSURE DURING THE EVENT:

THE FOLLOWING ROAD CLOSURES WILL APPLY ON SUNDAY 5 MARCH 2023 :

#### 05h00 – 24h00

Marine Drive / Beach Road will be closed from the M4 / Settlers Highway to Pine Lodge, including Driftsands Drive and Admiralty way intersections.

#### 05h00 – 17h00

M4 Settlers Highway / Walmer Blvd / Heugh Road / Buffelsfontein Road to Seaview Road.

Seaview Road from Heron road to the Seaview Spar / Elizabeth Road.

Elizabeth road through Beachview Drive to De Stades Road M9.

Seaview Road to Heron Road.

Heron Road to Sardina Bay Road.

Victoria Drive from Sardinia Bay Road to Glendore Road & Schoenmakerskop.

Marine Drive from Schoenmakerskop to Pine Lodge.

More information regarding the road closures can be found here :

<https://www.ironman.com/im-south-africa-supporters>

## VOLUNTEERS

An event of this magnitude not only owes its success to the race organisers, sponsors or management, but largely to a dedicated fraternity of volunteers.

The IRONMAN South Africa team works with volunteers ranging from scholars to organisations in Nelson Mandela Bay to make the race possible.

### HOW TO GET INVOLVED:

[www.racevolunteers.co.za](http://www.racevolunteers.co.za) – register/login onto the site and pick which area you want to work in.

We are very grateful for the hard work put in by our volunteers to make the race, safer and easier for our athletes.

There will be prizes up for grabs for volunteers post event. To find out more about these prizes and see your volunteer photos, join the IRONMAN Volunteers – South Africa group on Facebook.

## GET SOCIAL



<https://www.facebook.com/ironmansouthafrica>



<https://www.instagram.com/imsouthafrica/>



<https://www.facebook.com/groups/www.racevolunteers.co.za>



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## JOIN THE RACE FOR NATURE

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IRONMAN® for Nature is a charity initiative which allows IRONMAN® athletes, individuals, sponsors, organisers, and corporates to come together and show their support for the Wilderness Foundation Africa.

We encourage athletes to take part in this initiative by obtaining a charity slot and racing in our Lumo Green IRONMAN® for Nature colours! Already have your 2021 entry? There's still time to convert it into a charity slot for this year.

For more information on the conservation work of Wilderness Foundation Africa, visit their website.

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+27 41 373 0293



[info@ironmanfornature.co.za](mailto:info@ironmanfornature.co.za)  
[ironmanfornature.co.za](http://ironmanfornature.co.za)



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# ALTERNATIVE COURSE PROCEDURE

## IN THE EVENT OF AN ALTERNATIVE COURSE

The process for athletes is as follows:

The call will be made at 05h15 by the Race Director. The announcer will inform the athletes in Transition just after 05h20.

### SCENARIO 1:

Shortened Swim - All Athletes. Transition as normal.

Distance for all: SWIM – 6 buoys, 1,9km | BIKE 180.2 km | RUN 42.2 km

6 buoys : left on 1<sup>st</sup> RED, past 1<sup>st</sup> YELLOW, left on 2<sup>nd</sup> YELLOW, left on 3<sup>rd</sup> YELLOW, past 4<sup>th</sup> YELLOW, right on 2<sup>nd</sup> RED buoy to the beach.

Pros: Starts at 06h10 (Men) and Pro Ladies at 06h35: SWIM – 6 buoys and continue with the rest of the race

Age Groupers: Rolling Start from 06:25: SWIM – 6 buoys and continue with rest of the race

### SCENARIO 2:

Shortened Swim for Pros: SWIM 6 buoys (as above) - Start at 06h20 (Men) and 06h25 (Ladies)

Age Groupers: Rolling Bike Start - Start at 07h15

Continue with the rest of the race: BIKE 180.2 km | RUN 42.2 km

Process for an Alternative Race Start - Scenario 2:

Announcement will be made that the race will be changed to a rolling bike start for age groupers

Go to your BIKE bag and prepare for the bike leg.

Transition will close at 06h15 (for the Pro's to do their swim) and re-open at 07h00 once the Pro swimmers have transitioned, to collect your bike.

Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 07h15.

Rolling bike starts will leave 5-second intervals.

Your Start time will be registered at the time your timing chip, on your left ankle, crosses the timing mat.

The bike cut-off of 8hrs 10min for the bike leg will still apply. Transition to the run as normal.

### SCENARIO 3:

Swim Cancelled for all: Rolling Bike Start for all

Pros start at 06h30

Age Groupers start at 07h00

Process for an Alternative Race Start - Scenario 3:

Announcement will be made that the race will be changed to a rolling bike start for all.

Go to your BIKE bag and prepare for the bike leg.

The Pro athletes will line up in a chute behind the mount / dismount line at the Bike Exit / Entrance at 06h30. They will start in 30 second intervals.

Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 07h00.

Rolling bike starts 2 athletes every 5 seconds.

Your Start time will be registered at the time your timing chip on your left ankle crosses the timing mat.

The bike cut-off of 8hrs 10min for the bike leg will still apply.

After the bike, you will transition to the run as normal.

### Notes for Age-Groupers: Scenario 2 and 3:

The bike cut-off of 8hrs 10min for the bike leg will be done post-race by the timing company as everyone's start times will differ.

Run time for the marathon remains as 6hrs 15 min. Total accumulated race time will thus be 14hrs 25min.

Please be aware that you could be DNF'd after the race based on final timing verified by timing company.



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