

IRONMAN
70.3 SOUTH AFRICA
BUFFALO CITY
AFRICAN TRICLUB CHAMPIONSHIP

LEAGUE OF
Legends

2020

ATHLETE
INFO
GUIDE

IRONMAN
70.3 SOUTH AFRICA
BUFFALO CITY
AFRICAN TRICLUB CHAMPIONSHIP

EAST LONDON | SOUTH AFRICA

26 January 2020



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Please note: This document is to be read in conjunction with the official "IRONMAN Competition Rules" document.

MESSAGE FROM RACE DIRECTOR

As preparation for the 13th IRONMAN 70.3 South Africa is in full swing, we look forward to seeing you on the start line of this Legendary Race!

The 2019 edition was one full of excitement and anticipation for over 2 000 athletes representing 30 countries of which 38% of these athletes were taking on their first ever IRONMAN 70.3 distance.

Over 850 volunteers helped us make the day the best it could be for all athletes and spectators. Ending off a successful event with Bradley Weiss and Annah Watkinson taking the wins was one of the best experiences, making us Proudly South African.

From the rolling hills to the spectacular seaside views, running down the red carpet is a special feeling. We understand the great deal of time and effort you will invest in getting to the start line and will see you on the finish line to celebrate your milestone as we create a memorable race for you.

Your Race Director
Michele Dalton

INTRODUCTION & RACE VENUE ORIENTATION

IRONMAN 70.3 is a unique experience offering:



An exclusive 2-day Expo, showcasing the very latest in the triathlon world and IRONMAN merchandise.



IRONMAN 70.3 Race Day



IRONMAN 70.3 Awards Dinner

We suggest you try and plan to arrive early and stay for the duration of the full programme and Feel the Spirit which is IRONMAN 70.3.

The IRONMAN 70.3 Race Village is located around the Orient Beach area on the East London beachfront. All pre-event and race day activities will revolve around this beachfront area.

We hope that you enjoy your stay and that this event is a memorable one.

IRONMAN South Africa Office:

7, 5th Avenue, Walmer, Port Elizabeth, 6070

Tel: +27 (0)41 581 7990 Fax: +27 (0)41 581 4553

www.ironman.com/southafrica70.3

Race Office – Race Week:

Garden Court (hotel) East London

Tel: +27 (0)82 476 6626

Race Day Emergency no: 079 266 6263

Please check the Race Schedule for all relevant times during race week.

RACE WEEK SCHEDULE

Race week telephone number +27(0) 82 476 6626
www.ironman.com/southafrica70.3

FRIDAY 24.01.2020

- 09:00 – 18:00**
Registration
Garden Court
- 09:00 – 18:00**
Bike Workshop
Lower Car Park Garden Court
- 09:00 – 18:00**
Massage / Physio By appointment
Premier Hotel East London ICC
- 09:00 – 18:00**
Expo & Merchandise
Premier Hotel East London ICC
- 13:30**
PRO Race Briefing
Orient Theatre
- 18:00**
Age Group Race Briefing
Orient Theatre
(athletes only)

SATURDAY 25.01.2020

- 08:00 – 13:00**
Registration
Garden Court
- 08:00 – 17:00**
Bike Workshop
Lower Car Park Garden Court
- 08:00 – 16:00**
Massage / Physio By appointment
Premier Hotel East London ICC
- 08:00 – 16:00**
Expo & Merchandise
Premier Hotel East London ICC
- 14:00 – 17:00**
Bike & Bag Check-in
Transition
- PROS Rack:**
14:00 – 17:00
- Age Group Rack:**
14:00 – 17:00
- 17:15**
Age Group Race Briefing
Orient Theatre
(athletes only)

SUN 26 JAN 2020

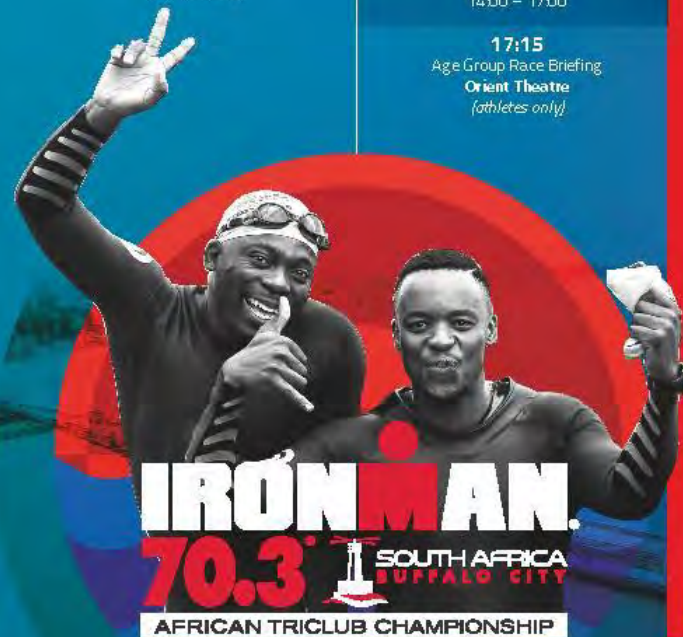
05:00 – 06:30
Transition opens and closes

06:45 IRONMAN 70.3 SOUTH AFRICA START Orient Beach

- 06:45**
PRO Male
- 06:50**
PRO Female
- 07:00**
Age Group
Rolling Swim Start begin
- 07:05**
First MALE expected out of water
- 10:45**
First MALE expected to finish
- 11:15**
First FEMALE expected to finish
- 14:00 – 17:00**
Bike & Bag check-out open
Transition
- +/- 16:00**
IRONMAN 70.3
South Africa ENDS
- 17:00**
Slot Allocation
Orient Theatre
- 18:45**
Doors open to Awards Ceremony
Premier Hotel East London ICC
- 18:45 – 22:00**
Merchandise
Premier Hotel East London ICC
- 19:30 – 22:00**
Awards Ceremony
Premier Hotel East London ICC

MONDAY 27.01.2020

- 09:00 – 11:00**
Finisher shirt swop
and Timing queries
Garden Court
- 09:00 – 11:00**
Lost & Found
Garden Court
- 09:00 – 11:00**
Merchandise
Garden Court



**RACE DAY
EMERGENCY
NUMBER**
for the public

079 266 6263
(powered by Vodacom Official
Communications Partner)

**DOWNLOAD
THE IRONMAN
TRACKER APP
TO TRACK
YOUR ATHLETE**



IRONMANSouthAfrica IM South Africa IM South Africa

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

PRE- EVENT

REGISTRATION – COMPULSORY

Venue : Garden Court Hotel

Friday : 09h00 - 18h00


Saturday : 08h00 - 13h00 (no late registrations will be processed).

All entered athletes must attend registration where you will have your athlete band fitted.

Athlete registration will take place at the **Garden Court hotel East London**. The Garden Court hotel is located on the corner of John Bailie and Moore Streets in Quigney, East London.

Parking for Registration is recommended on the Court Crescent grassed area in front of the Osner Hotel (opposite the road from the Garden Court hotel). Alternative parking is in Moore Street, Esplanade Road and Aquarium Road, all located around this immediate area.

 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".

 Included in your '**Registration Pack**' will be:

- **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 & number of someone who is also racing*).
 - Accommodation details: name, telephone number and room number.
- **Safety pins**
- **Race equipment stickers** - for identification purposes. These must be **placed according to the instructions** on the back of the sheet. **Stickers may not be altered!!**
- **'Bike & Gear Check-out Card'** (*only used by family / friend if athlete cannot check-out their own bike: athletes race number / bib to also be supplied*).
- **Official Swim cap**
- **Transition bags x 3:** Streetwear (white), Bike (blue), Run (red). Bags may not be decorated for personal identification purpose.





Timing Chip + Chip Belt to be **collected and checked** at Registration.

*athletes are encouraged to bring/buy their own timing chip belt/strap.



ALL athletes **MUST** have their **athlete wristband** fitted at Registration - this is to be kept on for the full duration of the IRONMAN 70.3 South Africa experience as it includes access to:

- Race Briefing (compulsory for all athletes)
- Transition access
- Athletes 'Final Aid Station' tent in the public area of the IRONMAN Village, post-race
- Awards Dinner

*Additional Awards Dinner access tickets (for family / friends) can **only** be pre-purchased on-line when you Register or at Registration during race week. No tickets will be sold at the door of the Awards Dinner on Sunday evening. Ticket Cost: R330 each (cash or credit card).*



Triathlon South Africa (TSA) – Licence Fee: All non-members (i.e. those not listed on their database supplied) of TSA (including international and professional athletes) will have to pay a day licence fee of **R100.00 per individual or team** (not per team member), **CASH or Debit / Credit card (Visa / Master cards only)** : this is payable to TSA at Registration. The TSA licencing & fee is the instruction from / responsibility of TSA and not IRONMAN: we are only administering the process on their behalf at our events.



Backpack (please note that this is an 'athlete gift' in place of a "goodie bag") This race gift backpack must be collected from the IRONMAN Merchandise / Expo at the Premier EL ICC.

PLEASE NOTE: INTERNATIONAL ATHLETES & SOUTH AFRICAN ATHLETES

All international athletes & South African athletes will sign a second waiver at Registration: this information is for private hospital administration, if required.

ALSO, AT REGISTRATION

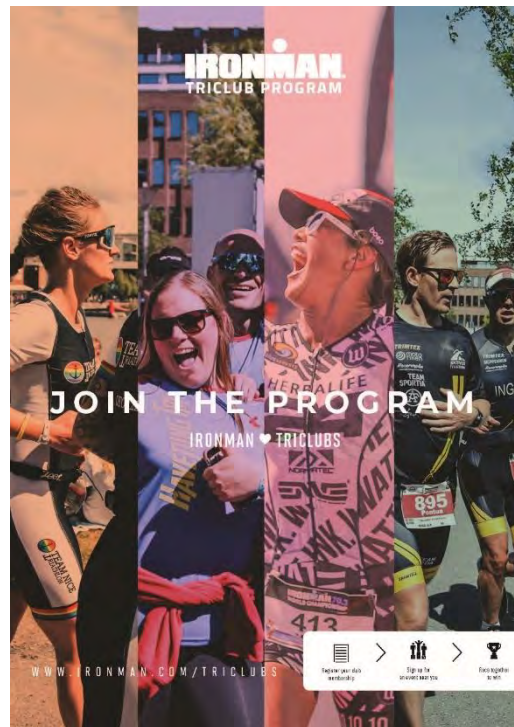
WTC's IRONMAN Development Programmes table:

- All World Athletes (AWA) will receive the following on-site benefits:
 - Priority bike racks (low bib numbers after Pro Athletes)
 - All World Athlete logo on race bib
 - Inclusion in event program on screen at the Awards Banquet



Tri-Club:

You will be able to register a tri club / training group here.



Africa Tour Series: only by pre-registration:

- The IRONMAN South African Tour Series is back and better than ever. The Tour Series takes all the work out of scheduling your season and the three races of the South African Tour offer a unique opportunity to assess your fitness, test your equipment and nutrition, and stoke the racing fire.
- Perks: Athletes who finish each race in the Tour will receive a custom medal (received upon completion of all three events), a digital social badge, recognition on the tour series website and on screen at the Awards Ceremony at IRONMAN 70.3 Durban, as well as the opportunity to be profiled on IRONMAN.com.
- Are you ready to join the African Tour? Participants must have entered and paid for all three events by April 17, 2020, inclusive.



IRONMAN 4 The Kidz table:

www.ironman4thekidz.co.za

- Queries and information pertaining to how sponsors and athletes can get involved
- Queries and information pertaining to the supported charities
- Collection of Charity Athletes race packs
- Purchase of IM4Kidz promo items

HEROES DO WHAT OTHERS WON'T

ALL ATHLETES CAN NOW REGISTER TO HELP A CHILD

IT'S AS EASY AS...

SUPPORT CAN BE AS LITTLE AS R5 & NO MAX!

BE A HERO
GO THE EXTRA MILE

1 VISIT OUR WEBSITE
www.ironman4thekidz.co.za

2 CLICK HELP A HERO
and create your profile

3 SELECT YOUR EVENT

4 SHARE YOUR LINK
with family, friends & colleagues to support you

Once your profile is up and running, your supporters, family and friends will be able to visit the website where they can support you and your cause by clicking on your profile to donate whatever amount they wish.

www.ironman4thekidz.co.za  

IRONMAN 4 the kidz SOUTH AFRICA

EXPO, IRONMAN MERCHANDISE & BACKPACK COLLECTION – PREMIER EL ICC

Friday	:	09h00 - 18h00
Saturday	:	08h00 - 16h00
Sunday (Race Day)	:	18h45 - 22h00 (IRONMAN Merchandise: Entrance to Awards Venue)
Monday (Post Race)	:	09h00 – 11h00 (IRONMAN Merchandise: Registration Room, Garden Court)

Athletes, family and friends are encouraged to visit the Exhibition Area at the **Premier EL ICC** on Esplanade Road, this is centrally located between the Garden Court (registration) hotel and Transition.

Your athlete race 'gift' backpack must be collected from here.



BIKE WORKSHOP & MAINTENANCE – GARDEN COURT LOWER CAR PARK

Book Online: www.tribike.co.za

Cycle HQ's shop will be set up outside the Garden Court Hotel. Online bookings can be made for services. Fees will be charged for services rendered. Should you not book online, your bike will be serviced in the next available time slot.

Friday	:	09h00 - 18h00
Saturday	:	08h00 - 17h00
Saturday	:	14h00 – 17h00 outside Transition
Sunday	:	05h00 – 06h30 inside Transition

On Saturday during Bike & Gear Check-in between 14h00 and 17h00, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.

MASSAGE/BIOKINETICS & PHYSIOTHERAPY

Premier EL ICC

- In the tent on the grass area, outside the Premier EL ICC (expo and awards venue)

A massage / biokinetics and physio area will be available on the lawns at the Premier EL ICC (expo and awards venue) on Friday and Saturday (as per Expo times) prior to the event.

This will be an additional cost to the athlete.

Massage / Biokinetics: Friday / Saturday

Cost:

30 minute massage – R350.00

45 minute massage – R400.00

60 minute massage – R450.00

CASH ONLY

Book Online: www.racemedical.co.za

Contact: Marika Gerber +27 (0)83 419 2872 / marika@aerosat.co.za

Physiotherapists: Friday / Saturday

Cost:

30 minute treatment – R400.00 (including strapping)

45 minute treatment – R550.00 (including strapping)

Strapping – minimum R100.00 (depending on size of strapping)

Payment options: Cash or Snapscan only (please ensure you download the app ahead of time)

Book online: www.racemedical.co.za

Contact: Nicky Roote +27 (0)83 650 3265 / nrphysio@telkomsa.net

TRAINING



There is no “Official swim training” session. During the week / weekend leading up to the race, the Orient Complex is closed to the public & athletes as it is a construction site. Please make use of alternative beaches where lifeguards are on duty and / or the Nahoon / Gonubie Rivers.




Bike Training: Athletes may NOT cycle on the official IRONMAN route (i.e. the N2 to / from King William’s Town – as this is a National Highway) when doing bike training in Buffalo City in the build-up to IRONMAN 70.3. Instead, cyclists are encouraged to ride out on the R72 / North East Expressway (as per the start of the official bike route), but instead of turning left onto the N2 towards King William’s Town, athletes **must continue up the R72 past the Christian Centre (on your right) until the top of the hill: at the traffic circle here, turn left onto the N6 national road to Stutterheim.** Continue on this road for as long as you wish to ride / train.


During training, please keep to the far **left-hand side** (same direction as traffic flow) of the road throughout the course: cyclists are cautioned to cycle in single file and adhere to normal traffic rules and regulations.

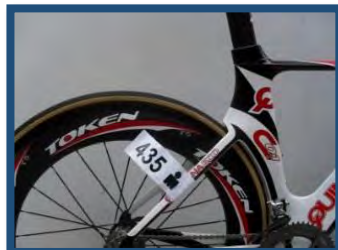



Please be alert of your surroundings at all times.





 Your packed (and numbered) **Bike- and Run Bags only** must be checked in now. These can be accessed on race morning.


 All athletes **MUST** have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the right seat stay (rear portion of the frame that leads from the seat post to the back wheel). The helmet sticker must be stuck to the front of the helmet. See the pictures below for guidance:



 No items may be left on the bike. Race morning, nutrition and clipped in shoes may be placed on the bike.

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

 We recommend that race technical equipment (including bike computers, batteries, etc) be left in Transition Bags on race morning and only connected (if possible) during Transition.

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

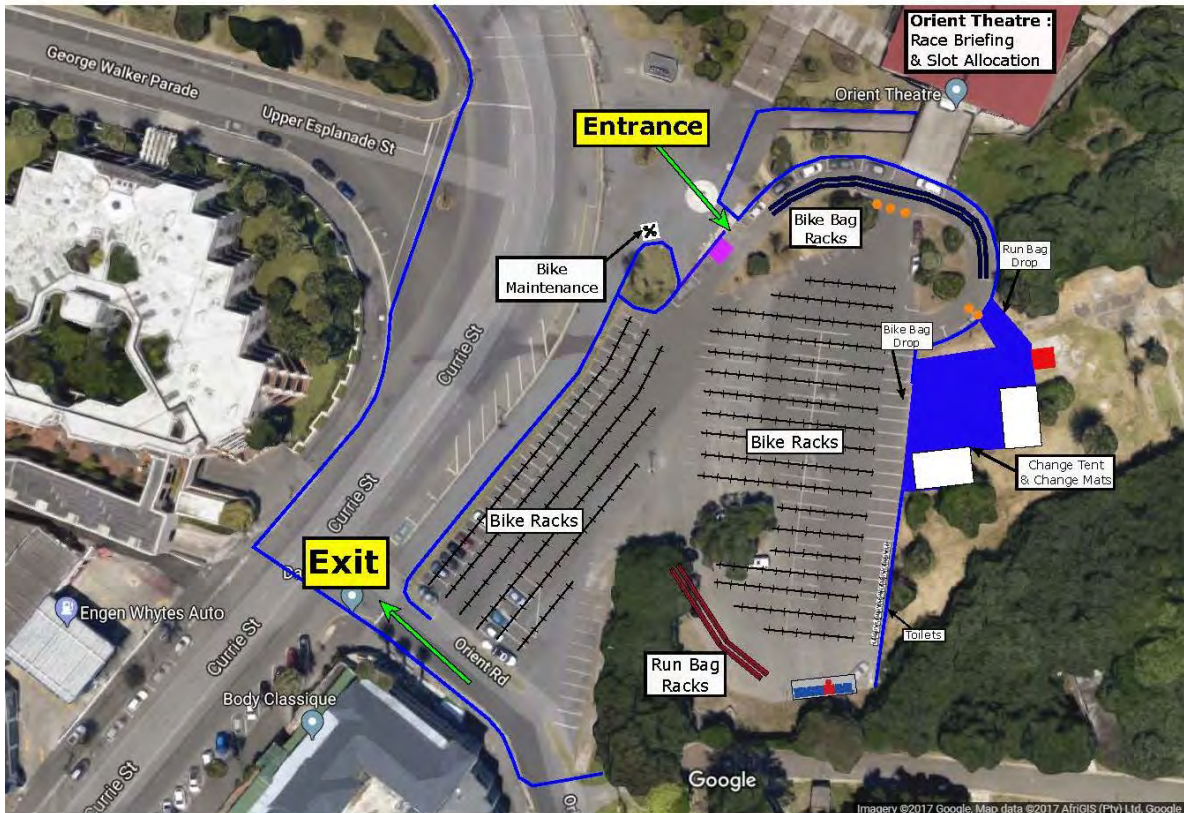
 **No-one will be allowed into Transition after 17h00 when check-in closes.**

 Overnight security is provided in the Transition Area.

Athletes will have access to their bike and bags in Transition from 05h00 – 06h30 on Race Morning.



IRONMAN 70.3 South Africa Bike & Gear Check-in



RACE DAY - SUNDAY

RACE DAY PARKING/ACCESS

On race day, parking can be accessed:



In the side streets off Esplanade Road and Currie Street: please do not park in driveways.



Limited parking at Court Crescent: the grassed area in front of the Osner Hotel (opposite the road from the Garden Court hotel)



There will be **shuttle busses** running along Esplanade Road (beachfront) from 04h45 – 06h15 in the areas between the Garden Court (including the grassed area, as above) and Transition. Please wait on Esplanade Road (not in hotel parking areas).

Please note:

Athletes and the public are advised that you CANNOT drive along Esplanade Road on race morning / day. **Any athlete caught driving along Esplanade Road will be disqualified** from the race.

TRANSITION – RESTRICTED AREA

05h00 – 06h30

Transition opens from 05h00 – 06h30 only. Athletes will have access to their bike and bike - run bags during this time only for final checks and adjustments. The race organisers do not accept responsibility for any valuable items in Transition Bags/on bikes.

A “Bike Maintenance” area will be available at the top end of the Transition area for the duration of this time.

There will be a table for **hearing aids, glasses, false teeth, etc. as you exit Transition** to head to the Streetwear Bag drop & Swim Start. Please complete your name, race number & tel no. on the envelope provided for the items.

IRONMAN will have pumps available in Transition for athletes to use, please do not bring your own pumps. If you do, athletes may leave their **PRE-labelled** (name, race number & telephone number) pumps in the area provided, in Transition. However, IRONMAN will not be responsible for any lost / missing items. **No** pumps may be stored in Transition or Streetwear bags.

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

DROP – OUT CLERK

Any athlete withdrawing from the race at any time MUST report to Drop-Out Recorders (identifiable by the bibs below) on the beach (at medical pods), at the Drop-Out Control tent outside Transition or the Information / Drop Out tent in the IRONMAN Village.

Athletes race / bib number and name will be recorded, and a photo taken.

During the swim, these Drop Out “recorders” will be on Orient Beach, near the medical pods.



Bibs worn for identification purposes by Drop Out recorders.




SWIM & STREETWEAR BAG DROP

Please see "Swim Rules & Regulations" as well as Swim Smart Guidelines in the "Competition Rules" for additional information.

Glasses, hearing aids, etc must be marked and left on the table in Transition for collection there after the swim.









Streetwear Bag drop-off

On completion of Transition checks and in preparation for your swim:








-  Place the items you are wearing (and include slops / sandals, warm clothing for the end, etc) into your Streetwear Bag
-  Hang your bag on your allocated race number hook in the "Streetwear Bag Area" - located on your left at the bottom of the 'path' (adjacent to the Orient Theatre) as you walk down between Transition and the Swim Start area at Orient Beach. Only athletes may access this area.
-  You will collect / have access to this bag immediately after your completion of or withdrawal from the race, so pack wisely.

The organisers do not accept responsibility for any valuable items in your Transition / Streetwear Bags.

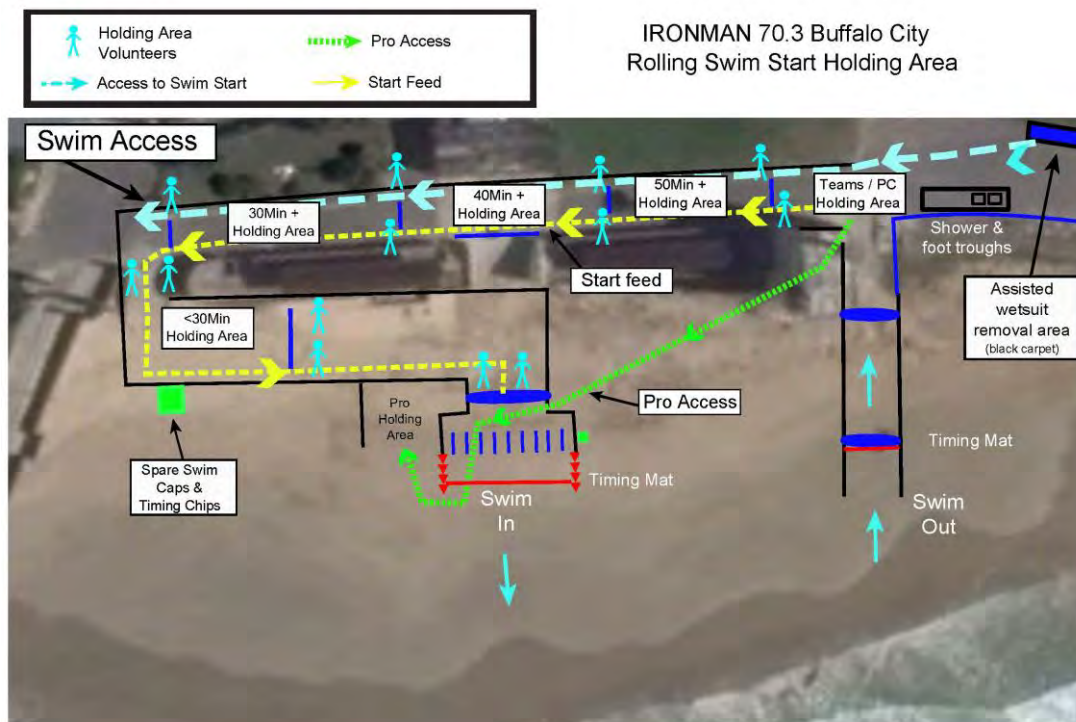
Swim Start entrance

-  There is **NO** access to the sea or swim warm-up area (not even to wet your goggles): do a land based warm-up.
-  Ensure your **Timing Belt and Chip** are secured to your LEFT ankle. Replacement timing chips + chip belts (at a cost, charged to your race number) can be collected from the Drop Out Clerk gazebo at the Transition bike entrance / exit, or at the final holding area, before entering the sea at the Swim Start.
-  Ensure you have your official **swim cap** on (mandatory) and swim goggles, if required. Additional swim caps are available at the final holding area, before entering the sea at the Swim Start.
-  There are portable toilets in place in the swim area for athlete's use.
-  Access to the Swim Start area will be along the path past the Orient theatre, after hanging your Streetwear bags
-  Rolling start times are as follows:
 - Pro Athletes – Men : 06h45
 - Pro Athletes – Women : 06h50
 - Age Group Rolling Start (self-seeded) : 07h00
-  Ensure that you **seed yourself correctly** into the zone according to your realistic anticipated swim time. You may not leave this area once you have entered.
-  You must stay behind the Start line prior to the race. You may not access the water from this area before the start – not even to wet your goggles.

Rolling Swim Start procedure

-  Be realistic: self-seed yourself according to your anticipated swim time.
-  The self-seeding time slots are as follows:
 - < 30min
 - 30 min +
 - 40 min +
 - 50 min +
 - Teams / PC athletes
-  A group of 10 athletes will be released every 10 seconds to cross the timing mat to commence your swim.
-  **Your official race time will commence when YOU cross the timing mat**, i.e. the timing mats determine your race time. This, in effect, will create a 'time-trial' dynamic for the race and the determination of the final results.
-  The timing mat for the swim exit (Orient Beach) will be under the blow-up arch / start of the branding as you exit the swim.
-  If you miss the swim cut-off of 1 hour 10 minutes, you will be cut off at Transition and may not continue and / or be a DNF after the event / in the final results.
-  Please note: your predicted swim time does not need to be communicated to the race officials in advance.

Swim Start Layout








For athletes who **wear glasses, hearing aids, etc:**

- Please label these items with your name, race number and telephone number.
- As you **exit from Transition** to Swim Start, a table will be located where you can place these.
- On exiting the water, you can collect your items from this table in Transition.

SWIM COURSE – 1.9KM / 1.2 MILES

Time penalties will be imposed on athletes who are not behind the official start line 5 minutes prior to the race start.

-  There will be **voluntary swim time ranking** (self-seeding) within the swim holding area. We recommend you seed yourself correctly.
-  **Do NOT swim with you race number on.**
-  You will cross the **timing mat** as you start your swim and exit out of the sea and off the beach.
-  Wetsuits stripping assistance (optional) will be on the paved area as you exit the beach. Alternatively, wetsuits may be fully removed only in the Transition change mats area. Public nudity is prohibited. IRONMAN cannot be held responsible for wetsuit tears caused by athletes / volunteers.
-  There will be a 'shower' and **walk-through** foot troughs at the end of the beach run.

Athletes will swim one 1.9km lap. Wetsuits will be compulsory if the water temperature is below 16°C. For Pro's, wetsuits may be worn in temperatures up to 21.9° C. For Age Groupers, wetsuits may be worn in water with temperatures up to and including 24.5° C. (However, IRONMAN may allow age group athletes to wear wetsuits in water temperatures up to 28.8° C: these athletes will start at the back of the field in the rolling swim start and will not be eligible for age-group awards, including championship slots – an indemnity must be signed by those athletes opting to swim with wetsuits here.)

As per WTC rules, the swim will be shortened if the water temperature is between 12° and 13.9° C. If the water temperature is below 12° C, the swim will be cancelled. *See official "Competition Rules".*

NOTE: The swim course is an ocean swim **with waves** on swim entry and exit. Each athlete is expected to have the ability and conditioning to complete the swim. The swim will take athletes around buoys in an anti-clockwise direction: all **red turn buoys**, except the last one, are passed on your left; the last red buoy is passed on your right. The yellow buoys are "guider buoys": you can swim either side of these.

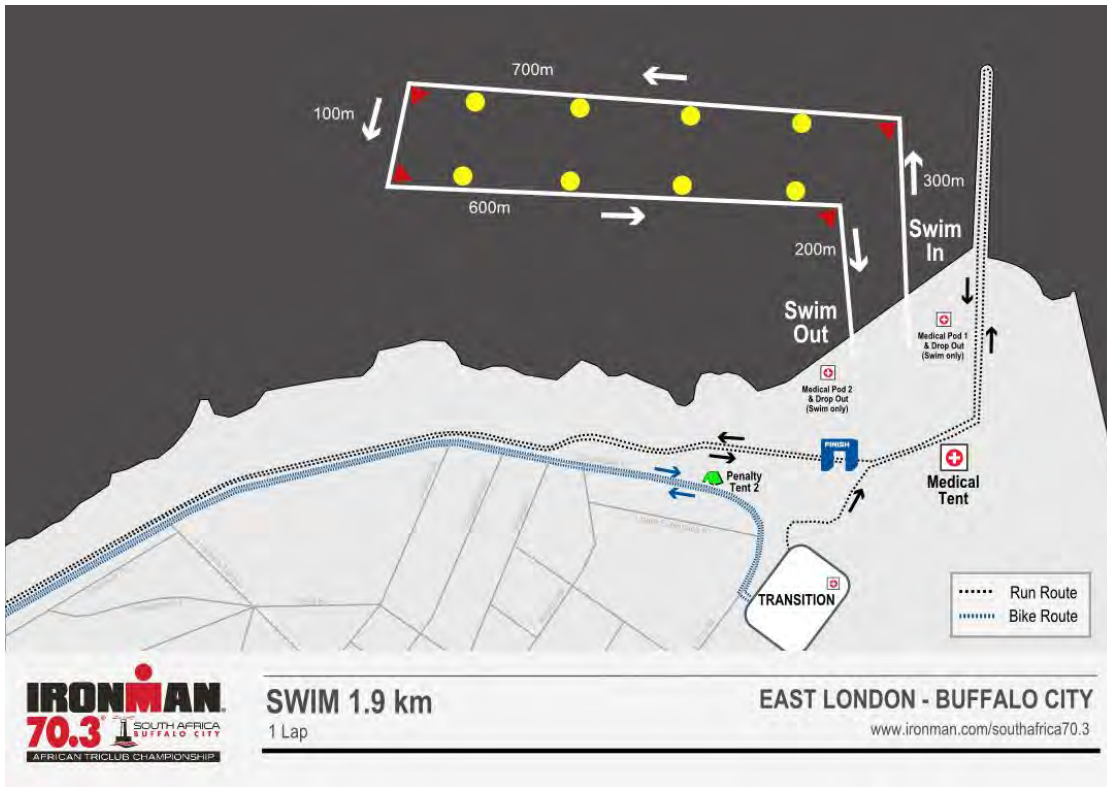
Any athletes withdrawing from / stopping after the swim **MUST** report to the Drop Out Recorders at the medical pod on the beach. Your timing chip will be removed here.

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

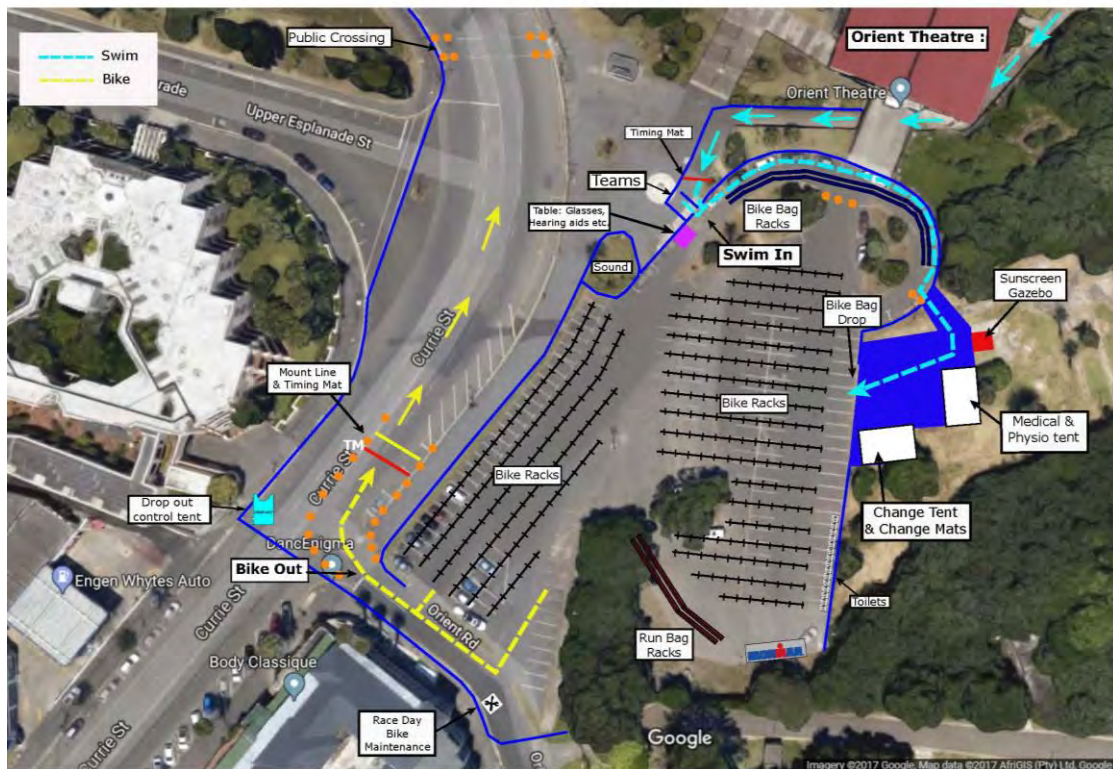
The **cut-off time for the swim is 1 hour 10 minutes** from your timed rolling start. If you do not make the swim cut-off, you may not start the bike leg. When cut-offs are implemented / identified, athletes after this time will be removed from the course: you may **NOT** continue.

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
















Swim Course Map:



IRONMAN 70.3 South Africa Transition Swim to Bike



TRANSITION: SWIM TO BIKE (T1)

-  Collect your Bike Bag. Changing must take place on the mats (or in the tent, if required) and **not** at the bag racks area.
-  Remove cycle gear requirements from your bike bag.
-  Put your race number / bib – facing / on your back.
-  Place all your swim gear into your Bike Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag.
-  Check that your Timing Chip is still in place on your LEFT ankle. If not, check inside your wetsuit. If necessary, additional timing chips can be collected from the "Drop-Out Clerk" gazebo just outside Transition.
-  Tie the bag closed and drop your bag off in the "Bag Drop" zone just outside the tent / change area.
-  Sunscreen is available in the change area.
-  Medical and Physiotherapy facilities are available to athletes in Transition.
-  Ensure your helmet is clipped before handling your bike.
-  Athletes must wear their bike helmets with the chin straps clipped in at all times on the bike course. This regulation is in place from the moment **before you handle your bike in T1** [Swim to Bike] until the moment after you have racked your bike in T2 [Bike to Run] or, in some cases, handed it over to a volunteer. A violation of this rule will result in disqualification.
-  Continue through the demarcated route in Transition to your bike & push it to the exit.
-  Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition at the Mount/Dismount line, as instructed by the Race Referee.
-  Transition will close to all athletes 10 minutes after the last athlete has entered from the swim to change for the bike.
-  Your Transition time is included in your **Total** race time.
-  Bike Maintenance will remain in Transition until the last athlete has left on the bike course.

BIKE COURSE – 90.1KM / 56 MILES












Please see the "Competition Rules" for additional information and Penalty Procedures

The relevant athlete & equipment identification numbering must be in place.

Athletes will bike 1 x 90 km lap course.

The first portion of the course is along the East London Esplanade (beachfront), where after the route follows the R72 / North East Expressway towards the Nahoon River and N2 intersection. Just before the overhead bridges over the Nahoon River, athletes turn left onto the N2 (national highway) towards King Williams Town. It is a continuous climb with a few flat sections to the turn-around point at Berlin, the 45km mark. The return route is on the opposite side of this N2 highway, all the way back to Transition. There will be full road closure of this national highway.

Course information:

-  Outside assistance is NOT permitted (*see IRONMAN Competition rules*).
-  Keep to the **far left-hand side of the official cycle lane** (but not in the yellow line area): note that when the road becomes 3 lanes on the R72 / North East Expressway, athletes must remain in the MIDDLE lane.
-  KM marker boards every 10km.
-  Start elevation: 71 m
-  Highest elevation: 527.5 m
-  Total gain: 1 177 m
-  Recommended gearing: 52 / 38 in the front and 12 / 25 at the back.
-  Wheels: Deep sections, discs and bladed wheels will be suitable but, if the wind blows, you might battle with a solid disc.
-  Aid Stations: 18 km, 45 km and 72 km. The Litter Zone on the bike course for athletes is from 100m either side of the Aid Station.
-  Please do NOT dispose of any items to the "youngsters" on the side of the road on the N2.
-  Should you encounter any incident of safety / security concern on the N2, please advise the nearest passing race official or safety vehicle parked / travelling on the side of the road.

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.

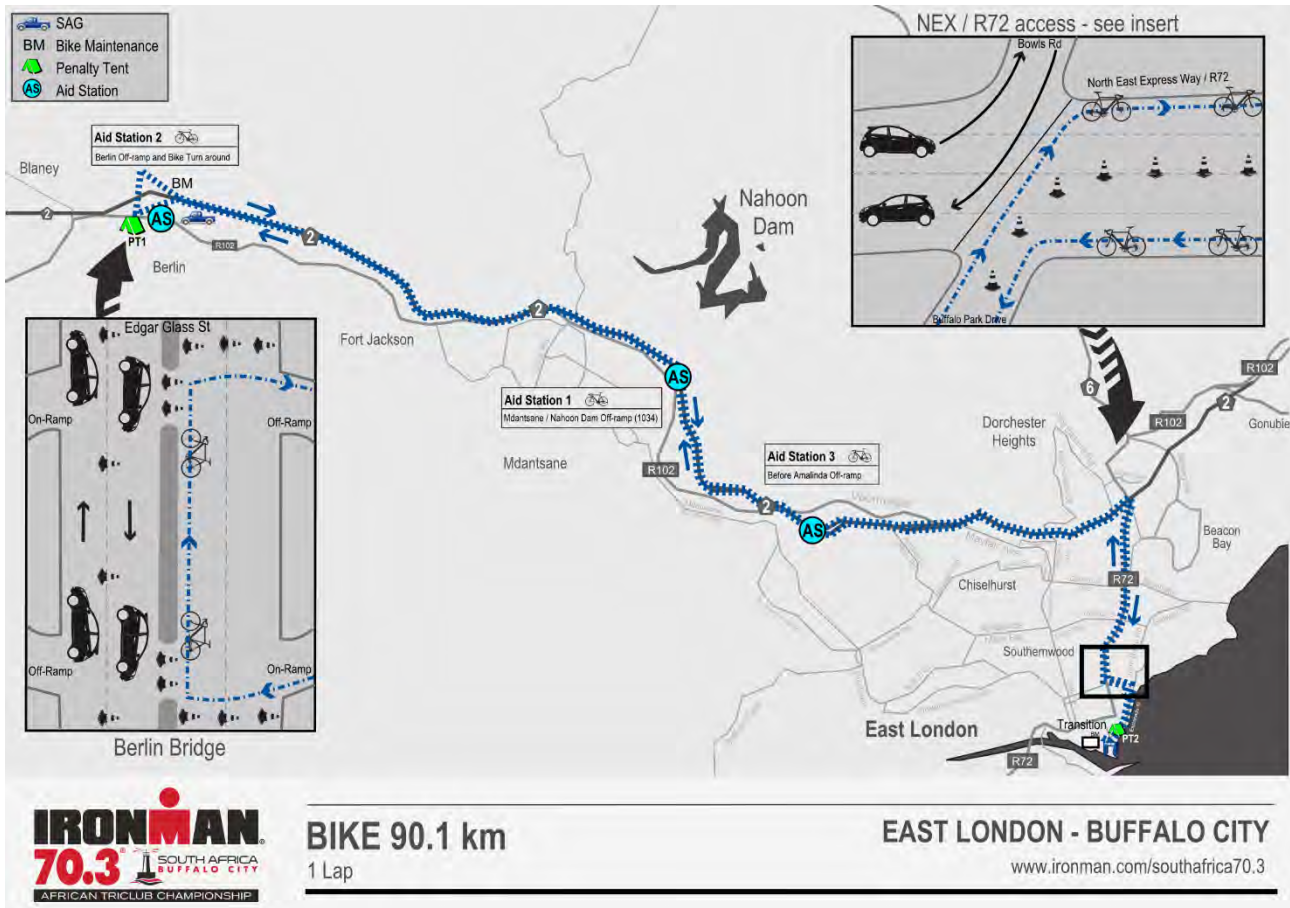
IRONMAN staff, water safety officials and / or medical officials reserve the right to withdraw athletes from the course if they are judged to be incapable of finishing within time or without physical risk of serious injury or death.

The total cut-off time for the bike is 5 hours 15 minutes from the Start of your race (i.e. from your Swim Start time). Athletes who do not make these cut-offs may not remain on the course. They will be collected by the sweep or SAG vehicles. If you do not make the bike cut-off, you may not start the run leg.

OFFICIAL BIKE CUT-OFF TIMES:

5 Hours 15 Minutes after the start of your race (Actual bike time allowed 4hr05min)

Bike Course Map:



Bike Course Profile:



PENALTY TENT

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: Berlin - i.e. Bike turn around (45km).



Penalty Tent 2: on the left, just before the dismount line along the East London Esplanade.

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.

**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 5:00 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. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.	DSQ – Red Card
Failure to wear a shirt or sport top during the bike or run	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 Second Time Penalty will be assessed (Yellow Card), If not: DSQ (Red card)
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race.	DSQ of both athletes (Red card)
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension (Red card)
Not stopping in the next penalty tent after being obliged to do so	DSQ (Red card)
Use of communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, smart helmets (i.e. helmets enabled with Bluetooth technology), in any distractive manner, during the Race	DSQ – Red Card
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ – Red Card
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition. NO cell phones allowed.	DSQ (Red card)
3 Blue Cards will result in a DSQ	DSQ
**SUMMARY OF SWIM RULES PENALTIES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DSQ (Red card)

In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ (Red card)
Wearing a wetsuit that measures more than 5mm thick	DSQ (Red card)
Using a snorkel	DSQ – Red Card
**SUMMARY OF BIKE RULES PENALTIES	PENALTIES
Drafting violation	5:00 minute Time Penalty per violation (Blue Card)
Blocking (side by side riding)	30 Second Time Penalty (Yellow Card)
Once overtaken, re-passing prior to dropping out of the draft zone	30 Second Time Penalty (Yellow Card)
Once overtaken, remaining in the draft zone for more than 25 seconds for all triathletes	5:00 minute Time Penalty (Blue Card)
Failure to wear a shirt or sport top during the bike portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.	DSQ, if not remedied promptly (Red Card)
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions, after bike check – out.	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Make forward progress without bike during the bike segment	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
**SUMMARY OF RUN RULES PENALTIES	PENALTIES
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Failure to wear a shirt or sport top during the run portion	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.	DSQ, if not remedied promptly (Red Card)
Crossing the finish line with a non-participating individual	DSQ (Red card)
**SUMMARY OF TRANSITION AREA RULES PENALTIES	PENALTIES
Blocking the progress of other athletes	30 Second Time Penalty (Yellow Card)
Interfering with another athlete's equipment	30 Second Time Penalty (Yellow Card)

Notes:

1. An athlete may not physically assist the forward progress of another athlete.
2. 3 x Blue Cards will result in a DSQ
3. *Please note: 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). **South Africa 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). **South Africa 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, swop, steal and / or tamper) with another athlete's equipment / nutrition in the Transition area (including during check-out): this may lead to disqualification.




RACE DAY BIKE MAINTENANCE

Please Note: Only the cost of 700c tubes and 'bombs' will be sponsored. All other bike repair requirements will be at the cost of the athlete (as per athlete's photo and race number recorded by the IRONMAN bike mechanics).



After the event, athletes that have taken additional supplies during the race will be SMS'ed / invoiced by the bike maintenance service provider indicating the outstanding cost and their banking details: please pay your debt promptly.


All Bike Maintenance Officials will wear "Bike Maintenance" jackets for identification.

In Transition pre-race:

-  Bike maintenance will be inside at the top of the Transition area from 05h00 to 06h30, until Transition closes for all athletes.
-  A bike mechanic will remain in Transition until the last athlete has left after the swim.
-  No spares (including tubes) will be on sale on race morning.

On the course:

-  **Static bike maintenance stations:**
 - There will be a static bike maintenance station on the course: this will be located at the Berlin turnaround point (45 km).
-  **At each Bike Aid Station:** NO bike mechanics. However, for the use of athletes, there will be a stock of:
 - 10 x 700 C road bike tubes
 - 1 x set of tyre levers
 - 1 x pump

Items must be used at the Aid Station and may not just be taken
-  **Roving bike maintenance:**
 - 4 x Maintenance vehicles will loop throughout the bike course for the full duration of the bike leg.



Please note that NO bike maintenance may be undertaken whilst you are serving a time-penalty.



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. People transporters and, separately, bicycle transporters will be located at the:

-  Berlin off-ramp: 45km Turnaround

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

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

The SAG driver will record your details and take a photo of you. Athletes will wait at these stations until the people transporter is full. Bicycles will be stacked onto a separate vehicle's trailer. Once the people transporter is full, this will leave this position and withdrawn athletes will be transported back and must report to the Drop-Out Clerk outside Transition. Bicycles will be returned to Transition at the end of the bike leg, for collection at Bike & Gear Check-out only.















AUDAX. FOR THE PURSUIT OF SPEED

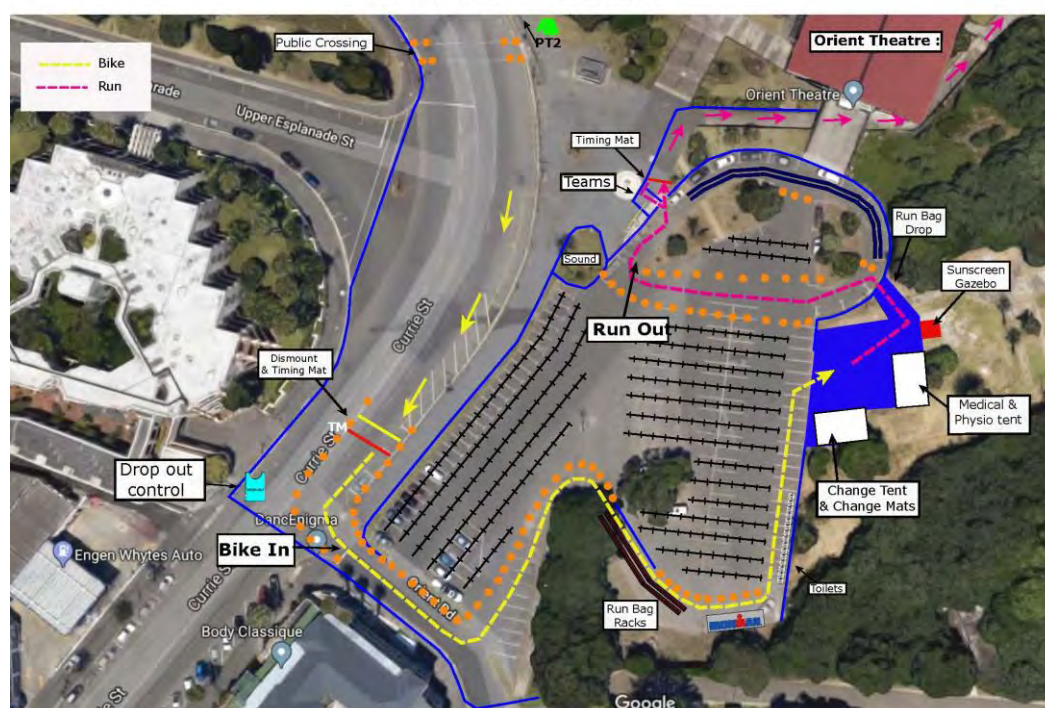
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IRONMAN
GLOBAL SERIES

TRANSITION: BIKE TO RUN (T2)

-  Dismount as instructed by the race referees and assisted by race officials.
-  Volunteers will rack your bike for you - located according to your 'time of day' finish time.
-  Collect your Run Bag and follow the demarcated route through Transition. Changing may only take place on the mats provided / in the tent and not at the bag racks area.
-  Remove run gear requirements from your Run bag.
-  Turn your race / bib number: to the front.
-  Place all your bike gear into your RUN Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag.
-  Check that your timing chip is still in place on your left ankle. If necessary, additional timing chips can be collected from the "Drop-Out Clerk" gazebo just outside Transition.
-  Tie the bag closed and drop your bag off in the "Bag Drop" zone just outside the change area.
-  Medical and Physiotherapy facilities are available to athletes in Transition.
-  Sunscreen is available in the change area.
-  Transition will close to all athletes 10 minutes after the last athlete has entered from the bike to change for the run. (i.e. that athlete must be out on the run route by this time or order to continue).
-  Your Transition time is included in your **Total** race time.

IRONMAN 70.3 South Africa
Transition Bike to Run



RUN COURSE – 21.1KM / 13 MILES






Please see 'Competition Rules' for additional information.

Athletes will run 2 x 10.55 km laps, keeping to the far right-hand side of the course lane.

As you leave Transition you will run down the 'path' adjacent to the Orient Theatre, turning RIGHT at the bottom and head towards the pier. Run along the pier (being cautious on the uneven surface) and around the lighthouse at the end of the pier. Return along the pier and pass the Finish Line chute before heading out along the Esplanade. Continue along the Esplanade towards Eastern Beach, turn right and head up John Bailie Road. At the Aid Station, take the right junction into Turnberry Drive. Follow on this road, which becomes Gleneagles Road at the entrance to the East London Golf Club. Continue past the sports fields and then turn right into Galway Road. The turn-around point will be at the Aid Station, which is situated at the intersection of Galway and Epsom Roads (opposite the Nutting Badminton Hall). On your return, you will continue past the Finish Line chute and once again continue onto the pier before repeating the loop.

There are 4 x Official Aid Stations and a sponsor-activated Red Bull Aid Station on the run course and you will complete 2 laps before finally making your way to the Finish Line. Outside assistance is **NOT** permitted (See IRONMAN Competition Rules).

Course information:

-  Keep to the far right-hand side of the run lane
-  KM marker boards every 1km
-  Start elevation : 17 m
-  Highest elevation : 70.5 m
-  Total gain : 282 m

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.

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

The cut-off time for the run and race is **8 hours 30 minutes from the Start of your race** (i.e. from your Swim Start time). When cut-offs are implemented, athletes after this time will be removed from the course: you may NOT continue.

OFFICIAL RACE CUT-OFF TIME

8 Hours 30 Minutes from the start of your race (Actual run time allowed 3hr15min)

Run Course map:



Run Course profile:












TEAMS

TEAMS - Relay Procedure:

Please see "Competition Rules" for additional information.

Teams will compete in their own division and receive separate 'finisher' shirts, medals and certificates. There will be no slots to IRONMAN 70.3 World Championship for teams.

Rules specific to Teams:

-  Teams need to have at least 2 members. These can be substituted up until 1 month before race day: email SAregistrations@ironman.com
-  All athletes must, on race day, be 15 years or older for the swim and 18 years or older for the bike and run.
-  **All TWO (or THREE) members of the team HAVE TO sign an indemnity form at Registration** – i.e. each team member must go to Registration to sign the form and receive their race registration wrist band (fitted at Registration). Race packs & Timing Chips will NOT be handed out unless each of the two / three indemnities is signed by the respective member of each team. If a team member is Under 18 years of age, a parent / guardian must sign for them, with that team member in attendance in order to receive their race wrist band (fitted at Registration).
-  The Team Swimmer will have a different colour swim cap to the individual athletes and will start at the back of the Rolling Swim Start.
-  The Timing Chip & belt, when handed over, must be placed securely on the next team members LEFT ankle before he/she commences the next leg of the race: **this acts as your relay baton.**
-  Transition Bags will only be used if **teams of 2** have an athlete doing **consecutive** disciplines (i.e. Swim & bike = bike bag OR bike & run = run bag). These will be checked into Transition with Bike Check-in. For teams of 3, no transition bags are required: athletes arrive ready to race their discipline.
-  However, **Cyclist must do bike** (& bike bag check-in) - as per individuals - **on Saturday 15h30 – 17h00.** Helmet must be worn to bike check-in and hung in Teams area of Bike Bag Racks (i.e. helmet to remain in Transition overnight, as the bike).
-  The Team Holding Area is located at the Entrance to Transition (Swim In / Run Out side).
-  The cut-off times as stipulated for the Swim, Bike and Run will be enforced during the race.

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

AID STATIONS






Please Note: Toilet facilities are available at all Aid Stations.

BIKE







On the **BIKE** there will be 3 x Aid Stations, at approximately 18km, 45km and 72km.

The **BIKE AID STATIONS** - will supply the following per table, in the following order:






AID STATION 1: Mdantsane / Nahoon Dam off-ramp

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

AID STATION 2: Berlin off-ramp

-  Biogen Carbogen
-  Water (Pump water: squeeze a little water out, for bottle to fit into bottle cage)
-  Biogen Energy Bars and Biogen Real Gels
-  Bananas
-  Water (Pump water: squeeze a little water out, for bottle to fit into bottle cage)
-  Biogen Carbogen

AID STATION 3: Amalinda off-ramp

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

At each Aid Station on the Bike course there will be a box of bike maintenance items: at the start of the race these will each hold

- 10 x (road bike) tubes
- 1 x set tyre levers
- 1 x pump

Items must be used at the Aid Station and may not just be taken

The Bike Aid Stations on the Bike Leg will close as the last Athlete passes them or at 13h00.


NOTE: Litter zones will be within 100m of either side of the bike aid stations.

RUN










On the **RUN**, Aid Stations - approximately every 2km.

The **RUN AID STATIONS** - will supply the following per table, in the following order:








AID STATION 4: Pier

-  Water sachets
-  Coca Cola
-  Biogen Carbogen
-  Biogen Real Gel
-  Biogen Energy Bars
-  Bananas
-  Biogen Carbogen
-  Coca Cola
-  Water Sachets



AID STATION 5: Esplanade

-  Sponges
-  Water sachets
-  Coca Cola
-  Biogen Carbogen
-  Biogen Real Gel
-  Biogen Carbogen
-  Coca Cola
-  Water Sachets
-  Sponges

AID STATION 6: Multidirectional (John Bailie)

-  Water sachets
-  Coca Cola
-  Biogen Carbogen
-  Biogen Real Gel
-  Biogen Carbogen
-  Coca Cola
-  Water Sachets

AID STATION 7: Turnaround - Galway

-  Water sachets
-  Coca Cola
-  Biogen Carbogen
-  Biogen Real Gel
-  Biogen Energy Bars
-  Bananas
-  Biogen Carbogen
-  Coca Cola
-  Water Sachets





There will also be a Red Bull Sponsored Aid Station on the run route.

NOTE: Litter zones will be within 50m of either side of the run aid stations.

The Aid Stations will close as the last athlete passes them, or at 16h00.








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 judgement (see "Competition Rules"). Please advise one of the IRONMAN staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee to lodge an appeal.
-  The Head Race Referee should be located either at the Drop-out Control gazebo outside Transition or, when the bike course closes, at the Information / Drop-out Tent in the IRONMAN Village. The location will be confirmed by the IRONMAN staff member.
-  Payment of R500.00 cash to the Head Race Referee. This will be reimbursed if your appeal is successful.
-  Appeal committee: Race Director, Head Race Referee, Triathlon SA representative.

FINISH AREA





On completion of your race:






-  Issued your Medal
-  Timing Chip + Chip Belt handed to Finish Line volunteers
-  Voucher for Final Aid Station
-  **'Finisher' shirt issued: Athletes have to take the size ordered on their registration form. (Sizes can be swapped out, subject to availability, on Monday from 09h00 - 11h00 at the Garden Court hotel.)**
-  Collect your Streetwear Bag from the Streetwear Bag drop-off area. Athletes only may access this area.

In the IRONMAN Village over the bridge:

Enjoy refreshments at the Final Aid Station tent. Please note that the refreshments supplied here are for athletes only.

FINAL AID STATION : IRONMAN Village

-  Ice-Creams
-  Coffee / Tea
-  Muffins / Sandwiches
-  Fruit

-  Finisher photos can be taken by FinisherPix at their set-up in the IRONMAN Village area.
-  Medal Engraver (at your own cost)
-  Massage (rub-down) facilities are available to athletes at the Massage Tent in the IRONMAN Village area.
-  Medical facilities are available.
-  Shower facilities are available in the Orient Complex main block.

BAG COLLECTION & BIKE CHECK-OUT



Bike and Transition Bags check-out will be from 14h00 – 17h00.

- These will be checked out using your Race Number. Volunteers will check your number to the number on the bike and bags.
- If you are unable to fetch your own bike and bags for any reason, a family member / friend may collect them for you as long as they have your "Bike Check-out Card" (as included in your Registration Pack), and **race number / bib**.
- No transition bags may be handed over the fence: these must be checked out with your bike.
- **DO NOT** ride your bike to go home without your helmet on!!!



All bikes and bags must be collected by 17h00 on race day. The organisers are not responsible for items left in Transition on Sunday after 17h00.



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



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 (T1) time, bike time, Transition 2 (T2) time and run time. In addition to the 8 hours 30 minutes overall cut-off time, there are cut-off times for each segment of the race, these being 1 hour 10 minutes after your swim start and 5 hours 15 minutes after the start of your race on the bike leg. It is of utmost importance that you are aware of, and adhere to, these timing conditions as they improve the quality of the race. Disqualified and cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results.

PLEASE NOTE: Loss of a Timing Chip will result in a charge of R1500.00 allocated to your specific race number. Failure to wear your chip on race day, return your chip after the event, or pay replacement costs, will disqualify you from future IRONMAN South Africa events.

1. When you collect your Race Pack at Registration, you will also have to collect your Timing Chip + Chip Belt: please go immediately to the timing company there who will verify that your chip number correlates to your name.
2. If you do not start the race on Sunday, you must ensure you return your chip to the Drop-Out recorded either at Drop-out Control outside Transition OR in the IRONMAN Village (info Tent). Please ensure they record your chip return.
3. If you have not racked a bike it is the athlete's responsibility to return the timing chip + belt to the timing van / Drop Out control.
4. If you drop out of the race at any time on race day, you **MUST notify the Drop-Out Clerk outside Transition** or the Info / Drop Out Tent in the IRONMAN Village. Failure to do so may disqualify you from participating in future IRONMAN triathlons.

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

5. If you lose your Timing Chip during the event, it is your responsibility to get a replacement chip (at a price). These can be found at the Drop-out Clerk gazebo outside Transition.
6. If you lose your Timing Chip on the RUN course, you must notify a Race Official / Referee immediately after crossing the Finish Line.
7. 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)*
8. Please do not intentionally cross the Finish Line as part of a group. Our timing equipment does not record ties.
9. The chips are special active chips, not the run-of-the-mill Timing Chip. These cost R1500.00 each and if lost / not returned, the athlete will be held liable for the replacement cost. Timing Chips + Chip Belts will be handed to volunteers on the Finish Line after the race.

NO CHIP = NO TIME

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

Spectators are advised that athlete updates and medical information will be available from the **Information Tent** in the IRONMAN Village. 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 also be available at the info tent.

Important: Full disclosure of all medical conditions, general health and surgical procedures within the previous 12 months are required. If you are taking any medication or have any medical problem(s) that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. You are required to notify the IRONMAN South Africa Race Office, in writing, if there is any change in your medical status / condition after your registration application has been processed. Failure to do so will result in suspension of participation in future IRONMAN SA events. **You are solely responsible for avoiding medications that appear on the list of banned substances as determined by the World Anti-Doping Agency (WADA).**

Medical consultation / clearance may be necessary from an attending physician prior to acceptance / participation in the race. In all cases, the final decision of medical consideration is at the discretion of the race Head Doctor.

Race day pre-event athlete medical evaluation:

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Main Medical Tent only. Access and entry onto the medical system must be logged as per standard race day procedure. The result of the assessment, i.e. clearance to race or non-participation advice, must also be recorded on the system. Thus, the main medical tent will must be set up and ready to assess athletes from 1½ hours prior to the Start of the race.

There will be medical staff and facilities throughout the IRONMAN race course. The Medical Tent in the IRONMAN 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 pods on the beach to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing sea water and from motion sickness. Medications taken before the swim may help, but you are strongly advised to try the medication several times before the race to avoid any adverse reactions to it. **Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

There will be a Medical Station in the Transition Area where physiotherapists will also be in attendance for assistance during T1 and T2: this is the only area of the race where athletes may receive actual medical treatment and then continue racing (at the discretion of the medical team).

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

Please ask for medical **advice** if you have the slightest hint you may need it. **You will not be penalized for receiving medical evaluation.** You will be withdrawn from the race only if you require transportation, IV fluids, medication or if medical personnel feel your continued participation is not in your best health. The medical personnel will do all they can to keep you in the race and assure a safe finish.

If you see a fellow athlete looking unwell, the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and / or appear confused,

you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health.

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

More than half of the visits to the medical tent occur after athletes have finished the race. Please do not leave the 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.

If you are transported to the Medical Tent (and/or hospital) and are unable to collect your own equipment, a family member or friend will need your "Bike Check-Out Card" (which you received in your Registration Pack) as well as your Race number / bib to collect your bike and bags.

The Medical Tent will officially close at 17h00. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred there are the sole responsibility of the athlete. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN events until accounts are settled.

ACCIDENT REPORTING

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

PHYSICALLY CHALLENGED ATHLETES

Please refer to the IRONMAN website and contact the IRONMAN South Africa office for relevant information.

IRONMAN South Africa Office:

7, 5th Avenue, Walmer, Port Elizabeth, 6070

Tel: +27 (0)41 581 7990 Fax: +27 (0)41 581 4553

ALTERNATIVE COURSE PROCEDURE

IN THE EVENT OF AN ALTERNATIVE COURSE (i.e. adjustment to swim) - The process for athletes is as follows:

The call will be made at 06h00 by the Race Director. The announcer will inform the athletes in Transition just after 06h00.

Scenario 1: SWIM SHORTENED

Swim for Pro's - Start at 07h00 for men and 07h05 for women.

Age Group alternative - Rolling Swim Start from 07h20.



Distances for All: SWIM: Possibly first 4 buoys/TBC | BIKE 90 km | RUN 21.1 km

Pros starts will still be mass starts.

Age groupers will self-seed themselves and will start in the rolling start format.

Swim time will remain 1hr 10 mins.

Scenario 2: PRO's SWIM / AGE GROUP SWIM CANCELLED

Swim for Pro's - Start at 07h00: first 4 buoys.

Age Group alternative - Rolling Bike Start at 08h00



Distances for Pro's: SWIM: first 4 buoys | BIKE 90 km | RUN 21.1 km

Distances for Age Groupers: BIKE 90 km | RUN 21.1 km

Rolling Bike Start (self-seed)

Bike roll-start takes longer in order to allow for a fair process and to avoid drafting. It is up to each athlete to self-seed yourself: we cannot seed you.

Process for an Alternative Race Start – Scenario 2:



06h00: Announcement will be made that the race will be changed to a (self-seed) Rolling Bike Start.

- Go to your **BIKE bag** and prepare for the bike leg.
- Transition will close at 06h30 (for Pro Swim Start) and re-open at 07h30 to collect bikes.
- The Pro Athletes will swim and then Age Groupers will return to Transition at 07h30 to collect their bikes once the Pro Swimmers have transitioned.
- Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 08h00.
- Rolling Start will leave at 5 second intervals.
- Start time will be registered at the time your timing chip crosses the Mount / Dismount line.
- The Bike leg cut-off time of 4 hours 05 minutes will still apply.



The total age group race time (now excluding the 1 hour 10 minutes swim time) will remain as 7 hours 20 minutes from the start of your race. Once the results have been verified, athletes who are identified to have missed the cut-off times will be a DNF after the event / in the final results.



After the Bike, you will transition as normal to the Run.

Scenario 3: SWIM CANCELLED FOR ALL

Swim Cancelled for All: alternative for all

Distances for all : BIKE 90 km | RUN 21.1 km



Pro's Bike Start - 07h30

Age Groupers Rolling Bike Start (self-seed) - 07h45

Process for an Alternative Race Start – Scenario 3:



06h00: Announcement will be made that the race will be changed to a (self-seed) Rolling Bike Start.

- Go to your **BIKE bag** and prepare for the bike leg.
- Collect your bike ahead of the Start time and make your way to the chute at the Bike Exit / Entrance.
- The Pro Athletes will line up in the chute behind the Mount / Dismount line: Start at 07h30
- Age Groupers will **self-seed themselves** in the chute - behind the Pro's: Start at 07h45
- Rolling Start will leave at 5 second intervals.
- Start time will be registered at the time your timing chip crosses the Mount / Dismount line.
- The Bike leg cut-off time of 4 hours 05 minutes will still apply.



The total race time (now excluding the 1 hour 10 minutes swim time) will remain as 7 hours 20 minutes from the start of your race. Once the results have been verified, athletes who are identified to have missed the cut-off times will be a DNF after the event / in the final results.



After the Bike, you will transition as normal to the Run.



PUBLIC INFORMATION ON RACE DAY

PUBLIC INFORMATION

(Including queries on Athletes)

If your family and friends would like to find out more information on your whereabouts / progresses during the day, they may visit the Information & Drop Out Tent located in the IRONMAN Village. The DNF's list will be updated regularly. Medical information and updates will also be available here. Should an athlete need to be transported to hospital, the emergency contact (as per registration information) will be informed by an IRONMAN staff member: Information pertaining as to which hospital the athlete has been transported to will be available at the public info tent too.

Athletes who withdraw (DNF) off the course must report to the Drop-out Control tent outside Transition **OR** at this Information/Drop-out tent to be recorded. Athletes who DNF may collect their voucher for Final Aid Station refreshments here.

Please note that **no athletes or members of the public** will be allowed into the Media Centre or Medical Tent as no information will be released to athletes or the public from these areas. Enquiries about athletes must be made through the Info Tent in the IRONMAN Village area.

TRACK-AN-ATHLETE

Vodacom Track-An-Athlete: **39408**

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

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

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

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

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

Should you not want to track an athlete but would still like to support the IRONMAN 4 the Kidz initiative, simply SMS the word KIDS to 39408 (as above) and your R15-00 will go towards the 2020 charity goal.



39408

MAKE A DIFFERENCE

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

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



MAKE A DONATION

Step 1. Download.

Download the SnapScan App from Google Play or IOS store.

Step 2. Snap.

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

Step 3. Pay.

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

Step 4. Go!

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



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



ADDITIONAL ATHLETE INFORMATION

IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION – AGE GROUPERS

Sunday: 17h00 - 2019 slot allocation will take place in the Orient Theatre, next to Transition.

Slot Allocation proceedings will start at 17h05. If you miss your age group slots, you cannot claim it after.

AGE GROUP SLOTS:

IRONMAN 70.3 South Africa is offering 40 Age Group Slots for this year's IRONMAN 70.3 World Championship in Taupo, New Zealand. All athletes who have qualified for the 2020 IRONMAN 70.3 World Championship and want to accept a slot **MUST** be present at slot allocation at 17h00 on Sunday, post-race in the Orient Theatre, located next to Transition. If you qualify for a World Championship 70.3 slot you will have to immediately pay the entry fee (& 8% Active Fee) **online via credit card ONLY** at the slot allocation venue in order to receive your Qualification papers. **Please note that only an 'online payment system' will be used** (i.e. no cash or cheques). **There will be laptops available at Slot Allocation to make credit card payment: ONLY VISA AND MASTERCARD ACCEPTED.** Your final registration must be completed at a later stage.

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

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

Slot allocation will be determined based on the number of official starters and shall be representative of the actual number of Age Group starters in each category in the race. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. For example, if 8% of the Age Group starters are Female 40-44, then 8% of the slots are allocated to the Female 40-44 category. If you are not present or cannot pay for your slot, it will automatically be rolled down to the next person in that age group until the slot is accepted.

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

NOTE: *Only Age-Group Athletes are eligible to receive Age-Group World Championship qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status.*

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

"WOMEN FOR TRI" SLOTS

IRONMAN 70.3 South Africa has been selected as one of 20 races offering an additional 25 x slots for female athletes to race the 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand. These slots support Women For Tri®, a program of the IRONMAN Foundation®, to welcome and empower female triathletes and increase participation at all levels of the sport.

Following the standard IRONMAN 70.3 World Championship rolldown ceremony at the IRONMAN 70.3 South Africa, 25 additional slots will be awarded to the next most qualified women, proportional by age group creating a deeper field of female athletes while maintaining the integrity and prestige of an IRONMAN 70.3 World Championship event. Athletes must be in the venue at 17h00.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN 70.3 World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

The administrative allocation of slots will be executed by the organisers.



PRO ATHLETES PRIZE MONEY & QUALIFICATION

PRIZE MONEY:

The total prize money of USD 30,000 and will be distributed to PRO Athletes as follows:

MALE	POSITION	FEMALE
\$ 6 000	1 ST	\$ 6 000
\$ 3 000	2 nd	\$ 3 000
\$ 2 250	3 rd	\$ 2 250
\$ 1 500	4 th	\$ 1 500
\$ 1 250	5 th	\$ 1 250
\$ 1 000	6 th	\$ 1 000

Prize money will be paid once the Drug Testing Results have been received by the WTC.

Please note that the prize money allocation is subject to WTC policies and changes and will be paid out based on the prize money allocation deemed correct by the WTC at the time of payment.

Qualifying for the 2020 IRONMAN 70.3 World Championship Race

- Only Pro Athletes are eligible to receive Pro Qualifying Slots.
- There will be two (2) qualifying slots for the 2019 70.3 World Championship Race, one Male and one Female slot
- The published Pro Qualifying Slots are in addition to the Exemptions (as detailed below).
- Unless otherwise approved by IRONMAN, all Pro Athletes who earn a Pro Qualifying Slot and who wish to accept such Pro Qualifying Slot must attend the slot allocation ceremony in person at the published time and location as set forth in the Pro Athlete newsletter and in the Qualifying Event-specific athlete guide.
- Any Pro Athlete that chooses not to accept their Pro Qualifying Slot or does not attend the Qualifying Race's slot allocation ceremony, will forfeit their right to such Pro Qualifying Slot and such slot will be rolled down to the next eligible Pro Athlete.
- Pro Qualifying Slots are NOT transferrable, and deferrals are NOT permitted. There is no waiting list or roll down for non-qualified Pro Athletes.
- There will be no 2020 Championship Race entry fee associated with the acceptance of a Pro Qualifying Slot, provided, however, that a valid 2020 IRONMAN Pro Membership is required as a condition of participating in the 2020 Championship Race.
- Pro Athletes accepting a Pro Qualifying Slot represent and warrant that their elite/professional athlete status with their ITU Member National Triathlon Federation is current and will be so at the time of the 2020 Championship Race. Any change in a Pro Athlete's status prior to the 2020 Championship Race must be disclosed immediately.

For more information visit: <https://www.ironman.com/pro-athletes>

AWARDS DINNER - SUNDAY

(Additional) Tickets for the Awards Dinner can ONLY be PRE-purchased on-line when you enter or at Registration. (Limited tickets available)

***NO** tickets will be sold at the door.*

Time: Sunday 19h30 (Doors open 18h45)

(for Athletes and family/friends with pre-purchased 'Awards' wristbands only)

- **Doors will open at 18h30.**

Venue: Premier Hotel EL ICC

Your athlete wrist band is your access ticket to the Awards Dinner. Seating will be on a first come, first served basis.

Awards procedure starts at 19h30: IRONMAN 70.3 South Africa trophies will be awarded to the top 3 male and top 3 female athletes in each age group category as well as the first 3 teams overall.

TRICLUB AWARDS: Trophies will be handed out to the Top 3 TriClubs, with the most points. All members of these winning TriClubs are welcome to come onto the stage to collect the team trophy.

Please note: Athletes **MUST** be present at the Awards Dinner to collect their trophy. **No trophies will be posted after the event.**



MERCHANDISE - SUNDAY

Official IRONMAN Merchandise and Finisher apparel will be on sale at the entrance to the Premier Hotel, EL ICC (Awards venue) before & after the awards presentation.

MONDAY – POST EVENT

LOST & FOUND

Monday: 09h00 – 11h00

Race Day Lost & Found property will be located at Garden Court hotel on Moore Street from 09h00 - 11h00 on Monday.

It is recommended that you mark all your race gear with your name prior to race day as the event organisers will not be responsible for lost items.

FINISHER SHIRTS - SWOPS

Monday: 09h00 – 11h00

On Race Day, Finisher Shirts will be available at the Finish Line area after the completion of your race. **Athletes have to take the size ordered** on their registration form.

Sizes can be **swopped** out, subject to availability, on Monday from 09h00 - 11h00 at Garden Court hotel on Moore Street.

PLEASE NOTE: Finisher shirts will NOT be posted to athletes.



TIMING QUERIES

Monday: 09h00 – 11h00

Preliminary results will be continually updated on race day on the website www.ironman.com/southafrica70.3 and this link will redirect you to the official site.

Timing queries must be done at the Registration Venue at the Garden Court hotel from **09h00 - 11h00 on Monday**.

Final results will be verified & uploaded by the Friday post-event.

MERCHANDISE - MONDAY

Monday: 09h00 – 11h00

Official IRONMAN Merchandise and Finisher apparel will be on sale in Registration room at the Garden Court Hotel from 09h00 - 11h00 on Monday.

CERTIFICATES

Certificates will be available online within 14 days after the event for you to **download & print** yourself from the website www.ironman.com/southafrica70.3 and this link will redirect you to the official site.

RACE PHOTOS

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at IRONMAN 70.3 South Africa. Your personal race photos will be available at www.finisherpix.com/e/3671. Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line. Have a great race!

YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE
- Look up when you cross the finish line and smile BIG!

FURTHER INFO AND CONTACT

support@finisherpix.com | www.finisherpix.com

ALREADY CONNECTED?

facebook.com/finisherpix | [#finisherpix](https://twitter.com/finisherpix)

WeChat: finisherpix



NEVER FORGET **YOUR RACE**

