

EVERY ATHLETE NEEDS AN IRONFAN™

ROAD CLOSURES & PARKING

SEE OVERLEAF

SPECTATOR HOTSPOTS BRING YOUR SUPPORTER POSTERS!

Swim Start and Swim Exit

Orient Beach from 06:30 – 09:00

Bike Exit

Lower Currie Street / Esplanade Street - 07:00 – 09:00

Bike Course

Esplanade Street / Buffalo Park Drive - 07:00 – 13:00

N2 at Hemmingways (Park at the Police Grounds)

07:00 – 13:00

Run Course

Esplanade Street / Turnberry / Glen Eagles - 09:00 – 16:00

Finish Line

Orient Beach Complex from 10:00 – 16:00

Male winner expected to finish at 10:45,
Female winner expected to finish at 11:15.

Beer tent, cheerleaders, DJ, 2000 athletes finishing
1.9km swim, 90.1km bike, 21.1km run.

Road closures and more info on
www.ironman.com/southafrica70.3

Please note: Orient Beach Complex will be closed from
Friday 17 to Tuesday 28 January 2020 (inclusive).
Orient Theatre Car Park will be closed from 18:00 on
Sunday 19 to Tuesday 28 January 2020 (inclusive).

Connect with us:

- IRONMAN South Africa
- @IMSouthAfrica #IM703SA
- @IMSouthAfrica

SHOW YOUR SUPPORT AT
BUFFALO CITY'S
BIGGEST EVENT ON
SUNDAY

26 JAN 2020

FROM 05:00

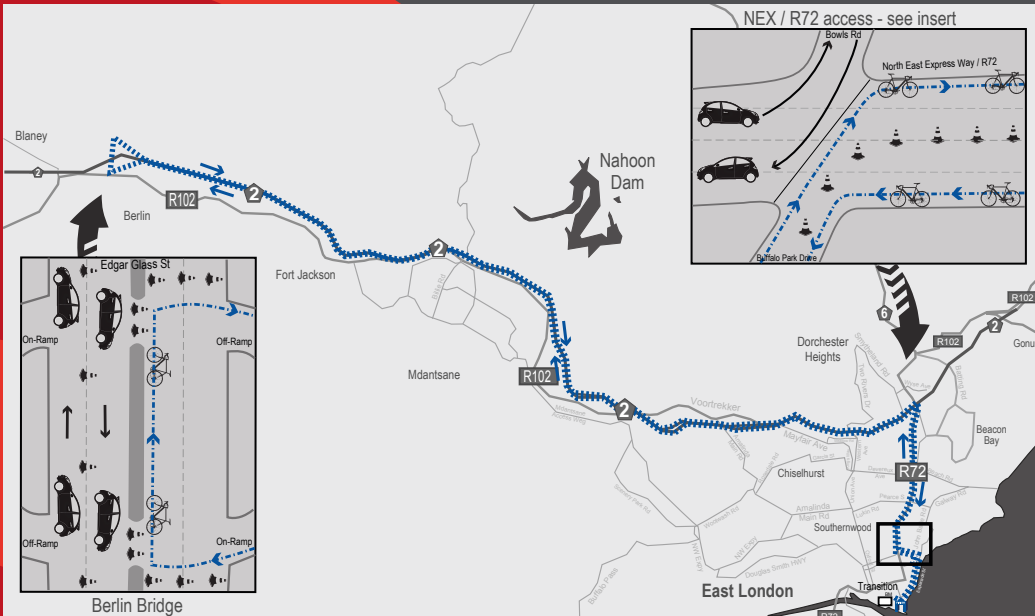
ORIENT BEACH,
BUFFALO CITY.



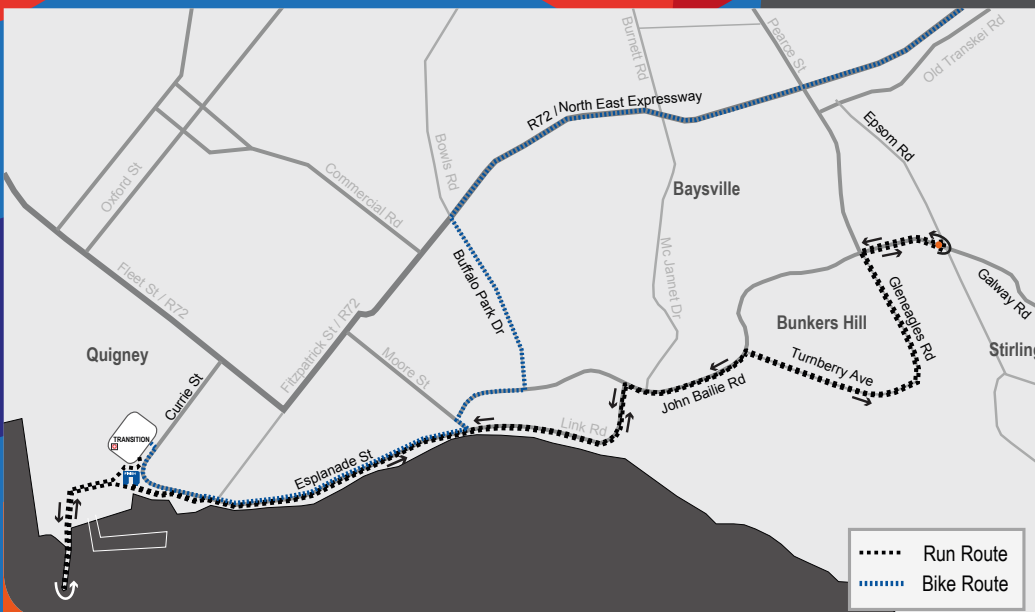
PUBLIC EVENT NOTICE

TRAFFIC ADVISORY

BIKE ROUTE



RUN ROUTE



SUNDAY

26 JAN 2020

ALTERNATIVE TRAFFIC ROUTE:

- R102 East London to King William's Town/ Bisho.

THE FOLLOWING ROAD CLOSURES WILL APPLY ON SUNDAY 26 JANUARY 2020:

06:00 – 13:00

- N2 South Bound is closed from Bonza Bay / Beacon Bay on-ramp up to the Berlin / La Rochelle Street off-ramp.
- N2 North Bound is closed from the R102 / Blaney / Mount Coke intersection up to the North East Express Way off-ramp.

05:00 – 13:00

- NEX / R72 Closed from Buffalo Park Drive to Wyse Avenue (Christian Centre intersection).

05:00 – 17:00

- Currie Street / Esplanade Street, including Link Road closed from Orient Road to Moore Street.
- John Baillie Road / Turnberry Avenue / Glen Eagles Road / Galway Road closed to Epsom Road Intersection.

PUBLIC INFO:

- Orient Beach Complex will be closed to all public from Friday 17 to Tuesday 28 January 2020 (inclusive).
- Orient Theatre Car Park will be closed from 18:00 on Sunday 19 to Tuesday 28 January 2020 (inclusive).
- Little Mauritius, eBuhlanti and the "Old Caravan Park" on John Baillie Drive will be closed to the public from 06:00 on Saturday 25 January until 18:00 on Sunday 26 January 2020.
- Race Day Public Parking: Court Crescent (in front of Osner Hotel/ Lighthouse SPAR) and in the Quigney suburb side streets.

More info on www.ironman.com/southafrica70.3



RACE DAY EMERGENCIES ONLY:
POWERED BY VODACOM
OFFICIAL COMMUNICATIONS PARTNER
079 266 6263



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

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IRONMAN TRACKER APP
TO TRACK YOUR ATHLETE