

# RACE SCHEDULE



PLEASE NOTE: race schedule subject to change, should the COVID-19 regulations change.

## SUNDAY, 3 APRIL 2022

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

### FRIDAY 1 APRIL 2022

**08:00 - 19:00**

IRONMAN &  
IRONMAN 70.3  
Registration

*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**

Isuzu CTC, powered  
by Algoa FM  
Registration

*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**

Health & Fitness Expo  
& Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**

Bike Workshop  
*The Boardwalk*

**15:00**

PRO Race Briefing  
*Online*

**18:15 - 19:00**

IRONMAN Race Briefing  
*Online*

**19:30**

Athlete Welcome  
Banquet (Pasta)  
*The Boardwalk Hotel &  
Convention Centre*  
IRONMAN ATHLETES  
ONLY

### SATURDAY 2 APRIL 2022

**07:40**

Isuzu CTC, powered  
by Algoa FM Race Start  
*Kings Beach*

**09:30**

CTC Awards  
*Finish Line Grass Area  
Kings Beach*

**08:00 - 13:00**

IRONMAN &  
IRONMAN 70.3  
Registration  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 13:00**

Health & Fitness Expo  
& Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 13:00**

Bike Workshop  
*The Boardwalk*

**13:30 - 17:00**

Bike Maintenance  
*Transition, Kings Beach*

**13:30 - 17:00**

Bike & Gear Check-In  
*Transition, Kings Beach*

### IRONMAN AFRICAN CHAMPIONSHIP

**05:00 - 06:15**

IRONMAN  
Transition Open &  
Bike Maintenance  
*Transition - Kings Beach Car Park*

### IRONMAN AFRICAN CHAMPIONSHIP START Kings Beach

IRONMAN PRO MEN: 06:30  
IRONMAN PRO WOMEN: 06:35  
IRONMAN ROLLING AGE  
GROUP START: 06:45

**07:20**

First IRONMAN Pro Male  
expected out of the water

**08:00 - 19:00**

Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**11:40**

First IRONMAN Pro Male  
expected to start the run

**14:20**

First IRONMAN Pro  
Male expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
*Transition - Kings Beach*

**± 24:00**

IRONMAN AFRICAN  
CHAMPIONSHIP ENDS

### IRONMAN 70.3 Nelson Mandela Bay

**06:00 - 07:15**

IRONMAN 70.3  
Transition Open &  
Bike Maintenance  
*Transition - Kings Beach Car Park*

### IRONMAN 70.3 Nelson Mandela Bay START Kings Beach

ROLLING AGE  
GROUP START: 08:50

**09:15**

First IRONMAN 70.3 Male  
expected out of the water

**08:00 - 19:00**

Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**11:30**

First IRONMAN 70.3 Male  
expected to start the run

**12:40**

First IRONMAN 70.3  
Male expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
*Transition - Kings Beach*

**± 17:30**

IRONMAN 70.3 Nelson  
Mandela Bay ENDS

### MONDAY 4 APRIL 2022

**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*

**12:00 - 12:30**

IRONMAN 70.3  
Slot Allocation  
*The Boardwalk Hotel &  
Convention Centre*

**12:45 - 13:30**

IRONMAN  
Slot Allocation  
*The Boardwalk Hotel &  
Convention Centre*

**18:00**

Doors Open for  
Awards Ceremony  
**ATHLETES ONLY**  
*The Boardwalk Hotel &  
Convention Centre*

**18:30**

Awards Ceremony  
Starts  
**ATHLETES ONLY**  
*The Boardwalk Hotel &  
Convention Centre*

DOWNLOAD  
THE IRONMAN  
TRACKER APP  
TO TRACK  
YOUR ATHLETE



RACE DAY  
EMERGENCY  
NUMBER

for the public

**079 266 6263**

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Communications Partner



<https://hero.ironman4thekidz.co.za>



IRONMANSouthAfrica



IMSouthAfrica



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