ATHLETE INFO GUIDE
17 AUGUST 2019

FUNTRI
INDIVIDUAL AND TEAM RELAY
400m SWIM | 20km BIKE | 5km RUN

OLYMPIC
1.5km SWIM | 40km BIKE | 10km RUN
FRIDAY 16 AUGUST 2019

Registration : 14h00 – 20h00 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport : 14h00 – 20h00 (The Polokwane Room)
Bike Workshop – Troisport : 14h00 – 20h00 (Gazebo outside Conference Centre)

SATURDAY 17 AUGUST 2019 (RACE DAY)

Registration : 07h00 – 09h45 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport : 07h00 – 09h45 (The Polokwane Room, Conference Centre)
Bike Workshop – Troisport : 07h00 – 10h30 (Gazebo at the entrance to Transition)
Bike Check-In, incl Welcome 09h00 – 10h30 (Transition Area)
Race Briefing (Compulsory for all) 10h30 (Outside Transition Area)

FUNTRI (minimum age 14 years on race day) : Individuals & Teams
Race Start - Teams: Wave 1
Race Start - Individuals: Wave 2

FUNTRI Distances: 400m Swim
20km Bike
5km Run

PLEASE NOTE : There are no cut-off times for the FUNTRI

5150 : (minimum age 18 years on race day)

Race Start : Wave 3 (Males 18-34 & 50+)* 11h30
Race Start : Wave 4 (Males 35-49)* 12h00
Race Start : Wave 5 (Females)* 12h30

*wave composition may change, depending on final distribution when race entries close

5150 Distances : 1500m Swim
40km Bike
10km Run

PLEASE NOTE : There are cut off times per 5150 discipline (i.e swim, bike, run)

Cut offs:
Swim time : 1 hour 10 minutes
Bike time : 2 hour 20 minutes
Run time : 1 hour 20 minutes
TOTAL time: 4 hour 50 minutes from your swim start time.

FUNTRI & 5150 – Bike and Gear Check-Out:

FUNTRI ONLY : 13:15 – 14:15 (No Chip, No Bike)

5150 : 16h15 – 17h45 (No Chip, No Bike)

NOTE : Bike & Gear must be checked-out before Awards

Awards Presentation : 17h45 onwards (Finish Line & Public tent)
Welcome to the 9th Edition of the Standard Bank 5150 Bela Bela Triathlon. This is the longest running 5150 triathlon event on the African continent and has become a loved event amongst, not only the athlete community, but also the IRONMAN South Africa Staff.

Set in the foothills of the Waterberg at the Warmbaths Forever Resort in the Bushveld, there is a holiday atmosphere to this event. Although the venue is accessible as a day trip from Gauteng, the very best is to make a weekend away of this event. This allows athletes to enjoy the warm sunny weather, the water slides, warm pools and spa, in conjunction with the unique race course.

The swim course offers a good introduction to racing in open water, while the cycling course is challenging with two laps into the Waterberg, along a picturesque course. The well spectated flat and fast run course has plenty of good vibes as it meanders through the holiday chalets and camping ground on the Warmbaths Forever Resort. The age group awards takes place at the finish line shortly after the run cut off. Great viewing from the public tent as we celebrate all the age group podiums.

We are looking forward to seeing you in Bela Bela in August!

Werner Smit
Race Director

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

The mild climate and the facilities of the Warmbaths, A Forever Resorts make this a great destination for a triathlete and the whole family.

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

Venue: The Polokwane Room
Friday: 14h00 – 20h00
Saturday: 07h00 – 09h45

Race registration is in the Conference Centre of Warmbaths, A Forever Resorts adjacent to the resort’s shop and Spur. We recommend that athletes park in the public/day visitors car park. Non-resident athletes should park at the same spot and go to the conference centre on the resort where race registration takes place. The public has unlimited access to these areas. However, to enter the other resort facilities such as the pools, slides and chalets, accreditation will be needed. Those who are staying in the resort can do their accommodation check-in first at reception and then register for the race.

All entered athletes MUST attend registration where you will have your athlete band fitted. NO late registrations.

- Please bring a photo-form of identification to Registration: Identity Document, Driver’s Licence or Passport
- At Race Registration you will be required to sign the relevant waiver prior to collecting your “Registration Pack”.
- FUNTRI: The minimum age of participants (teams or individual) is 14 years – as at race day
- FUNTRI: In the case of Under 18s (individual or team member), a parent / legal guardian must be present for each minor to sign these forms: the participating child must be present too to receive the race wrist band.
- Included in your ‘Registration Pack’ will be:
  - Drawstring Bag
  - Athlete shirt
  - Race number: please write on the back of your race number, your -
    - Medical Details
    - Next of kin / Emergency contact and contact details (Please do not supply the name and number of someone who is also racing).
    - Accommodation details: name, telephone number & room number.
  - Safety pins
  - Bike and Helmet stickers - for identification purposes. Stickers may not be altered.
  - Official Swim cap – Athletes will have their official Swim Cap numbered with their race number at Registration. Swim Cap colour as per ‘swim wave’
- Timing Chip + chip belt to be collected and checked at Registration.
  *athletes are encouraged to bring / buy their own timing chip belt / strap.
  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”)
- ALL athletes MUST have their athlete wrist band fitted at Registration - this is to be kept on for the full duration of the 5150 event
- Triathlon South Africa (TSA) – Licence Fee - compulsory.
  All non-members (i.e. those not listed on their database supplied) of TSA (including international and professional athletes) have to pay a day licence fee at Registration:
  5150: R100 – CASH or Debit/Credit Card (Visa/MasterCard)
  FUNTRI: R30 per individual or team (not per team member).
  This is payble to TSA at Registration. The TSA licencing & fee is the instruction from / responsibility of TSA and not IRONMAN South Africa: we are only administering the process on their behalf at our events.

Please note - International and South African Athletes: All international and South African athletes will sign a second waiver at registration. This information is for private hospital administration, if required.

Race Day Emergency Number: 079 266 6263
**Triathlon Shop**

**Friday**  :  14h00 – 20h00  
**Venue**  :  The Polokwane Room  

**Saturday**  :  07h00 – 09h45  
**Venue**  :  The Polokwane Room  

Troisport will have a triathlon shop in the registration venue which will offer a variety of triathlon gear and race day essentials.

**Bike Workshop**

**Friday**  :  14h00 – 20h00  
**Venue**  :  The Polokwane Room  

**Saturday**  :  07h00 – 10h30  
**Venue**  :  Gazebo at the entrance to Transition  

Troisport will have a bike mechanic servicing bikes at their bike workshop.
Non-resident athletes, please take note: Warmbaths is a venue that has access control. Only Residents and paid Day Visitors are allowed in. You, as a participant, and one other will have free race day access to the resort after the on-site pre-race registration. This entails wearing your 5150 athlete wristband as an athlete and a Warmbaths Forever Resort Day Visitor’s wristband for the supporter: these you will receive at race registration. All other Spectators/Day visitors will have to buy an entry wristband at R70 each at the resort reception on Saturday the 17th of August. Please note that the day visitors pass DOES NOT include the use of the Hydro Pool. (Normally day visitors pay R130 per person)

Resident athletes and your friends / family staying in the resort will have access to the resort like any other resident once you have checked in at the resort reception.

Vehicles and Parking:
• All arriving on the Friday: Please use the main entrance on Chris Hani Drive
• All arriving on Saturday: Please use the side entrance on Ritchie Road (Next to the taxi rank and informal curio market and park in the day visitor’s parking lot. (The main entrance is closed and forms part of the bike course)
• All Residents who need to leave the Resort on Saturday after 10h00: Please park your car in the Day Visitors car park or at the Conference Centre (Registration) Car Park.
• 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 at the Conference Centre (Registration) parking lot
• DO NOT travel on the bike course on race day between 10h30 and 16h30

Race Day Emergency Number: 079 266 6263
**TRANSITION AREA**

**BIKE & GEAR CHECK-IN:** SATURDAY – 17 August 2019: 09h00 – 10h30  
(incl team cyclist)

Enter at the Swim-in / Run-out chute

Bike & Gear check-in to the Transition Area will take place between 09h00 and 10h30: Athletes only. Please ensure that you have your cycling helmet, securely fastened on your head when you check in. Referees will check that it is securely fitted. They will also inspect the polystyrene inside and shell of the helmet for any cracks, which may lead to the helmet being rejected.

Only racing equipment may be left in the Transition Area adjacent to your bike (chain side). (e.g. Small Towel, Race Number Belt, Helmet, Cycling Shoes, Glasses, Run Cap, Running Shoes only). No items may be left on your bike, except your nutrition and your cycling shoes if they are clipped into the cleats and you are able to put your shoes on whilst cycling. Any other equipment must be left in the Tog Bag area to the side of Transition. **No bags or boxes may be left next to your bike. Label your equipment and bags.**

Please note that it is illegal to interfere (including remove, swap, steal and/or tamper) with another athlete’s equipment/nutrition in the Transition area (including during check-out): this may lead to disqualification.

Take note of the row in which you have racked your bike: the ends are marked for your reference. Once transition closes at 10h30, athletes may NOT go back into the area except to Transition during your race.

There will be a Troisport Gazebo near bike check-in where minor bike alterations can be done.

**10h30 : RACE BRIEFING – COMPULSORY**

Exit Transition at Swim In / Run Out to go directly to the compulsory Race Briefing, which will take place alongside the Swim Exit chute.

**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.

Athletes 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 (ambulance).

Bibs worn for identification purposes by Drop Out recorders.

Race Day Emergency Number: 079 266 6263
**SWIM COURSE**

*Please see “Competition Rules” ([5150 / FUNTRI penalties: Yellow = 30 Seconds, Blue = 2:00 minutes]).*

Athletes must be able to swim without putting your feet down on the ground. The swim takes place in the Cable Ski Dam at the resort. Athletes will swim in a clockwise direction around the island. Athletes must wait in the holding area, at least 5 minutes before the wave start. Swimmers must stay to the left of the yellow cylindrical buoys at the narrow ends of the island. At the end of the swim, athletes must exit the water up the slipway to enter T1 (Transition 1: Swim to Bike), indicated by “bobber buoys”.

It should be a wetsuit legal swim (refer to race rules). The swim warm-up (optional) area is to the left of the pedestrian bridge as you approach the swim start.

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.

**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.

**FUNTRI:**

The FUNTRI distance swim is 400m, a ¼ lap around the Cable Ski Dam. Please note that you may stop to rest but you may NOT walk the swim course. Referees will monitor “no walking”.

The wave starts are as follows:

- **Wave 1:** FUNTRI Individuals & Teams : 11h00*
  * Wave compositions may change, depending on final age distribution when race entries close.

Swim Caps are to remain on your head until you reach Transition. This in order to identify participants per wave.

**5150:**

The 5150 distance swim is 1500m, 1 ¾ laps around the Cable Ski Dam. Please note that you may stop to rest but you may NOT walk the swim course. Referees will monitor “no walking”.

**Note:** We cannot do a Rolling Swim Start due to the limited swim course, including lap length.

The wave starts are as follows:

- **Wave 2:** 11h30* Males, 18-34 & 50+: Cut off 12h40
- **Wave 3:** 12h00* Males, 35-49: Cut off 13h10
- **Wave 4:** 12h30* Females: Cut off 13h40
  * Wave compositions may change, depending on final age distribution when race entries close.

We encourage faster swimmers to start in the front of the wave and slower to self seed yourself to the back of the holding area.

Swim Caps are to remain on your head until you reach Transition. This in order to identify participants per wave, therefore cut-offs.

Race Day Emergency Number: 079 266 6263
Athletes who are still in the water 1 hour 10 min from their wave start will be lifted by water safety and may not continue with the triathlon.

**OFFICIAL SWIM CUT-OFF TIME – 5150:**
1 hour 10 min from your wave Start Time
Please see “Competition Rules” for additional info & Penalty procedure (5150 / FUNTRI penalties: Yellow = 30 second Blue = 200 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 only)

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.**

**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.**

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 Resorts across Chris Hani Drive and onto Minnaar Avenue. Keep to the left as athletes from previous waves may be returning to Transition.

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 event 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).

**Race Day Emergency Number: 079 266 6263**
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: stay on the left of the bike lane / path at all times.

**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.)*

The FUNTRI bike course will be 1 lap of the bike course. There is NO aid station on the FUNTRI bike course. There is a Penalty Tent on Moffat Road – left hand side of the road (5150 only) and a second **outside** Transition: you must report to the Penalty Tent after receiving your penalty.

**5150:**

*See the 2019 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 2019 Competition Rules (see online). The course consists of 2 laps. On return from the first lap, keep to the right at the route split at Hospital and Luna Roads: there is an Aid Station on the right hand side of Luna Road which you will pass at the start of your second lap. Move cautiously to the left again and continue onto Grobler Avenue to start your second lap. On return from your second lap, keep to the left at the route split at Hospital & Luna Roads: left onto Luna Road, then right into Minnaar Road to return to the resort.

There is a Penalty Tent on Moffat Road – left hand side of the road (5150 only) – 1st lap and a second **outside** Transition – 2nd lap: you must report to the first Penalty Tent you pass after receiving your penalty.

Cut-off times per wave will be implemented at the transition entrance i.e. 3hr 30min from your swim wave start.

The bike cut-offs are as follows:

- **Wave 2:** Male 18-34 & 50+: Cut off 15h00
- **Wave 3:** Male 35-49: Cut off 15h30
- **Wave 4:** Females: Cut off 16h00

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 lifted and our privileged road use time expires.

Race Day Emergency Number: 079 266 6263
OFFICIAL BIKE CUT-OFF TIME – 5150:
3 hours 30 min from your (swim) wave Start Time
i.e actual bike time 2hr 20min

BIKE PROFILE:
SAG (Support and Gear) is the international IRONMAN procedure for transporting athletes and their bicycles who have withdrawn from the race off the bike course and back to Transition. A people transporter and bicycle transporter (trailer) will be located at:

- Corner of Gilfillan Road

Athletes who wish to withdraw off the course for whatever reason:

- Can stop at the above location.
- Will be collected, with their bicycles, off the course by race support crew and transported to the SAG location.

The SAG driver will record your details & take a photo of you. Athletes will wait at this station until the people transporter is full. Bicycles will be stacked onto a trailer. Once the people transporter is full, this will leave this position and withdrawn athletes will be transported back to report to the Drop-Out Clerk at Transition. All bicycles will be returned to Transition at the end of the bike leg, for collection at Bike & Gear Check-out only (16h15 – 17h45).
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 Tents will be situated in the following two places on the bike route:

- Penalty Tent 1: Moffat Road – 1st lap (on right)
- Penalty Tent 2: Just outside Transition – 2nd lap / FUNTRI

All penalties must be served at a Penalty Tent.

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

<table>
<thead>
<tr>
<th>*SUMMARY OF GENERAL COMPETITION RULES</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>30 second Time Penalty once corrected [Yellow Card], and, if intentional, a 200 minute Time Penalty [Blue Card]. DSQ in South Africa. [Red Card]</td>
</tr>
<tr>
<td>Using unsportsmanlike behaviour</td>
<td>DSQ and potential suspension [Red Card]</td>
</tr>
<tr>
<td>Failure to follow the prescribed course. It is the athletes responsibility to know the course. Athletes must cover the prescribed course in its entirety. If athletes must exit the course, he or she shall re-enter the course at the same point of departure before continuing.</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>30 second Time Penalty if remedied [Yellow Card], DSQ if not remedied promptly [Red Card]</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>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]</td>
</tr>
<tr>
<td>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</td>
<td>DSQ of both athletes [Red Card]</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, and smart helmets</td>
<td>DSQ [Red Card]</td>
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Race Day Emergency Number: 079 266 6263
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<thead>
<tr>
<th><strong>SUMMARY OF SWIM RULES PENALTIES</strong></th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm thick</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Using a snorkle</td>
<td>DSQ (Red card)</td>
</tr>
</tbody>
</table>

**SUMMARY OF BIKE RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds for all athletes</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>During the bike segment, wearing the helmet unfastened or insecurely fastened</td>
</tr>
<tr>
<td>Wearing headsets or headphones during competition</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>Make forward progress without bike during the bike segment</td>
</tr>
</tbody>
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**SUMMARY OF RUN RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
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<tbody>
<tr>
<td>Wearing headsets or headphones during competition</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the run portion</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
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**SUMMARY OF TRANSITION AREA RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
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</thead>
<tbody>
<tr>
<td>Blocking the progress of other athletes</td>
</tr>
<tr>
<td>Interfering with another athlete’s equipment</td>
</tr>
</tbody>
</table>
Notes:
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.
5. 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.
6. Please note that it is illegal to interfere (including remove, swap, steal and/or tamper) with another athlete’s equipment/nutrition in the Transition area (including during check-out): this may lead to disqualification.

RUN COURSE

Please see "Competition Rules" (5150 / FUNTRI penalties: Yellow = 30 second, Blue = 200 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 stick to the right of the road at all times.

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. The wave cut-off time will be implemented and athletes not within the allotted time will not be allowed down the finish chute.

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

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.

FUNTRI:
The 5km run for the FUNTRI distance will run 1 lap of the Resort 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, you must collect a lap band before turning 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.

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The 5150 run cut-offs are as follows:

- **Wave 2:** Male, 18-34 & 50+: Cut off 16h20
- **Wave 3:** Male, 35-49: Cut off 16h50
- **Wave 4:** Females: Cut off 17h20

**OFFICIAL RACE / RUN CUT-OFF TIME – 5150:**
4 hours 50 min from your (swim) wave Start Time.
i.e Actual run time 1hr 20min

**RUN PROFILE:**

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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 7 August 2019: email SAreregistrations@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 go to Registration** (not necessarily all at the same time):
  - To do the registration process and sign an indemnity form; Participants under 18 & a parent / legal guardian must both attend registration.
  - To receive their athlete wrist band;

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.

NOTE: the team cyclist must rack their bike & helmet at Bike Check-In between 09h00 – 10h30. Helmet to remain in Transition next to the bike.

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 to clip helmet on then collect his / her bike.
- 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.

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

BIKE
On the BIKE Leg there will be 1 x Aid Station for the 5150 event only at Luna Road. It will supply the following:

Aid Station

- Biogen Carbogen
- Water (Pump water: squeeze a little out, if necessary, to fit into bottle cage)
- Biogen Real Gel
- Water (Pump water: squeeze a little out, if necessary, to fit into bottle cage)
- Biogen Carbogen

Please note: Litter zone is 100m from either side of the bike aid station. Do NOT litter outside the aid stations litter zone.

The Aid Station on the bike leg will close as the last athlete passes it or at 15h15.

RUN
On the RUN Leg there will be 2 x Aid Stations, they will supply the following:

Aid Station 1: (multi-directional)

- Water
- Coke
- Biogen Carbogen
- Biogen Real Gel
- Biogen Energy Bars
- Biogen Carbogen
- Coke
- Water
- Lap Band – 5150 Athletes only (end of lap 1)

Aid Station 2:

- Water only

Please note: Litter zones are 50m from either side of the run aid station. Do NOT litter outside the aid station litter zones.

The Aid Stations will close as the last athlete passes them or at a 17h10 closing time.
FINISH LINE

On successful completion of the race, athletes will receive a finisher’s medal. The team runner will receive a medal for each of the team members. The area behind the Finish line is a restricted zone. NO public entry is allowed on the finish line in the finish chute. Once athletes have received their medal, they must vacate this area. From here athletes can make their way to the Final Aid Station for their free meal (5150 athletes only) & Biogen recovery drink. There are vendors selling food in this area as well as a public tent.

There are portable toilets behind the VIP tent and across the road inside the building closest to the triangular traffic island.

FINAL AID STATION – for athletes only: (please note, this is about 50m beyond the Finish Line, in the vendor area)

- Coke
- Biogen Recovergen
- Water (finish Line)
- Spur Burger (Spur Tent) – 5150 Athletes ONLY (with voucher that will be issued to you at the Finish Line)

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 (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 inside 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 Director / Head Race Referee / Triathlon SA representative.

BIKE CHECK-OUT

Enter at the Swim-in/Run-out chute, Exit Bike-out/Bike-in.

FUNTRI Only: 13h15 – 14h15
5150: 16h15 – 17h45

Bike Check-out will be at the above mentioned times only, when the volunteers are in place and the bike course has closed. Please keep your timing chip and belt on you, as you will need to hand these in to the volunteers as you exit Transition with your bike. No Chip, No Bike.

Please DO NOT leave bikes in transition after 17h45 when check-out closes (i.e. before awards). If bikes are not collected timeously, they will be moved out of Transition and thereafter not be the responsibility of the organisers.

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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 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 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 events.

1. When you collect your Race Pack at Registration, you will also collect your Timing Chip + chip belt: Please go immediately to the timing company who will 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 your Timing Chip + chip belt to collect your bike from Transition when bike check-out commences.

4. If you have not racked a bike, it is the athletes 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.

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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

**MEDICAL**

*Please note:* No members of the public, family, friends or media will be allowed into the medical tent at any time.

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. The main medical tent will be set up and ready to assess athletes from 1½ hours prior to the start of the race.

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

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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 start on the red carpet at the Finish Line at 17h45 (when Bike Check-out has closed)

Join in the ambience, festivities and camaraderie of the day’s racing. Food and drink will be on sale until after the prize giving

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

<table>
<thead>
<tr>
<th><strong>5150 Categories and Prizes</strong></th>
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<tbody>
<tr>
<td>18-24</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>25-29</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>30-34</td>
<td>1st - 3rd place trophies per gender</td>
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<td>35-39</td>
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<td>1st - 3rd place trophies per gender</td>
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<td>65-69</td>
<td>1st - 3rd place trophies per gender</td>
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<td>70-74</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>75+</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<th><strong>FUNTRI Categories and Prizes</strong></th>
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<tbody>
<tr>
<td>Teams</td>
<td>1st - 3rd place trophies (on a first past the post basis, despite team composition)</td>
</tr>
<tr>
<td>Individuals</td>
<td>1st - 3rd place trophies per gender</td>
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**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](http://www.ironman.com/southafrica)

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