

5i50

TRIATHLON BELA BELA



ATHLETE RACE GUIDE

21 AUGUST 2021

FUNTRI | 400M SWIM | 20KM BIKE | 5KM RUN
INDIVIDUAL AND TEAM RELAY

OLYMPIC | 1.5KM SWIM | 40KM BIKE | 10KM RUN



PRE - EVENT: 11 - 18 AUG 2021

ONLINE REGISTRATION
ONLINE TSA DAY LICENSE PAYMENTS

RACE DAY: 21 AUG 2021

COLLECTION OF RACE PACKS AS PER TIME SLOT BELOW

GROUP COMPOSITIONS	
GROUP A	FUNTRI: RELAY TEAMS
GROUP B	FUNTRI INDIVIDUAL: WOMEN
GROUP C	FUNTRI INDIVIDUAL: MEN
GROUP D	5150: MEN 25 - 29 / WOMEN 25-29 / WOMEN 30 - 34
GROUP E	5150: MEN 35 - 39
GROUP F	5150: MEN 18 - 24 / MEN 30 - 34
GROUP G	5150: MEN 40 - 44
GROUP H	5150: MEN 45 - 49 / WOMEN 45 - 49 / WOMEN 55 - 59 / WOMEN 65+
GROUP I	5150: MEN 50 - 54 / WOMEN 18 - 24 / WOMEN 35 - 39
GROUP J	5150: MEN 55+ / WOMEN 40 - 44 / WOMEN 50 - 54 / WOMEN 60+

FUNTRI GROUPS	RACE PACK COLLECTION	ACCESS TO TRANSITION	ACCESS TO SWIM PEN	GROUP SWIM START
GROUP A	08:00 - 08:15	08:05 - 08:20	08:45 - 08:55	09:00
GROUP B	08:15 - 08:40	08:20 - 08:45	09:00 - 09:15	09:15
GROUP C	08:40 - 09:05	08:45 - 09:10	09:20 - 09:35	09:35
5150 GROUPS	RACE PACK COLLECTION	ACCESS TO TRANSITION	ACCESS TO SWIM PEN	GROUP SWIM START
GROUP D	09:05-09:30	09:10-09:35	09:30-09:50	09:50
GROUP E	09:30-09:55	09:35-10:00	09:55-10:15	10:15
GROUP F	09:55-10:20	10:00-10:25	10:20-10:40	10:40
GROUP G	10:20-10:45	10:25-10:50	10:45-11:05	11:05
GROUP H	10:45-11:10	10:50-11:15	11:10-11:30	11:30
GROUP I	11:10-11:35	11:15-11:40	11:35-11:55	11:55
GROUP J	11:35-12:00	11:40-12:05	12:00-12:20	12:20
SEE ATHLETE RACE GUIDE FOR DETAILED BIKE CHECK OUT PROCEDURE				
AWARDS TROPHIES WILL BE COURIERED TO ATHLETES				

PLEASE NOTE:

- 1) NO SPECTATORS
- 2) COVID-19 REGULATIONS PROHIBIT SPECTATORS AT THE EVENT.
- 3) NO ACCESS TO DAY VISITORS/ SPECTATORS INTO WARBATHS FOREVER RESORT ON SATURDAY 21 AUGUST



WELCOME

It's that time of the year where we again get to experience the ultimate African bushveld triathlon bash and you're about to experience what's truly special about racing at 5150 Bela Bela: from the Waterberg bushveld, the undulating bike course, the fast flat run inside the Warmbaths, A Forever Resort, this first-timer friendly race is the perfect destination for an early spring triathlon in South Africa.

Whether you are a first timer or a seasoned campaigner this race has all you need. It's tough enough to leave you gasping for air but not too daunting as it provides the perfect elements for first timers. This is one of those races that will never get old.

We want to assure you that while some things may seem different to what you expected on your race day, what won't change is our support for you - on and off the course - and our excitement to see you come down the red carpet.

We can't wait to race with you and see you in Bela Bela! We know you have been training diligently through this challenging time to make it to the start line.

See you on that start line!

Werner Smit
Race Director

NO SPECTATORS

The 5150 Bela Bela Triathlon will be closed for spectators. There are no exceptions to this rule on sport events under COVID-19 regulations as circulated in the Government Gazette. Legally there are two lines of accountability on this provision: both to the venue owner and the individual spectator.

1. On race day, **no spectators/ day visitors/ non-athletes** will be allowed into Warmbaths, A Forever Resort. The ticket portal for day visitors will be closed for the 21st of August and **only athletes on the starter list will be allowed into the venue.**
2. **Residents of Warmbaths, A Forever Resort**, (defined as athletes and non-athletes) will have free roam to all the facilities of the resort, but only athletes may access the event area, which is defined as the finish line area, transition, and swim course area. The main road from the entrance gate to the finish line area will form the boundary between the resort area and event area. Non athletes may not cross this road into the event area.

VENUE ORIENTATION

Our host venue is Warmbaths, A Forever Resort which is situated in the Bushveld town of Bela Bela – within easy access from Gauteng on the northbound N1 freeway.

The mild climate and the facilities of the Warmbaths, A Forever Resort make this a great destination for an early spring triathlon.

A typical bushveld day in August can be very dry with a midday high of approximately 25-28°C. Stay hydrated and use sun block!



PRE-EVENT

REGISTRATION

We would like to highlight some significant changes to registration, in order to comply with the COVID-19 lock down regulation and its provisions around sporting events:

The registration process will have two separate steps to it:

1) Step 1: Online (11-18 August 2021)

All registered athletes will receive an email with links to where athletes will verify the captured information and sign their waver. Athletes who are not members of Triathlon South Africa (TSA) will buy a Day Licence (one day membership) during this process, online.

2) Step 2: On site (21 August)

All athletes will collect their race packs on site, prior to transition check in. The race pack will consist of the following items, placed inside a transparent plastic sleeve. (All these items must remain inside the plastic sleeve until athletes have racked their bikes inside transition). See details in next chapter.

RACE BRIEFING – COMPULSORY

The online race briefing will be posted two weeks prior to the event. This is a compulsory race briefing highlighting the important aspects of the event as well as adaptations and deviations to the COVID-19 Regulations. On the 19th of August we will update the race briefing with any last-minute changes to the event. Should there be changes to the COVID-19 regulations which impacts the event, this will be addressed here.

COVID-19: PERSONAL PROTECTION

The event has numerous changes and interventions to comply with COVID-19 regulations. Besides the changes we have brought to the event, the following are important:

- 1) Athletes must always wear a mask while at the race venue. This is from arrival to the point of entering the water for the swim start. Masks are again compulsory after crossing the finish line. We will provide a disposable mask to each athlete upon completion of the event at the finish line.
- 2) Where there are queues, please adhere to social distancing by 1.5 meters.
- 3) Use the foot operated hand pumps to clean your hands with sanitisers.
- 4) If you have any flue like symptoms, do not come to the race venue. Athletes who fail the screening will not be able to compete.

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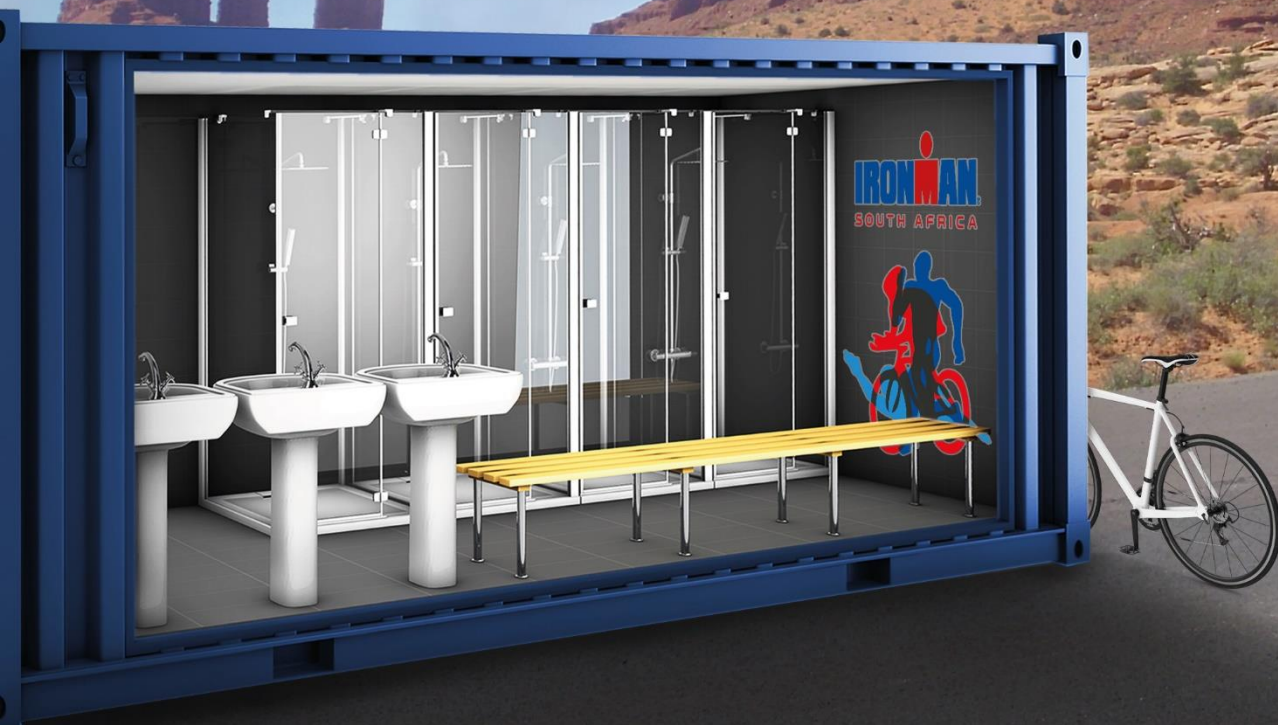
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RACE DAY - SATURDAY

ACCESS TO WARBATHS, AND SCREENING

Non-resident athletes to Warmbaths, A Forever Resort.

Athletes who are driving from elsewhere or staying at accommodation options outside Warmbaths, A Forever Resort, the following arrival and check in/check out procedures applies:

1. Arrive at least 45 minutes prior to your group's race pack collection time.
2. Park in the day visitor area, accessing the parking area from the corner of Ritchie and Potgieter Roads (the main entrance from Chris Hani Drive will be closed).
3. Using your phone, fill in the information on the COVID-19 screening app. We will send you the link.
4. Take all your race gear with you to the day visitor entrance.
5. Present the QR code on your pre-populated screening app to the personnel operating the screening.
6. Athletes passing the screening will get a sticker on their clothing to show that they have been screened and cleared for resort access. Do not remove this sticker prior to entering transition for bike check in.
7. Athletes who fail the screening must leave the venue and will not be allowed to race.
8. All athletes must stay in the pool/restaurant waiting area of the resort and may only cross the road to the race venue shortly prior to their race pack collection time slot. There is ample ablutions, restaurants, and a shop in this area.
9. (Take note that it is a 550-meter walk from the day visitor entrance gate to the race pack collection site).
10. By 17:45 all non-resident athletes must leave the resort's pool area.

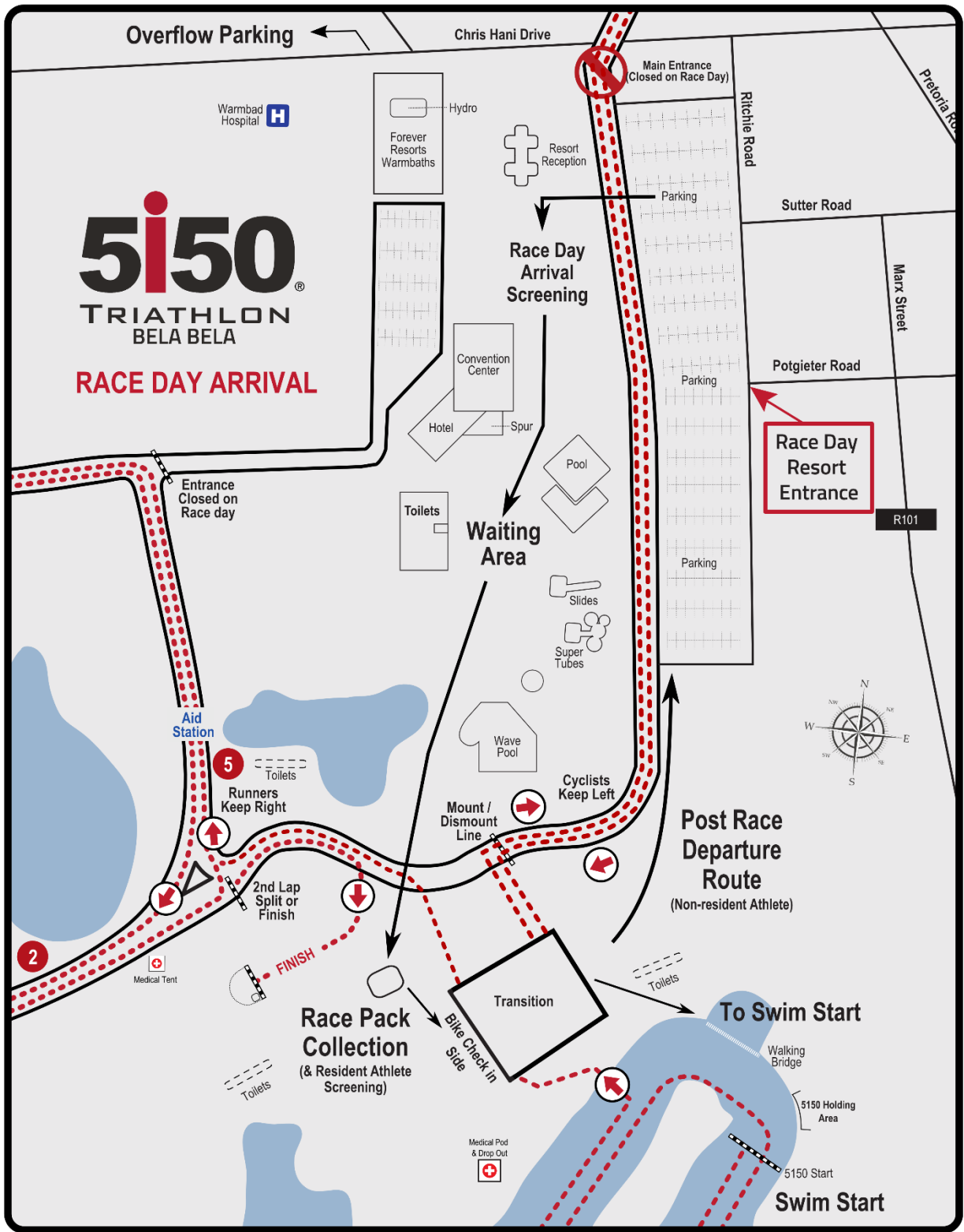
Resident athletes at Warmbaths, A Forever Resort:

1. Athletes staying over at Warmbaths and arrived prior to Race Day will be screened on race morning 20 minutes prior to their race pack collection time. This screening line is adjacent to race pack collections.
2. Don't access the race venue area prior to this time slot. Should you have time to kill prior to race pack collection, you can wait at the pool area where there are ample ablutions, restaurants, and a shop.
3. Don't come to the event area earlier than your designated time slot.
4. Fill in the information on the COVID-19 screening app.
5. Present the QR code on your pre-populated screening app to the personnel operating the screening.
6. Athletes passing the screening will get a sticker on their clothing to show that they have been screened and cleared for resort access. Do not remove this sticker prior to entering transition for bike check in.
7. Athletes failing the screening will not be allowed to race and must return to their booked accommodation.

Additional notes on parking and vehicles:

1. The main entrance is closed and forms part of the bike course on race day.
2. All Warmbaths Forever Resort residents who need to leave the resort on Saturday after 08:00 or before 17:15: Please park your car in the Day Visitors car park or at the Rooiberg Gate (Thabazimbi Road).
3. All residents with vehicles inside the resort on race day: Please do not park around the verges of the Finish Line, Transition or Go Cart / Cable Ski Dam parking. Leave your car at your chalet or Hydro parking.
4. DO NOT travel on the bike course on race day between 08:00 and 16:00.
5. DO NOT drive on the run course between 09:00 and 17:15.

Race Day Emergency Number: 079 266 6263



Race Day Emergency Number: 079 266 6263





RACE PACK COLLECTION ON RACE DAY

Once athletes have been screened, they must collect their race packs within their designated time slots. Again, no exceptions to these designated time slots.

When you line up for your race pack collection you have:

1. Been screened and received a sticker on your chest with your race number written on it.
2. You have all your racing gear with you. (There is no time to return to your car or chalet to collect those items after race pack collection. Plan accordingly and be very thorough.)

As you approach the race pack collection tables, volunteers will call your race numbers to those who will draw your pack from the crates. When you receive it, check your name on the identity sticker on the pack.

At the last table scan your whole pack over the scanner, which will pick up the details on your timing chip, which is inside the pack. Confirm with the person at the scanner that its correct.

(Should there be a problem, step out of the queue for the matter to be addressed by our staff)

From here, turn right and go to transition for check in. Each group will have a different entrance gate into transition.

Race Pack Collection						
	A: 08:00-08:15	FunTri Relay Teams (29)				
Group	C: 08:40-09:05	FunTri				to transition
entrance:	E: 09:30-09:55	5150	athlete chute	→		↓
→	G: 10:20-10:45	5150				
	I: 11:10-11:35	5150				
					race pack collection	timing chip scan
					race pack collection	timing chip scan
Group	B: 08:15-08:40	FunTri				to transition
entrance:	D: 09:05-09:30	5150				↓
→	F: 09:55-10:20	5150	athlete chute	→		
	H: 10:45-11:10	5150				
	J: 11:35-12:00	5150				



100				
FunTri Groups	Race Pack Collection	Access to Transition	Access to Swim Pen	Group Swim Start
A	08:00-08:15	08:05-08:20	08:45-08:55	09:00
B	08:15-08:40	08:20-08:45	09:00-09:15	09:15
C	08:40-09:05	08:45-09:10	09:20-09:35	09:35
5150 Groups	Race Pack Collection	Access to Transition	Access to Swim Pen	Group Swim Start
D	09:05-09:30	09:10-09:35	09:30-09:50	09:50
E	09:30-09:55	09:35-10:00	09:55-10:15	10:15
F	09:55-10:20	10:00-10:25	10:20-10:40	10:40
G	10:20-10:45	10:25-10:50	10:45-11:05	11:05
H	10:45-11:10	10:50-11:15	11:10-11:30	11:30
I	11:10-11:35	11:15-11:40	11:35-11:55	11:55
J	11:35-12:00	11:40-12:05	12:00-12:20	12:20

TRANSITION AREA

Once you have got your race pack, go directly to your respective transition check in gate. See “Access to Transition” times in the table above.

Don’t open your race pack until you have racked your bike at your designated race number. All this admin must be done inside transition once you have racked your bike. Use the space on the transition entrance gate side of your bike to work in and lay out your equipment.

Inside your race packs are:

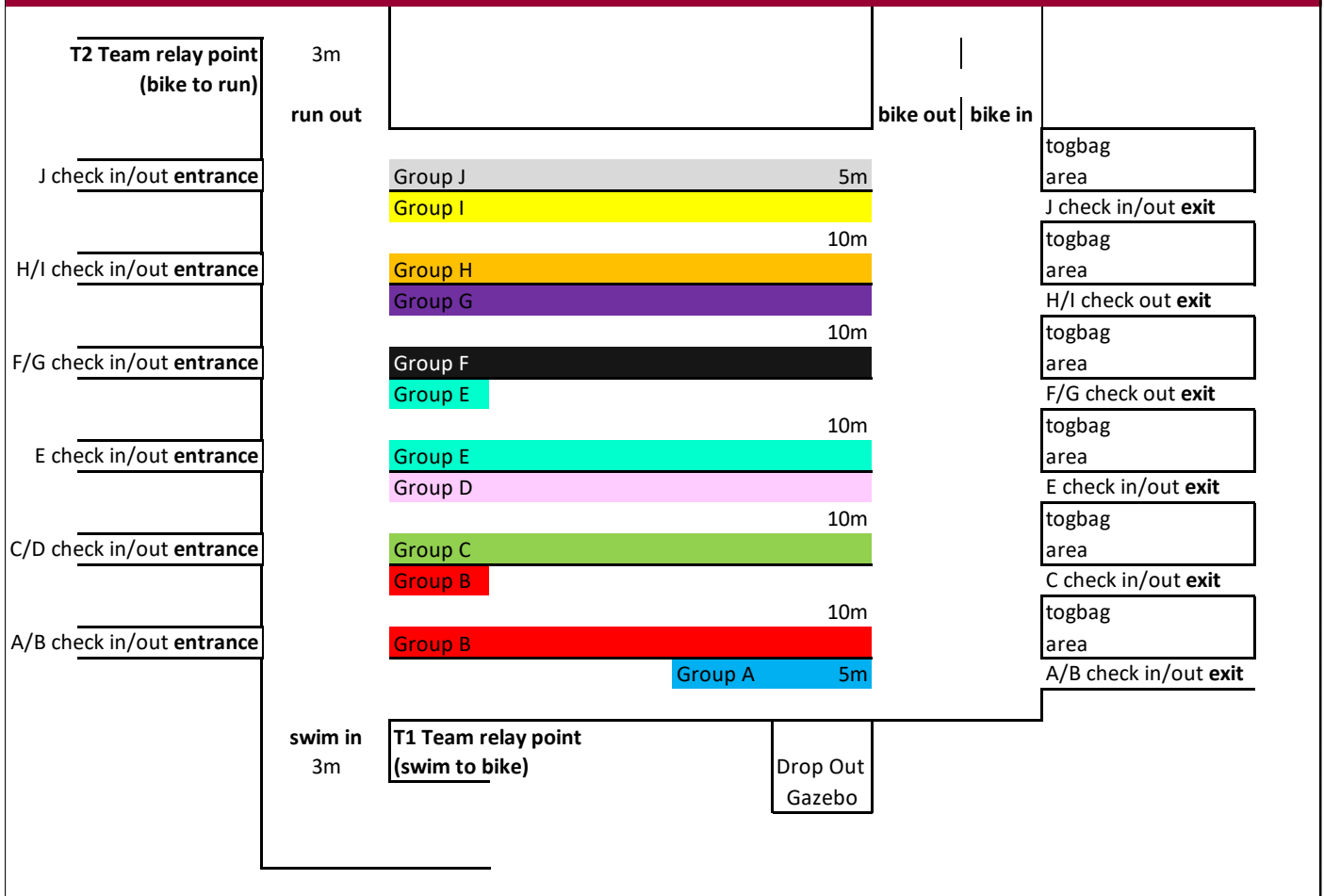
- Athlete accreditation wristband (colour coded per group swim start; must be worn whole day while on site).
- Bike and Helmet race number stickers: apply to bike and helmet. (Stickers may not be altered).
- Bib Race number (and safety pins): best used with triathlon race number belt, or pin to cycle/run shirt.
- Red 5150 swim cap – Athletes must use this swim cap.
- Timing chip: fix to left ankle with silver side touching the skin. Chip must be on the outside of your ankle.

The race pack also includes:

- Drawstring Bag
- Athlete event shirt



Transition Area (100)



When inside transition:

- First: fit your accreditation band on your wrist. You cannot access the swim course without it!
- Place your bike and run gear as well as race number on small towel on side where you just entered transition (the group check in entrance side which is on the left side of above diagram).
- Leave bags, crates etc with non-racing equipment in the tog bag areas as you leave transition after bike check in (right side of diagram).
- There is no bike maintenance at this event. Check your equipment prior to the event.
- There will be one bike foot pump in each transition passage.
- Once your group transition area closes athletes may not re enter the area. Be thorough.
- **Note the two Team Relay hand over areas.**





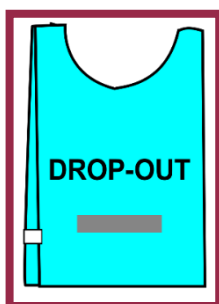
DROP-OUT CLERK

Any athlete withdrawing from the race at any time MUST report to Drop-Out recorders (identifiable by the bibs below) either from the Swim at the Medical pod or off the Bike or Run at the Penalty / Drop-Out Control gazebo inside Transition.

Athlete's race / bib number & name will be recorded and a photo taken.

During the swim, these Drop-out "recorders" will be before the swim exit, next to the medical pod and at the dropout gazebo next to transition.

Bibs worn for identification purposes by Drop Out recorders.



SWIM COURSE

Please see "Competition Rules". (5150 / FUNTRI penalties: Yellow = 30 Seconds, Blue = 2:00 minutes).

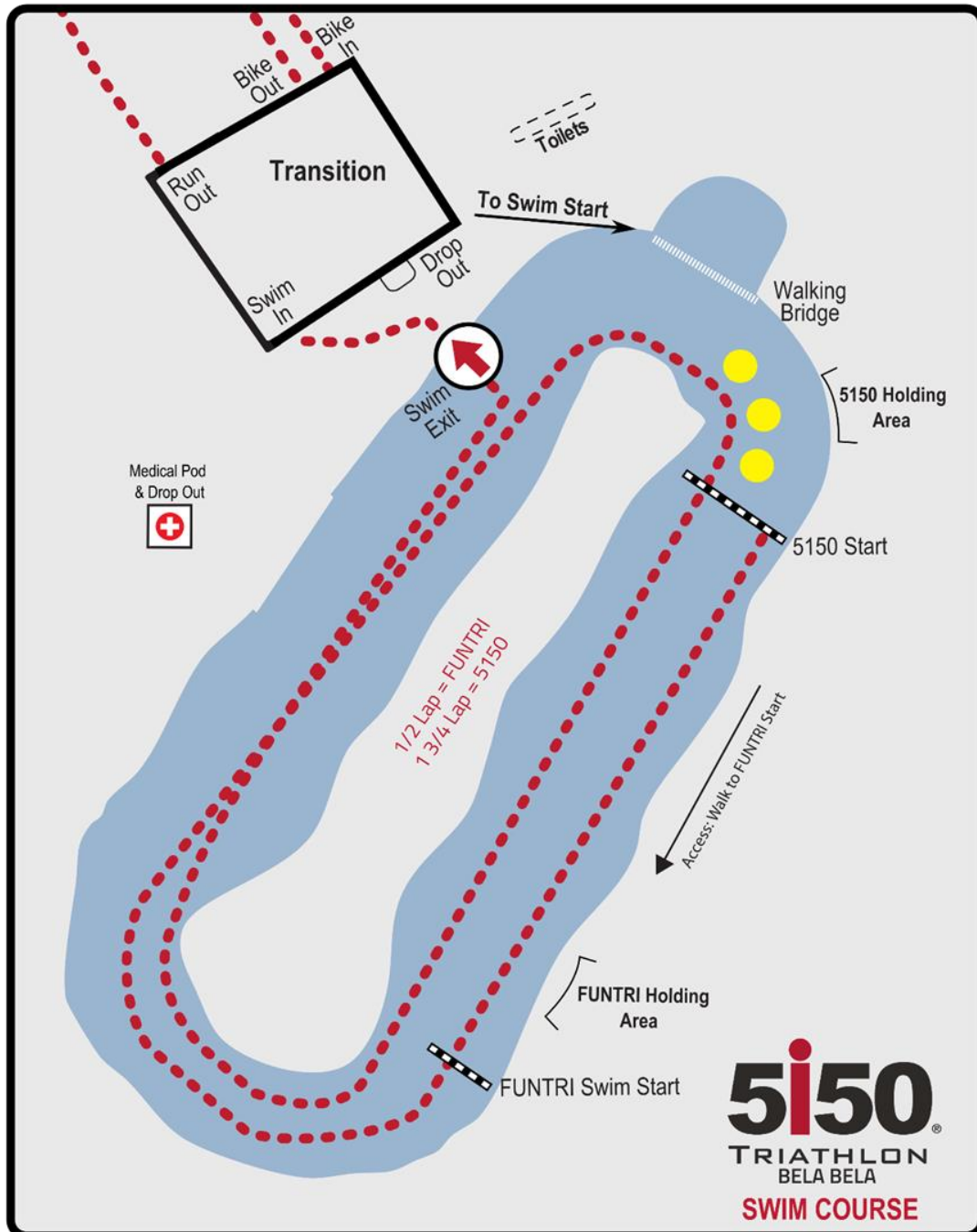
Athletes must keep an eye on their time in transition to make it to the holding pens at the swim start as per the designated time slots: See "Access to Swim Pen" column time window below in table:

Your accreditation wristband will give you access to the swim pen. This will be checked at the foot bridge.

100				
FunTri Groups	Race Pack Collection	Access to Transition	Access to Swim Pen	Group Swim Start
A	08:00-08:15	08:05-08:20	08:45-08:55	09:00
B	08:15-08:40	08:20-08:45	09:00-09:15	09:15
C	08:40-09:05	08:45-09:10	09:20-09:35	09:35
5150 Groups	Race Pack Collection	Access to Transition	Access to Swim Pen	Group Swim Start
D	09:05-09:30	09:10-09:35	09:30-09:50	09:50
E	09:30-09:55	09:35-10:00	09:55-10:15	10:15
F	09:55-10:20	10:00-10:25	10:20-10:40	10:40
G	10:20-10:45	10:25-10:50	10:45-11:05	11:05
H	10:45-11:10	10:50-11:15	11:10-11:30	11:30
I	11:10-11:35	11:15-11:40	11:35-11:55	11:55
J	11:35-12:00	11:40-12:05	12:00-12:20	12:20



- Only athletes with the designated group accreditation wristbands will be allowed over the walking bridge to the swim start holding pens. Each group wristband is colour coded.
- 5150 athletes have a 170m walk to their swim pen from transition.
- FUNTRI athletes have a 380m walk to their swim pen from transition.
- Athletes must wear a mask up to the point of crossing the timing mat to enter the water.
- The swim start in each group will take on a rolling start format where 4 athletes will enter the water every 5 seconds.
- 5150 athletes must keep the yellow buoys to their left as they approach the start line for lap two.





The swim takes place in the Cable Ski Dam at the resort. Although this dam is shallow enough for a person to stand in athletes must be able to swim without putting your feet down on the ground. Please note that you may stop to rest but you may NOT walk the swim course. Referees will monitor “no walking”. This event is normally a wetsuit optional swim, given the prevailing water and air temperatures at this time of year.

Athletes will swim in a clockwise direction around the island:

- FUNTRI athletes will do half a lap of the 400m swim course.
- 5150 Athletes will do one-and three-quarter laps to make up 1500m swim course. At the end of the first lap the yellow buoys must be on the left of athletes as they approach the swim start area.

At the end of the swim, athletes must exit the water up the slipway to enter T1 (Transition 1: Swim to Bike), indicated by white “bobber buoys”. Swim onto the ramp before standing up, as the surface below is uneven.

Any athlete who does not complete the swim, must report to the “Drop – Out” volunteer at the medical pod.

NOTE :

- Do not swim with your race number on.
- Wear your official 5150 swim cap.
- There is no self-seeding in the swim pens. Athletes must stand, socially distanced and spread in the four lanes as they arrive.

5150 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.

The 5150-swim cut off is 1hour 10 minutes from athlete’s swim start. Athletes who miss this cut off will be removed from the official finisher list.

5150 OFFICIAL SWIM CUT-OFF TIME – 5150:
1 hour 10 min from your wave Start Time



BIKE COURSE

Please see "Competition Rules" for additional info & Penalty procedure. (5150 / FUNTRI penalties: Yellow = 30 second, Blue = 2:00 minutes).

The Bike course is made up of:

- 1 lap = FUNTRI (no aid station)
- 2 laps = 5150 (aid station at the start of the 2nd lap)

Please study the maps.

Athletes must keep left at all times (except when passing the 5150 aid station – see below). The bike course flows in a clockwise direction. **Inside the dedicated "bike lane", all cycling is in single file on the left shoulder of the "lane", passing takes place to the right.**

Athletes will push their bikes out of Transition 1 (T1: Swim to Bike) to the mount / dismount line on the road. From here, mount as instructed by a Race Referee and keep to the left-hand side of the road as you exit the main entrance of Warmbaths, A Forever Resort across Chris Hani Drive and onto Minnaar Avenue. Keep to the left as athletes from previous waves may be returning to Transition. (Expect two-way traffic on this road).

Once athletes crossed the main road outside the resort, athletes will take the first road left into Luna Road, again keeping to the left (please note: absolutely NO access to the aid station will be allowed at this point in time: you will only have access to it when you pass here a second time – i.e., 5150 athletes only), followed by a right into Grobler Ave. From Grobler Ave, **stay in the lane closest to the centre island (i.e.the right lane of the outbound dual carriageway).** As this road continues out of town, Grobler Avenue becomes Robertson Street. When the dual carriageway becomes a single carriageway, the outbound cycling lane is then between the orange cones on your left and the centre line of the road on your right. The outside shoulder (i.e. beyond the cones) of this road is a lane for vehicles: vehicle convoys will be present on the road shoulder with one wheel on the tar and one wheel on the dirt. **So, remember: LEAVING TOWN, THE ORANGE CONES ARE ALWAYS ON YOUR LEFT!**

This road leads towards and past the Bela Bela Dam. The turnaround point is on this road (D10 Alma Road). From the U-turn point athletes will back-track into town, again keeping to the far left. At Moffat Road, cyclists will turn left and pass the Penalty Tent (on the left). From here we have a **GO-SLOW ZONE / NO PASSING ZONE** as you turn right into Hospital Road.

FUNTRI athletes will go left to return to Transition whilst the 5150 athletes will continue to their 2nd lap with a right turn into Luna Road. This is where the bike Aid Station is situated on the right: keep to the right-hand side of this road (on the second lap only) just to pass the aid station. Take extra care here. The Go-Slow zone ends when you enter Grobler Road again. (Note: More bikes may join the course on Luna Road, starting their lap one as you start your lap two).

FUNTRI / 5150: On return (at the end of the second lap – 5150), cyclists will turn left into Luna Road and head back towards the Resort via Minnaar Road. Keep left. In the resort, dismount as instructed by a Race Referee and push your bike into Transition 2 (T2: Bike to Run). A reminder that there may be athletes leaving transition on their bikes as you re-enter: always stay on the left of the bike lane path.



FUNTRI:

The bike course for the FUNTRI is draft legal, although we would encourage you to only be on tri-bars if you are leading a pack. (A time penalty will be imposed on any 5150 athlete who does not follow the NO-drafting rule – see below.)

5150:

See the 2020 competition rules regarding drafting, passing, and blocking.

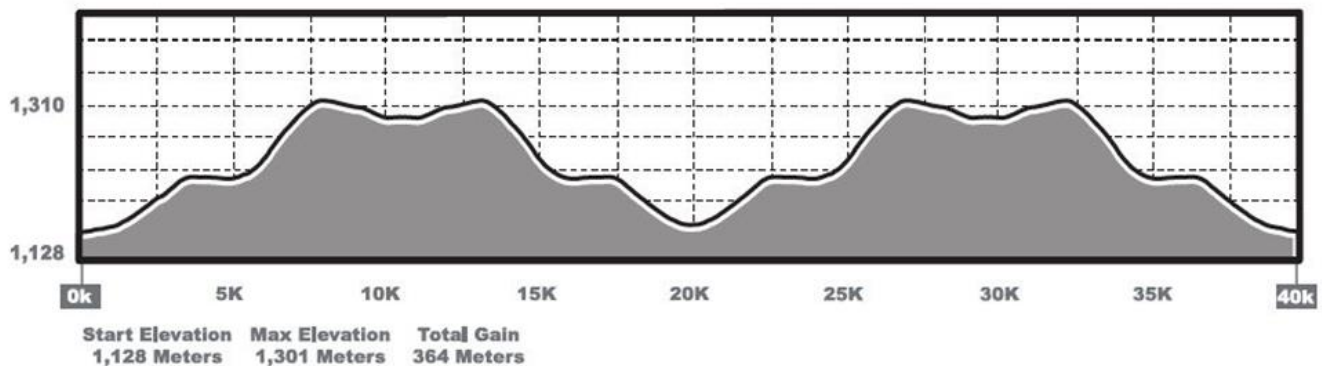
The 5150 bike course is a **no-drafting** race: Race Referees will enforce the race rules, as per the IRONMAN 2020 Competition Rules (see online). The course consists of 2 laps.

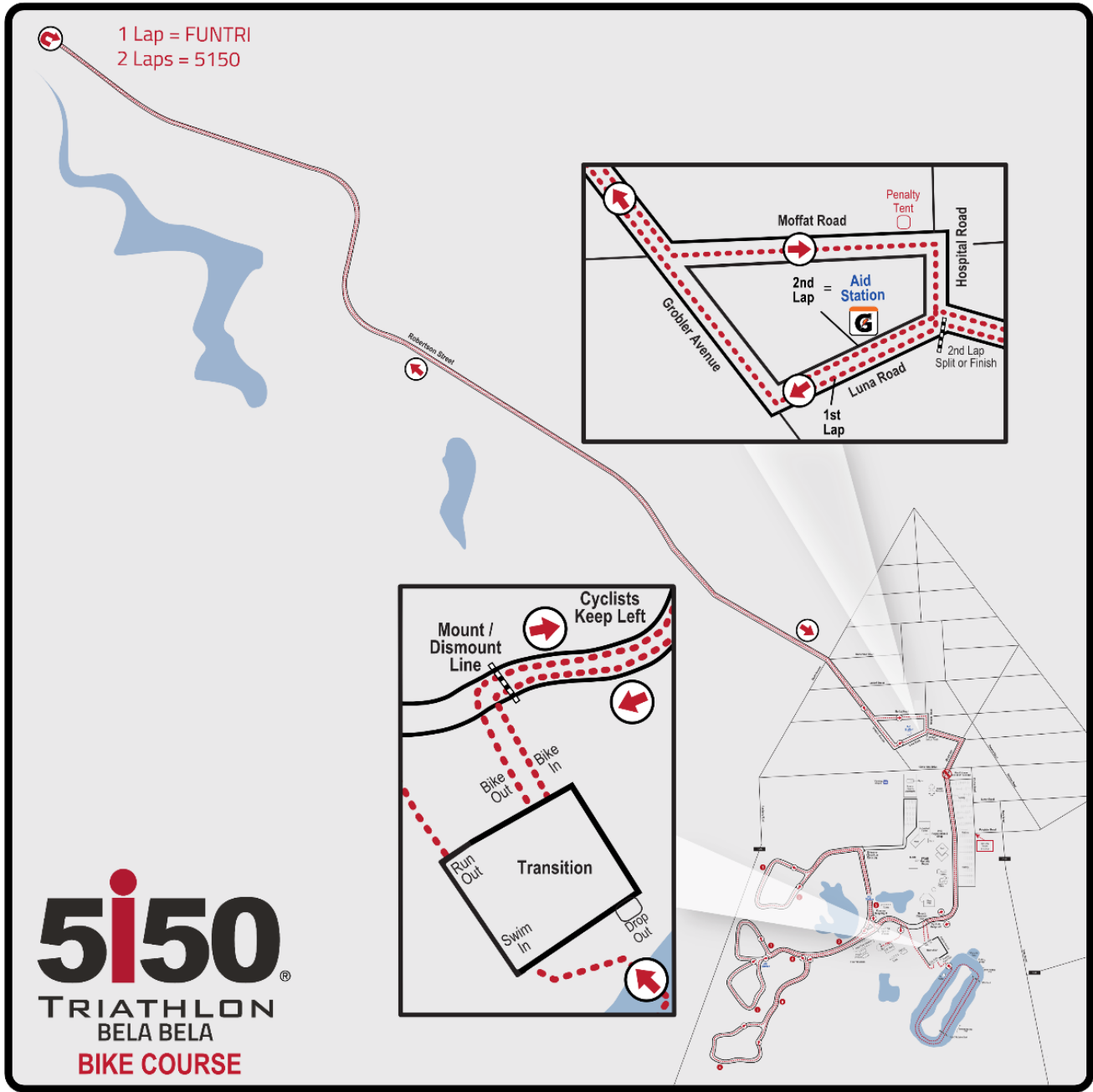
The 5150 bike cut-offs are 3 hours and 30 minutes from each individual athlete's swim start. Athletes who miss this cut off will be removed from the official finisher list.

Athletes who are on the bike course after cut-offs will not be allowed to finish the bike course nor start the run course. The bike course will officially close at 16h00 at the entrance to Transition: this is when all road restrictions on the bike course are waived, and our privileged road use time expires. Athletes out on the course with no feasible prospect of completing the course may also be lifted from the course.

Athletes on the bike course outside town must waive down the convoy vehicle to ask for a vehicle to be sent to collect them.

BIKE PROFILE:





OFFICIAL BIKE CUT-OFF TIME – 5150:
3 hours 30 min from your (swim) Start Time



PENALTY TENT

Please see "Competition Rules". (5150 / FUNTRI penalties: Yellow = 30 second, Blue = 2:00 minutes).

Bike course time penalties will be served in a designated Penalty Tent ('PT'). It is the athlete's responsibility to report to the **NEXT PT** on the course. Failure to stop at the next PT on the bike course will result in **disqualification**.

Penalty Tent will be situated in the following two places on the bike route:

- Penalty Tent: c/o Moffat Road and Hospital Street - (on left)

All penalties must be served at this Penalty Tent, at the first opportunity it represents. (e.g., a penalty in the first half of the bike course may not be served at the end of the second half of the bike course)

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, 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).

Please note: NO cell / mobile phones are allowed.

In South Africa: 5150 / Funtri penalties: Yellow = 30 second, Blue = 2:00 minute

*SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ – Red Card
Littering outside of the trash/rubbish drop zones	30 second Time Penalty once corrected (Yellow Card), and, if intentional, a 2:00 minute Time Penalty (Blue Card). DSQ in South Africa. (Red Card)
Using unsportsmanlike behaviour	DSQ and potential suspension (Red card)
Failure to follow the prescribed course.	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 assist 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
Not stopping in the next penalty tent after being obliged to do so	DSQ
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, and smart helmets (i.e helmets 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	DSQ (Red card)



making and receiving phone calls, sending text messages, using social media, taking photographs, and using a device as a bike computer.	
Unless per-approved by the Head Referee, using communication devices of any 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 snorkle	DSQ (Red card)
**SUMMARY OF BIKE RULES PENALTIES	PENALTIES
Drafting violation	2:00 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 athletes	2:00 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)
Wearing a uniform with front Zipper undone below the point of the end of the breastbone (sternum) during the competition:	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)
Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition:	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)

Note:

1. An athlete may not physically assist the forward progress of another athlete.
2. 3 BLUE Cards will result in a DSQ
3. *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information). **S.A. relevant.**
4. **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). **S.A. relevant.**



RUN COURSE

Please see "Competition Rules". (5150 / FUNTRI penalties: Yellow = 30 second, Blue = 2:00 minutes).

The run course consists of 5kms laps on the premises of Warmbaths, A Forever Resort, passing through the caravan and chalet parks. **On the run course athletes must always stick to the right of the road.**

Athletes will run out of T2 (Transition 2: Bike to Run) at the Swim entry point & head towards the caravan park. At the triangular traffic island athletes will turn right towards the caravan park / conference centre. The Aid Station is situated on this stretch of road. After a lap inside the caravan park athletes will again pass the Aid Station, turning right at the triangular traffic island and head towards the chalets. Keeping to the right hand side of the road there is a rendezvous of three circular laps through the chalet area where there is a one-directional water only aid station. At the end of the 1st lap = FUNTRI / 2nd lap = 5150, athletes will pass the triangular traffic island towards transition before making a U-turn into the finish chute. The route is well signposted. There are plenty of turns on this otherwise very flat run course.

Friends and/or family members are not permitted to run with athletes or enter the finish chute or cross the finish line with participating athletes.

5150 staff, 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.

FUNTRI:

The 5km run for the FUNTRI distance will run 1 lap of the run course as above.

5150:

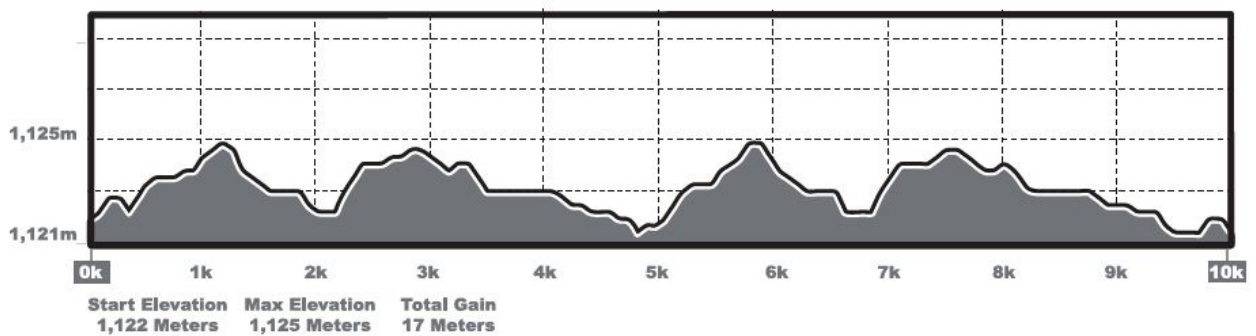
The 10km run will be 2 laps along the same route as above. After the 1st lap, when you return to the triangular traffic island / split, turn left up the road towards the main Aid Station for the 2nd lap. At the end of the 2nd lap, pass the triangular traffic island towards transition before making a U-turn into the Finish chute.

The 5150 run cut-offs are as follows: 4 hours and 50 minutes from each individual athletes' respective swim start. Athletes who miss this cut off will be removed from the official finisher list.

OFFICIAL RACE / RUN CUT-OFF TIME – 5150 :
4 hours 50 min from your (swim) Start Time.



RUN PROFILE:





TEAMS – RELAY PROCEDURE – FUNTRI ONLY

Please see "Competition Rules". (5150 / FUNTRI penalties: Yellow = 30 second, Blue = 2:00 minutes).

Teams will compete in their own division and receive competitor shirts and, on successful completion, finisher medals and certificates (downloadable from the website, 14 days after the race).

Rules specific to Teams:

- Teams need to have at least 2 members. These can only be substituted up until one (1) month before race day: email SAregistrations@ironman.com
- All FUNTRI athletes must, on race day, be 14 years of age or older.
- **ALL THREE** (or TWO) members of the team **HAVE TO sign the online waiver** (not necessarily all at the same time):
 - To do the registration process and sign an indemnity form; a parent / legal guardian of under 18 athletes must sign the online waiver
 - To receive their athlete wristband
- Race packs will NOT be handed out unless each of the two / three indemnities are signed by the respective members of each team.
- The Timing Chip + chip belt **acts as the "relay baton"**: the swimmer starts with the timing chip + chip belt and the runner must end with it.
- Please note for the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture under "Timing")
- The Timing Chip + chip belt are required by the cyclist after the race in order to check their bike out of Transition, as per the Bike Check-out guidelines in the Athlete Info Guide.

Team hand-over:

- The team swimmer will start with the timing chip + chip belt.
- On completion of the swim, the swimmer will exit the water and run to the swim entrance to Transition: the team cyclist will be waiting in the holding area just outside Transition. The swimmer will hand the timing chip + chip belt to the cyclist.
- The team cyclist **MUST** place the timing chip + chip belt, silver side towards the skin and on the outside of the LEFT ankle, (See picture under "Timing") **BEFORE** proceeding into Transition.
- On completion of the bike course the team cyclist must enter Transition, rack his / her bike back in the same place and then exit Transition at the Run Exit, where the team runner will be waiting in the holding area there.
- The team runner **MUST** place the timing chip + chip belt, silver side towards the skin and on the outside of the LEFT ankle, (See picture under "Timing") **BEFORE** leaving the holding area to commence the run.
- On completion of the run / event, hand the timing chip + chip belt back at the finish line.

ALL other RULES applying to the Individual Athlete will apply to Teams.

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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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AID STATIONS

BIKE

On the **BIKE** leg there will be 1 x Aid Station for the 5150 athletes only at Luna Road. It will supply the following product, handed to athletes by volunteers, wearing PPE:

Aid Station

- Gatorade
- Water (Pump water: squeeze a little out, if necessary, to fit into bottle cage)

Please note: Litter zone is 50m from either side of the bike aid station. Do NOT litter outside the aid stations litter zone as you may be disqualified for doing that.

The Aid Station on the bike leg will close as the last athlete passes it at around 15:15.

RUN

Due to COVID-19 regulations the run aid stations are self-service. Athletes must collect off the tables. On the **RUN** leg there will be 2 x Aid Stations, they will supply the following:

Aid Station 1: (multi-directional)

- Water
- Coca Cola
- Gatorade
- Maurten Gels

Aid Station 2:

- Water only

Please note: Litter zones are 20m from either side of the run aid station. Do NOT litter outside the aid station litter zones as you may be disqualified.

The Aid Stations will close as the last athlete passes them within run cut off time at around 17:00.



FINISH LINE

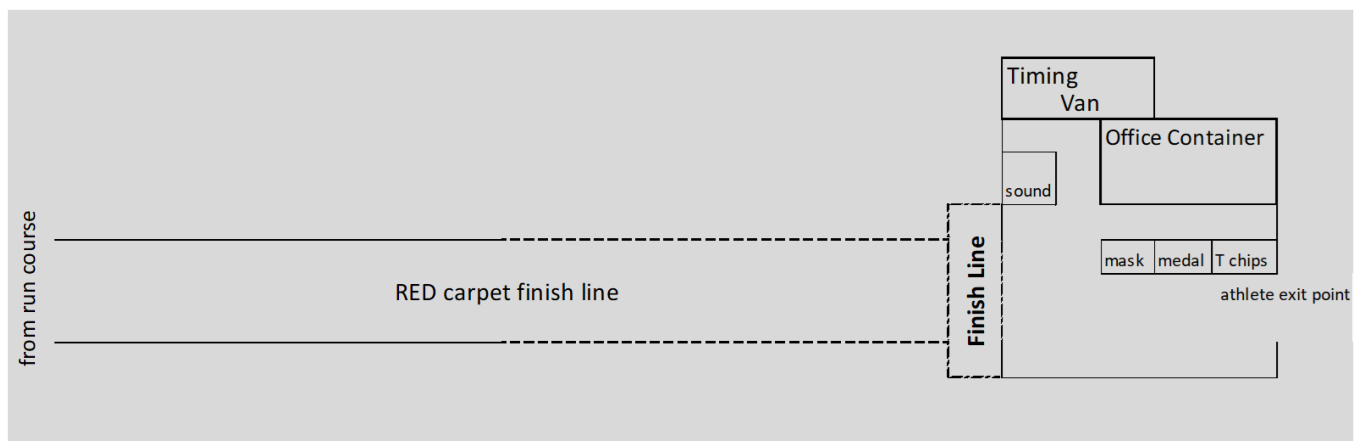
Running down the finish chute over the red carpet is a moment to cherish after the days hard work.

The following COVID-19 regulations are present at this event:

Upon crossing the finish line, athletes must:

- Pick up a disposable mask from the table.
- Pick up a medal. (The team runner must take for the swim/run team members)
- Drop the **timing chip and timing strap** in the basket.
- Go to the final aid station.

The finish line area is a restricted zone and athletes may not re enter once they have left this area.



FINAL AID STATION – for athletes only : (please note, this is about 25m beyond the Finish Line)

- Biogen Recovergen
- Water

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 person may file a protest which requires a judgment call (see "Competition Rules"). Please advise one of the 5150 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 at Transition. The location will be confirmed by the 5150 staff member.
- Payment of R 500.00 cash to Head Race Referee: will be reimbursed if your appeal is successful.
- Appeal committee: Race or Operations Director / Head Race Referee / Triathlon SA representative.



BIKE CHECK-OUT

Enter at the bike check in entrance side and exit at the bike check in exit side.

Bike Check-out will be available from the moment athletes finishes the race: This will happen in two formats:

- 1) From a groups' first finisher to the point prior to arrival of last cyclist, there will be an assisted bike check out: The athlete will engage with a volunteer at the same gate from where they checked their bike in. A volunteer will then collect their bike and equipment on behalf of the athlete. The athlete must check that everything is there, upon receiving the equipment.
- 2) Once a group's last cyclist has arrived, no later than 3 hours 30 minutes after the groups last swim start time, will there be a free flow bike check out where athletes will be allowed into transition. Be alert has they may pass athletes in other groups still competing.

AFTER BIKE CHECK OUT

Day visitor athletes must go back to the car park via the cycling access road. They must stay in single file on the right-hand side of the road, between the traffic cones and the curb.

Day visitor athletes may use their accreditation wristband to return to the resort through the gate where they got screened earlier, should they want to go to the pools or restaurants. (Note that the indoor Hydro is closed to day visitors. The pool area closes for day visitors by 17:45.)

Resident athletes must leave the event area and can go either to their accommodation or the pool/ restaurant area.

All athletes MUST leave the event area upon completion of the race.

TIMING

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 time, bike time, Transition 2 time and run time. In addition to the overall cut-off time, there are cut-off times for each segment of the race, as listed in the document above. Cut-off athletes will be removed from the race 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 R150.00 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 5150/ IRONMAN events.



1. When you collect your Race Pack at Registration, you will also collect your Timing Chip + chip belt. Please verify that your chip number correlates to your name.
2. **NOTE:** For the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture below)



3. If you have racked a bike, but do not start the race, you will still need hand in your Timing Chip + chip belt at the finish line.
4. If you have not racked a bike, it is the athlete's responsibility to return the Timing Chip + chip belt to the timing van at the Finish Chute or Drop out control in Transition.
5. **If you drop out of the race at any time you MUST inform the Drop Out Control point under the gazebo inside transition.** Failure to do so may disqualify you from participating in future World Triathlon Corporation events.

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

6. 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 Race number as well as your Timing Chip + chip belt to collect your bike and kit from Transition.
7. 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 inside Transition at the Drop Out Control Gazebo: a cost of R150.00 charged to your race number.
8. If you lose your timing chip on the RUN course, you must notify a Race Official / Referee immediately after crossing the Finish Line, a cost of R150.00 will be charged to your race number.
9. 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 Competition Rules).
10. Please do not intentionally cross the Finish Line as part of a group. Our timing equipment does not record ties.
11. Timing chip costs R150 each and if lost / not returned, the athlete will be held liable for the replacement cost. Timing Chips + chip belts will be used to check out your bikes. NO bike will be allowed out of Transition without the exchange of a Timing Chip + chip belt. Please ensure that when returning the Timing Chip + chip belt, that it is recorded.

NO CHIP = NO TIME

Race Day Emergency Number: 079 266 6263



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 communicated to the emergency contact by 5150 Staff member or Medical Co-ordinator.

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 5150 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 5150 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). **Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

International Athletes & South African athletes with no Medical Aid (unless happy to go to state hospital), must please supply the Race Organisers with credit card details at Registration in the event the athlete needs to be taken to hospital. Refer to Registration information.

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.

There will be medical staff and facilities throughout the 5150 race course. The Medical Tent in the 5150 race village area 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 pod(s) on land to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing dam 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).**

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

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 or if medical personnel feel your continued participation is not in your best health.

The medical personnel will do all they can to keep you in the race and assure a safe finish. However, Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.



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.

5150 staff, water safety officials and / or medical officials reserve the right to withdraw athletes from the course if they are judged to be incapable of finishing within time or without physical risk of serious injury or death.

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

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

The medical tent will officially close at **17h30**. All athletes seeking medical attention after that time will be referred to 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 5150 South Africa events until accounts are settled.

ACCIDENT REPORTING

Athletes must remain at the scene of an accident in which they are involved with a motor vehicle until an incident report has been completed with an official 5150 staff member and / or local traffic department official.



AWARDS

The awards presentation will not take place due to COVID-19 regulations. Trophies will be couriered to athletes after the event.

TROPHIES:

The following trophies for the 5150 will be allocated to the first 3 athletes in each age category per gender:

5150 Categories and Prizes	
18-24	1st - 3rd place trophies per gender
25-29	1st - 3rd place trophies per gender
30-34	1st - 3rd place trophies per gender
35-39	1st - 3rd place trophies per gender
40-44	1st - 3rd place trophies per gender
45-49	1st - 3rd place trophies per gender
50-54	1st - 3rd place trophies per gender
55-59	1st - 3rd place trophies per gender
60-64	1st - 3rd place trophies per gender
65-69	1st - 3rd place trophies per gender
70-74	1st - 3rd place trophies per gender
75+	1st - 3rd place trophies per gender

FUNTRI Categories and Prizes	
Teams	1st - 3rd place trophies (on a first past the post basis, despite team composition)
Individuals	1st - 3rd place trophies per gender

CERTIFICATES

Certificates will be available online 14 days after the event for you to **download & print** yourself from the website link www.ironman.com/southafrica