

RACE SCHEDULE



SUNDAY, 5 MARCH 2023

Race week telephone number +27 (0) 82 476 6626

THURSDAY 2 MARCH 2023

14:00 - 18:00
IRONMAN &
IRONMAN 70.3
Registration
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

14:00 - 18:00
Isuzu CTC, powered
by Algoa FM
Registration
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

14:00 - 18:00
Health & Fitness Expo
& Merchandise
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

14:00 - 18:00
Bike Workshop
The Boardwalk

FRIDAY 3 MARCH 2023

09:00 - 18:00
IRONMAN &
IRONMAN 70.3
Registration
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

09:00 - 19:00
Isuzu CTC, powered
by Algoa FM
Registration
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

09:00 - 19:00
Health & Fitness Expo
& Merchandise
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

09:00 - 19:00
Bike Workshop
The Boardwalk

3 MARCH 2023 CONTINUED >>

17:00
IRONMAN Race Briefing
Live Q & A Online

18:30
Doors Open for
Athlete Welcome
Banquet (Pasta)
TICKETS FOR SALE
AT REGISTRATION ONLY
*The Boardwalk Hotel &
Convention Centre*

19:00
Athlete Welcome
Banquet (Pasta) Starts
*The Boardwalk Hotel &
Convention Centre*

SATURDAY 4 MARCH 2023

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 - 13:00
Bike Workshop
The Boardwalk

08:00 - 13:00
Health & Fitness Expo
& Merchandise
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

13:30 - 17:00
Bike & Gear Check-In
Transition, Hobie Beach

13:30 - 17:00
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: 06:10
IRONMAN PRO WOMEN: 06:15
IRONMAN ROLLING AGE
GROUP START: 06:25

07:00
First IRONMAN Pro Male
expected out of the water

10:00 - 19:00
IRONMAN Merchandise
for sale
*Underground Parking of
The Boardwalk Hotel &
Convention Centre*

11:20
First IRONMAN Pro Male
expected to start the run

14:00
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

10:00 - 19:00
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 6 MARCH 2023

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,
Lahti Finland
Slot Allocation
The Boardwalk

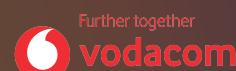
18:15
Doors Open for
Awards Ceremony
TICKETS FOR SALE
AT REGISTRATION ONLY
The Boardwalk

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