

ISUZU
IRONMAN.
70.3  **MOSSEL BAY**
SOUTH AFRICA
AFRICAN TRICLUB CHAMPIONSHIP

A RACE TO INSPIRE



2022

**ATHLETE
RACE
GUIDE**



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 Mossel Bay 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 huge welcome to the inaugural ISUZU IRONMAN 70.3 Mossel Bay! I am excited and honoured to be able to deliver the first IRONMAN 70.3 in Mossel Bay, and equally excited to offer you an unforgettable triathlon experience.

With incredible support from the Mossel Bay Municipality, Mossel Bay Tourism, local communities, and businesses, we are proud to add an IRONMAN 70.3 event to the Garden Route and Western Cape. This is a fantastic race destination set with the majestic Outeniqua Mountains in the background and azure blue Indian Ocean – it can only be described as paradise – a tourists dream.

The 1.9km ROKA swim course starts opposite the iconic Santos Beach Pavilion, and you'll exit at Santos Bay at De Bakke. After transitioning into your bike gear, you'll head out on a one-loop 90km bike course that will take you towards Herbertsdale on the R327. From here you'll return to Mossel Bay and back to Transition. Lastly, you will take on the 21.1km two and a half loop run course which takes you past the harbour, through the historic Central Mossel Bay, and The Point where your finish line beckons below the Cape St Blaize lighthouse.

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

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 transition is and leave enough time to check your bike and gear bags in to avoid unnecessary stress.
- Make sure to read the road closure information and allow yourself enough time on race morning to make your way to transition.
- Say 'Thank you'. 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.

Wishing you all the best of luck with your final training and preparation. Remember to enjoy the experience, take in all the excitement and smile as you cross the finish line.

See you in Mossel Bay!

Your IRONMAN 70.3 Mossel Bay Race Director,
Werner Smit

RACE SCHEDULE

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

THURSDAY 03.11.2022

14:00 – 18:00
Registration
Diaz Hotel & Resort

14:00 – 18:00
Bike Workshop
Level 1 Parking Diaz Hotel & Resort

14:00 – 18:00
Merchandise
Diaz Hotel & Resort

14:00 – 18:00
Expo
Level 1 Parking Diaz Hotel & Resort

FRIDAY 04.11.2022

09:00 – 18:30
Registration
Diaz Hotel & Resort

09:00 – 18:30
Bike Workshop
Level 1 Parking Diaz Hotel & Resort

09:00 – 18:30
Merchandise
Diaz Hotel & Resort

09:00 – 18:30
Expo
Level 1 Parking Diaz Hotel & Resort

18:30
Race Briefing
Online

SATURDAY 05.11.2022

08:00 – 12:30
Registration
Diaz Hotel & Resort

08:00 – 12:30
Bike Workshop
Level 1 Parking Diaz Hotel & Resort

08:00 – 17:00
Merchandise
Diaz Hotel & Resort

08:00 – 14:00
Expo
Level 1 Parking Diaz Hotel & Resort

14:30 – 17:30
Bike & Bag Check-in
Transition at De Bakke Beach
Parking (Garret Street)

14:30 – 17:30
Bike Maintenance
Outside Transition

SUNDAY 6 NOV 2022

05:00 – 06:30
SHUTTLE TO TRANSITION:
From Diaz Hotel & Resort,
and from Central and Point

05:30 – 06:45
Transition Open
at De Bakke Beach Parking
(Garret Street)

05:30 – 06:45
Bike Maintenance
Outside Transition

IRONMAN 70.3 MOSSEL BAY START

at Santos Beach (Munroe Street)

07:30 - Pro Male
07:35 - Pro Female

07:45 - Age Group
Rolling swim start

+/- 09:35
Swim course closes

11:30
First Pro Male expected to finish
12:05
First Pro Female expected to finish

+/- 13:45
Bike course closes

13:30 – 17:30
Shuttle between
Finish Line and Transition
Area

14:00 – 17:30
Bike & Bags Check-out open
Transition
at De Bakke Beach Parking

+/- 17:00
Race Ends
Finish Line
The Point, Mossel Bay

14:00 – 22:00
Merchandise
Diaz Hotel & Resort

Slot Allocation: IRONMAN 70.3
World Championship

Infinity,
Diaz Hotel & Resort
17:45 - Age Group Slots
18:30 - Women For TRI Slots

19:00
Doors open to Awards Ceremony
Diaz Hotel & Resort

19:30
Awards Ceremony
Diaz Hotel & Resort



MONDAY 07.11.2022

09:00 – 11:00
Finisher T-shirt swap
and Timing queries
Infinity,
Diaz Hotel & Resort

09:00 – 11:00
Merchandise
Diaz Hotel & Resort

09:00 – 11:00
Lost and Found
Infinity,
Diaz Hotel & Resort



**Track an
Athlete:
39408**

SMS the race number you
would like to track to 39408.
The service is available on
all South African mobile
networks and costs R15. A
portion of the proceeds goes
towards the Ironman 4 the
Kidz Charity.

**RACE DAY
EMERGENCY
NUMBER**
for the public

079 266 6263

powered by Vodacom Official
Communications Partner



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



www.ironman.com/im703-mosselbay

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IRONMAN 70.3 MOSSSEL BAY 6 NOV 2022 HISTORY IN THE MAKING

"Mossel Bay joins
prestigious list"



Ald Dirk Kotzé

Executive Mayor | Mossel Bay

It is a tremendous privilege for us to welcome IRONMAN 70.3 Mossel Bay and in doing so, our town joins the ranks of prime destinations like Tangier in Morocco, Los Cabos in Mexico, Augusta in Georgia, Emilia Romagna in Italy where this superb event has been hosted.

Mossel Bay joining this prestigious list, boosts our town's iconic status as a destination for all seasons and reasons. It is often said that Mossel Bay boasts one of the most moderate climates in the world and if you ask the locals, they will say without hesitation that here, the sun shines 320 out of 365 days per year. IRONMAN 70.3 Mossel Bay which takes place on Sunday, 6 November, will be the first in what is set to be a three-year return to our town. We sincerely hope that this is but the beginning of a long-term relationship.

A lot of work has already been done to prepare for the approximately 2000 athletes set to descend on our town. We are not only ready for the athletes, but equally thrilled to welcome their supporters, who indeed see them through the most trying moments of training and on race day.

It is expected that more than 7000 visitors will be drawn to our town and surrounds for IRONMAN 70.3 Mossel Bay and we have it on good authority that the vibe will be electrifying.

The event set to attract R 1.5 million in investments and municipal services will have an estimated positive economic impact of R52 million on the economy of Mossel Bay.

To the athletes, we look forward to watching you test months of training and preparation against your competitors and the elements.

To the supporters, make yourselves at home and enjoy all our town and surrounds have to offer. It has recently been dubbed Iconic Mossel Bay by our local tourism office for very good reason.

Welcome to Mossel Bay!

Ald Dirk Kotzé
Executive Mayor | Mossel Bay



SWIM | BIKE | RUN

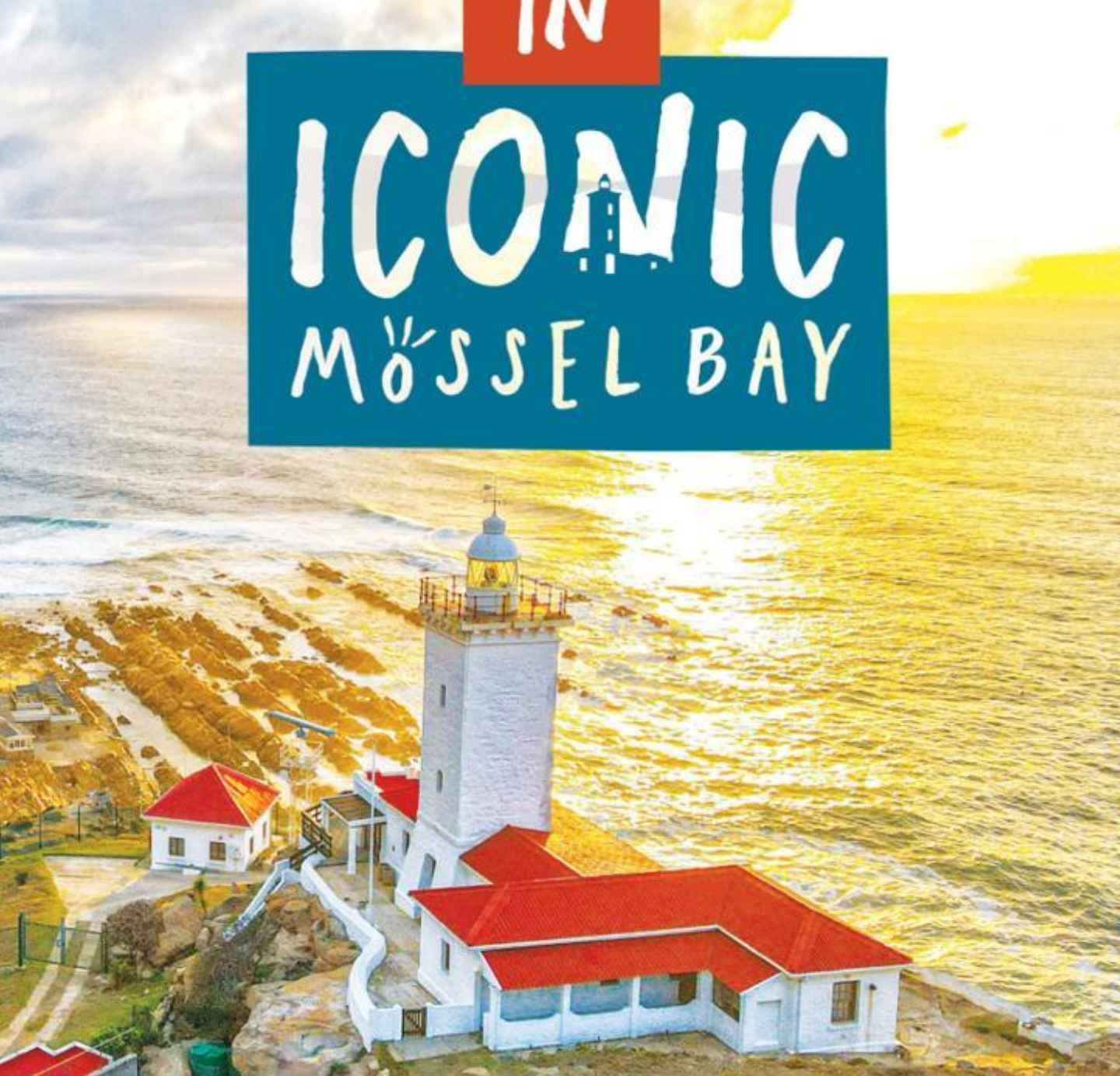




EAT • STAY • PLAY • EXPLORE

IN

ICONIC
MOSSEL BAY



PROUD PARTNER OF **ISUZU** **IRONMAN** **70.3** MOSSEL BAY SOUTH AFRICA
AFRICAN TRIATHLON CHAMPIONSHIP

WWW.VISITMOSSELBAY.CO.ZA

PRE-RACE INFORMATION

RACE VENUE ORIENTATION

The IRONMAN 70.3 Mossel bay is a unique experience offering:

- 3 days of IRONMAN Merchandise offerings (including Race Day)
- 3 days of IRONMAN Expo
- IRONMAN 70.3 Mossel Race Day
- 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 Point in Mossel Bay. All pre-event and race day activities will revolve around this beachfront area.

RACE BRIEFING

Friday, 4th November 2022 : 18h30 ONLINE

A booth with an IRONMAN Staff member will be at the Expo venue for all race related queries, there will also be copies of the Athlete Race Guide and 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. Additionally, a live briefing will be streamed on Friday, 4th November 2022, with all the most up to date race related information.

Questions can be submitted during the pre-recorded and live briefings and will be answered by an IRONMAN Staff member.

ATHLETES REGISTRATION

Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 – 12h30

Parking is limited outside the Diaz Hotel & Resort. Please don't bring trailers into the Diaz Hotel & Resort parking lots.

All Athletes must have registered by 12h30 on Saturday, 5th November 2022. 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 per relay team. This is payable by all participants who are not members of Triathlon South Africa (TSA). Age group and professional athletes who are members of other triathlon federations in their home countries must also pay the day license fee. 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 memberships 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 include:

- Photo
- Fingerprint
- Scanning of ID

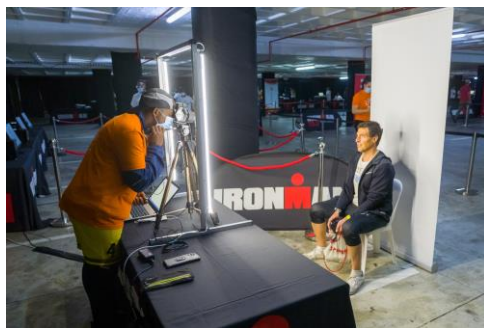
PRE-RACE INFORMATION

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
- 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: mosselbay70.3@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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AS LITTLE AS

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& NO MAX!



1

VISIT OUR WEBSITE

www.ironman4thekidz.co.za

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



PRE-RACE INFORMATION

EXPO

Level 1 Parking Diaz Hotel & Resort

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

The event Expo will showcase various items and services related to triathlon gear and equipment, as well as a broader range of fitness and lifestyle items is open to both athletes and the public.

IRONMAN BIKE WORKSHOP

Level 1 Parking Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 - 12h30

Coimbra Cycle House and Monties Cycles will have a mechanical bike shop on the sea-side parking of Diaz Hotel and Resort. Online bookings can be made for a time slot and a particular service, these include Basic Service; Build; as well as Build and Re-Box. Fees will be charged for services rendered. Walk in clients will only be assisted in the next available time slot.

Online bookings: www.tribike.co.za

IRONMAN MERCHANDISE

Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 – 17h00
Sunday	:	14h00 – 22h00
Monday	:	09h00 - 11h00

The IRONMAN Merchandise offers a superb selection of IRONMAN 70.3 Mossel Bay items as well as a range of triathlon gear and wetsuits from its partner brands. Merchandise is open to both athletes and the public. www.ironmanstore.co.za

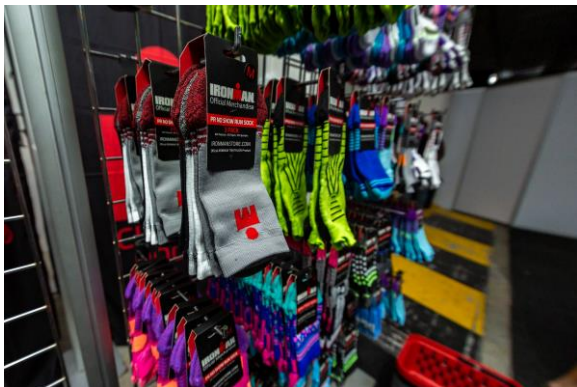
IRONMAN 4 THE KIDZ

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

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



PRE-RACE INFORMATION

TRAINING

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

SWIM TRAINING:

There are no "Official Swim Training" sessions. Lifesavers at Mossel Bay are only on duty during weekends and in the week in peak season.

We recommend swimming at Santos Beach, just off Munro Street. Swim on the inside of the buoys, parallel to the beach. Do not swim the actual course as there is a rocky shore between the swim start and swim exit.

Please adhere to the directions and instructions of the lifesaving personnel and the rules on the beaches.

BIKE TRAINING:

There are ample roads to cycle on. We recommend the R102 coastal route towards George and the R328 towards Oudtshoorn. Please adhere to rules of the road and safe cycling practices.

- No cycling is allowed on the N2 free way.
- On race day, no recreational or commuter cyclists other than participants are allowed to cycle on any portion of the IRONMAN 70.3 bike or run course.

RUN TRAINING:

The actual IRONMAN 70.3 Mossel Bay run course is accessible to run on. Please adhere to rules of the road and safe running practices.

BIKE & GEAR CHECK IN

ORIENTATION:

The ISUZU IRONMAN 70.3 Mossel Bay transition area is located at De Bakke on the beach car park. This is where you will transition from Swim to Bike (T1) and from Bike to Run (T2). All athletes must check in both the transition run and bike bags (with bicycle helmet) into transition the day prior to the event.

BAG & BIKE CHECK-IN :

Enter Transition on the Santos Beach side. Rack your bike, hang your bike and run bags on their respective points and leave transition via the run-out gate. Once transition closes you will only have access to your Bike & Bike Bags on race morning prior to the event.

CHECK IN NOTES:

SATURDAY, 5 November 2022 : 14h30 – 17h30

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 (see the "IRONMAN Competition Rules" regarding Equipment and Specifications); wear your helmet in line to speed up the process.

It is the athlete's responsibility to know what equipment is/is not allowed (see <https://www.ironman.com/competition-rules>).

Bring a roll of insulation tape with the strap your bike to the bike rack, should it be windy and you are concerned about your bike remaining on the rack.

PRE-RACE INFORMATION

Only athletes are allowed into Transition.

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 and Run bags, must be checked in, you will hang these bags on the racks at the change mats in Transition. You will have access to these bags 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.




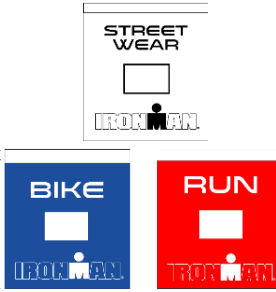


Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

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 when check-in closes.

It is illegal to interfere (including remove, swap, 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 Transition.

ITEM	IMAGE
<p>Race Bib Number</p> <p>Medical & Next of Kin info to be filled out on the back</p> <p>Worn on your back during the Bike & on your front during the run.</p> <p>Used to check your bike & 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, gender, age, and other details.</p>
<p>Sticker Sheet</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 examples of identification stickers: one on a white helmet, one on a silver seat post, and one on a black bike frame.</p>
<p>Athlete Wristband</p> <p>Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas"</p>	 <p>The image shows a yellow wristband with a black number 0001 and a small person icon.</p>
<p>Transition Bags</p> <p>Streetwear : Post race casual clothes / shoes</p> <p>Bike : Pack all cycling clothing, helmet & shoes if not on your bike in this bag</p> <p>Run : 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>Bike Check out Card</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>Official Swim Cap</p> <p>All Athletes must wear the official event swim cap supplied</p>	 <p>The image shows two swim caps: a pink one with the Ironman 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 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 17h30 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>Race Bib Number</p> <p>Medical & Next of Kin info to be filled out on the back</p> <p>Worn on your back during the Bike & on your front during the run.</p> <p>Used to check your bike & Gear out of Transition</p>	
<p>Sticker Sheet</p> <p>Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags</p>	
<p>Athlete Wristband</p> <p>Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas"</p>	
<p>Transition Bags</p> <p>Streetwear : Post race casual clothes / shoes</p> <p>Bike : Pack all cycling clothing, helmet & shoes if not on your bike in this bag</p> <p>Run : Running gear should be packed into this bag</p>	
<p>Bike Check out Card</p> <p>Used by family / friend if athlete cannot check-out their own bike: athletes race bib number to also be supplied.</p>	
<p>Official Swim Cap</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 BIKE & BAG CHECK IN

IRONMAN 70.3 MOSSEL BAY

Transition Bike & Gear Check In

Saturday : 14h30 - 17h30 - De Bakke Beach Parking (Garret Street)



Bike Check-in Parking

When accessing Garret Road from George Road, turn right at the T junction (away from transition) to park inside the De Bakke Santos caravan park.

The green parking sticker from your registration race pack must be stuck on the top right of your wind screen (as you face the vehicle). This sticker will give you access to athlete only parking, on race morning.

Please read the pages on race day parking and shuttles thoroughly.



RACE DAY INFORMATION

ATHLETE SHUTTLES & PARKING

Pre-race shuttles

On race morning the official athlete shuttle buses will run between 05:00-06:30 from the following two points to transition:

- (1) From the Diaz Hotel and Resort car park to the transition area at De Bakke.
- (2) From The Point Hotel car park via Marsh Street, Church Street and George Street to the transition area at De Bakke. The pick-up points at (a) Milkwood Primary (c/o Marsh and Point), (b) Mossel Bay Post Office (c/o Marsh & Mitchell) & (c) Dutch Reformed Street (c/o George & Church)

Note that these shuttles are for athletes only.

See the next page for the self drive and parking option



RACE DAY INFORMATION

ATHLETE PARKING

De Bakke Santos Caravan Park 05:00-06:45 only with parking disc sticker

On race morning parking will be available to athletes displaying the green parking sticker on the top right (passenger side) of their vehicle wind screen. This sticker will allow vehicles through the road closure points on George Road (corner with Rudie Barnard Street (Central) and Louis Fourie Road (corner with De Bakke Street) between 05:00-06:45.

Once parked vehicles must remain parked here until 14:00.

After 14:00 vehicles will be allowed to leave via a pathway onto George Road with a left followed by a right, over the run course into Wigggett Street. It is essential to adhere to the instructions of officials and marshals, and drive with extreme caution. From here vehicles can access Louis Fourie Road via 4th Avenue or Marsh Street via 6th Avenue.

ATHLETE DROP OFF AND GO

Athletes who are being dropped off at the transition area, may not use their parking disc to enter the road closure area. Drivers must use the yellow lane from Marsh Street to drop off athletes at the intersection of Wigggett and Grant Road in De Bakke. From here they must walk over George Road to Transition.



Closed roads:



Access points into road closure with parking disc:



Drop off and go route:



Alternative routes:



RACE DAY INFORMATION

RACE MORNING PROCEDURE

TRANSITION 1 : 05h00 – 06h30

Enter transition on race morning from the run-out chute on Garret Road.

Athletes will have access to their bike and transition 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.

Bear in mind that transition is 900m from the swim start so plan your times accordingly.

When you exit the transition area to head to the swim start, you will drop your streetwear bags in the holding bins 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 lawns on the harbour side of transition
- Inside Transition next to the change tent.
- Additional municipal ablution facilities are available in the building below transition on the De Bakke Beach.

BIKE MAINTENANCE

A "Bike Maintenance" area will be available just outside 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 transition walk to the Swim Start at Santos Beach via the camp site. When you get there, 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 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 Transition
- Information/Drop Out tent in IRONMAN Village, adjacent to the finish line.

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 – 17h15.

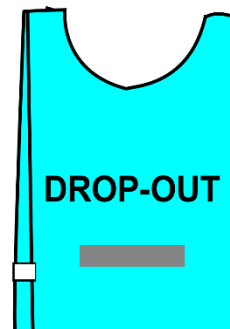
RUN

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 – 17h30.

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 athlete's individual start time.

(Please keep in mind that the swim start, and swim exit points are 900m apart. Plan your timing accordingly).

The ISUZU IRONMAN 70.3 Mossel Bay race start consist of a mass start for Pro Men & Women and a rolling swim start for the age group athletes. Athletes will swim a full 1.9km course in the ocean. The course hugs the coastline with an out leg, parallel to the coast and an in leg.

NOTE: The swim course is in a bay 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 two red turning buoys in an anti-clockwise direction: Both the red buoys are turning buoys which athlete must pass on their left. 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, bearing in mind that it is 900m away from transition.

The swim holding area will be made up of rows of 10 athletes, if the row in front of you is full you may not push to the front of the group, you MUST stand in the next available gap. Athletes who do not adhere to the queueing system will be penalised.

A group of 10 athletes will be released every 10 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.

Water Quality factors :

Name	Level
E-coli	Less than 250 per 100mL
Enterococci	Less than 100 per 100mL

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.

START PROCEDURE

The Pro Men will start at 07:30

The Pro Women will start at 07:35

The Age Group Rolling swim start starts at 07h45
Your race time starts when YOU cross the swim start mat

The swim start holding pen is on the harbour side of Santos Beach.

WETSUIT RULING

The average water temperature in Mossel Bay in November is 19.1° Celsius / 66.4° Fahrenheit, which under normal conditions makes it a wetsuit optional swim for both Age Group and Pro athletes

The maximum recording is: 20.8°C / 68.1°F

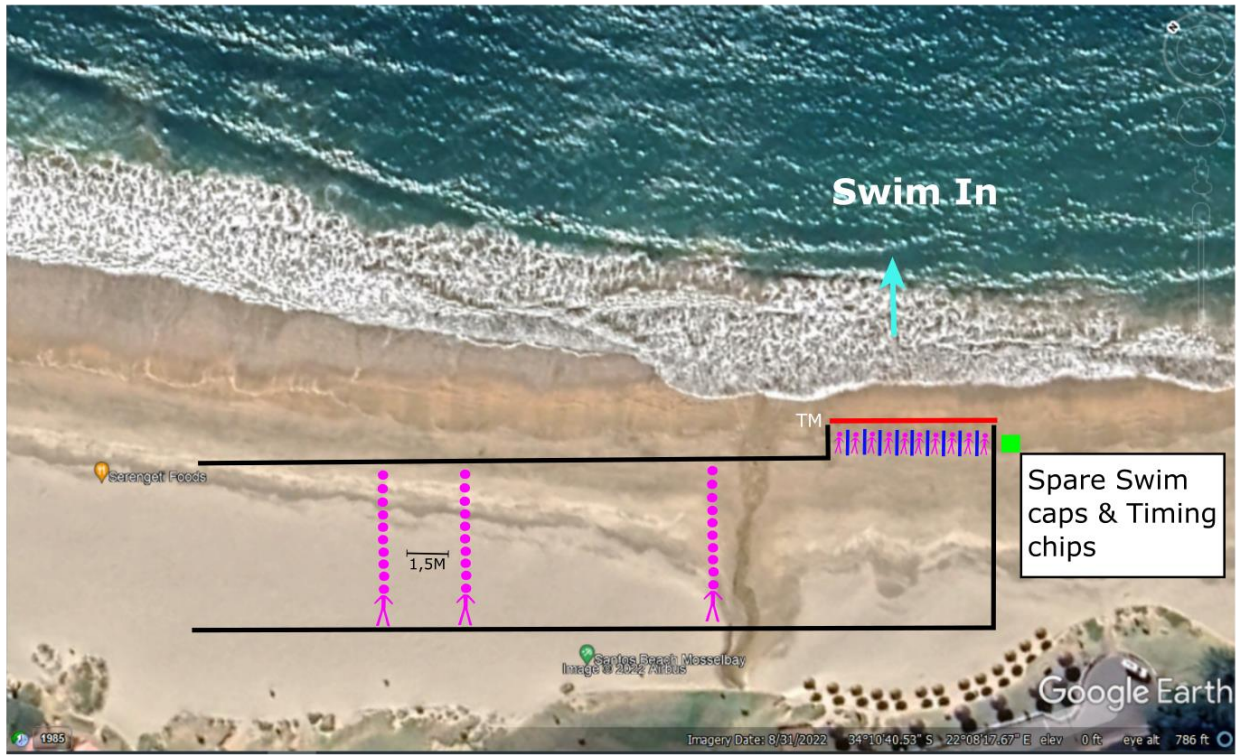
The minimum recording is: 17.5°C / 64.8°F

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 WTC 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. See <https://www.ironman.com/competition-rules>

RACE DAY INFORMATION

SWIM HOLDING AREA

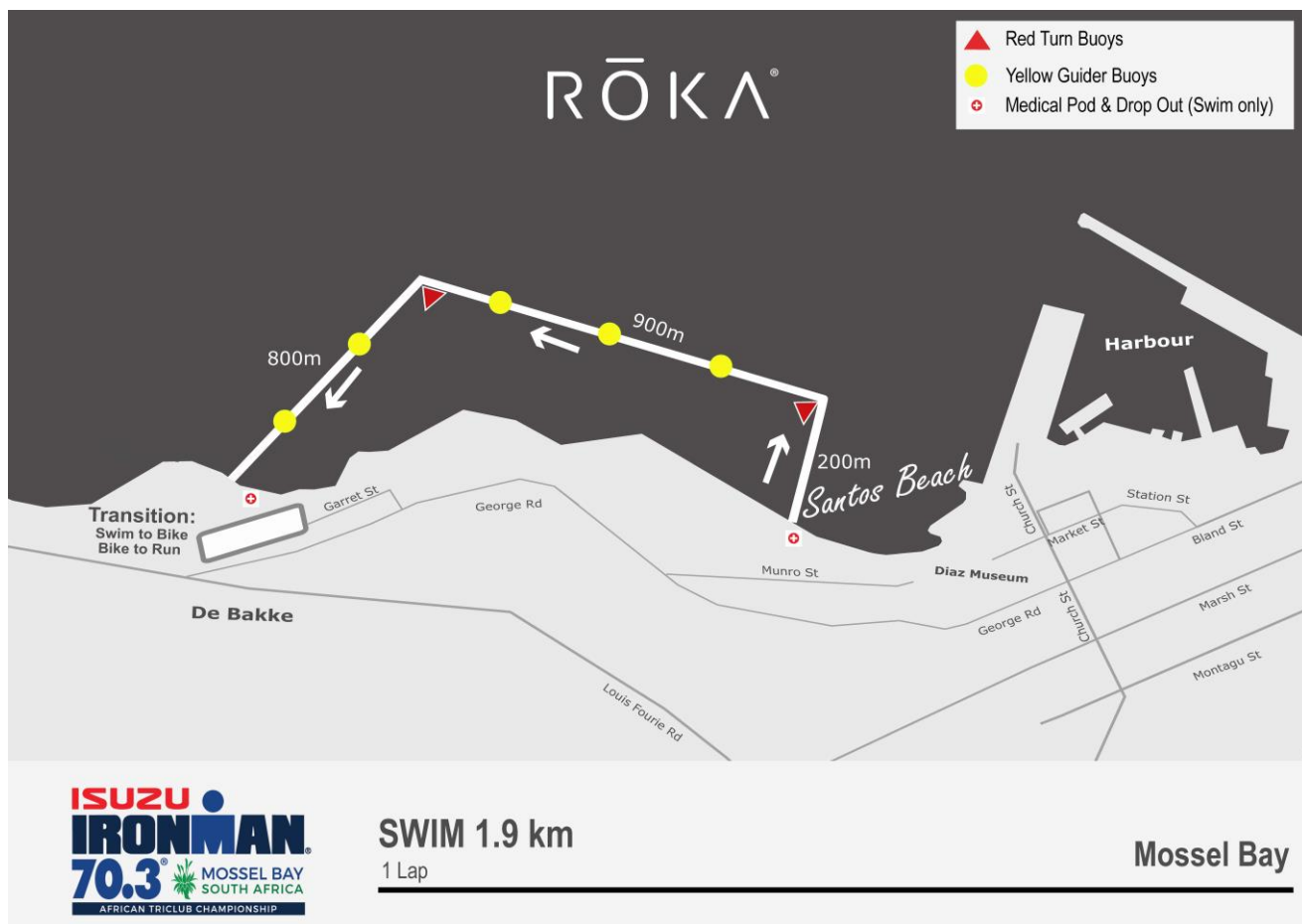


TEAMS HOLDING AREA

The team holding area for the swim to bike transition is on the swim in-side of Transition 1.

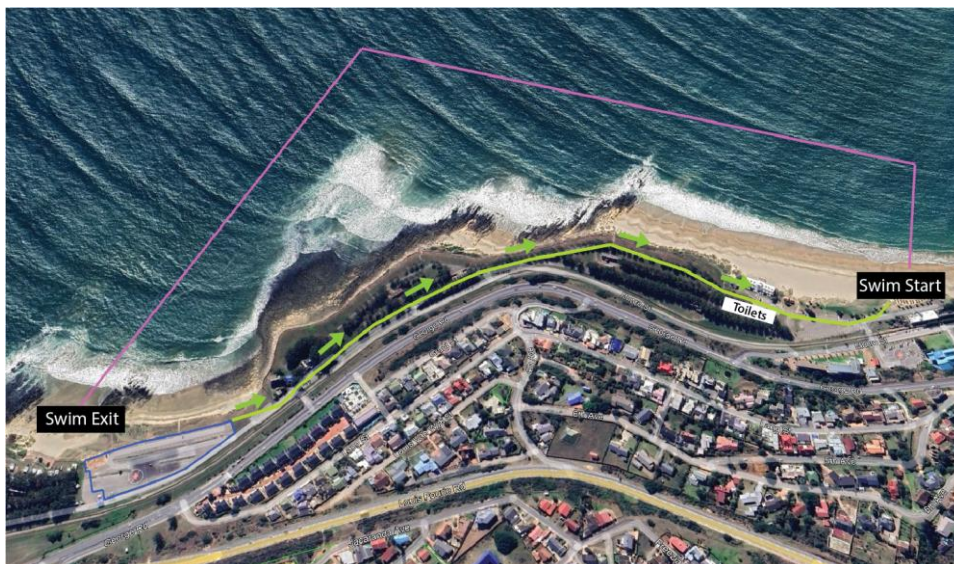
RACE DAY INFORMATION

IRONMAN 70.3 MOSSEL BAY: ROKA SWIM COURSE



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

Pathway from the Transition to the Swim Start:



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.

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 be no sunscreen supplied by IRONMAN, please ensure that you bring and apply your own sunscreen before leaving Transition.



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 hung on the Run Bag Rack in Transition for collection during bike check-out (i.e 14h00 – 17h30).

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.

Please see <https://www.ironman.com/competition-rules> for additional information and Penalty Procedure.

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RACE DAY INFORMATION

COURSE INFORMATION

BIKE COURSE – 90.1KM

Cut off : 5 hours 15 mins from each athlete's individual start time.

The ISUZU IRONMAN 70.3 Mossel Bay bike course of 90km (56miles) consists of one lap, out and back towards Herbertsdale in a non-drafting format . Its challenging with 1078m of climbing.

It is very important to understand the lane use and course flow on this route.

The bike course flows in the same lanes as the normal directional traffic. Cyclists must ride in their dedicated cycling lane and always ride on the left-hand side of the cycling lane, passing on the right.

COURSE DESCRIPTION:

Athletes will exit T1 with a right turn onto George Road, followed by a left onto Louis Fourie Road.

From the Marsh Street bridge, onwards to the N2/R327 intersection, cyclists will be on the inner lane on the out and back sections. There are 5 cross over points in Louis Fourie Road in Mossel Bay. These points are managed by traffic officials with the assistance of volunteer marshals. Athletes have right of way, but please be alert and aware off the surroundings when approaching these points.

At the N2 east bound (George) on ramp, just before you get to the actual N2 there is a one directional cross over point. For 50m prior to this point the cycling lane will narrow to single file cycling with no room for passing, to accommodate a second right turn vehicle lane. This portion is a no pass zone. Sit upright from your tri bars. Once this intersection has been passed, athletes can go back to normal race mode.

At the R327 athletes will turn right towards Herbertsdale. This is a cross over point for vehicles traveling eastbound on the N2. Athletes have right of way, but please be alert and aware off the surroundings when approaching these points.

There is a multi-directional aid station on the Kleinberg road junction, 22,4km from transition. The turn-around point is at the Uitkyk farm, from here the course will back track to transition. At the turn around point there is an aid station, a penalty tent and a SAG vehicle.

Note the elevation profile of the bike course can be found as an insert on the bike course map.

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

The dedicated cycling lanes are:

- The right lane or inner lane on the dual carriage way portion of the Louis Fourie Road (R102) and the N2. Event service vehicles and event motorbikes will be on the outer lane
- The left of the lane on the single carriage of the R327. Emergency service vehicles (only in the case of an emergency) and event motorbikes will be in the middle of the road. This road is closed to the public.

Outside assistance is not permitted. (see <https://www.ironman.com/competition-rules>)

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: on the R327 turn around at farm Uitkyk.
- SAG Point 2: at the R327/N2 intersection.

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

The SAG Driver 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. Bicycles will be returned to Transition 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: on the R327 turn around at Uitkyk farm, halfway into the bike course

Penalty tent 2: Transition just before the dismount line on Garret Road, at the end of the bike course.

All penalties received on the Bike Course MUST be sat at the very next tent you pass on the Bike course, they may not be sat on the Run or post-race. 32

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 R327/ Kleinberg road intersection (at Aid station 1/3).

Bike Mechanic Static Point 2: at the R327 turn around point at Uitkyk farm.

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&3: Located at the R327/ Kleinberg road intersection (22,4km and 66.5km).

Aid Station 2: Located at the R327 Road turn around point at the Uitkyk farm at 45km.

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 <https://www.ironman.com/competition-rules> on more details related to bicycles.

GEOGRAPHY:

Total elevation: 1283m. the bike course starts at 8m above sea level and the highest point on this bike course is 338m.

The average maximum temperature in November is 22°C with an average of 5 days with rain. Mossel Bay boasts 320 sunny days per year.



RACE DAY INFORMATION

COURSE INFORMATION

BIKE COURSE – Lane use:

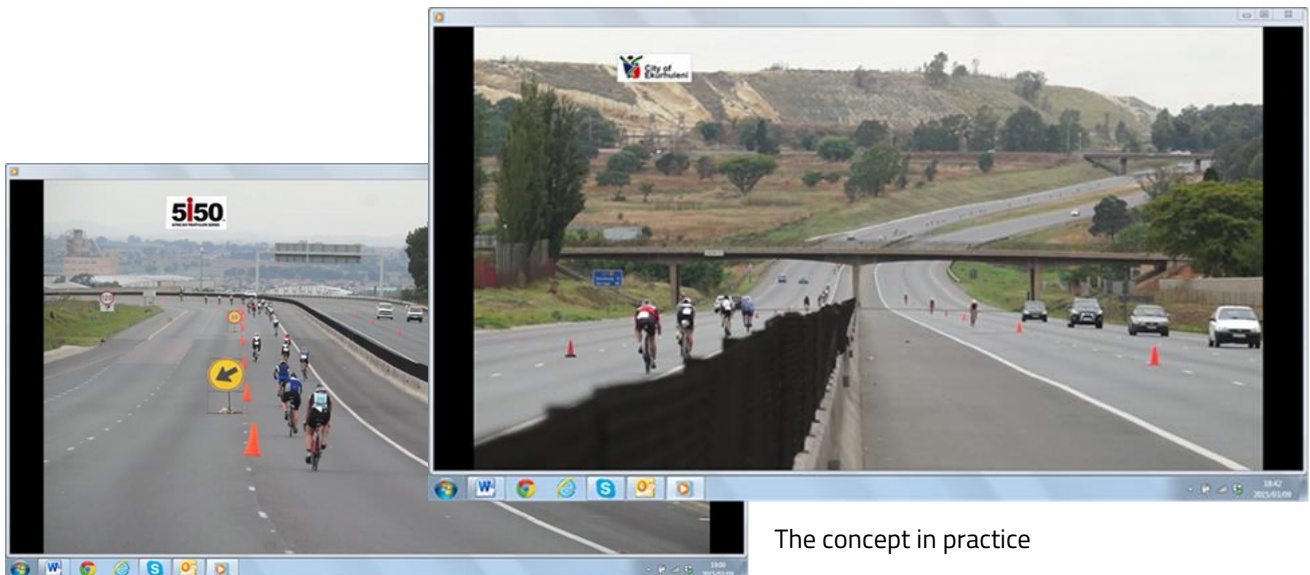
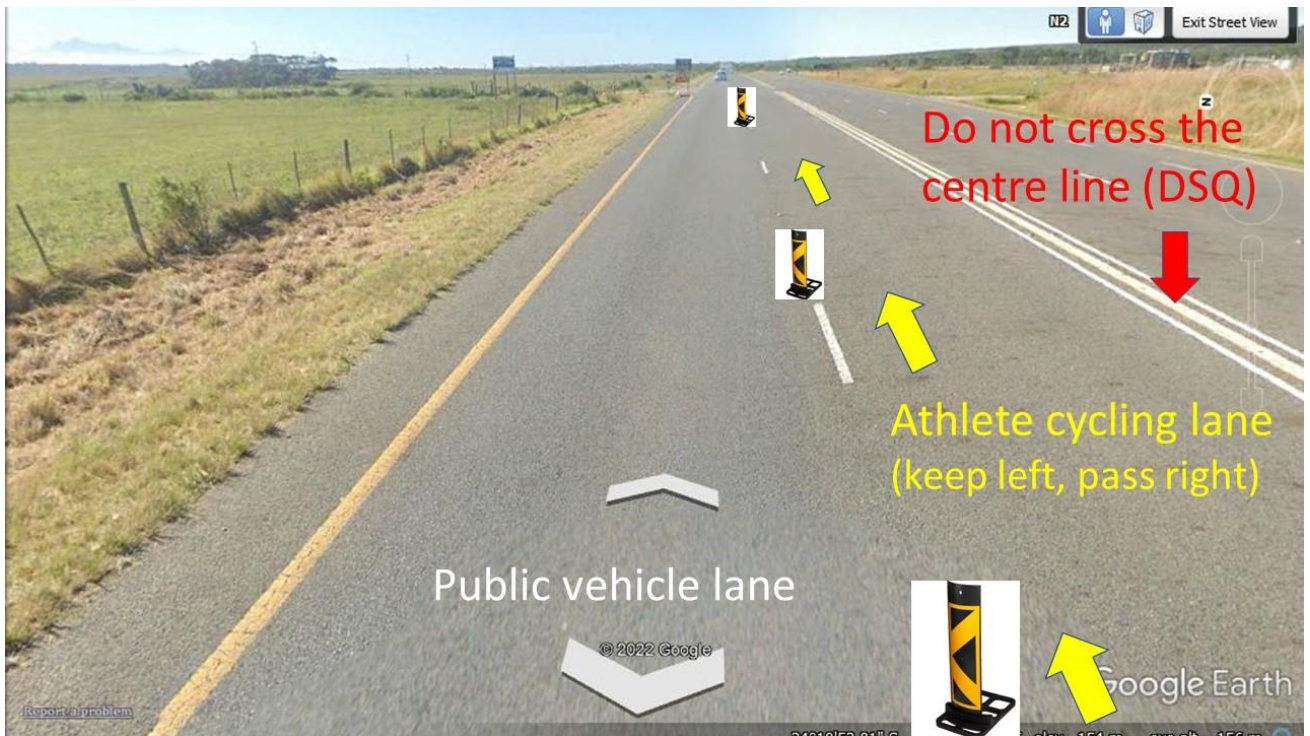
It is very important to understand the lane use and course flow on this route.

The bike course flows on the same lanes as the normal directional traffic. On the Louis Fourie Road (R102) portion and N2 portion the cycling lane is on the inner lane, while the public will use the outer lane.

Cyclists must ride in their dedicated cycling lane and always ride on the left-hand side of the cycling lane, passing on the right.

Delineators, together with road signage will mark the bike lane from the public lane.

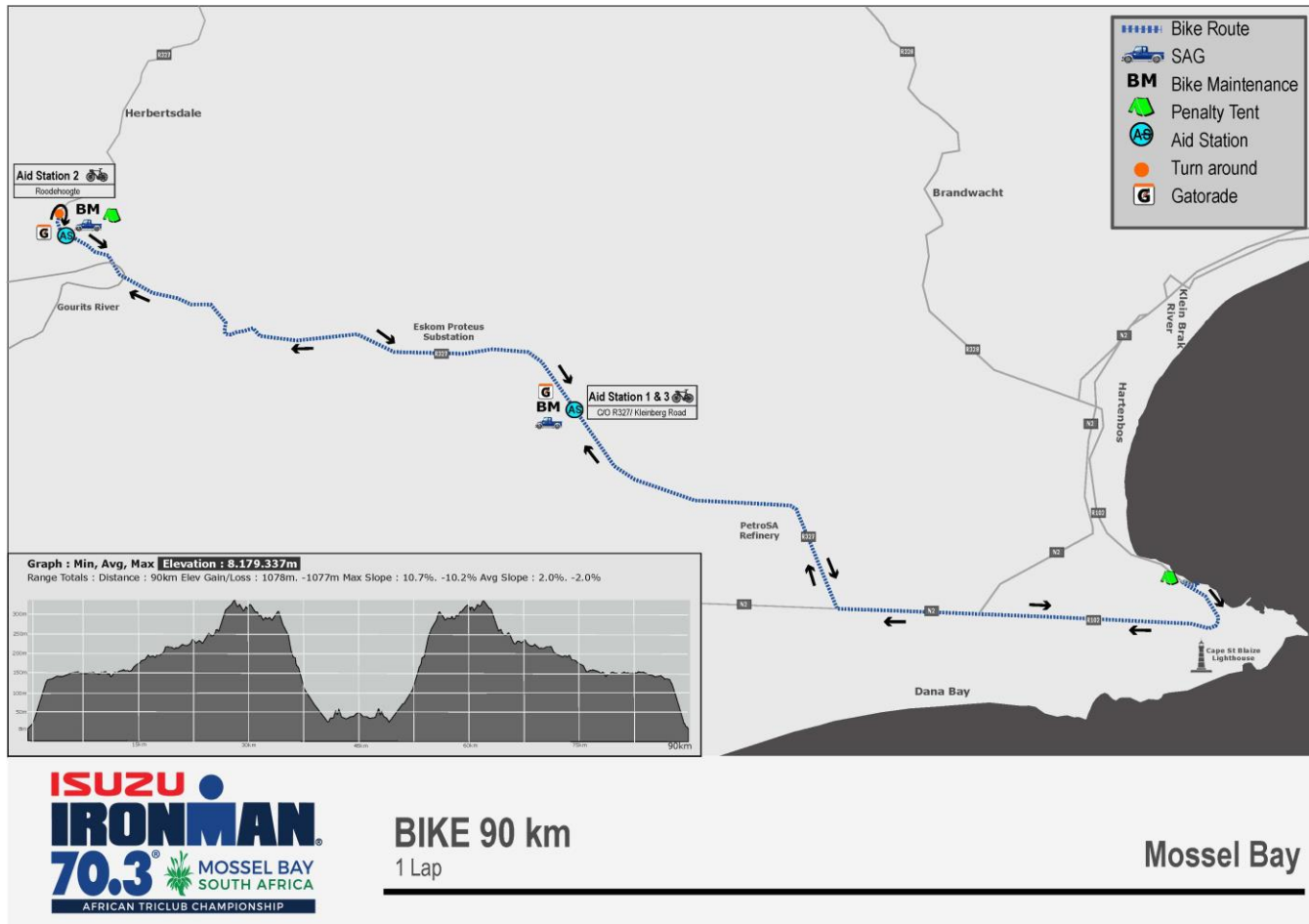
You may not cross the centre line of the road. The immediate oncoming lane will be used by returning athletes from the turn around point



The concept in practice

RACE DAY INFORMATION

IRONMAN 70.3 MOSSEL BAY : BIKE COURSE



BIKE 90 km
1 Lap

Mossel Bay

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

RACE DAY INFORMATION

COURSE INFORMATION

TRANSITION 2 : Bike – Run

When approaching 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 Transition 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 back in its original position in the row, according to your race number.

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.

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.

The team runner must strap the chip to his or her ankle prior to starting the run.



RACE DAY INFORMATION

COURSE INFORMATION

RUN COURSE – 21.1KM

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

The two and a half lap 21.1km (13.1 mile) run course has rolling hills which starts at the transition area in De Bakke and finishes at The Point.

COURSE DESCRIPTION

The run course for the ISUZU IRONMAN 70.3 Mossel Bay is on a mixture of roads and pedestrian walkways.

From Transition athletes will turn left onto George Road, followed by another left onto Munro Road. The course goes past the Santos Beach area and the Diaz Museum and into the harbour precinct. From here the run course will exit the harbour area via Church Street followed by a left into Station Street.

At the intersection with Bland Street athletes will turn left from Station Street, followed by another left into Kloof Street. At the bottom of Kloof street, the course takes on the coastal pathway to The Point. At Delphinios restaurant the run course returns to a tarred surface on Point Road. At the end of Point Road, adjacent to the finish line the run course turn around point 1 is reached. From here the course backtracks along Point Road onto Bland Street, which becomes George Street. At the end of George Road near the intersection with Louis Fourie Drive is turn around 2. Athletes will run towards turn around point 1 three times and turn around point 2, twice to make up the full distance

Running is always on the left of the run course.

Kilometer marker boards on every kilometer.

Take special note of the competition rules (<https://www.ironman.com/competition-rules>) around littering on the course. Non-compliance can get you disqualified.

The run course starts at 8m above sea level and the highest point on this run course is 30m. The total meters elevation gained over the entire run course is 358m.

AID STATIONS

There are two multi directional aid stations approx. 2.5km apart.

Aid Station 1/4: Located on George Road at the Wiggett Road junction.

Aid Station 2/3: Located at the intersection of Bland Street and Station Road

Red Bull has a sponsored Aid Station on the promenade at Delphinios.

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 swim start.

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 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, opposite side of the road of the finish line area.

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

(Sizes can be swapped out, subject to availability, on Monday from 09h00 – 11h00 at the Diaz Hotel)

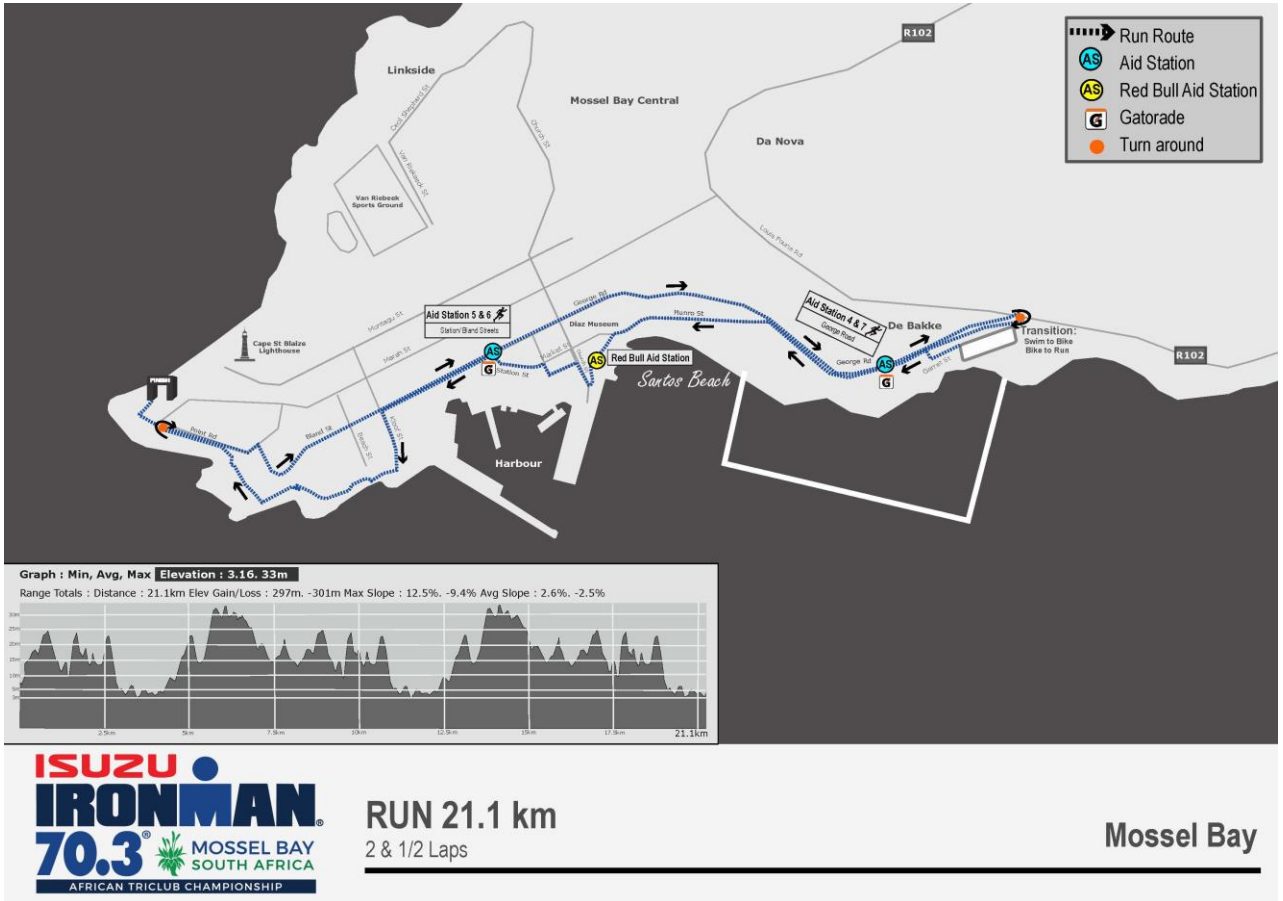
STREETWEAR : Collect your Streetwear Bag from the Streetwear Bag racks in the IRONMAN Village. Athletes only may access this area.

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

IRONMAN 70.3 MOSSEL BAY: RUN COURSE



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



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RACE DAY INFORMATION

AID STATIONS

BIKE

On the BIKE leg there will be 2 x Aid Stations at approximately 22,4km, 45.5km and 66.5km.

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

Aid Station 1 / 3 : R327/ Kleinberg Road intersection (22,4 km & 66.5km)

- Biogen Carbogen
- Bonaqua Pump Water
- Maurten Gels
- Bonaqua Pump Water
- Biogen Carbogen

Aid Station 2 : R327 turn around point at Uitkyk farm (45km)

- Biogen Carbogen
- Bonaqua Pump Water
- Biogen Bars
- Bonaqua Pump Water
- Biogen Carbogen

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.

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

Aid Station 4 / 7 : George Road

- Water Sachets
- Coca Cola
- Biogen Carbogen
- Maurten Gels
- Biogen Carbogen
- Coca Cola
- Water Sachets

Aid Station 5 / 6 : Bland/Station Street

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

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

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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Biogen would like to wish James Cunnama the best of luck in his retirement, and thank you for representing our brand, and triathlon in South Africa with pride. #BEYOURBEST

Photo Credit: Craig Kolesky (@craigkolesky)

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RACE DAY INFORMATION

COMPETITION RULES

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. In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in IRONMAN Competition Rules (in conjunction with World Triathlon), the Competition Rules set forth in IRONMAN Competition Rules 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). <https://www.ironman.com/competition-rules>

Please note: NO cell / mobile phones are allowed.

**SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ – Red Card
Littering outside of the trash/rubbish drop zones	5:00 minute Time Penalty per violation (Blue Card)
Using unsportsmanlike behaviour	DSQ and potential suspension (Red card)
Failure to follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.	DSQ – Red Card
Failure to wear a shirt or sport top during the bike or run	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
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 Second Time Penalty will be assessed (Yellow Card), If not: DSQ (Red card)
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 (Red card)
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information.	DSQ and potential suspension (Red card)
Not stopping in the next penalty tent after being obliged to do so.	DSQ (Red card)
Use of communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, smart helmets (i.e. helmets enabled with Bluetooth technology), in any distracting manner, during the Race.	DSQ – Red Card
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 – Red Card
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition. NO cell phones allowed.	DSQ (Red card)
3 Blue Cards will result in a DSQ	DSQ
**SUMMARY OF SWIM RULES PENALTIES	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 (Red card)
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ (Red card)
Wearing a wetsuit that measures more than 5mm thick	DSQ (Red card)
Using a snorkel	DSQ – Red Card

RACE DAY INFORMATION

COMPETITION RULES

**SUMMARY OF BIKE RULES PENALTIES	PENALTIES
Drafting violation	5:00 minute Time Penalty per violation (Blue Card)
Blocking (side by side riding)	30 Second Time Penalty (Yellow Card)
Once overtaken, re-passing prior to dropping out of the draft zone	30 Second Time Penalty (Yellow Card)
Once overtaken, remaining in the draft zone for more than 25 seconds for all triathletes	5:00 minute Time Penalty (Blue Card)
Failure to wear a shirt or sport top during the bike portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.	DSQ, if not remedied promptly (Red Card)
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions, after bike check – out.	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Make forward progress without bike during the bike segment	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
**SUMMARY OF RUN RULES PENALTIES	PENALTIES
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Failure to wear a shirt or sport top during the run portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.	DSQ, if not remedied promptly (Red Card)
Crossing the finish line with a non-participating individual	DSQ (Red card)
**SUMMARY OF TRANSITION AREA RULES PENALTIES	PENALTIES
Blocking the progress of other athletes	30 Second Time Penalty (Yellow Card)
Interfering with another athlete's equipment	30 Second Time Penalty (Yellow Card)

Notes:

1. An athlete may not physically assist the forward progress of another athlete.
2. 3 x Blue Cards will result in a DSQ.
3. **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). South Africa relevant.
4. Not wearing a helmet during all Event activities when the athlete rides the bike e.g., competition, familiarisation and training sessions and after bike check-out, is prohibited and will result in disqualification from future participation in IRONMAN South Africa events.
5. Please note that it is illegal to interfere (including remove, swop, steal and / or tamper) with another athlete's equipment / nutrition in the Transition area (including during check-out): this may lead to disqualification.

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 (see <https://www.ironman.com/competition-rules>).

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 cash 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 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 15 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. 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 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 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. (See <https://www.ironman.com/competition-rules>)

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.

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 a satellite Medical tent in Transition : this is the only area 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 (see <https://www.ironman.com/competition-rules>).

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 /
mosselbay70.3@ironman.com

POST RACE INFORMATION

SHUTTLES: Finish line to Transition

There are shuttles from the finish line back to transition between 13:30 and 17:30. The shuttles leave from the outside the IRONMAN Village close to the medical tent

Reminder that:

Bike checkout is from 14:00.

Vehicles will only be allowed out of the De Bakke Santos athlete car park transition from 14:00 when the bike course has closed.

BIKE & GEAR CHECK OUT

The official Bike and Transition Bags check-out process will take place between 14h00 – 17h30 at Transition , at De Bakke.

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 17h30 on race day. The organisers are not responsible for items left in Transition on Sunday after 17h30.

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 Mossel Bay.

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

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

South African Tour Series Medal:

Athletes who completed the ISUZU IRONMAN 70.3 Mossel bay and qualified for a 2022 tour series medal can collect this medal after the event from the Tour Series Medal Tent in the IRONMAN Village.

To be eligible athletes had to register for all 3 races before 30 September 2022.

Option 1: 2022 ISUZU IRONMAN African Championship, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay

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

POST RACE INFORMATION

SLOT ALLOCATION

The IRONMAN 70.3 Mossel Bay is offering 45 Age Group Slots and 30 Women For Tri 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 25th & 26th 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.

Sunday 6 November 2022

17h45 Age Group Slots

18h30 Women For Tri Slots

Athletes must be present in order to accept a slot for World Championships.

If you qualify for a World Championship slot you will have to immediately pay the entry fee (± Euro 650 & 9.25% Active Fee) online via credit card at the slot allocation by credit card. (No cash or cheques). There will be laptops available at Slot Allocation to make credit card payment: ONLY VISA AND MASTERCARD ACCEPTED. Your final registration must be completed at a later stage.

Please be sure to bring along the following items to claim your slot:

- **Photo Identification (ID book, Driver's License or Passport)**
- **Credit Card Only (VISA and Mastercard only)**

Slot allocation will be determined based on the number of official starters and shall be representative of the actual number of Age Group starters in each category in the race. 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. For example, if 8% of the Age Group starters are Female 40-44, then 8% of the slots are allocated to the Female 40-44 category. If you are not present or cannot pay for your slot, it will automatically be rolled down to the next person in that age group until the slot is accepted.

The ceremony will start with the oldest female category that had starters on the day, through all the female age groups, then onto the male categories, from oldest to youngest. If an athlete chooses not to take the slot, does not attend the slot allocation roll-down ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following roll-down, any unclaimed slots within an Age Group will be reallocated to another Age Group within the gender, based on the athletes-to-slots ratio : the Age Group within the gender with the largest athletes-to-slots ratio will receive one of the reallocated slots, followed by the next largest ratio receiving one re-allocated slot (if applicable), and so on.

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**



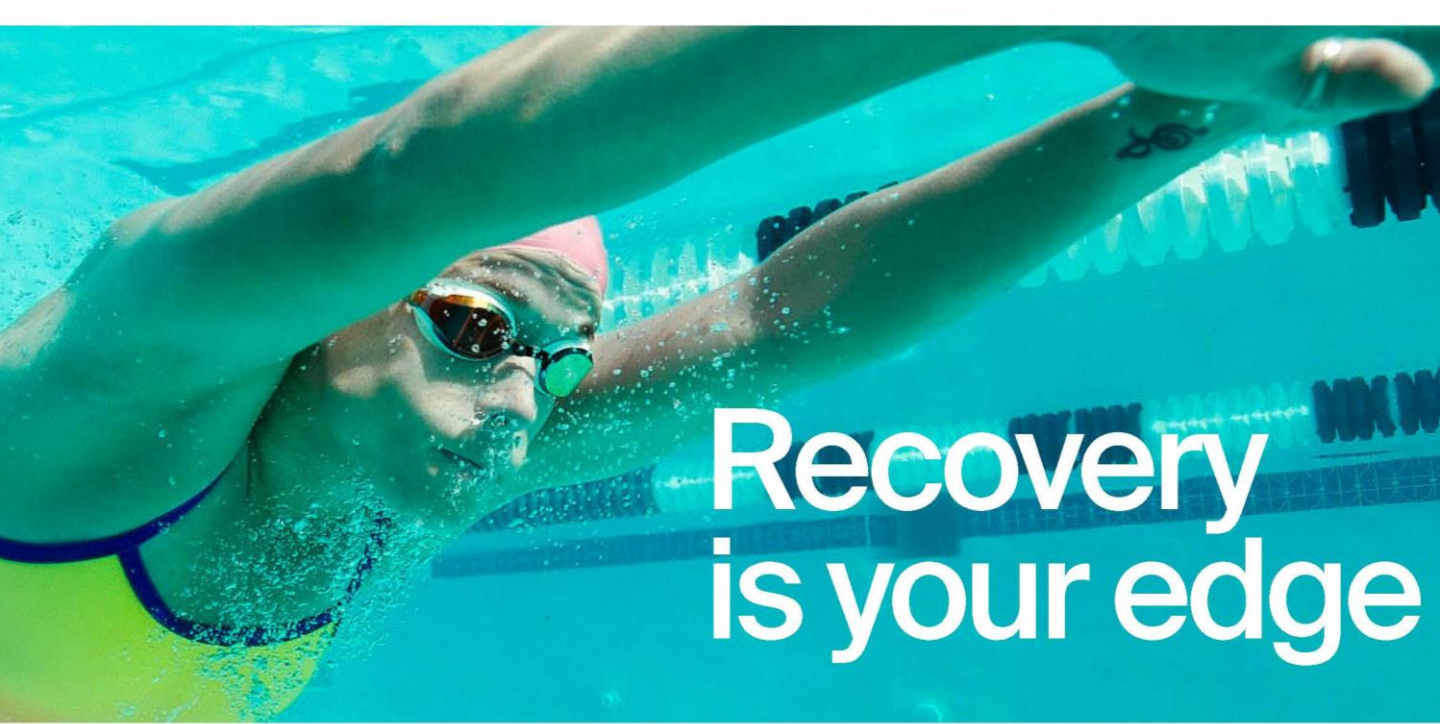
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POST RACE INFORMATION

AWARDS Presentation

Sunday: 19h30-22h00

Doors open at 19h00 with access to buffet.

Venue: Diaz Beach Hotel and Resort

All athletes are welcome, your Athlete Wristband will give you access to this function. Additional tickets will be on sale at Registration for friends or family.

There will be **no** additional awards dinner tickets available at the door.

The awards procedure starts at 19h30. Trophies will be awarded to the top 3 male and female professional athletes; the first 3 athlete in each male and female age group category as well as to the top three relay teams.

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 : 14h00 – 22h00

Monday : 09h00 – 11h00

Official IRONMAN Merchandise and Finisher apparel will be at the Diaz Hotel and Resort.

LOST & FOUND

Monday : 09h00 – 11h00

Race Day lost & found will be located at Infinity venue at the Diaz Hotel and Resort.

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 will be located at Infinity venue at the Diaz Hotel and Resort.

TIMING QUERIES

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

Should you have any Timing queries, please email them to Michele.Dalton@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/im703-mosselbay> 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.



Vodacom Track-An-Athlete: 39408

This service will be live 2 weeks prior to the race for all race number registrations.

SMS only the athlete's race number you are tracking to 39408. The service is available on all South African mobile networks at a cost R15.00 (once-off). A portion of the fee will go towards the IRONMAN 4 the Kidz Charity Trust and you will receive regular updates on your athlete's progress on Race Day

Please note: ONLY SMS the Race Number!!! e.g. 1234 to 39408. Do not use any other words or characters when SMS-ing as the SMS will then be invalid. Register one race number at a time. Errors will be billed.

NB: Contract bundles & free SMS's do not allow successful registration. The registering phone MUST have airtime minutes in order to participate.

Successful registration will receive confirmation of their registration and then athlete progress updates on Race Day.

Should you not want to track an athlete but would still like to support the IRONMAN 4 the Kidz initiative, simply SMS the word KIDS to 39408 (as above) and your R15-00 will go towards the 2022 charity goal.





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39408

MAKE A DIFFERENCE

TRACK YOUR ATHLETE 39408
Follow your athletes progress and ensure their participation goes to a good cause Free SMS's do not apply

Registering a Race number will ensure we can continue to make a difference



MAKE A DONATION

Step 1. Download.

Download the SnapScan App from Google Play or IOS store.

Step 2. Snap.

Open SnapScan and use your phone's camera to scan the SnapCode displayed at the checkout or on your bill.

Step 3. Pay.

Enter the amount you want to pay and confirm payment with your 4-digit PIN.

Step 4. Go!

That's it. You're done! Make sure the merchant has received proof of payment.



Email: julia@ironman4thekidz.co.za
Visit our website: www.ironman4thekidz.co.za
Find us on Facebook: www.facebook.com/ironman4thekidzcharitytrust
Follow us on Twitter: @IRONMAN4theKidz



ADDITIONAL INFORMATION

PUBLIC INFORMATION

ROAD CLOSURE DURING THE EVENT:

The following roads will be closed to all public vehicles and bicycles on Sunday 6 November 2022

- George Road and Bland Streets from Louis Fourie Road up to Kloof Street; as well as Munro Street from 05:00-17:00
- Point Road from Saturday 06:00 to Sunday at 18:00
- Louis Fourie Road from George Road to Marsh Street 05:00-14:00
- R327 from the N2 up to the farm Uitkyk, 6km prior to Herbertsdale from 07:00-13:30
- See road closure flyer with detailed information

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 Mossel Bay to make the race possible.

HOW TO GET INVOLVED:

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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NEW AVAILABLE OVER THE COUNTER



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Reduce inflammation^{2,3}



Numb the pain⁴

www.Norflexgel.co.za

References: 1. Impact Rc Script Data - December 2020. 2. Norflex[®] 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: **S3** 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: **S3** 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. 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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2022 GLOBAL SERIES
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NATURE NEEDS YOU
BE NATURE'S IRONMAN

IRONMAN[®]
for **NATURE** 
S O U T H A F R I C A

JOIN THE RACE FOR NATURE

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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WILDERNESS
FOUNDATION
AFRICA

POWERED BY INNOVA

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 just after 06h00.

Scenario 1: 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 1:

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 4 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.



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