

# RACE SCHEDULE



## SUNDAY, 21 APRIL 2024

### FRIDAY 19 APRIL 2024

**09:00 - 19:00**  
IRONMAN &  
IRONMAN 70.3

Registration  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**09:00 - 19:00**

Isuzu CTC, powered  
by Algoa FM  
Registration  
*The Boardwalk*

**09:00 - 19:00**

Expo & Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**09:00 - 19:00**

Bike Workshop  
*The Boardwalk*

**18:30**

Doors Open for  
Athlete Welcome  
Banquet (Pasta) &  
IRONMAN Race Briefing  
**TICKETS FOR SALE  
AT REGISTRATION ONLY**  
*The Boardwalk Hotel &  
Convention Centre*

**19:00**

Athlete Welcome  
Banquet (Pasta) & Race  
Briefing Starts  
*The Boardwalk Hotel &  
Convention Centre*

### SATURDAY 20 APRIL 2024

**07:40**

Isuzu CTC, powered  
by Algoa FM Race Start  
*Hobie Beach*

**09:45**

CTC Awards  
*IRONMAN Village*

**11:00**

PRO Race Briefing  
*Beach Hotel*

**08:00 - 13:00**

IRONMAN &  
IRONMAN 70.3

Registration

*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 17:30**

Bike Workshop  
*The Boardwalk*

**08:00 - 13:00**

Expo & Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**11:30 - 17:30**

Bike & Gear Check-In  
*Transition, Hobie Beach*

**11:30 - 17:30**

Bike Maintenance  
*Transition - Hobie Beach*

### ISUZU IRONMAN AFRICAN CHAMPIONSHIP

**05:00 - 06:30**

IRONMAN  
Transition Open &  
Bike Maintenance  
*Transition - Hobie Beach*

#### IRONMAN AFRICAN CHAMPIONSHIP START

**Hobie Beach**

IRONMAN PRO MEN: 06:40  
IRONMAN PRO WOMEN: 06:45  
IRONMAN ROLLING AGE  
GROUP START: 06:55

**07:40**

First IRONMAN Pro Male  
expected out of the water

**12:00 - 18:00**

IRONMAN Merchandise  
for sale  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**11:50**

First IRONMAN Pro Male  
expected to start the run

**14:30**

First IRONMAN Pro  
Male expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
*Transition - Hobie Beach*

**± 24:00**

IRONMAN AFRICAN  
CHAMPIONSHIP ENDS

### ISUZU IRONMAN 70.3 Nelson Mandela Bay

**05:00 - 06:30**

IRONMAN 70.3  
Transition Open &  
Bike Maintenance  
*Transition - Hobie Beach*

#### IRONMAN 70.3 Nelson Mandela Bay START

**Hobie Beach**

ROLLING AGE  
GROUP START: 08:40

**09:05**

First IRONMAN 70.3 Male  
expected out of the water

**12:00 - 18:00**

IRONMAN Merchandise  
for sale  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**11:15**

First IRONMAN 70.3 Male  
expected to start the run

**12:34**

First IRONMAN 70.3  
Male expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
*Transition - Hobie Beach*

**± 17:30**

IRONMAN 70.3 Nelson  
Mandela Bay ENDS

### MONDAY 22 APRIL 2024

**09:00 - 13:00**

IRONMAN Merchandise  
for sale  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**09:00 - 13:00**

IRONMAN &  
IRONMAN 70.3  
Finisher shirt swop/  
Timing queries/  
Lost & found  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**10:00**

IRONMAN World  
Championship,  
Slot Allocation  
*The Boardwalk*

**12:00**

IRONMAN 70.3 World  
Championship,  
Slot Allocation  
*The Boardwalk*

**18:15**

Doors Open for  
Awards Ceremony  
**TICKETS FOR SALE  
AT REGISTRATION ONLY**  
*The Boardwalk*

**19:00**

IRONMAN &  
IRONMAN 70.3  
Awards Ceremony  
Starts  
*The Boardwalk*



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



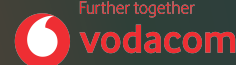
IRONMANSouthAfrica



IMSouthAfrica



IMSouthAfrica



**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