



4 JUNE 2023

DURBAN - SOUTH AFRICA

ATHLETE RACE  
GUIDE



ISUZU  
**IRONMAN**  
70.3<sup>®</sup> DURBAN  
SOUTH AFRICA

WWW.IRONMAN.COM/70.3/DURBAN

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# WELCOME MESSAGES



Dear IRONMAN 70.3 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 IRONMAN 70.3 Durban 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**



Dear Athletes,

On behalf of the IRONMAN South Africa team, we would like to extend our warmest welcome to all of you who are participating in the 8th edition of the ISUZU IRONMAN 70.3 Durban event.

We appreciate and acknowledge the amount of training and sacrifice that goes into preparing for an event of this magnitude. We are thrilled and honored to host you in Durban, as you showcase your endurance, strength and determination by swim, bike and running your way from the start line at uShaka Beach to the finish line at the Suncoast Amphitheatre. We look forward to what promises to be a great day of triathlon racing.

As you head into the last few weeks before race day, here are a few helpful tips for you:

- Read this athlete guide. It has all the information you need for a successful race week.
- Orientate yourself ahead of race day. Make sure you have enough time to check where each transition is and leave enough time to check your bike and gear bags in to avoid unnecessary stress.
- Say ‘Thank You’ to the Volunteers. Without the army of nearly 1 500 volunteers, the race would not be possible. They will be there cheering you on and would love a smile or thumbs up from you.

We want to thank you for your commitment to the sport. Your drive, courage and dedication inspire us all. We hope you will make the most of your experience racing with us, forge new friendships, create lifelong memories and please don't forget to have FUN.

Good luck to all, we wish you have a safe, successful and unforgettable race experience. See you on the Finish Line.

Your Race Director,  
Michele Bronkhorst

# RACE SCHEDULE

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



## THURSDAY 01.06.2023

**14:00 – 18:00**  
Registration  
The Globe at SUNCOAST

**14:00 – 18:00**  
Bike Workshop  
Outside The Globe  
at SUNCOAST

**14:00 – 18:00**  
Merchandise  
The Globe at SUNCOAST

**14:00 – 18:00**  
Health & Fitness Expo  
The Globe at SUNCOAST

## FRIDAY 02.06.2023

**09:00 – 18:30**  
Registration  
The Globe at SUNCOAST

**09:00 – 18:30**  
Bike Workshop  
Outside The Globe  
at SUNCOAST

**09:00 – 18:30**  
Merchandise  
The Globe at SUNCOAST

**18:30**  
Live Q & A  
Online

**09:00 – 18:30**  
Health & Fitness Expo  
The Globe at SUNCOAST

## SATURDAY 03.06.2023

**08:00 – 13:00**  
Registration  
The Globe at SUNCOAST

**08:00 – 15:00**  
Bike Workshop  
Outside The Globe  
at SUNCOAST

**08:00 – 15:00**  
Merchandise  
The Globe at SUNCOAST

**08:00 – 15:00**  
Health & Fitness Expo  
The Globe at SUNCOAST

**14:00 – 16:00**  
Bike Bag & Bike Check-in  
Transition 1 at uShaka Lower  
Promenade

**14:00 – 16:00**  
Bike Maintenance  
Outside Transition 1

**15:00 – 17:00**  
Run Bag Check-in  
Transition 2  
at SUNCOAST Car Park 3  
(NO Access on race morning)

## 04 JUNE 2023

**04:30 – 06:15**  
**SHUTTLE TO SWIM START:**  
Collection along Snell Parade & from  
SUNCOAST traffic circle to traffic  
circles between Hospital Road &  
Bell Street on Erskine Terrace  
(Esplanade). Wait on the roadside.

**05:00 – 06:45**  
Transition 1 open  
at uShaka Lower Promenade

**05:00 – 06:45**  
Bike Maintenance  
Outside Transition 1

**07:10**  
**ISUZU IRONMAN 70.3**  
**Durban START**  
uShaka Beach  
Rolling swim start

**07:45 – 10:00**  
**SHUTTLE FROM SWIM START**  
Collection point at traffic circles  
between Hospital Road & Bell Street  
to SUNCOAST traffic circle.  
PLEASE NOTE: NO drop-off's will  
be done along the way, only at  
SUNCOAST

**+/- 09:00**  
Swim course closes

**+/- 13:05**

Bike course closes

**+/- 16:20**

Race Ends

Finish Line in front of SUNCOAST

**14:00 – 17:00**  
Bike & Bags Check-out open  
Transition 2  
at SUNCOAST Car Park 3

**17:00**  
Slot Allocation: IRONMAN 70.3  
World Championship  
The Globe at SUNCOAST

**18:30**  
Awards Presentation  
Doors Open  
The Globe at SUNCOAST

**17:00 – 19:00**  
Merchandise  
The Globe at SUNCOAST

## MONDAY 05.06.2023

**09:00 – 11:00**  
Finisher T-shirt swap  
and Timing queries  
The Globe at SUNCOAST

**09:00 – 11:00**  
Merchandise  
The Globe at SUNCOAST

**09:00 – 11:00**  
Lost and Found  
The Globe at SUNCOAST

Further together  
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**70.3**  **DURBAN**  
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**Southern Sun**

# PRE-RACE INFORMATION

## RACE VENUE ORIENTATION

The ISUZU IRONMAN 70.3 Durban is a unique experience offering:

- 4 days of IRONMAN Merchandise offerings (including Race Day)
- ISUZU IRONMAN 70.3 Durban Race Day
- ISUZU IRONMAN 70.3 Awards Presentation.

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.

The IRONMAN 70.3 Race Village is located around the SUNCOAST complex and Durban Promenade. All pre-event and race day activities will revolve around this beachfront area.

## RACE BRIEFING

Friday, 2 June 2023 : 18h30 LIVE Q & A ONLINE

A booth with an IRONMAN Staff member will be at Registration for all race related queries, there will also be copies of the athlete race briefing on site to view.

A pre-recorded Race Briefing will be streamed on our social media platforms in the buildup to the event, on Wednesday, 31 May 2023 at 17h30.

Additionally, a live Q & A will be streamed on Friday, 2<sup>nd</sup> June 2023.

Questions can be submitted during the pre-recorded and live Q & A's and will be answered by an ISUZU IRONMAN 70.3 Durban Race Director.

## ATHLETES REGISTRATION

### The Globe at SUNCOAST

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 – 13h00

Parking is limited and tight inside SUNCAOST Car Park. Please don't bring trailers into the Suncoast parking lots.

All Athletes must have registered by 13h00 on Saturday, 4<sup>th</sup> June 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 or relay team, 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 (Visa / Master cards) ONLY. IRONMAN 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



# PRE-RACE INFORMATION

## 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
- Timing Chip

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.

## RELAY TEAMS

Must have at least 2 members. Team Members can be substituted up to 10 days before race day

email: [durban70.3@ironman.com](mailto:durban70.3@ironman.com).

All team members must be 15 years or older for the swim and 18 years or older for the bike and run, on race day.

Each team member **MUST** sign the above-mentioned indemnity form at Registration and receive their athlete wristband. Race packs & Timing Chips will **NOT** be handed out unless each team member has signed the respective indemnity forms, if a team member is Under 18 years of age, a parent/guardian must sign for them, that team member must still be in attendance to receive their athlete wristband.

## 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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& NO MAX!



1

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2

### CLICK HELP A HERO

and create your profile

3

### SELECT YOUR EVENT

4

### SHARE YOUR LINK

with family, friends &  
colleagues to support you

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 BIKE WORKSHOP

The Globe at SUNCOAST

Thursday : 14h00 – 18h00

Friday : 09h00 - 18h30

Saturday : 08h00 – 15h00

Dura Cycles will have a mechanical bike shop outside The Globe at SUNCOAST. Fees will be charged for all services rendered.

## MASSAGE SERVICES

There will be no onsite Massage Facilities, however, should you wish to have a pre- or post-race massage please contact:

### ETA Durban

Mosses Mabhid Stadium (Inside Prime High-Performance Institute)

Appointments by booking ONLY.

Bookings: 031 701 8921

## IRONMAN MERCHANDISE

The Globe at SUNCOAST

Thursday : 14h00 – 18h00

Friday : 09h00 - 18h30

Saturday : 08h00 – 15h00

Sunday : 17h00 – 19h00

Monday : 09h00 - 11h00

The IRONMAN Merchandise offers a selection of ISUZU IRONMAN 70.3 Durban Merchandise and is open to both athletes and the public.



# PRE-RACE INFORMATION

## TRAINING

There are no official IRONMAN training sessions associated with the ISUZU IRONMAN 70.3 event in Durban. Below are a few notes on public spaces where athletes can train.

### SWIM TRAINING:

There are no "Official Swim Training" sessions. All major beaches on the Durban beachfront have lifeguards and designated swim areas within certain hours. Please adhere to their rules/directions/instructions.

### BIKE TRAINING:

There is a circular cycling route on public roads adjacent to SUNCOAST. These are unmarshalled public roads with markings indicating cycling lanes from 04h30-06h30 and 16h30-18h30. All South African rules and regulations of public roads apply. It can be followed from the circle at the Battery Beach Road/ Snell Parade intersection. Follow Snell Parade (north/ Ocean on your right), left into Athlone Dr, left into Masabalala Yengwe Ave, past Kings Park and Moses Mabidha Stadium, left into Battery Beach Rd which will take you back to point of departure. One lap is 5.1km.

- No cycling is allowed on the M4 highway between the City Centre and Umhlanga.
- On race day, no recreational or commuter cyclists other than participants are allowed on any portion of the IRONMAN 70.3 bike course.

### RUN TRAINING:

The Durban Beachfront promenade is extensively used for running purposes and there are 7km's of it between the Blue Lagoon and the Durban Harbour.

## BIKE & GEAR CHECK IN

### ORIENTATION:

ISUZU IRONMAN 70.3 Durban has a split transition area which means they are at different locations. T1 (Transition 1) is the transition from Swim to Bike. T2 (Transition 2) is the transition from Bike to Run. Your Streetwear bag will be brought to the IRONMAN Village and the bag with swim gear from T1 will be brought to T2 during the race for bike & bag check out. All athletes must check in both transition bags, a bike, and a bicycle helmet.

### BIKE BAG & BIKE CHECK-IN : TRANSITION 1

Lower Promenade, adjacent to uShaka Marine World

Enter Transition on the harbour end (c/o Erskine Terrace & Bell Street) & Exit Transition on Suncoast end (c/o Erskine Terrace & Rutherford Str) . Note that these two points are 700m apart. You will have access to your Bike & Bike Bags in Transition 1 from 05h00 – 06:45.

### RUN BAG CHECK-IN : TRANSITION 2 SUNCOAST Car Park 3

Enter and Exit T2 via the main entrance to SUNCOAST Casino and Entertainment World, off Battery Beach Road

Please note: There will be NO ACCESS to T2 for run bags on race morning.

### CHECK -IN NOTES :

**SATURDAY : 14h00 – 16h00 : T1 Bike Bag & Bike Check In**

**SATURDAY : 15h00 – 17h00 : T2 Run Bag Check In**

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just outside Transition 1.

Referees will do a bike and helmet-check at the entrance into Transition 1 wear your helmet in line to speed up the process.

# PRE-RACE INFORMATION

Only athletes are allowed into Transition.

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

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 from 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 (T1) - and Run bags (T2) only, must be checked in, you will hang these bags on the racks at the change mats of each Transition. Only the bike bag (T1) can be accessed on race morning. There will be no pre-event access to your run bag (T2).

All athletes MUST have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the right 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.


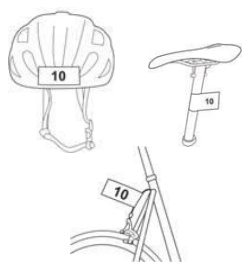

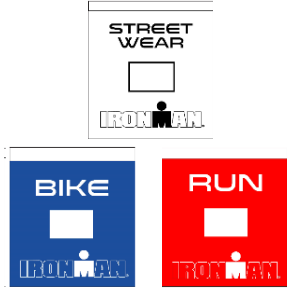


Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

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 the Transition 1 & Transition 2 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 both Transition 1 and 2.

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>The image shows a red Ironman race bib with the number 500. Below the number is a section for 'RACE ENTRANT INFORMATION' with fields for Name, Race Number, and other details.</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>The image shows three identification stickers with the number 10. One is on a white helmet, one is on a silver seat post, and one is on a black bike frame.</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" and must be worn for the awards banquet</p>	 <p>The image shows a yellow wristband with a black and white icon of a person and the number 0001.</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>The image shows three bags: a white 'STREET WEAR' bag, a blue 'BIKE' bag, and a red 'RUN' bag, all with the Ironman logo.</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>The image shows an Ironman 'BIKE CHECK OUT CARD' with fields for Name, Race Number, and other information.</p>
<p><b>Official Swim Cap</b></p> <p>All Athletes must wear the official event swim cap supplied</p>	 <p>The image shows two swim caps: a green one with the Ironman 70.3 Durban logo and a white one with the ROKA logo.</p>

# PRE-RACE INFORMATION

## RELAY TEAM RACE KIT

Your Race Bib number must be in your Bike Bag in T1 with your cycling gear (with safety pins from registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

The team cyclist's packed and numbered Bike bag must be checked in, you will hang this bag on the rack next to the change mats. This bag 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 right 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 1 after 16h00 & Transition 2 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.

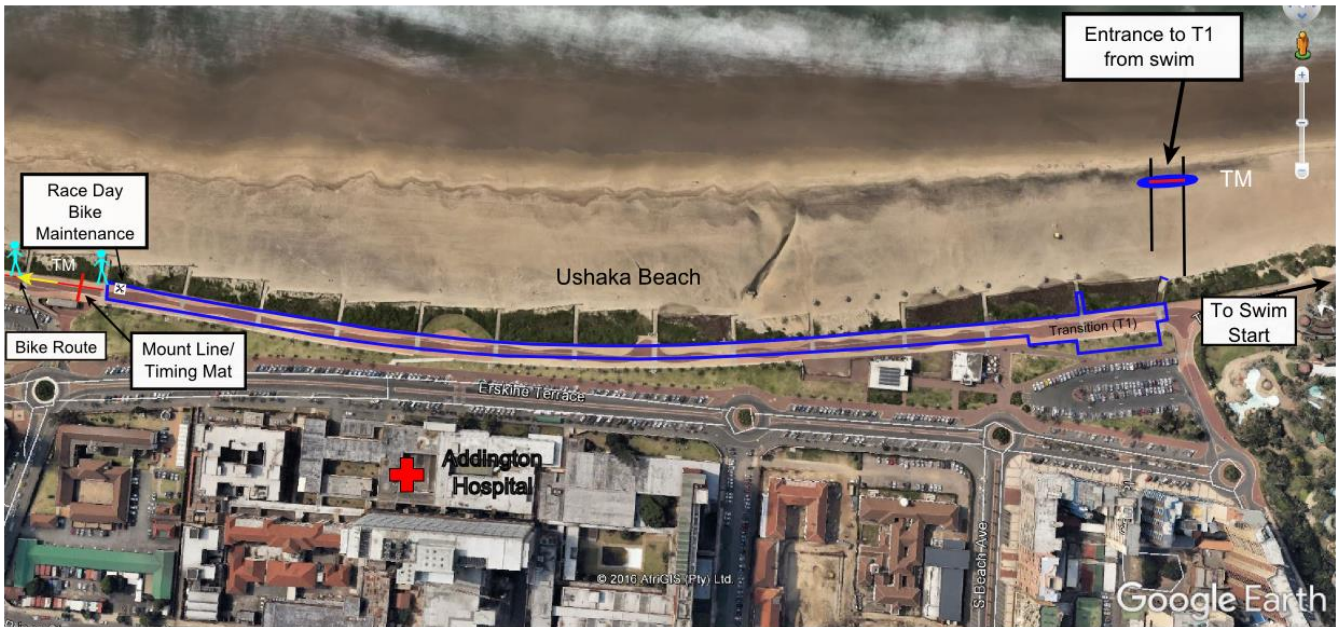
Overnight security is provided in the Transition Areas.

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" and must be worn at the awards banquet</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. Relay Team swimmers will have a different colour cap to individual athletes.</p>	

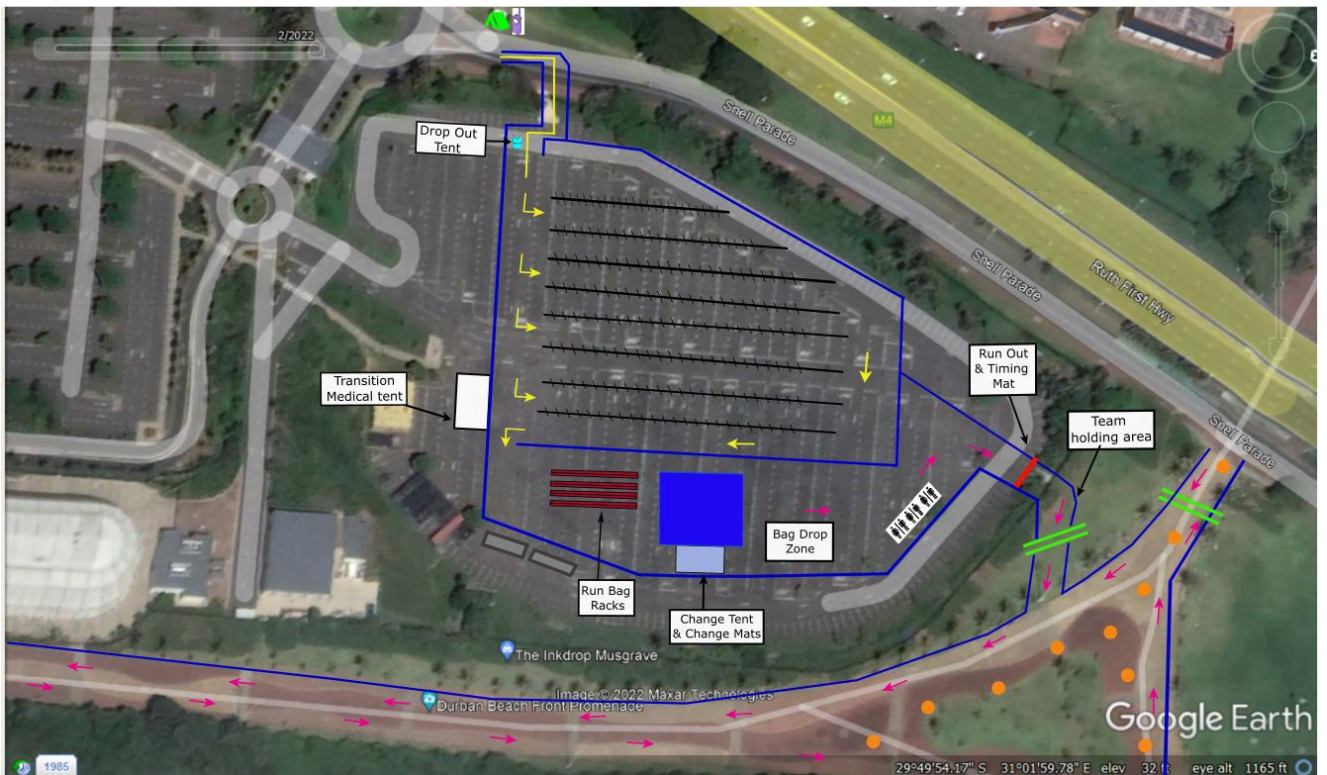


# PRE-RACE INFORMATION

## TRANSITION 1 LAYOUT



## TRANSITION 2 LAYOUT



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# ISUZU

*With you, for the long run*

# RACE DAY INFORMATION

## ATHLETE SHUTTLES & PARKING

### RACE DAY SHUTTLES

The Official Athlete Shuttle buses run between the traffic circle outside SUNCOAST Towers, Pirates Surf Lifesaving Club House and T1 adjacent to uShaka Beach on Sunday morning from 04h30 – 06h15, please take note of the 3x collection points in the map below.

Reminder that pre-race access into T1 is from the SUNCOAST side and not from the Harbour side.

We recommended that athletes staying close to T1 walk to the swim start. (guests at The Palace, Garden Court South Beach, Gooderson Silver Sands).

### RACE DAY PARKING/ACCESS

At the SUNCOAST Parking : Athletes can show their athlete wristband for complimentary parking, note that this parking will be limited.

Alternative parking would be along Snell Parade or Battery Beach Road, along the beachfront. Please do not park in driveways or restrict any exits to buildings. Parking may only be in designated parking bays if available. The Durban Metro does police illegal parking.



#### ATHLETE SHUTTLE ROUTES AND TIMES

- SHUTTLE TO SWIM START** - 3 x Collection points (sea side) along beachfront from 04:30 - 06:15 (see below).
  - SUNCOAST - in front of Pirates Car Park
  - Opposite Maharani / Elangeni Hotel
  - Opposite Garden Court Marine Parade HotelAthletes will be dropped at the Rutherford Circle as this is closest to T1 race morning entrance. Recommended: athletes at Palace, Garden Court South Beach, Gooderson x 2, etc walk directly to T1 entrance.
- SHUTTLE FROM SWIM START** - Collection between Bell Street & South Beach Ave (sea side) to SUNCOAST traffic circle from 07:45 - 10:00. Please note: NO drop-off's will be done along the way, only at SUNCOAST



# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

TRANSITION 1 : 05h00 – 06h45

Enter T1 from the SUNCOAST side (closest road c/o Erskine Terrace and Rutherford Street), i.e Bike-Out, exit on Timeball Blvd side, i.e Swim-In side. Athletes will have access to their bike and bike bags during this time for final checks and adjustments.

Once you have completed the pre-race transition visit, you must make your way to the swim start. When you exit the T1 area to head to the swim start, you will drop your streetwear bags in the trailers according to your race number.

The race organisers do not accept responsibility for any valuable items in Transition Bags/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 areas:

- Portaloos along the Promenade on the harbour side of T1.
- Inside T1 next to the Swim Exit chute.

## BIKE MAINTENANCE

A “Bike Maintenance” area will be available just inside T1 on the SUNCOAST end of Transition. 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 T1 to go to the Swim Start, place the items you are wearing (including slops/sandals/warm clothing for the end, etc) into your Streetwear Bag.

Drop this bag into the allocated drop area according to your race number.

Whilst the swim is underway, these bags will be transported to the IRONMAN Village where they will be hung according to the race numbers.

You will collect/have access to this bag, immediately after your completion or withdrawal from the race. These bags must be collected by 17h15.

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



# RACE DAY INFORMATION

## DROP OUT PROCEDURE

### DROP-OUT CLERKS

The drop out clerks are at the following points:

- At the Medical Pods on the beach at Swim Start / Exit.
- Outside T2
- Information/Drop Out tent in IRONMAN Village, SUNdeck

The following is of critical importance: Any athlete who drops 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 close 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 the IRONMAN Village, you will still need to report to the Drop out tent.

Athletes who withdraw from the race will have access to their Streetwear Bags at the IRONMAN Village but will only have access to their Transition gear at the official bike check out from 14h00 – 17h00.

### RUN

Athletes who withdraw from the race will have access to their Streetwear Bags at the IRONMAN Village but will only have access to their Transition gear at the official bike check out from 14h00 – 17h00.

**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.





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# RACE DAY INFORMATION

## COURSE INFORMATION

### SWIM COURSE – 1.9km

#### Cut off : 1 hour 10 mins from each athletes individual start time.

The ISUZU IRONMAN 70.3 Durban makes use of a rolling swim start. Athletes will swim a one lap 1.9km course in the ocean. The course is rectangular and swum 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 programme <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 T1 checks you will be required to make your way directly to the swim holding area.

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 30min
- o 30min - 1hr00
- o 1hour + / Relay Teams
- o PC / ID / Open Division Athletes

A group of 10 athletes will be released every 20 seconds to cross the timing mat to commence the swim.

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.

### RELAY TEAMS

The Team Swimmer will have a different colour swim cap to the individual athletes and will start at the back of the Rolling Swim Start.

### ROLLING START PROCEDURE

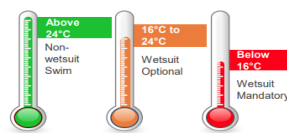
Rolling swim start starts at 07h10

The swim start holding pen is on the harbour side of uShaka Pier. Access the beach via the promenade.

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

### WETSUIT RUILING

The average water temperature in Durban between May and November is around 22/23° Celsius which under normal conditions makes it a wetsuit optional swim.



Wetsuits will be compulsory if the water temperature is below 16°C. For 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.)

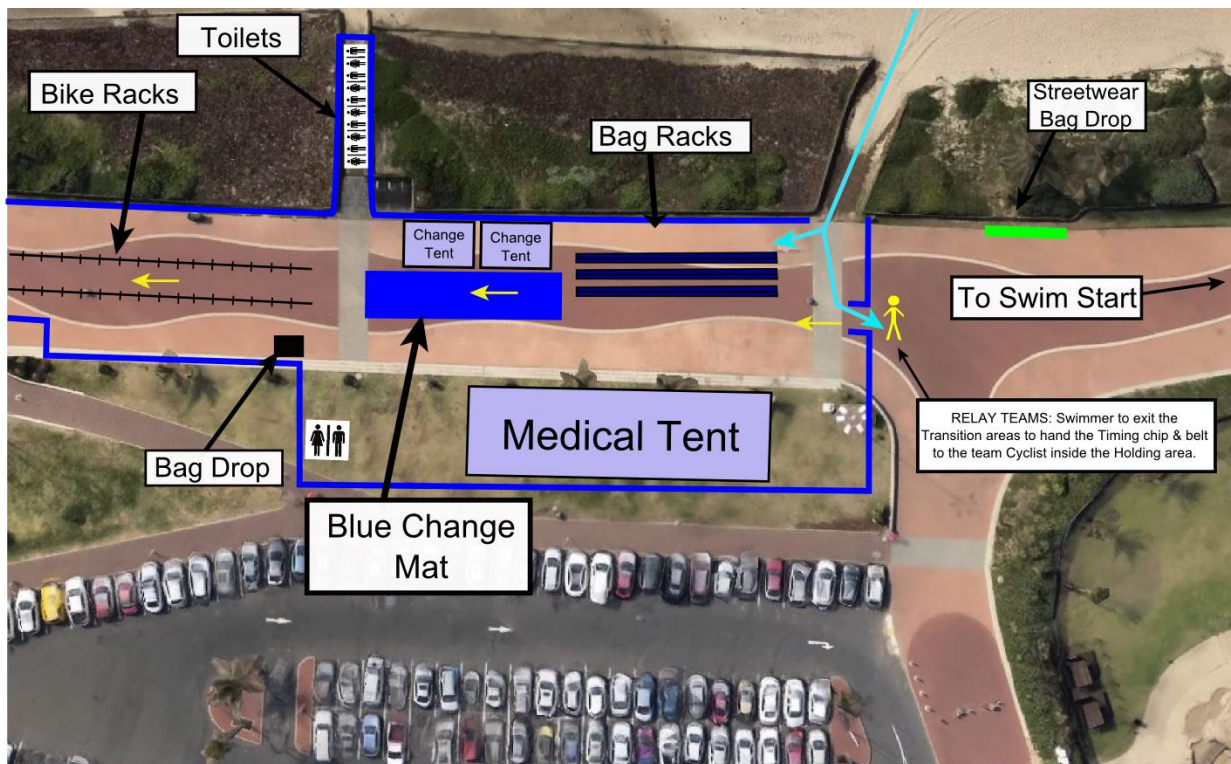
As per World Triathlon long distance rules, the swim will be shortened if the water temperature is between 12° and 13.9° C. If the water temperature is below 12° C, the swim will be cancelled.

# RACE DAY INFORMATION

## SWIM HOLDING AREA



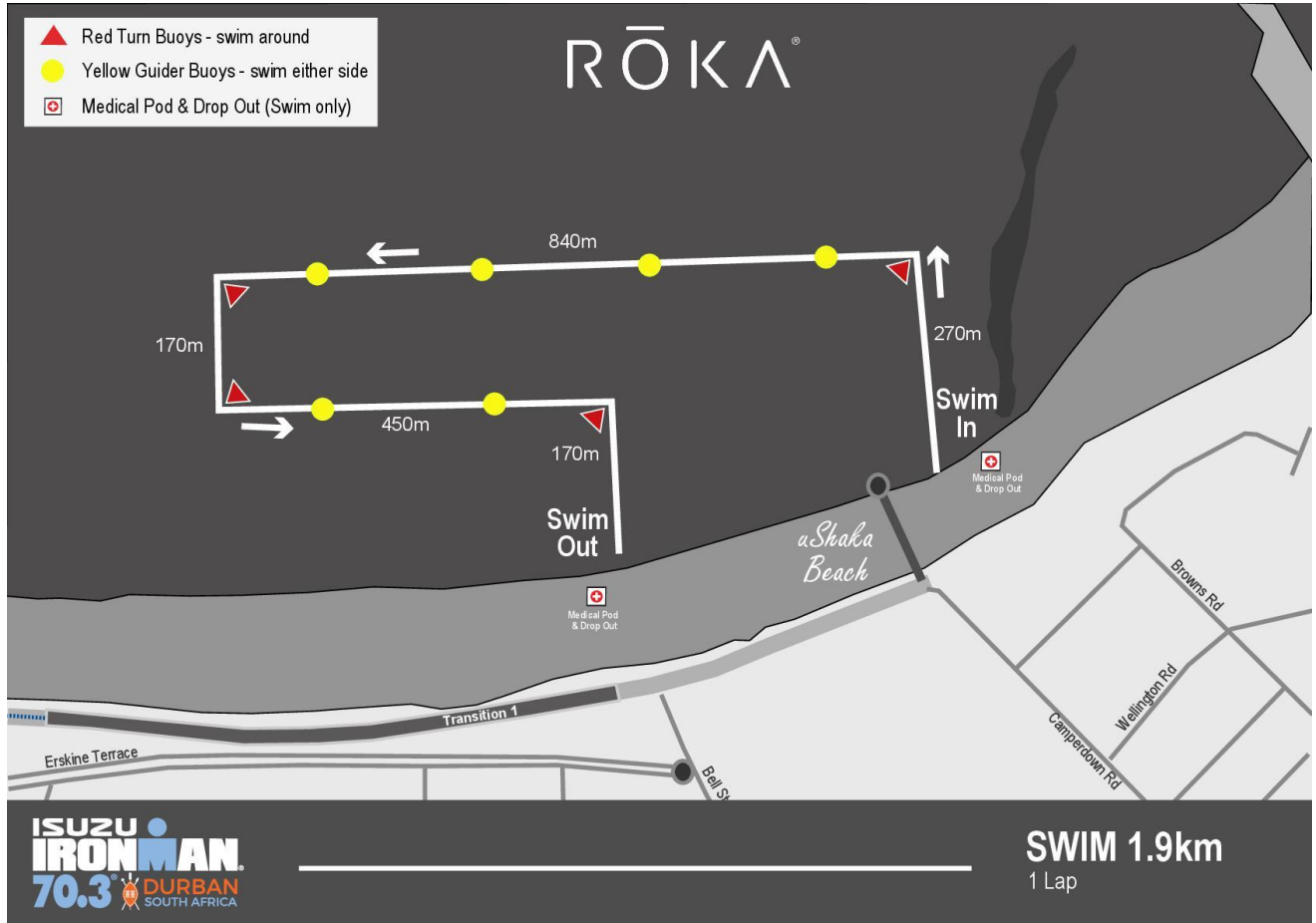
## TEAMS HOLDING AREA





# RACE DAY INFORMATION

## ISUZU IRONMAN 70.3 DURBAN: ROKA SWIM COURSE



To view the course maps online click here: <https://www.ironman.com/im703-durban-course>

# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 1 : Swim - Bike

#### RELAY TEAMS PROCEDURE

The Timing Chip & belt, when handed over, must be placed on the next team members LEFT ankle before he/she commences the next leg of the race: this acts as your relay baton.

Transition 1 is a long ( $\pm$  700m), narrow fenced area on the Promenade in front of Addington Hospital.

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 area.

Collect your Bike Bag. Changing may 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.

Medical facilities available to athletes in Transition.

There will not be any sunscreen supplied by IRONMAN, please ensure you bring your own.



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 off in the "Bag Drop" zone just outside the tent/change area. (These will be transported and hung on the Run Bag Rack in Transition 2 for collection during bike check-out (i.e 14h00 – 17h00).

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 T1 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 line, as instructed by the Race Referee.

Athletes must wear their bike helmets with the chin straps clipped in at all times on the bike course. This regulation is in place from the moment before you handle your bike in T1 [Swim to Bike] until the moment after you have racked your bike in T2 [Bike to Run] or, in some cases, handed it over to a volunteer. A violation of this rule will result in disqualification.

A Bike Maintenance Mechanic will remain in 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 T1 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 – 90.1KM

**Cut off : 5 hours 30 mins from each athlete's individual start time.**

The ISUZU IRONMAN 70.3 Durban bike course of 90km (56miles) is fast and undulating. The non-drafting bike course consists of two laps on the M4 Ruth First Highway between SUNCOAST Casino/M17 and the Umdloti/M27 intersections. Access from T1 to the M4 highway is via the beachfront promenade and the Moses Mabidha Stadium pedestrian underpass where specific bike rules apply.

### COURSE DESCRIPTION:

Athletes will exit T1 riding along the Promenade, passing the finish line at SUNCOAST (approximately 2.8km from T1). From here they continue further along the promenade, veering left onto the Moses Mabidha Stadium pedestrian under pass, just past The Globe and T2. At approximately the 3.7km mark, they will make a 90° turn right onto Masabala Yengwe Avenue, followed by another 90° turn right at the next intersection into Isaiah Ntshangase Road (at Durban Country Club). At the very next intersection athletes will follow the slip way to the left onto the M4 Ruth First Highway.

While cycling on the beachfront promenade athletes may not ride on tri bars or overtake for the 3.7km portion of the bike course.

Take caution of the bollards between the end of the Moses Mabidha Stadium promenade underpass and the tar road.

Once on the M4 Ruth First Highway, keep heading north up to UMDLOTI, taking the M27 off ramp at the first bike aid station. Turn right on the flyover (M27), followed by another right turn back onto the M4 Ruth First Highway. This will take athletes back to Durban, where they will make a U-turn around the centre isle at the M17 Sandile Thusi intersection. The second aid station is located here. Athletes will head back along the M4 Ruth First Highway to UMDLOTI, over the M27 flyover ending back at the M17 Sandile Thusi intersection. Here they will make a second U turn and then take the very first ramp onto Isaiah Ntshangase Road. At this point, athletes will turn 90° left onto Masabalala Yengwe Avenue, cycle past the Moses Mabidha Stadium followed by another 90° left into Battery Beach Road at the Kings Park Swimming Pool.

When approaching the Battery Beach Road Circle athletes must slow down for the dismount line.

Keep left in the dedicated cycling lane and pass on the right.

The dedicated cycling lanes are:

- The left lane on the Freeway portion of the M4.
- The left of the lane on the single carriage of the M4.

### 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 T2 at the closure of the bike course. The SAG driver with the volunteer must record the athletes race number & take a photo for recording purposes .

- SAG Point 1: on the M4 at Umhlanga Rocks/M12 flyover.
- SAG Point 2: at the M27/Umdloti turn around point.

Athletes returning to T2 in these SAG vehicles will need to complete the Drop – Out procedure with the Drop- Out Clerk outside T2.

The SAG Driver / the volunteer will record your details and take a photo of you. Athletes will wait at these stations until the people transporter is full. Bicycles will be stacked onto a separate vehicle's trailer. Once the people transporter is full, it will leave this position and withdrawn athletes will be transported back and must report to the Drop-Out Clerks outside Transition 2. Bicycles will be returned to Transition 2 at the end of the bike leg, for collection at Bike & Gear Check-out only.

### PENALTY TENTS:

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

Penalty tent 1: Located at the M27 / Umdloti (the first turnaround point – 24km/66km)

Penalty tent 2: Located outside T2 just before the dismount line at the Battery Beach Road circle- 90km.



# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE MECHANICS:

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

Bike Mechanic Static Point 1: on the M4 at Umhlanga Rocks Drive/ M12 flyover.

Bike Mechanic Static Point 2: at the M27 / Umdloti Turnaround Point.

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number. Payment is post event via an emailed invoice to the athlete.

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 two aid stations on the bike course which athletes will pass three times. Aid Station 2 is not open for athletes at the end of lap 2.

Aid Station 1: Located at the M4 / Umdloti (M27) turnaround point at 24km and 66.5km.

Aid Station 2: Located at the M4 / Sandile Thusi (M17) turnaround point at 45.5km.

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

See IRONMAN Competition Rules on more details related to bicycles.

### GEOGRAPHY:

Total elevation: 1283m. the bike course starts at 3m above sea level and the highest point on this bike course is 103m.

Durban has two prevailing wind directions. The North Easter which brings sunny and hot weather, and the South Wester which usually means cooler overcast or rainy weather with stronger winds.

The average maximum temperature in June is 23°C with a 15% chance of rain.



# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 2 : Bike – Run

T2 is located at the SUNCOAST Car Park 3.

Approaching the Dismount Line:

The dismount line comes as a surprise to most athletes who approach the line way too fast and are briefly visually dazzled from sudden emergence from the shade of the M4 bridge, risking the safety of themselves, other athletes, officials, and volunteers.

When turning the last 90° turn left away from the Moses Mabidha stadium, you are 230meters away from the Dismount line. When you emerge from the shade of the M4 bridge you are a mere 30 meters away from the dismount line.

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

Athletes must either run into T2 wearing their cycling shoes or leave them clipped on to the bike. You may not take your cycling shoes off your feet and clip them onto your bike once you have dismounted.

You will self-rack your bike in the next available position in the row, volunteers will guide you to the available rows.

You will need to collect your Run Bag & follow the demarcated route through Transition. Changing may only take place on the mats provided/in the tent and not in the bag rack area.

During the run, the 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 2.

Athletes must tie their bag closed and drop it off in the "Bag Drop" zone just outside the change area.

Medical facilities are available to athletes in Transition.

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.

## RELAY TEAMS

Relay Team Runner must wait in the holding area outside the Run Out transition gate. The Team cyclist will run through transition exactly like the individuals and hand over the timing chip to the Relay Team Runner.





# RACE DAY INFORMATION

## COURSE INFORMATION

### RUN COURSE – 21.1KM

**Cut off : 8 hours 30 mins from each athlete's individual start time.**

The two-lap 21.1km (13.1 mile) run course is a flat route along the promenade with three turnaround points which are the Moses Mabidha Stadium, Blue Lagoon and New Beach. The flow is clockwise with running on the left of the pathway.

### COURSE DESCRIPTION

The run course for the ISUZU IRONMAN 70.3 Durban will take place on the Promenade. Athletes will exit the Transition 2 area onto the Promenade and turn right along the promenade past the SUNCOAST Complex and IRONMAN 70.3 finish line. Athletes will continue past an aid station at Pirates Surf Lifesaving Club on to New Beach where the second aid station and first turn around point is located. From here athletes will backtrack to Blue Lagoon Beach, the third aid station and the second turning point. From here they will follow the path until they veer to the right under the M4 on the Moses Mabidha Stadium promenade underpass. At the end of the promenade in front of Moses Mabidha Stadium, is the third turn around point. From here they head back past the IRONMAN 70.3 finish line. This is the end of lap 1. At the end of the second lap athletes will veer to the right and onto the red carpet to finish the ISUZU IRONMAN 70.3 Durban under the finish line arch.

Running is always on the right of the run course.

Kilometer marker boards on every kilometer.

The run course starts at 3m above sea level and the highest point on this run course is 9m. The total meters elevation gained over the entire run course is 105m.

### AID STATIONS

Aid stations are approximately 2.5km apart

Aid Station 3: Located opposite the Pirates Club house.

Aid Station 4: Located at New Beach

Aid Station 5: Located at Blue Lagoon.

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

Red Bull has a sponsored Aid Station at the Moses Mabidha Stadium turnaround on the run course.

### CUT OFFS AND DROP-OUTS

Athletes have a maximum combined time of 8 hours 30 minutes to make the run course cut off. These cut off times are triggered by each athlete's individual start during the rolling start of the swim.

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 T2 and at the IRONMAN Village.

### FINISH LINE PROCEDURE

On completion of your race:

**MEDALS :** Athletes will receive their medals. The Relay Team Runner will receive the medals for the other team members. There are specific medals for Individual and Relay Team Finishers

**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.

IRONMAN Village (Sundeck) over the bridge:

**FINISHER SHIRTS :** All athletes must collect the "Finisher T-Shirt" as ordered during the online registration. No shirt swops will be done at IRONMAN Village.

Sizes can be swapped out, subject to availability, on Monday from 09h00 – 11h00 at The Globe at SUNCOAST.

**STREETWEAR :** Collect your Streetwear Bag from the Streetwear Bag racks in the IRONMAN Village. Athletes only may access this area.

**FINAL AID :** Enjoy 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

## ISUZU IRONMAN 70.3 DURBAN: RUN COURSE



To view the course maps online click here: <https://www.ironman.com/im703-durban-course>

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# RACE DAY INFORMATION

## AID STATIONS

### BIKE

On the BIKE leg there will be 2 x Aid Stations at approximately 24km, 45.5km and 66.5km.

The Bike Aid Station – will supply the following per table, in the following order:

Aid Station 1 : M27/Umdloti Turnaround (24 km & 66.5km)

- Bonaqua Pump Water
- Gatorade RTD
- Maurten Gels
- Bananas
- Gatorade RTD
- Bonaqua Pump Water

Aid Station 2 : M4/Sandile Thusi (M17) Turnaround (45.5km)

- Bonaqua Pump Water
- Gatorade RTD
- Biogen Bars
- Gatorade RTD
- Bonaqua Pump Water

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) tubes
- 1 x set tyre levers
- 1 x pump

The Bike Aid Stations on the bike leg will close as the last Athlete passes them or at 14h30.

Note: Litter Zones will be within 100m of either side of the Bike Aid Station.

### RUN

On the RUN leg, Aid Stations at approximately 2 – 3 km's.

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

The Run Aid Station – will supply the following per table, in the following order:

Aid Station 3 : Pirates

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

Aid Station 4 : New Beach

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

Aid Station 5 : Blue Lagoon

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

There will also be a Red Bull Sponsored Aid Station on the run route : alongside the underpass.

Note: Litter zones will be within 50m of either side if the Run Aid Stations.

The Aid Stations will close as the last Athlete passes them, or at 17h00.

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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

## RIGHT OF PROTEST OR APPEAL

The athlete's right to protest or appeal, if any, will be governed and handled by the Event's sanctioning body, and/or the competition rules of the relevant National Federation (TSA).

Should you wish to lodge a protest / appeal, this must occur before 16h00 on Sunday, 4<sup>th</sup> June 2023.

Please advise one of the IRONMAN staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee who should be located at the Drop Out Control gazebo in Transition 2, when the bike course closes. The location will be confirmed by the IRONMAN staff member.

You will be required to fill out the protest / appeal form and make a payment of R500,00 cash to the Head Race Referee. This will be reimbursed if your protest / appeal is successful.

## 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 8 hours 30 minutes overall cut-off time, there are cut-off times for each segment of the race, these being 1 hour 10 minutes after the start of your swim wave and 5 hours 30 minutes after the start of your race on the bike leg. 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 also collect your Timing Chip & Chip Belt: please go immediately to the timing company there who will verify that your chip number correlates to your name.

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 2. 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 2 or the IRONMAN Village. 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 an additional cost). 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 supplied.

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:

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Main Medical Tent only. 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 1½ hours prior to the Start of the race.

There will be medical staff and facilities throughout the IRONMAN racecourse. 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 satellite Medical tents in Transition 1 & 2: these are the only areas of the race where athletes may receive actual medical treatment and then continue racing (at the discretion of the medical team).

On the bike and run, dangers include dehydration, over-hydration, hypernatremia, 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.

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, medication or if medical personnel feel your continued participation is not best for your 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.

# RACE DAY INFORMATION

## MEDICAL

**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 IRONMAN Village until you and/or your family/friends are certain that you are okay, until you can drink without vomiting and stand without dizziness.

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 communicated to you by a member of the IRONMAN Staff

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 17h30. 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 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 official

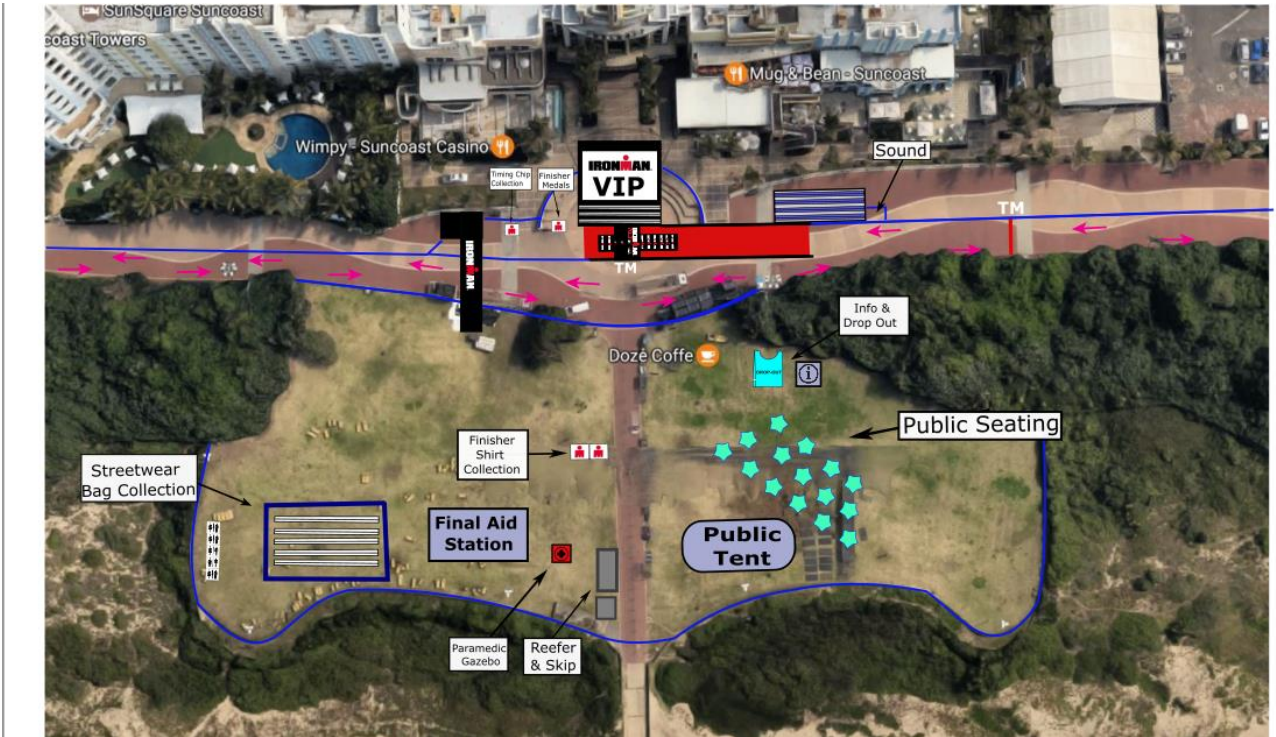
## PHYSICALLY CHALLENGED ATHLETES

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

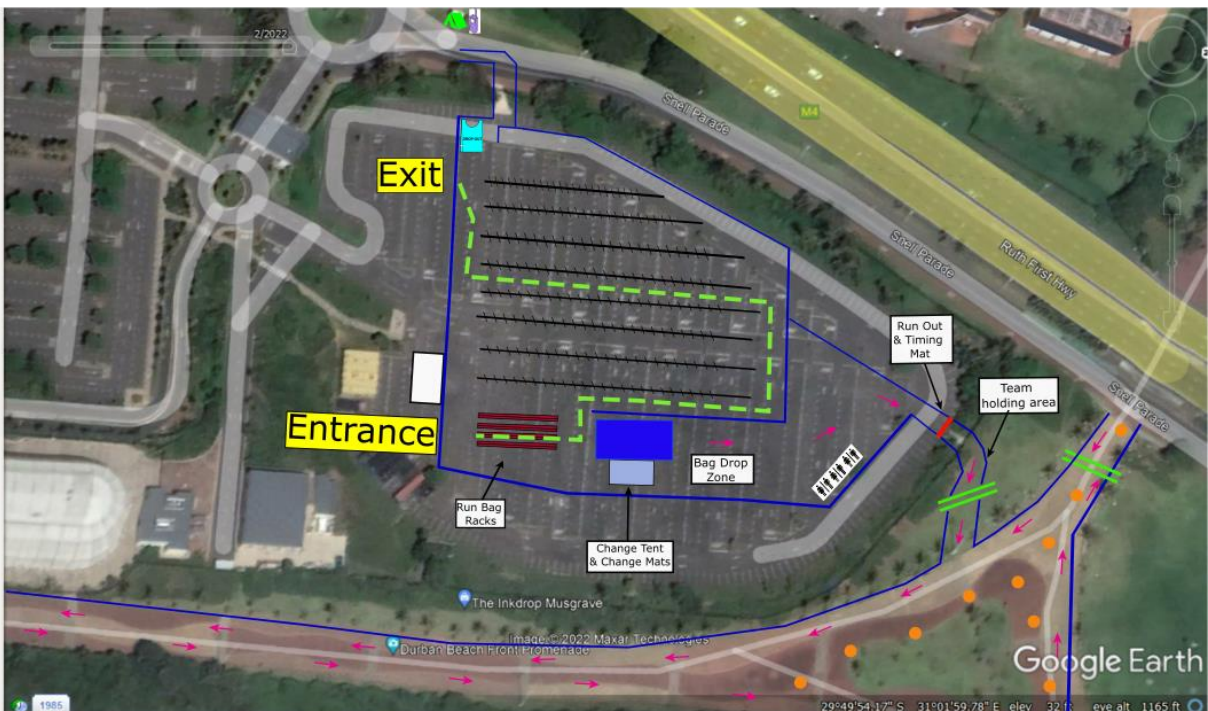
Tel : 041 581 7990 / [durban70.3@ironman.com](mailto:durban70.3@ironman.com)

# RACE DAY INFORMATION

## FINISH LINE



## BIKE CHECK OUT



# POST RACE INFORMATION

## BIKE & GEAR CHECK OUT

The official Bike and Transition Bags check-out process will take place between 14h00 – 17h00 at Transition 2, SUNCOAST 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 17h00 on race day. The organisers are not responsible for items left in Transition on Sunday after 17h00.

And again: Please note that it is illegal to interfere (including remove, swop, steal & / or tamper) with another athlete’s 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 70.3 Durban.

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 us 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

The IRONMAN 70.3 Durban is offering 45 Age Group Slots for the 2023 IRONMAN 70.3 World Championship in Lahti, Finland. All athletes who have qualified for the 2023 IRONMAN 70.3 World Championship and want to accept their slot MUST show their 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 70.3 World Championship slot allocation. This choice cannot be changed post event.

When collecting Registration pre-packs, athletes will be asked the following question: "**Should you qualify, do you intend on accepting an Age Group slot to the IRONMAN 70.3 World Championship in Lahti, Finland on 25<sup>th</sup> & 26<sup>th</sup> August 2023?**"

**Please ensure that you check all visa and entry requirements needed to travel to the IRONMAN 70.3 World Championships in 2023. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.**

On Sunday 4 June 2023 at 17:00 **ONLY Athletes** who have opted in need to come to slot allocation in the Registration venue, The Globe at SUNCOAST. Athletes will have to sign a waiver to redeem their slot and proceed with the payment of the entry fee €650 +9.25% Active fee.

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.

**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 athlete's 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 70.3 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.





**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



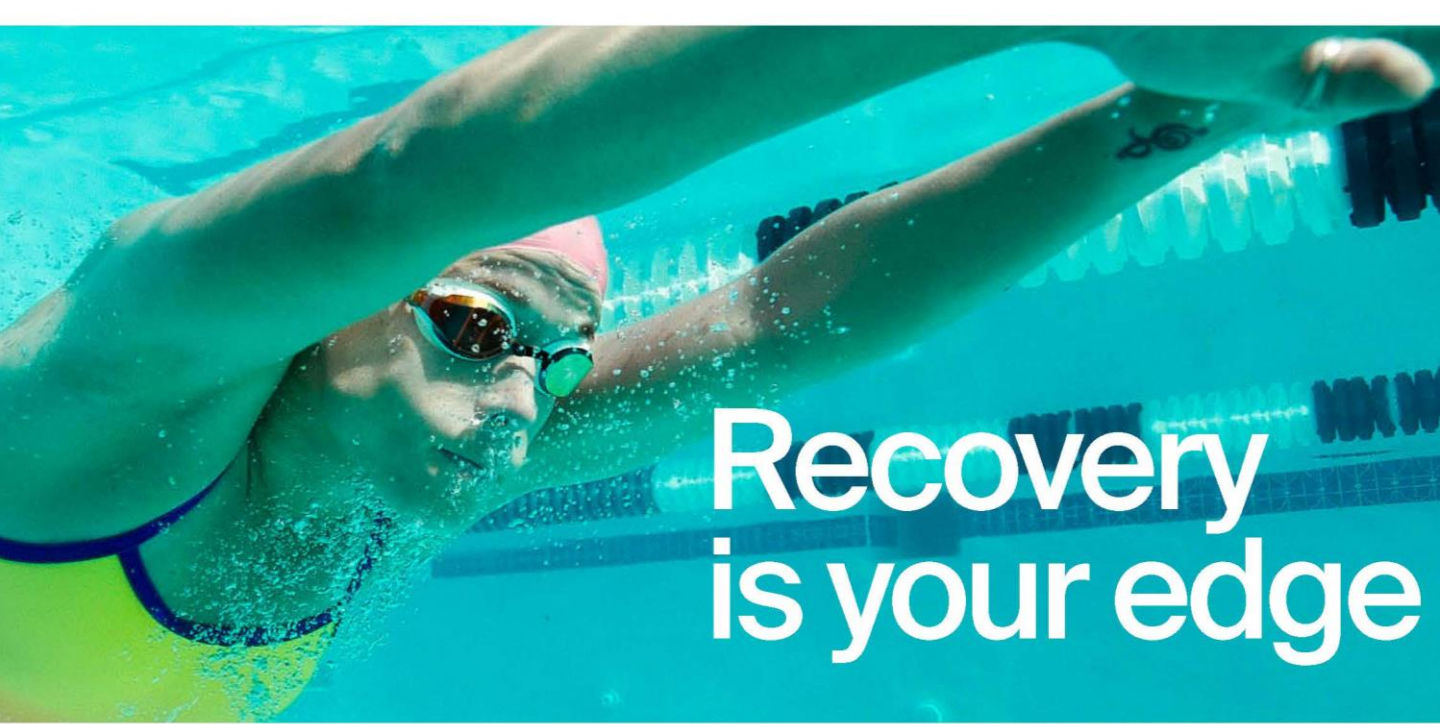
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# POST RACE INFORMATION

## AWARDS Presentation

Sunday 19h00 – 22h00

Door will open at 18h30.

Venue : The Globe at SUNCOAST

Please note that additional Awards Dinner tickets for family / friends will 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 on first come, first served basis.

Awards procedure starts at 19h00: ISUZU IRONMAN 70.3 Durban trophies will be awarded to the top 3 athletes in each Age group category for both male and female athletes.

TRICLUB AWARDS : Trophies will be handed out to the Top 3 TriClubs, with the most points. 1 representative from the winning TriClub may come onto stage to collect the TriClub trophy.

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

## MERCHANDISE

Sunday : 17h00 – 19h00

Monday : 09h00 – 11h00

Official IRONMAN Merchandise and Finisher apparel will be at The Globe at SUNCOAST.

## LOST & FOUND

Monday : 09h00 – 11h00

Race Day lost & found will be located at The Globe at SUNCOAST (Registration Venue).

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 – 11h00

On Race Day, Finisher Shirts will be issued when you cross the Finish Line after the completion of your race. Athletes have to take the size ordered on their registration form.

Sizes can be swapped out, subject to availability, on Monday 09h00 – 11h00 in the Registration venue at The Globe at SUNCOAST.

## TIMING QUERIES

Preliminary results will be continually updated on race day on the website <https://www.ironman.com/im703-durban> and this link will redirect you to the official site.

Should you have any Timing queries, please email them to [Michele.Bronkhorst@ironman.com](mailto:Michele.Bronkhorst@ironman.com) & [Sharon.Talbot@ironman.com](mailto: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/im703-durban> and this link will redirect you to the official site.





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# 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 roads will be closed to all public vehicles and bicycles from 04:30 – 17:00 on Sunday 4 June 2023.

- M4 Ruth First Highway, closed in both directions from the M17/Sandile Thusi Road intersection to Umdloti at the Main Road/M27 intersection.
- Snell Parade, closed in both directions from Suncoast/ Battery Beach Road circle to the Sunkist/ Country Club Beach Circle.
- Suncoast bound lane of Battery Beach Road will be closed between Masabalala Yengwe Ave and the Suncoast/Snell Parade circle.
- Sibaya circle/ m4 cross-over for residents on race day

ONE LANE WILL BE CLOSED ON THE FOLLOWING MULTI LANE ROADS FROM 04:30 - 14:30:

- City bound lanes of the M12/Masabalala Yengwa Avenue between Isaiah Ntshangase Dr and Battery Beach Road.
- N2 bound lanes of the M27/ Main Road over the M4/Umdloti intersection bridge.

RACE DAY EMERGENCY NUMBER for the public 079 266 6263

## 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 Durban 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>

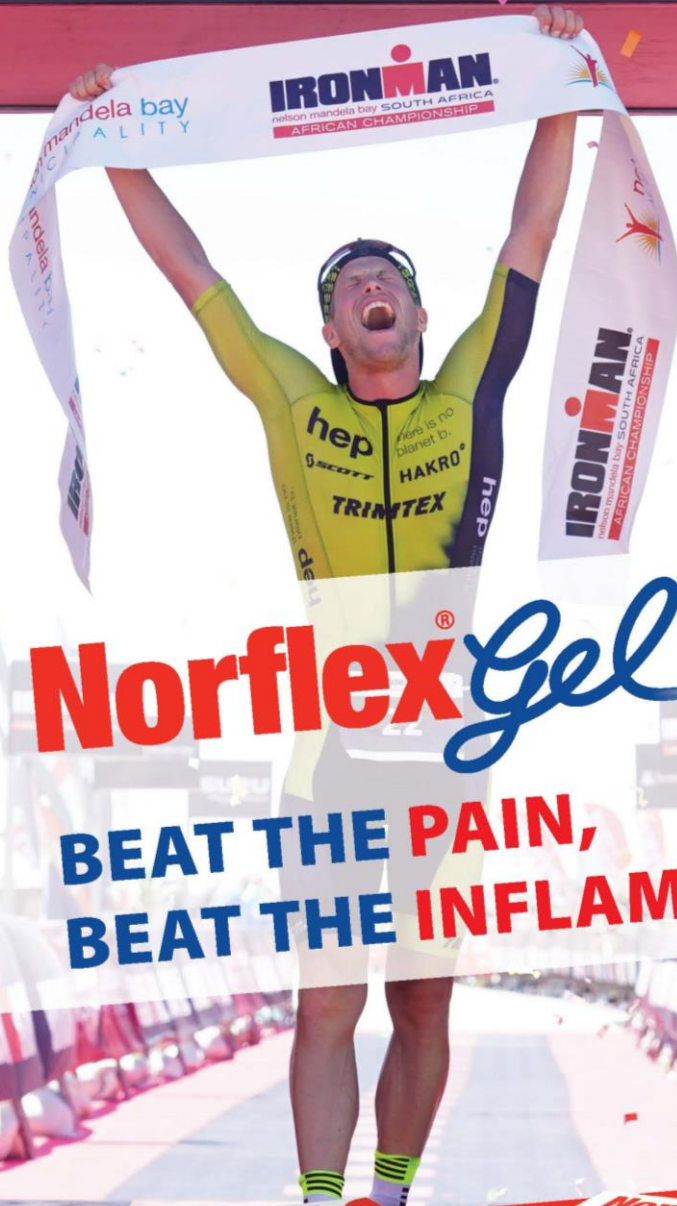


<https://www.instagram.com/imsouthafrica/>



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





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

References: 1. Impact Re 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.myvmc.com/drugs/diffiam-gel/>.

Scheduling status: **S** Proprietary name and dosage form: NORFLEX Gel. Composition: Each 100g contains: Benzzydamine hydrochloride 3.0 g. Pharmacological classification: A3.1 Antihematis (anti-inflammatory) agents. Registration number: 32/3.1/0547. Scheduling status: **S** Proprietary name and dosage form: NORFLEX GEL FORTE (Gel). Composition: Each 100 g contains: Benzzydamine hydrochloride 5.0 g. Pharmacological classification: A3.1 Antihematis (anti-inflammatory) agents. Registration number: 32/3.1/0391. Name and business address of applicant: Inova Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/001640/07, 1st Riley 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, 168491, 042710/21.

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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)



11 Newington Street, Central,  
Port Elizabeth, South Africa, 6001

**WILDERNESS**  
FOUNDATION  
AFRICA

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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 06h00 by the Race Director. The announcer will inform the athletes in Transition 1 just after 06h00.

### Scenario 1: SWIM SHORTENED

Rolling Swim Start.

Distances for All: SWIM – possibly first 4 buoys (t.b.c) | BIKE 90 km | RUN 21.1 km

Age groupers will remain in their pre allocated age group slots and will start in the rolling start format.

### Scenario 2: SWIM CANCELLED

Rolling Bike Start

Distances for Age Groupers : BIKE 90 km | RUN 21.1 km

Rolling Bike Start (self-seed)

Bike roll-start takes longer in order to allow for a fair process and to avoid drafting. It is up to each athlete to self-seed yourself : we cannot seed you.

Process for an Alternative Race Start – Scenario 2:

Announcement will be made that the race will be changed to a (self-seed) Rolling Bike Start.

- Go to your BIKE bag and prepare for the bike leg.
- Rolling Start will leave at 8 second intervals.
- Start time will be registered at the time your timing chip crosses the Mount line.
- The Bike leg cut-off time of 4 hours 05 minutes will still apply.

The total race time (now excluding the 1 hour 10 minutes swim time) will remain as 7 hours 20 minutes from the start of your race. Once the results have been verified, athletes who are identified to have missed the cut-off times will be a DNF after the event/in the final results.

After the Bike, you will transition as normal to the Run.

# ISUZU IRONMAN® 70.3® DURBAN SOUTH AFRICA

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