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ISUZU 
IRONMAN[®]
70.3[®]  **MOSEL BAY**
SOUTH AFRICA
AFRICAN TRICLUB CHAMPIONSHIP

ATHLETE GUIDE

www.ironman.com/im703-mosel-bay

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WELCOME MESSAGES



Dear Athletes,

Welcome to the 2nd edition of the ISUZU IRONMAN 70.3 Mossel Bay!

On behalf of the IRONMAN South Africa team, I am absolutely delighted to extend a warm and enthusiastic welcome to each and every one of you.

Whether you're a seasoned pro or a first timer, we are absolutely thrilled that you have chosen this race. We recognise and appreciate the amount of training, grit, determination and maybe a few tears you have put in to get to this point. Your dedication to the sport and your pursuit of excellence inspires not just us but also countless others who will be cheering you on.

Rest assured that our team is fully committed to supporting you every step of the way, from meticulously planning race logistics to ensuring your safety, we've left no stone unturned to make sure your race day experience is as seamless and enjoyable as possible.

As you gear up for the ISUZU IRONMAN 70.3 Mossel Bay, remember that you're part of an incredible community of athletes. We wish you the very best of luck in your preparations for this epic adventure. Embrace the challenges, savour the moments, and get ready for the exhilaration of running down the red carpet. See you on the Finish Line.

Michele Bronkhorst
Operations Director, South Africa

A huge welcome to the ISUZU IRONMAN 70.3 Mossel Bay! I am excited to offer you an unforgettable triathlon experience.

With incredible support from the Mossel Bay Municipality, Mossel Bay Tourism, local communities, and businesses, we are proud of this IRONMAN 70.3 event in the Garden Route of the Western Cape. This is a fantastic race destination set with the majestic Outeniqua Mountains in the background framing an azure blue bay – a tourists dream.

The 1.9km ROKA swim course starts at the stunning Santos Beach and exits on Santos Bay at De Bakke. The bike course takes you through varied scenery and geography over plains and hills past ostriches, giraffes and dairy cows, with the turn around in the Gourits River flood plain. The run course spans the bay coastline of the picturesque and historic Mossel Bay between De Bakke and the Point, finishing at Santos Beach.

As you go into the last few weeks before race day, here are a few tips:

- Read this athlete race guide. It has all the information you need for a successful race week.
- Make sure to read the road closure information in the athlete race guide and allow yourself enough time on race morning to make your way to transition and find the athletes parking at De Bakke Santos next to transition.
- Without the army of nearly 1 500 volunteers, the race would not be possible. They will be there cheering you on and would love a smile or thumbs up from you. Please acknowledge them.

Wishing you all the best of luck with your final training and preparation. Remember to enjoy the experience, take in all the excitement and smile as you cross the finish line.

See you in Mossel Bay!

IRONMAN 70.3 Mossel Bay Race Director,
Werner Smit



Welcome, IRONMAN 70.3 athletes

Following the success of the first IRONMAN 70.3 in Mossel Bay in 2022, we look forward to welcoming the dedicated athletes, coaches, supporters and organisers of the IRONMAN 70.3 "Iconic" Mossel Bay.

I thank our residents, every participant, and each visitor for their continued support and patience with the preparations for the ISUZU IRONMAN 70.3 event in Mossel Bay. We are looking forward to host yet another impressive and successful race.

Tangier in Morocco, Los Cabos in Mexico, Augusta in Georgia, and Emilia Romagna in Italy are just some of the other illustrious destinations of the IRONMAN 70.3. I was delighted to have Mossel Bay join this list of exceptional race destinations as we first hosted the ISUZU IRONMAN 70.3 in 2022.

This year marks the second of a three-year contract of Mossel Bay hosting the event. Measured by the success of our inaugural event, we hope to extend our relationship with the organisers and sponsors of the IRONMAN 70.3 for many more years to come.

I look forward to cheering on our local participants as they compete against the best of the international pack to test their endurance.

A lot of hard work went into preparing the race for all the entrants who will enjoy our beautiful 'Karoo at the Sea'. We have worked hard to ensure that both the spectators and participants will safely enjoy our scenic surroundings and the excellent course with its new features.

Mossel Bay and surrounds will be welcoming approximately 8 000 visitors who, in addition to supporting their loved ones during the race, will enjoy the attractions of Mossel Bay.

The event draws millions in investment and municipal services, which will positively impact the economy of Mossel Bay. In 2022, a local filling station reported the best Sunday turnover ever. Accommodation establishments reported return bookings, and a bumper summer season awaits.

I thank our residents who support the athletes on route as they crisscross our town. Last year, the atmosphere was contagious, and we enjoyed the many images of messages of support shared on posters as spectators lined the roads. We will likely have even more locals support the event this year.

The ISUZU IRONMAN 70.3 Mossel Bay in 2022 has been a resounding success. We look forward to hosting you in 2023.

Alderman Dirk Kotzé

Executive Mayor of Mossel Bay

RACE SCHEDULE

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

THURSDAY 16.11.2023

14:00 – 18:00
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

14:00 – 18:00
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

14:00 – 18:00
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

14:00 – 18:00
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

FRIDAY 17.11.2023

09:00 – 18:30
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

09:00 – 18:30
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

09:00 – 18:30
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

09:00 – 18:30
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

SATURDAY 18.11.2023

08:00 – 12:30
REGISTRATION
 Marquee Tent
 Diaz Hotel & Resort

08:00 – 12:30
BIKE WORKSHOP
 Bleu Lounge
 Diaz Hotel & Resort

08:00 – 12:30
MERCHANDISE
 Marquee Tent
 Diaz Hotel & Resort

08:00 – 14:00
EXPO
 Pero Diaz Theatre
 Diaz Hotel & Resort

10:00 – 10:45
PRO RACE BRIEFING
 Chef's Emporium
 Diaz Hotel & Resort

14:00 – 17:00
BIKE & BAG CHECK-IN
 Transition at De Bakke Beach
 Parking (Garret Street)

14:00 – 17:00
BIKE MAINTENANCE
 Outside Transition

SUNDAY 19 NOV 2023

04:30 – 06:15
SHUTTLE TO TRANSITION:
 From Diaz Hotel & Resort,
 and from Central and Point

05:00 – 06:15
TRANSITION OPEN
 at De Bakke Beach Parking
 (Garret Street)

05:00 – 06:15
BIKE MAINTENANCE
 Outside Transition

IRONMAN 70.3 MOSSEL BAY START

at Santos Beach (Munroe Street)

06:30 - Pro Male
06:35 - Pro Female
06:45 - Age Group
 Rolling swim start

+/- 08:35
SWIM COURSE CLOSES

10:20
FIRST PRO MALE EXPECTED FINISH
10:55
FIRST PRO FEMALE EXPECTED FINISH

+/- 13:00
BIKE COURSE CLOSES

13:30 – 17:00
BIKE & BAGS CHECK-OUT OPEN
 Transition at De Bakke
 Beach Parking

+/- 16:00
RACE ENDS
 Finish Line Santos Beach,
 Mossel Bay

14:00 – 22:00
MERCHANDISE
 Bleu Lounge
 Diaz Hotel & Resort

17:30
SLOT ALLOCATION:
IRONMAN 70.3
WORLD CHAMPIONSHIP
 Pero Diaz Theatre
 Diaz Hotel & Resort

18:30
AWARDS CEREMONY
DOORS OPEN
 Marquee Tent
 Diaz Hotel & Resort

19:00
AWARDS CEREMONY
 Marquee Tent
 Diaz Hotel & Resort

MONDAY 20.11.2023

09:00 – 11:00
FINISHER T-SHIRT SWOP;
TIMING QUERIES;
LOST AND FOUND.
 Pero Diaz Theatre
 Diaz Hotel & Resort

09:00 – 11:00
MERCHANDISE
 Bleu Lounge
 Diaz Hotel & Resort



RACE DAY
EMERGENCY
NUMBER
 for the public

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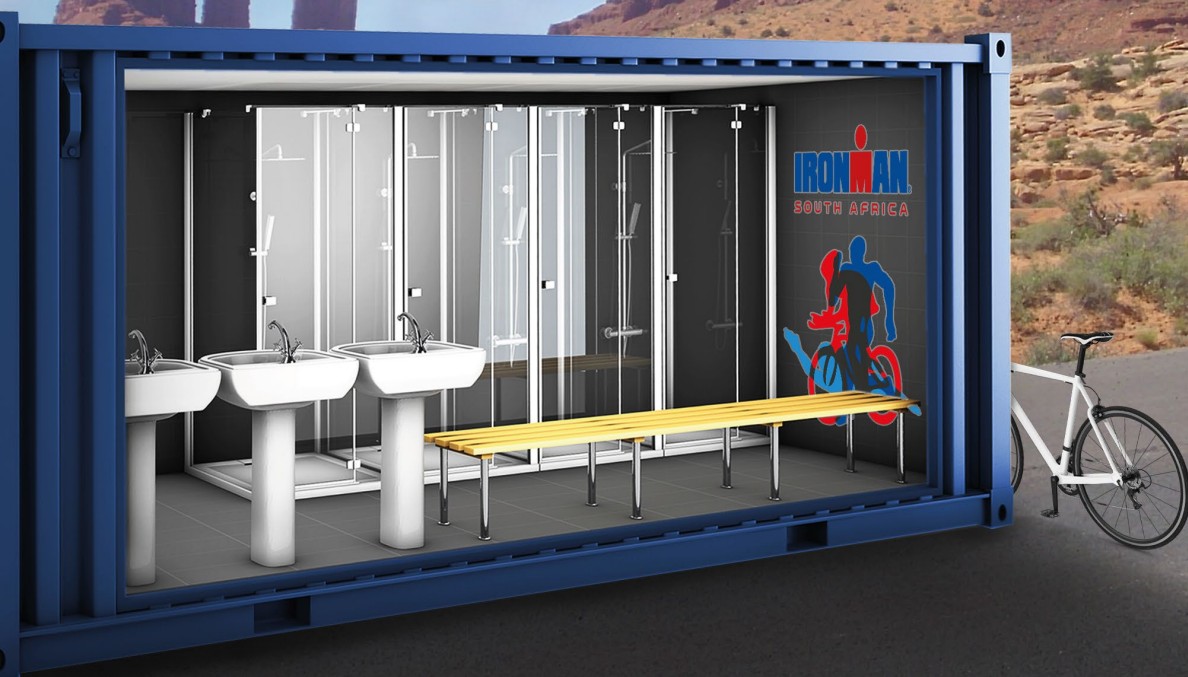
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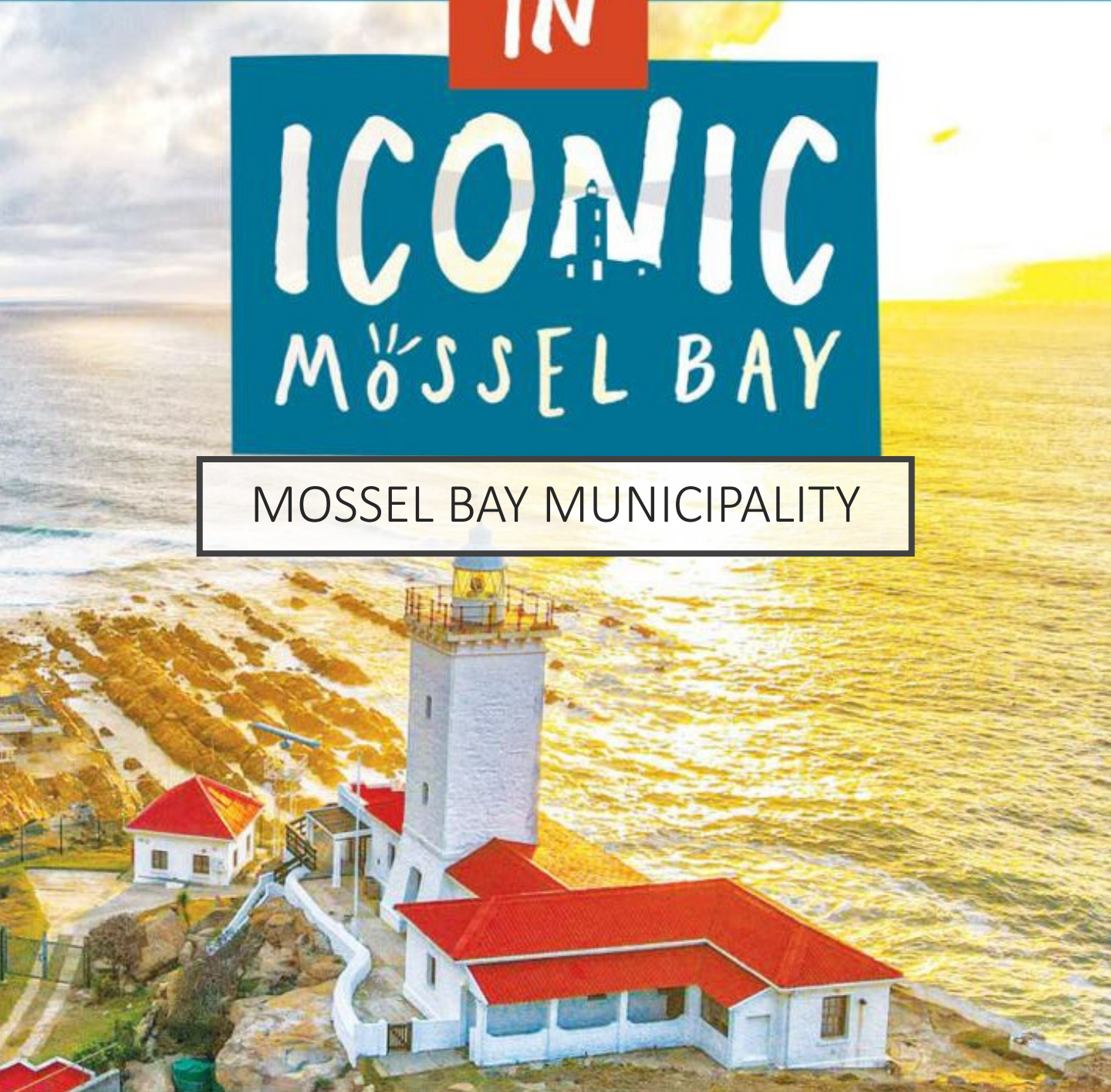


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IN

ICONIC
MOSSEL BAY

MOSSEL BAY MUNICIPALITY



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ISUZU
IRONMAN
70.3 MOSSEL BAY SOUTH AFRICA
AFRICA'S TRIATHLON CHAMPIONSHIP

PRE-RACE INFORMATION

RACE VENUE ORIENTATION

The ISUZU IRONMAN 70.3 Mossel bay is a unique experience offering:

- 4 days of IRONMAN Merchandise offerings (including Race Day)
- 3 days of IRONMAN Expo
- IRONMAN 70.3 Mossel Race Day
- IRONMAN 70.3 Awards Presentation.

We suggest you try and plan to stay for the duration of the full programme and take in the whole experience

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

The ISUZU IRONMAN 70.3 Race Village is located at Santos Beach Car Park in Mossel Bay.

RACE INFORMATION & RACE BRIEFING

A booth with an IRONMAN Staff member will be at the Expo venue for all race related queries, there will also be copies of the Athlete Race Guide and Race Briefing on site to view.

A pre-recorded Race Briefing will be streamed on our social media platforms on Wednesday, 15th of November 2023. Any questions can be posted on the comment section.

Questions can be submitted during the pre-recorded and live briefings and will be answered by an IRONMAN Staff member.



TRAINING

There are no official IRONMAN training sessions associated with the ISUZU IRONMAN 70.3 Mossel Bay event. Below are a few notes on public spaces where athletes can train.

SWIM TRAINING:

There are no "Official Swim Training" sessions. Lifesavers at Mossel Bay are only on duty during weekends and in the week during peak season.

We recommend swimming at Santos Beach, just off Munro Street. Swim on the inside of the bathing area marker buoys, parallel to the beach.

On the Saturday prior to the event, park off street on George Road, Munro Street or in the recreational harbour side and walk into Santos Beach. Please note that the Santos Beach public parking lot will be closed.

Do not swim the actual course as there is a rocky shore between the swim start and swim exit and do not swim up to the harbour wall and into the shipping lanes.

Please adhere to the directions and instructions of the lifesaving personnel and the rules on the beaches.

BIKE TRAINING:

There are ample roads to cycle on. However, no cycling is allowed on the N2 national road

We recommend:

Drive to Reed Valley on the R327 where you can leave your vehicle (1,4km from the N2 intersection with the R327). There is parking, toilets and restaurant facilities available. From here you can cycle on the bike course and beyond in the direction of Herbertsdale and/ or Jakkalsvlei.

Cycling from Mossel Bay town you can use the R102 coastal route towards George or the R328 towards Oudtshoorn. Please adhere to rules of the road and safe cycling practices.

- On race day, no recreational or commuter cyclists other than participants are allowed to cycle on any portion of the IRONMAN 70.3 Mossel bike or run course.

RUN TRAINING:

The actual IRONMAN 70.3 Mossel Bay run course is accessible to run on, bearing in mind that no road closures are in place. Please adhere to rules of the road and safe running practices.

PRE-RACE INFORMATION

ATHLETES REGISTRATION

Marquee Tent Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 – 12h30

Parking is limited outside the Diaz Hotel & Resort. Please don't bring trailers into the Diaz Hotel & Resort parking lots.

All Athletes must have registered by 12h30 on Saturday, 18th November 2023. No registrations will be possible after this.

To register, you will need an official government issued photo ID, passport, or driver's license.

TRIATHLON SOUTH AFRICA | Day License Fee

R120 per individual or per relay team. This is payable by all participants who are not members of Triathlon South Africa (TSA). Age group and professional athletes who are members of other triathlon federations in their home countries must also pay the day license fee.

This fee buys a one-day membership of TSA and is payable by Debit / Credit card (Visa / Master cards) ONLY. IRONMAN is the administrator of this compulsory fee in South Africa.

TSA memberships are only checked and verified against a list supplied by TSA.

BIOMETRICS

All first-time athletes will need to complete the Biometric process at registration. This includes:

- Photo
- Fingerprint
- Scanning of ID

PACK COLLECTION & INDEMNITY

At Registration you will receive the following in your race pack:

- Athlete accreditation wristband – must be worn for the duration of the event weekend
- Backpack
- Race Number (bib number)
- Safety pins
- Race Sticker Sheet
- Bike & Gear Check out card
- Official Swim Cap
- Transition Bags x3
 - WHITE – Streetwear bag
 - BLUE – Bike bag
 - RED – Run bag
- Timing Chip

Before leaving this registration point, all athletes will be required to sign a general waiver and a medical waiver for private hospital administration, if required.

RELAY TEAMS

Must have at least 2 members. Team Members can be substituted up to 10 days before race day.

Email: mosselbay70.3@ironman.com.

All team members must be 15 years or older for the swim and 18 years or older for the bike and run, on race day.

Each team member MUST sign the above-mentioned indemnity form at Registration and receive their athlete accreditation wristband. Race packs & Timing Chips will NOT be handed out unless each team member has signed the respective indemnity forms, if a team member is Under 18 years of age, a parent/guardian must sign for them, that team member must still be in attendance to receive their athlete wristband for fitment.

TIMING CHIPS

Timing Chips must be collected and scanned at the timing table in Registration. You must confirm that your timing chip correlate with your race number and your name.



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1

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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



PRE-RACE INFORMATION

EXPO

Pero Diaz Theatre Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 - 14h00

The event Expo will showcase various items and services related to triathlon gear and equipment, as well as a broader range of fitness and lifestyle items is open to both athletes and the public.

IRONMAN BIKE WORKSHOP

Bleu Lounge Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 - 12h30

Johnnie Koen Cycles and Monties Cycles will have a mechanical bike shop in the Bleu Lounge of Diaz Hotel and Resort. (right opposite Expo).

Fees will be charged for services and bike build rendered. They will stock a variety of bike shop items, including helmets.

On Saturday during Bike & Gear Check-in at Transition, Bike Maintenance will be available for your assistance for minor adjustments only.

To pre-book services, you can contact:

Johnny Koen Cycles

jkoen@mweb.co.za 0835648274

[Johnnie Koen Cycles | Mossel Bay](#) (on Facebook)
Cnr of Louis Fourie & Industry Road, Voorbaai,
Mossel Bay

Monties Cycles

info@montiescycles.co.za 082 922 5381

<https://www.montiescycles.co.za/>

62 Marsh Street, Mossel Bay

IRONMAN MERCHANDISE

Marquee Tent Diaz Hotel & Resort

Thursday	:	14h00 – 18h00
Friday	:	09h00 - 18h30
Saturday	:	08h00 – 12h30
Sunday	:	14h00 – 22h00
Monday	:	09h00 - 11h00

The IRONMAN Merchandise offers a superb selection of ISUZU IRONMAN 70.3 Mossel Bay items as well as a range of triathlon gear and wetsuits from its partner brands. Merchandise is open to both athletes and the public. www.ironmanstore.co.za

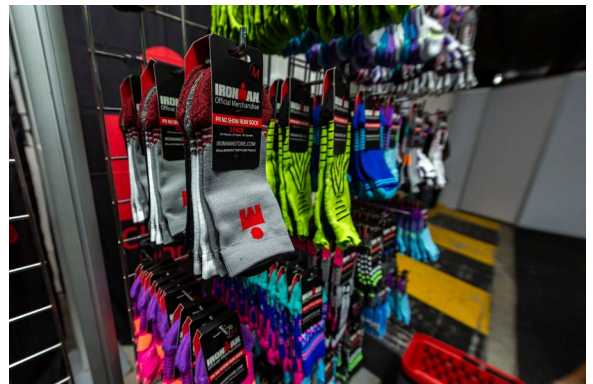
IRONMAN 4 THE KIDZ

IRONMAN 4 the Kidz Charity raises funds annually, to make a tangible difference in the lives of kids in need.

You can become a member of Team Orange or just donate to the cause by visiting : <https://www.ironman4thekidz.co.za>

At Registration, Charity Athletes can :

- Collect Charity race packs
- Query and obtain information pertaining to how sponsors and athletes can get involved
- Query and obtain information pertaining to the supported charities
- Purchase of IM4Kidz promo items



PRE-RACE INFORMATION

INDIVIDUALS RACE KIT

Road, Tri Bikes, mountain bikes and disk brakes are allowed. No recumbent bikes and fairings add on devices designed exclusively to reduce resistance are allowed. Equipment will be subject to a final determination of legality by the Race Director and/or Chief Referee.

Your Race Bib number must be in your Bike Bag in Transition with your cycling gear (with safety pins from the registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

Your packed and numbered Bike and Run bags, must be checked in and hung onto their respective racks on Saturday. You will then have access to these bags on race morning.

All athletes MUST have the supplied race number 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 in the tables for guidance.

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


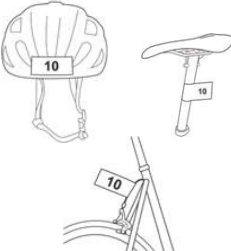

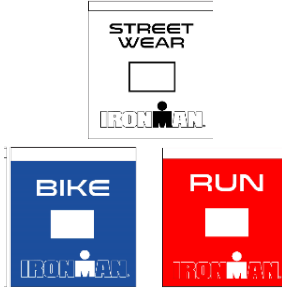


Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

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.

No-one will be allowed into Transition when check-in closes.

It is illegal to interfere (including remove, swap, steal & / or tamper) with another athlete's equipment / nutrition in the Transition area (including during Bike Check – Out) : this is a serious offense and may lead to your disqualification.

Overnight security is provided in Transition.

ITEM	IMAGE
<p>Race Bib Number</p> <p>Medical & Next of Kin info to be filled out on the back</p> <p>Worn on your back during the Bike & on your front during the run.</p> <p>Used to check your bike & Gear out of Transition</p>	 <p>The image shows a red race bib with the number 500 in white. Below the number is a section titled 'RACE ENTRANT INFORMATION' with fields for Name, Race Number, Date of Birth, Sex, Height, Weight, and Club. There is also a section for 'MEDICAL & NEXT OF KIN INFO'.</p>
<p>Sticker Sheet</p> <p>Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags</p>	 <p>The image shows three examples of identification stickers with the number 10. One is on a white helmet, one is on a silver seat post, and one is on a black bike frame.</p>
<p>Athlete Wristband</p> <p>Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas" and must be worn for the awards banquet</p>	 <p>The image shows a yellow wristband with a black and white icon of a person and the number 0001.</p>
<p>Transition Bags</p> <p>Streetwear : Post race casual clothes / shoes</p> <p>Bike : Pack all cycling clothing, helmet & shoes if not on your bike in this bag</p> <p>Run : Running gear should be packed into this bag</p>	 <p>The image shows three bags: a white 'STREET WEAR' bag, a blue 'BIKE' bag, and a red 'RUN' bag, all with the Ironman logo.</p>
<p>Bike Check out Card</p> <p>Used by family / friends if athlete cannot check-out their own bike: athletes race bib number and check out card to be supplied.</p>	 <p>The image shows a white card with the Ironman logo and the text 'BIKE CHECK OUT CARD'. It contains instructions for family/friends to check out the athlete's bike and return it to the athlete's name.</p>
<p>Official Swim Cap</p> <p>All Athletes must wear the official event swim cap supplied.</p>	 <p>The image shows two swim caps: a pink one with the Ironman logo and a white one with the ROKA logo.</p>

PRE-RACE INFORMATION

RELAY TEAM RACE KIT

Your Race Bib number must be in your Bike Bag with your cycling gear (with safety pins from registration pack or athletes own race belt). This is to be worn during the bike and run leg of the race only.

The team cyclist's bike bag must be checked in and hung on the correct transition bag rack. This bag can be accessed on race morning.

All athletes MUST have the supplied race number 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 in the tables for guidance:

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

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.

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

It is illegal to interfere (including remove, swop, steal & / or tamper) with another athlete's equipment / nutrition in the Transition area (including during Bike Check – Out) : this is a serious offense and may lead to your disqualification.

Overnight security is provided in the Transition Area.

Additionally, refer to Athlete Relay Guide on the website.

ITEM	IMAGE
<p>Race Bib Number</p> <p>Medical & Next of Kin info to be filled out on the back</p> <p>Worn on your back during the Bike & on your front during the run.</p> <p>Used to check your bike & Gear out of Transition</p>	
<p>Sticker Sheet</p> <p>Identification stickers to be placed on the Bikes Seat Post or Rear Stay, Athletes Helmet and transition bags</p>	
<p>Athlete Wristband</p> <p>Wristband must be worn at all times as this will be your entry to "athlete only, restricted areas" and must be worn for the awards banquet</p>	
<p>Transition Bags</p> <p>Streetwear : Post race casual clothes / shoes</p> <p>Bike : Pack all cycling clothing, helmet & shoes if not on your bike in this bag</p> <p>Run : Running gear should be packed into this bag</p>	
<p>Bike Check out Card</p> <p>Used by family / friend if athlete cannot check-out their own bike: athletes race bib number and check out card to be supplied.</p>	
<p>Official Swim Cap</p> <p>All Athletes must wear the official event swim cap supplied. Relay Team swimmers will have a different colour cap to individual athletes</p>	

BIKE & GEAR CHECK IN

BIKE & BAG CHECK IN

ORIENTATION:

The ISUZU IRONMAN 70.3 Mossel Bay transition area is located at De Bakke on the beach car park. This is where you will transition from Swim to Bike (T1) and from Bike to Run (T2). All athletes must check in both the transition run and bike bags (with bicycle helmet) into transition the day prior to the event.

Enter Transition on the Santos Beach side. Rack your bike, hang your bike and run bags on their respective points and leave transition via the run-out gate. Once transition closes you will only have access to your Bike & Gear Bags on race morning prior to the event.

CHECK IN NOTES:

SATURDAY, 18 November 2023 : 14h00 – 17h00

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just outside Transition for minor adjustments.

Referees will do a once over bike and helmet-check at the entrance into Transition. Wear your helmet in line to speed up the process.

Once inside transition your bike must be racked according to the athlete race number, either by its seat tip or by its brake levers, which ever position allows for a wheel to be on the ground. Bear in mind most of the bike must be on the athlete's approach side of the rack.

The bike and run bags for T1 and T2 must be hung on the correct rack set and on the athlete race number. Both bags must contain your respective bike and run gear.

Athletes will have access to their bikes and transition bags on race morning within the allocated time slot.

Orientate yourself with the position of your bags and bike in relation the swim entrance/ bike exit (T1) and bike entrance/ run exit (T2).

No access will be allowed into transition after closure on Saturday and before opening on Sunday morning.



ATHLETE SHUTTLES & PARKING



ATHLETE PARKING

We have arranged parking in the camp site between the transition at De Bakke and the swim start/finish line at Santos. The following rules apply:

Access is only available between 04:30-06:15 with parking disc sticker, which you receive when you complete your athlete registration at the Diaz Hotel

The only access point to this parking is from Louis Fourie Road, into George Road. Use Louis Fourie Road from either side to get to this point. (From Central and Point access Louis Fourie from Marsh Street)

NO VEHICLE MAY PARK ON GEORGE ROAD, or anywhere outside the official parking area. They will be towed.

Once parked vehicles must remain parked here until 13:30.

After 13:30 vehicles will be allowed to leave via Garret Street followed by a right turn onto George Road towards Louis Fourie Road. At Louis Fourie Road vehicles may turn in both directions as the bike course road closure will be open.

From 17:00 the remainder of George Road and Munro Street will be open for traffic.

No Parking Zones: (tow away zones)

- George Road
- Garret Street
- Munro Street
- Santos Beach car park (off Munro Street)
- Beacon Point car park (off Bland Street)

PRE-RACE SHUTTLES

On race morning the official athlete shuttle buses will run between 04:30-06:15 from the following two points to transition at De Bakke:

- (1) From the Diaz Hotel and Resort car park on the Beach East Boulevard side to the transition area at De Bakke.
- (2) From The Point Hotel car park via Marsh Street, to the transition at De Bakke. The on-route pick-up points on Marsh Street are at (a) c/o Marsh and Beach Street, (b) Mossel Bay Post Office (c/o Marsh & Mitchell) & (c) c/o Marsh and Church street and (d) Marsh Street offramp onto Louis Fourie Road (north/ De Bakke bound)

Note that these shuttles are for athletes only.

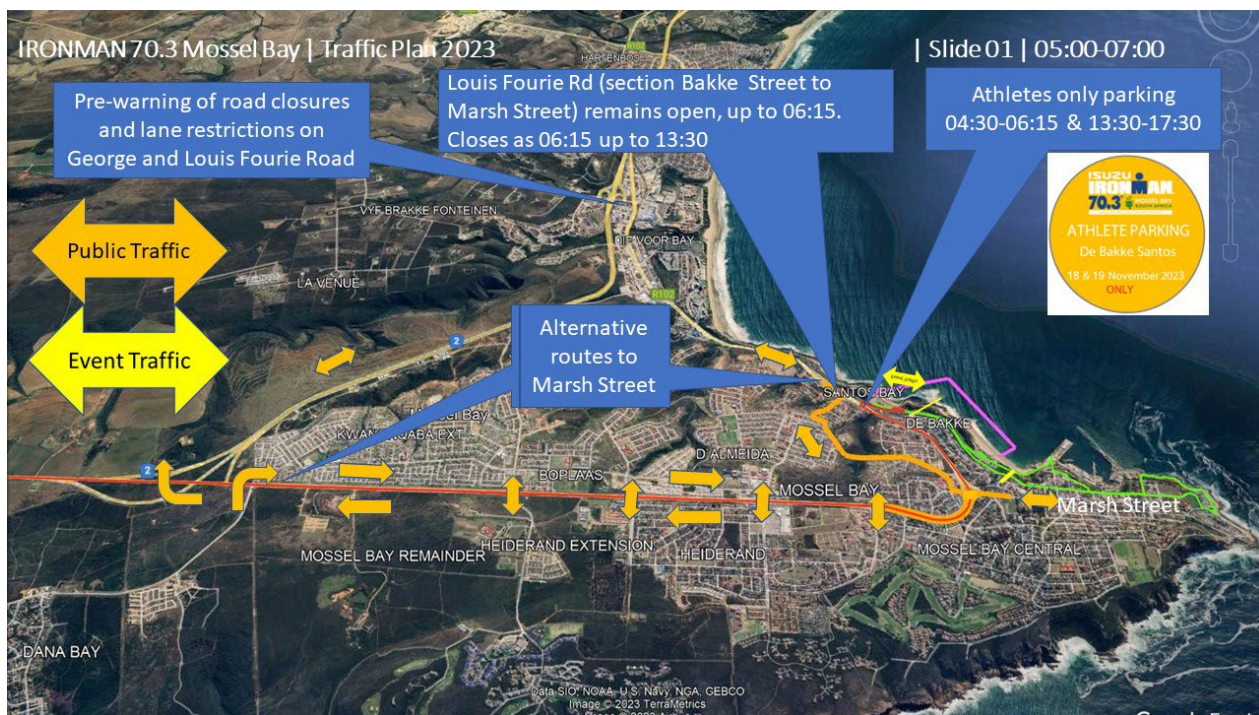


ATHLETE PARKING



ATHLETE PARKING - Sticker


Use it! Its critical for the flow of traffic into the De Bakke Santos athlete car park on race morning that you fix the parking sticker to the top righthand corner of your wind screen. Failing to do so will delay your progress and that of everyone behind you. Don't be that person.



Traffic flow: 

The Orange lines and arrows shows public traffic flow adjacent to, over and around the bike course closures and lane restrictions.

The key take away for participating athletes is that they can only access George Road from the Louis Fourie Road intersection up to 06:15, using the yellow parking sticker

Bike course: 
Run course: 

The red line shows the bike course. Take note that up to 06:15 athletes who are driving to the event from Central and Point must access Louis Fourie Road from the MARSH STREET bridge. At 06:15, when transition closes, this road portion will close too. The alternative route is via Da Nova and d'Almeida suburbs to Bakke Street.

At 13:30 the entire bike course closures will be open to traffic.

The run course closures, shown in green will be lifted at 16:30.

RACE DAY INFORMATION

RACE MORNING PROCEDURE

TRANSITION 1 : 04h30 – 06h15

Enter transition on race morning from the run-out chute on Garret Road.

Athletes will have access to their bike and transition bags during this time for final checks and adjustments.

Once you have completed the pre-race transition visit, you must make your way to the swim start.

Bear in mind that transition is 800m from the swim start so plan your times accordingly.

When you exit the transition area to head to the swim start, you will hang your streetwear bags on the streetwear racks according to your race number.

The race organisers do not accept responsibility for any valuable items in Transition Bags/Bikes.

IRONMAN will have pumps available in Transition for athletes to use, please do not bring your own pumps. Should you bring your own pump, ensure it is labelled (name, race number & telephone number) and place it in the area provided, in Transition. No pumps may be stored in Transition or Streetwear bags.

Athletes with critical aids such as prescription spectacles and hearing aids can leave them at a designated table in transition as they head off to the Swim Start. Please write your name, race number & telephone number on the envelope provided for these items.

There are toilets located at the following areas:

- Garret Street opposite the De Bakke Santos office building
- Inside Transition next to the change tent.
- Block 4 and Block 5 ablution inside De Bakke Santos campsite, utilised for athlete parking.
- Additional municipal ablution facilities are available in the building below transition on the De Bakke Beach.

BIKE MAINTENANCE

A "Bike Maintenance" area will be available just outside Transition. This is for minor adjustments only. A bike mechanic will be present here up to 08:45

STREETWEAR BAG DROP

The streetwear bag is for clothes you will be wearing just before the race start and after you completed the race. Should you drop out during the race, this is also the first bag you will have access to, so pack it wisely.

Once you exit transition walk to the Swim Start at Santos Beach via the camp site. When you get there, place the items you are wearing (including slops/sandals/warm clothing for the end, etc.) into your Streetwear Bag.

Athletes will hang their own streetwear bags in the IRONMAN Village at Santos Beach Car Park on the racks according to their race numbers.

You can collect this bag any time, upon completion or withdrawal from the race. These bags must be collected by 17h00. Bags not collected will be taken to the Diaz Hotel Pero Diaz Theatre and will be available between 09:00 and 11:00 on Monday morning.

IRONMAN does not accept responsibility for any valuable items left in your Streetwear or Transition bags.



RACE DAY INFORMATION

DROP OUT PROCEDURE

DROP-OUT CLERKS

The drop out clerks are at the following points:

- At the Medical Pods on the beach at Swim Start / Exit.
- The tent outside Transition
- Information/Drop Out tent in IRONMAN Village, adjacent to the finish line.

The following is of critical importance: Any athlete who drops out from the event for any reason must be recorded.

PRE-RACE & DURING THE SWIM

Athletes who have checked a bike into transition and then drop out before or during the swim portion must report to the Drop Out Clerks in pale blue bibs on the beach. They are at the swim start and swim exit points, within close proximity to the Medical Flags. This is of critical importance for the swim clear procedure towards the end of the swim.

BIKE

See SAG system described under BIKE COURSE, but in short: athletes who drop out during the bike portion of the event must either make their way to one of the "SAG" vehicles along the course or wait to be picked up by the sweep team. Once back at the IRONMAN Village, you will still need to report to the drop out tent.

RUN

Athletes who withdraw from the race will have to report to the info/ drop out tent located at the finish line.

AFTER DROPPING OUT

Athletes who withdraw from the race will have immediate access to their Streetwear Bags at the IRONMAN Village at Santos Beach. They will only have access to their Transition gear during the official bike check out times from 13h30 – 16h45.

Bibs worn for identification purposes by Drop Out Clerks:

They will:

- Record your race number.
- Take a photo of you.
- Update your status on a Timing App.





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RACE DAY INFORMATION

COURSE INFORMATION

SWIM COURSE – 1.9km

Cut off : 1 hour 10 mins from each athlete's individual start time.

(Please keep in mind that the transition area and the swim start point is 850m apart. Plan the walk time to the swim start accordingly).

The ISUZU IRONMAN 70.3 Mossel Bay swim start consists three different start times dedicated to Pro Men; Pro Women and an Age Group roll start followed by team athletes.

Athletes will swim a full 1.9km course in the ocean with the swim start at Santos Beach and the exit at de Bakke Beach. There are two red turn buoys which athletes must pass on their left. The yellow buoys are "guider buoys" and can be passed at either side.

All athletes must wear the IRONMAN supplied official swim cap. Additional swim caps are available at the swim holding area, just before the Swim Start.

Swim goggles, may be used if required.

START PROCEDURE

Pro Men will start at 06:30 as a batch.

Pro Women will start at 06:35 as a batch

The Age Group will start at 06:45 in a rolling format. Ten athletes will be released every 10 seconds to start the swim.

Age Group athletes must ensure that they seed themselves according to their realistic swim times: Look out for the respective boards indicating: 25min; 30min; 40min; 50min; 60+ min swim time markers. Getting this right enhances everybody's swim experience.

The Relay Teams with unique colour swim caps will follow the last Age Group athletes into the water, as a continuation of the same format.

Your race time starts when YOU cross the swim start mat and will determine your respective cut off times for the swim, bike and run portions

There is NO access to the sea or a swim warm-up area : do a land-based warm-up. Please ensure that you read the IRONMAN Swim Smart program:

<https://www.ironman.com/swim-smart>

WETSUIT RULING

The average water temperature in Mossel Bay in November is 19.1° Celsius / 66.4°Fahrenheit, which under normal conditions makes it a wetsuit optional swim for both Age Group and Pro athletes

The maximum surf temperature which has been recorded in Mossel Bay is: 20.8°C (68.1°F) and the minimum: 17.5°C (64.8°F).

Wetsuits will be compulsory if the water temperature is below 16°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

<https://www.ironman.com/competition-rules>

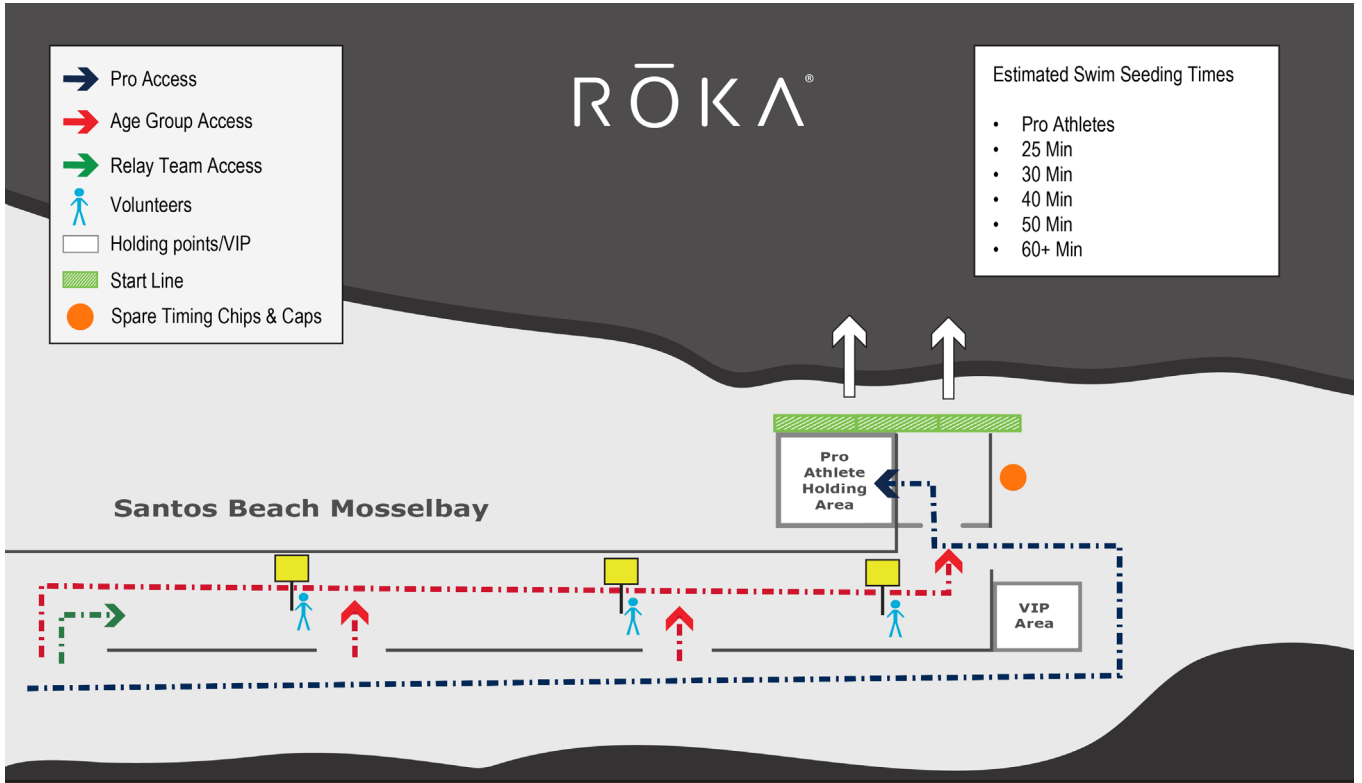
Ensure your Timing Belt and Chip are secured to your LEFT ankle. Replacement timing chips + chip belts may be collected from the final holding area, before entering the sea at the Swim Start.

Personal items such as prescription spectacles, hearing aids required at the exit of the swim can be left on the table at the swim entrance into the transition area between 05:00 and 06:15.



RACE DAY INFORMATION

SWIM HOLDING AREA



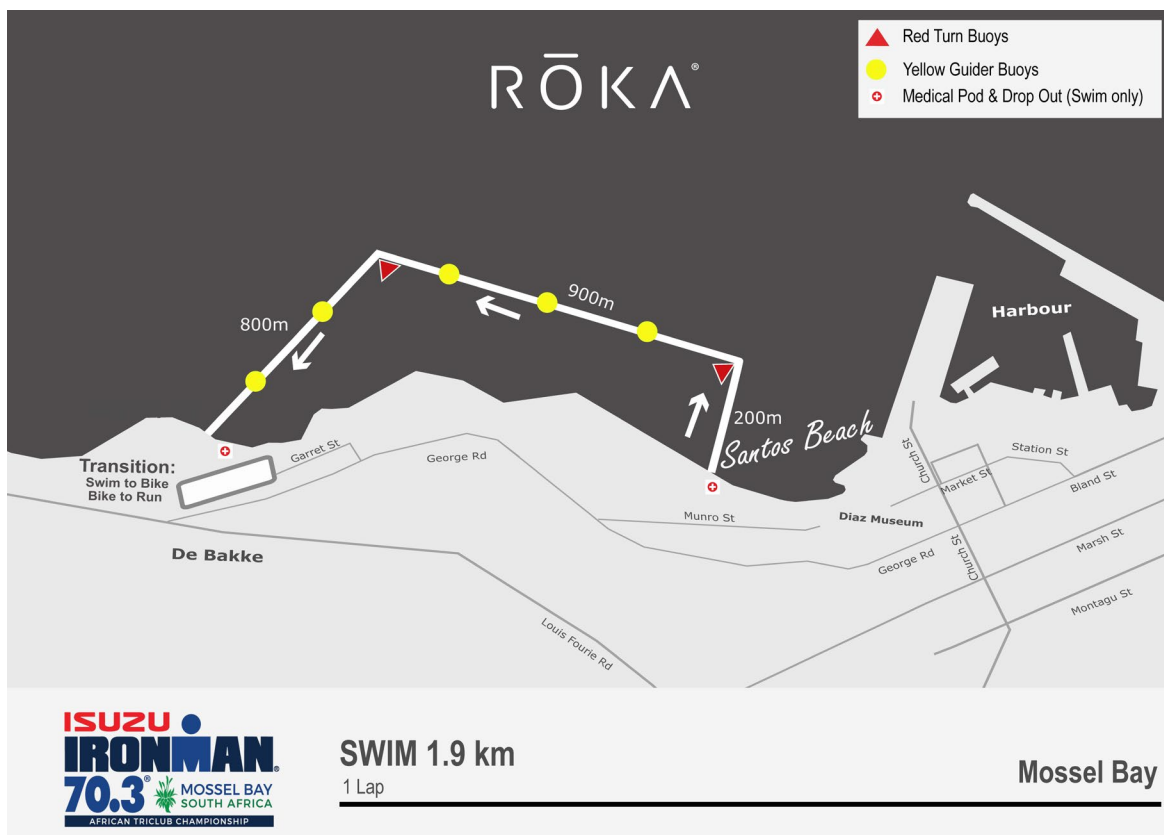
SWIM 1.9 km
1 Lap

Mossel Bay



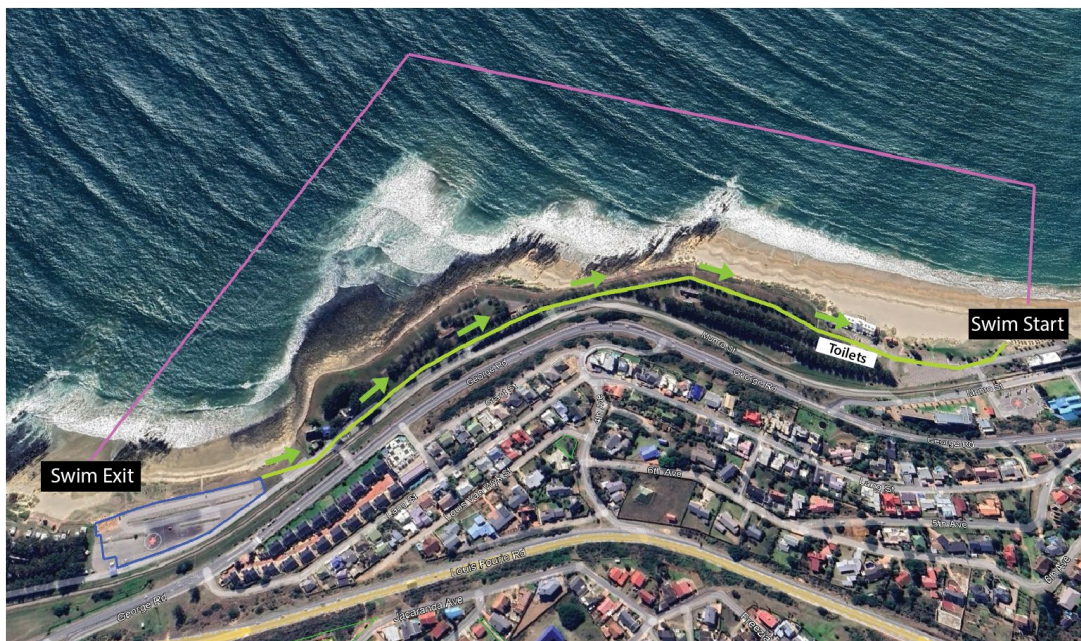
RACE DAY INFORMATION

ISUZU IRONMAN 70.3 MOSSEL BAY: ROKA SWIM COURSE



To view the course maps online click here: <https://www.ironman.com/im703-mossel-bay-course>

Pathway from the Transition to the Swim Start:



RACE DAY INFORMATION

COURSE INFORMATION

TRANSITION 1 : Swim - Bike

Athletes may strip the top of their wetsuits down to their waists as they run up from the beach into T1. Collect your bike bag before moving on to the change mats where you can change gear.

Please be aware of your timing chip as you strip your wetsuit. Should it be missing - first check in your wetsuit, before acquiring a new one from the timing volunteers.

Medical facilities are available to athletes in Transition. There will be no sunscreen supplied by IRONMAN, please ensure that you bring and apply your own sunscreen before leaving Transition.

Place all your swim gear including your WETSUIT into your Bike Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag.

Tie the bag closed and drop off in the "Bag Drop" zone just outside the tent/change area. (These will be re-hung on the bag racks for collection during bike check-out.

Ensure that your race bib number is facing backwards (either on your race belt or pinned to the back of your cycling top – we recommend the use of a race belt, as the race bib must face forward during the run)

Ensure your helmet is on your head and the chin strap is securely fastened before handling your bike.

From here, PUSH your bike to the exit of T1 over the Mount Line.

Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition after crossing the mount line.

If your shoes are not clipped into your pedals on your bike, you MUST put them on when changing and run in your cycling shoes. Athletes will be penalised for attempting to put cycling shoes on at the Mount Line.

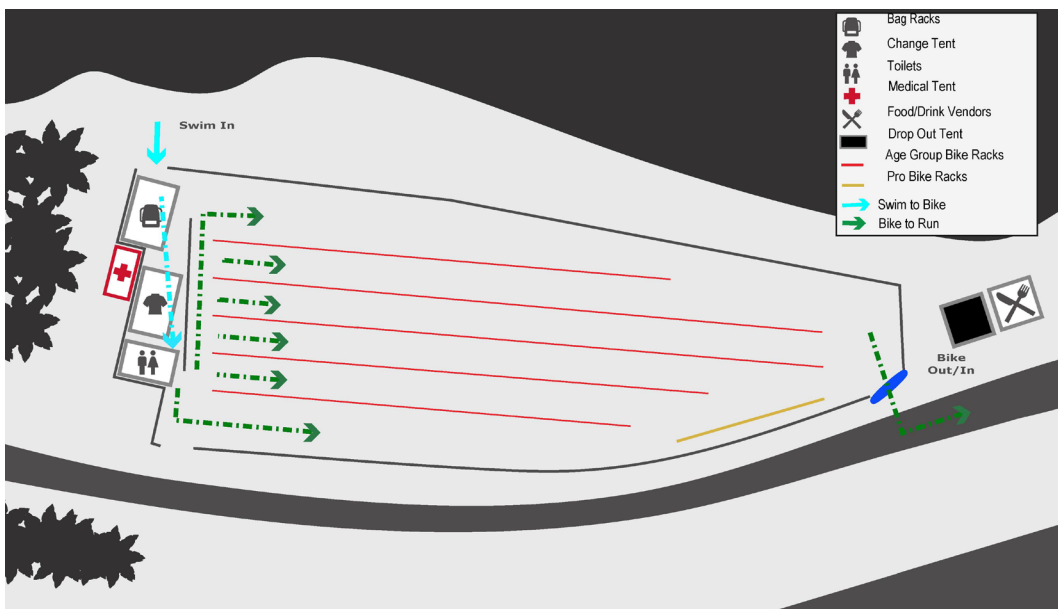
Athletes must wear their bike helmets with the chin straps clipped at all times. This regulation is in place from the moment before you handle your bike in T1 [Swim to Bike] until the moment after you have racked your bike in T2 [Bike to Run] or, in some cases, handed it over to a volunteer. A violation of this rule will result in disqualification.

A Bike Maintenance Mechanic will remain in Transition until the last athlete has left transition.

Transition will close 10 minutes after the last athlete entered from the swim course. All athletes in T1 must leave for the bike course within this timeframe.

The time spent in Transition is included in your TOTAL race time.

TEAM RELAY PROCEDURE : The team biker must wait in the team holding area on the lawn terraces between the beach and Transition. The biker must fix the chip to their left ankle before commencing through transition onto the bike course.



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RACE DAY INFORMATION

COURSE INFORMATION

BIKE COURSE – 90.1KM

Cut off : 5 hours 30 mins from each athlete's individual start time.

The ISUZU IRONMAN 70.3 Mossel Bay bike course of 90km (56miles) consists of one lap, out and back towards Herbertsdale in a non-drafting format . It's a challenging bike course with 1078m of climbing.

It is very important to understand the lane use and course flow on this route.

The bike course flows in the same lanes as the normal directional traffic. Cyclists must ride in their dedicated cycling lane and always ride on the left-hand side of the cycling lane, passing on the right.

COURSE DESCRIPTION:

Athletes will exit T1 with a right turn onto George Road, followed by a left onto Louis Fourie Road.

From the Marsh Street bridge, onwards to the N2/R327 intersection, cyclists will be on the inner lane on the out and back sections. There are 5 cross over points in Louis Fourie Road in Mossel Bay. These points are managed by traffic officials with the assistance of volunteer marshals. Athletes have right of way, but please be alert and aware off the surroundings when approaching these points.

At the N2 east bound (George) on ramp, just before you get to the actual N2 there is a one directional cross over point. For 50m prior to this point the cycling lane will narrow to single file cycling with no room for passing, to accommodate a second right turn vehicle lane. This portion is a no pass zone. Sit upright from your tri bars. Once this intersection has been passed, athletes can go back to normal race mode.

At the R327 athletes will turn right towards Herbertsdale. This is a cross over point for vehicles traveling eastbound on the N2. Athletes have right of way, but please be alert and aware off the surroundings when approaching these points.

The R327 course portion has a single lane in each direction. There are sharp turns and steep descends on the R327 course portion. DO NOT cross the centre line. Stick to the left of your cycling lane and pass on the right.

The dedicated cycling lanes are:

- The right lane or inner lane on the dual carriage way portion of the Louis Fourie Road (R102) and the N2. Event service vehicles and event motorbikes will be on the outer lane. The outer lane is open to traffic.
- The left of the lane on the single carriage of the R327. Emergency service vehicles (only in the case of an emergency) and event motorbikes will be in the middle of the road. This road is closed to the public.

There are kilometer marking boards every 10km of the bike course.

SAG (SUPPORT AND GEAR)

There are dedicated IRONMAN "SAG" vehicles with trailers on the course to collect athletes who drop out. These vehicles will return with athletes and their gear to transition at the closure of the bike course, or earlier, depending on operational requirements. The SAG volunteer will record and post the athletes race number & photo for recording purposes .

- SAG Point 1: Turn around point (Peach Grove/R327 intersection outside the farm Uitkyk).
Time of day cut off at 11:00
- SAG Point 2: R327/Kleinberg Rd intersection at aid station 1/3
- SAG Point 3: Reed Valley on the R327 (1,5km from the N2 intersection).
Time of day cut off at 12:30

Bicycles must be returned to Transition and will only be available during the normal Bike & Gear Check-out process.

PENALTY TENTS:

The penalty tents on the bike course are located at the following locations.

Penalty tent 1: on the R327 turn around at Uitkyk farm, halfway into the bike course

Penalty tent 2: Transition just before the dismount line on Garret Road, at the end of the bike course.

All penalties received on the Bike Course MUST be sat at the very next penalty tent you pass. Outbound penalties at the turn around point penalty tent and inbound at the penalty tent just prior to the dismount line, outside transition.

RACE DAY INFORMATION

COURSE INFORMATION

BIKE MECHANICS:

There are three static bike mechanics on course. They wear "Bike Maintenance" bibs.

Bike Mechanic Static Point 1: on the R327/ in front of Reed Valley (1,5km from the N2 intersection).

Bike Mechanic Static Point 2: on the R327/ Kleinberg road intersection (at Aid station 1/3).

Bike Mechanic Static Point 3: at the R327 turn around point at Uitkyk farm.

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number. Payment is post-event via an emailed invoice to the athlete.

Each Bike Aid Station carries the following stock for athlete's use at the Aid Station: (may not be taken for stock).

- 10 x 700 C road bike tubes
- 1 x set of tire levers
- 1 x pump

There are no spare wheels on the course.

AID STATIONS:

There are two aid stations on the bike course which athletes will pass three times.

Aid Station 1&3: Located at the R327/ Kleinberg road intersection (22,4km and 66.5km).

Aid Station 2: Located at the R327 Road turn around point at the Uitkyk farm at 45km.

The Litter Zones for athletes is 100m either side of the Bike Aid Stations.

Outside assistance is not permitted. (see <https://www.ironman.com/competition-rules>)

BIKES:

Recommended Gearing: 52/38 on the front chain rings and 12/25 on the back cluster.

Wheels: Deep sections, discs and bladed wheels are suitable for this course. Depending on the wind speed and wind direction, some athletes may struggle with a solid disc wheel.

See <https://www.ironman.com/competition-rules> on more details related to bicycles.

GEOGRAPHY:

Total elevation: 1283m. the bike course starts at 8m above sea level and the highest point on this bike course is 338m.

The average maximum temperature in November is 22°C with an average of 5 days with rain. Mossel Bay boasts 320 sunny days per year.



RACE DAY INFORMATION

COURSE INFORMATION

BIKE COURSE – Lane use:

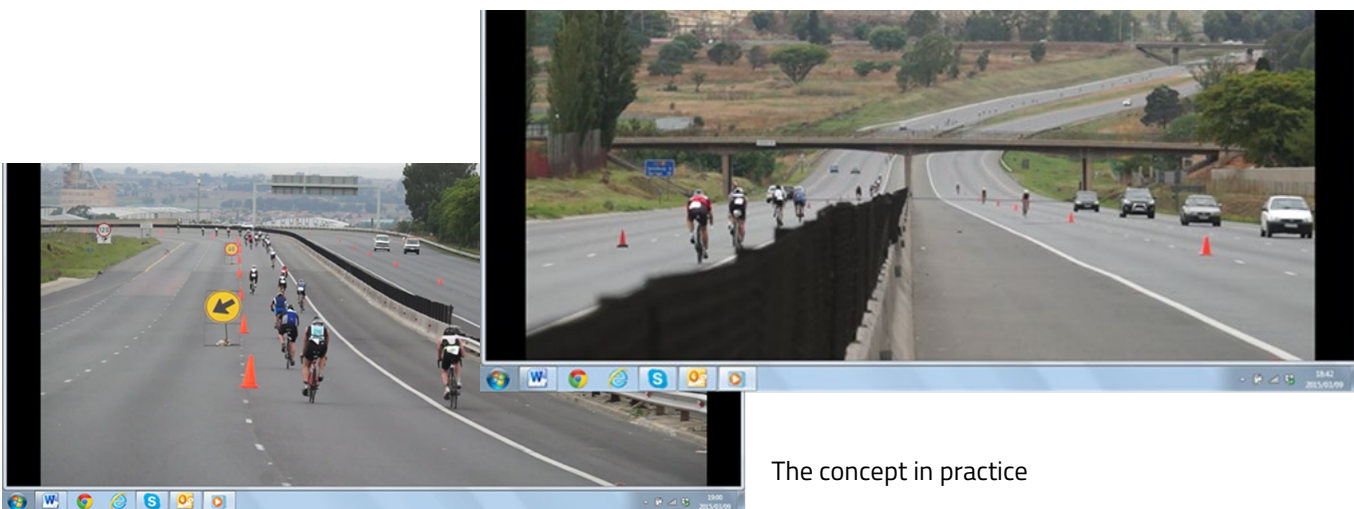
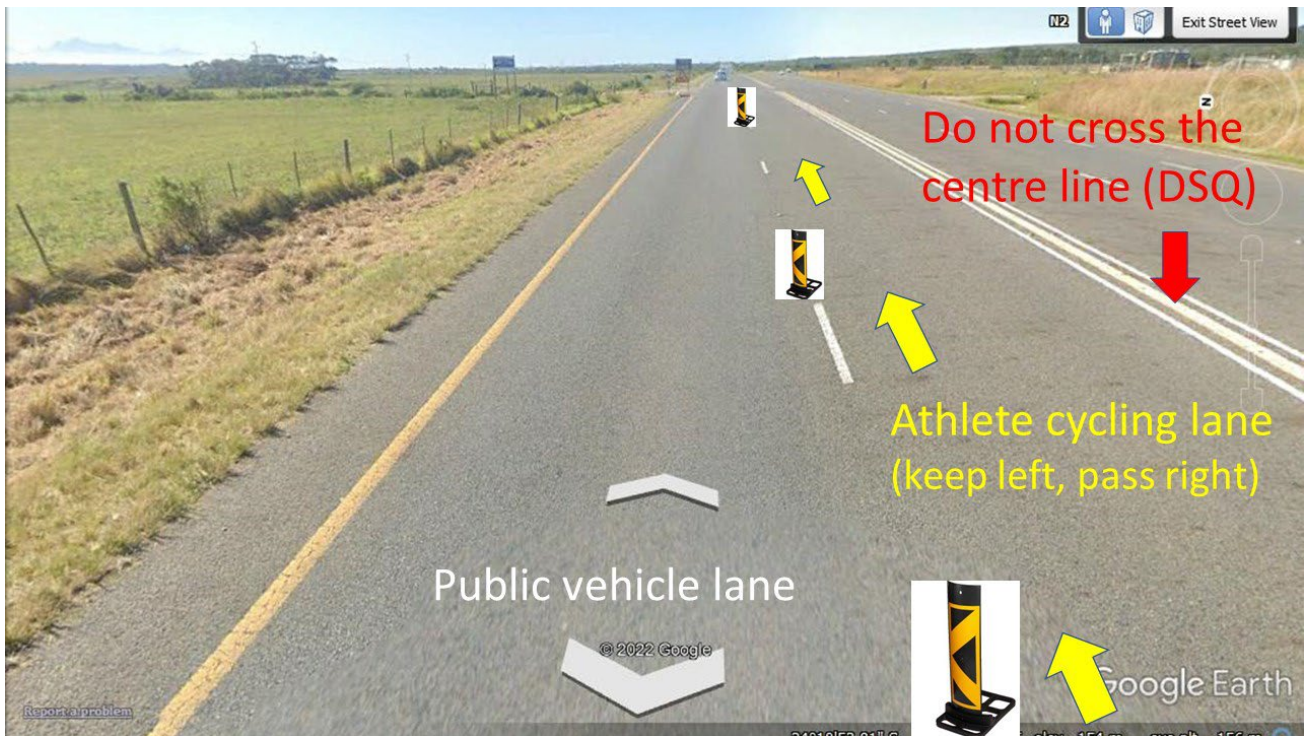
It is very important to understand the lane use and course flow on this route.

The bike course flows on the same lanes as the normal directional traffic. On the Louis Fourie Road (R102) portion and N2 portion the cycling lane is on the inner lane, while the public will use the outer lane.

Cyclists must ride in their dedicated cycling lane and always ride on the left-hand side of the cycling lane, passing on the right.

Delineators, together with road signage will mark the bike lane from the public lane.

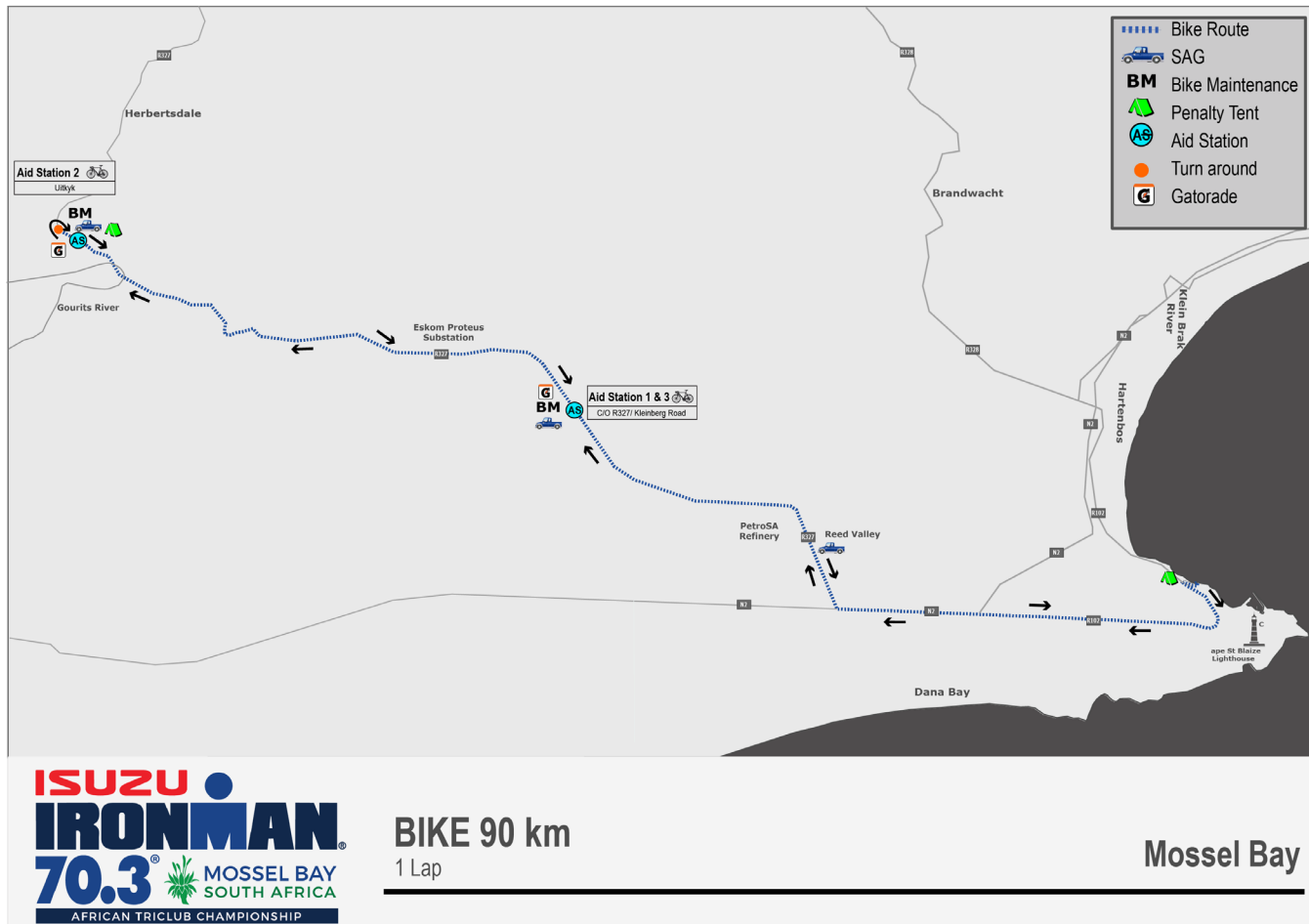
You may not cross the centre line of the road. The immediate oncoming lane will be used by returning athletes from the turn around point



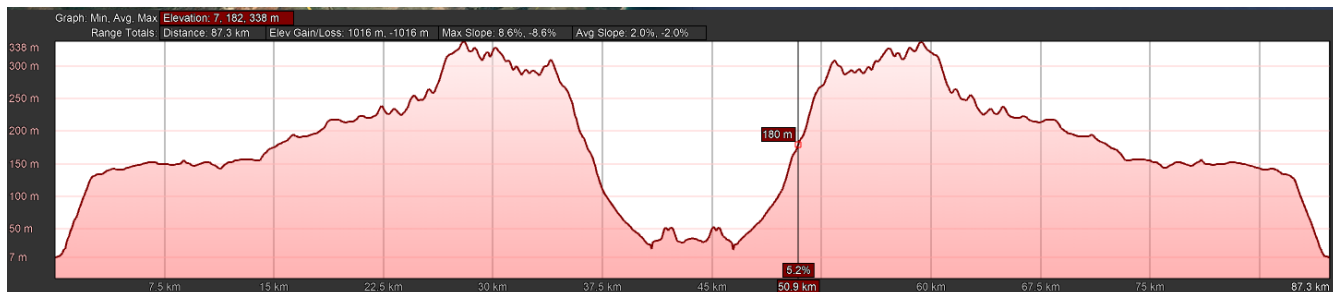
The concept in practice

RACE DAY INFORMATION

ISUZU IRONMAN 70.3 MOSSEL BAY : BIKE COURSE



To view the course maps online click here: <https://www.ironman.com/jm703-mossel-bay-course>



RACE DAY INFORMATION

COURSE INFORMATION

TRANSITION 2 : Bike – Run

Athletes must dismount their bikes before the dismount line. Race referees will be present at the dismount line to assist.

Athletes must either run into Transition wearing their cycling shoes or leave them clipped on to the bike. You may not take your cycling shoes off your feet and clip them onto your bike once you have dismounted, as you block up the flow of other athletes.

You will self-rack your bike back in its original position, according to your race number. From here you will proceed to your run bag along the designated flow.

Changing may only take place on the mats provided or in the tent and not in the bag rack area.

The athletes race bib number must face forward for the run portion. This is important, not only for identification purposes but also for race photos on the run leg.

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.

Athletes must tie their bag closed and drop it off in the "Bag Drop" zone just outside the change area.

Continue through the demarcated route in Transition to exit to the run course.

Transition will close to all athletes 10 minutes after the last athlete has entered from the bike to change for the run.

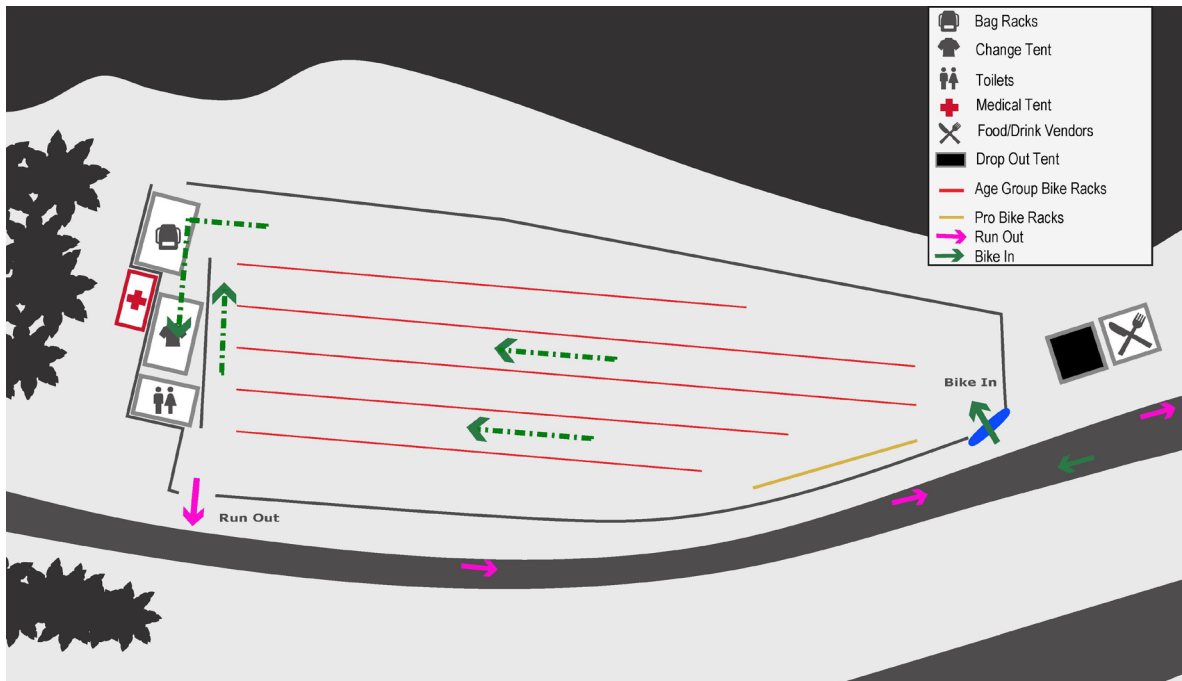
Your transition time is included in your TOTAL race time.

Medical facilities are available to athletes in Transition.

RELAY TEAMS

The Team Relay Runner must wait in the holding area outside the Run Out transition gate. The Team cyclist will run through transition exactly like the individuals and hand over the timing chip to the Relay Team Runner.

The team runner must strap the chip to his or her ankle prior to starting the run.



RACE DAY INFORMATION

COURSE INFORMATION

RUN COURSE – 21.1KM

Cut off : 8 hours 30 mins from each athlete's individual start time.

The three lap 21.1km (13.1 mile) run course has rolling hills which starts at the transition area in De Bakke and finishes at Santos Beach Car Park.

COURSE DESCRIPTION

The run course for the ISUZU IRONMAN 70.3 Mossel Bay is on a mixture of roads and pedestrian walkways.

From Transition athletes will turn left onto George Road, followed by another left onto Munro Road. The course goes past the Santos Beach area and the Diaz Museum and into the harbour precinct. From here the run course will exit the harbour area via Church Street followed by a left into Station Street.

At the intersection at Bland Street athletes will turn left from Station Street, followed by another left into Kloof Street. At the bottom of Kloof street, the course takes on the coastal pathway towards the Point. At Delphinus restaurant the run course returns to a tarred surface on Point Road. This is the run course turn around point 1. From here athletes turn right into Bland Street which becomes George Street up to the turn around point, 500 meters prior to transition. This is turn around point 2. Athletes will run towards turn around point 1, three times and turn around point 2, three times to make up the full distance. At the end of the third lap, there is a few 100meter to make it to the finish line in the Santos beach car park

Running is always on the left of the run course. There are kilometer marker boards on every kilometer.

The run course starts at 8m above sea level and the highest point on this run course is 30m. The total meters elevation gained over the entire run course is 358m.

AID STATIONS

Aid Station 4: Located on George Road at the Wiggett Road junction.

Aid Station 5: Located on Kloof Street at the corner with Bland Street.

Aid Station 6: Located on Bland Street, just prior to the intersection with Kloof Street.

There is a bonus Red Bull Aid Station on Point Road.

CUT OFFS AND DROP-OUTS

Athletes have a maximum combined time of 8 hours 30 minutes to make the run course cut off. These cut off times are triggered by each athlete's individual start swim start.

Athletes who miss the run cut off will be non-finishers on the timing system and are not entitled to a finishers medal or shirt.

Athletes who drop out during the run need to go to a Drop Out Clerk to register as not being on the course. They are available outside Transition and at the IRONMAN Village.

Take special note of the competition rules (<https://www.ironman.com/competition-rules>) around littering on the course. Non-compliance can get you disqualified.

FINISH LINE PROCEDURE

On completion of your race:

MEDALS : Athletes will receive their medals. The Relay Team Runner will receive the medals for the other team members. There are specific medals for Individual and Relay Team Finishers

WATER : Athletes will receive water.

TIMING CHIPS : Remove your Timing Chip + Chip Belt (if not your own) strip the two from each other and place them into the bins provided, before leaving the finish line area.

STREETWEAR : Collect your Streetwear Bag from the Streetwear Bag racks in the IRONMAN Village. Athletes only may access this area.

FINAL AID : Enjoy refreshments at the Final Aid Station in the public area of the IRONMAN Village. Please note that the refreshments supplied here are for athletes only.

Biogen Recovergen will be available here for all athletes.

FINISHER SHIRTS : All athletes must collect the "Finisher T-Shirt" as ordered during the online registration. (Sizes can be swapped out, subject to availability, on Monday from 09h00 – 11h00 at the Diaz Hotel).

TOUR SERIES MEDAL: Qualifying athletes must collect their South African tour series medal at the tent adjacent to the final aid station

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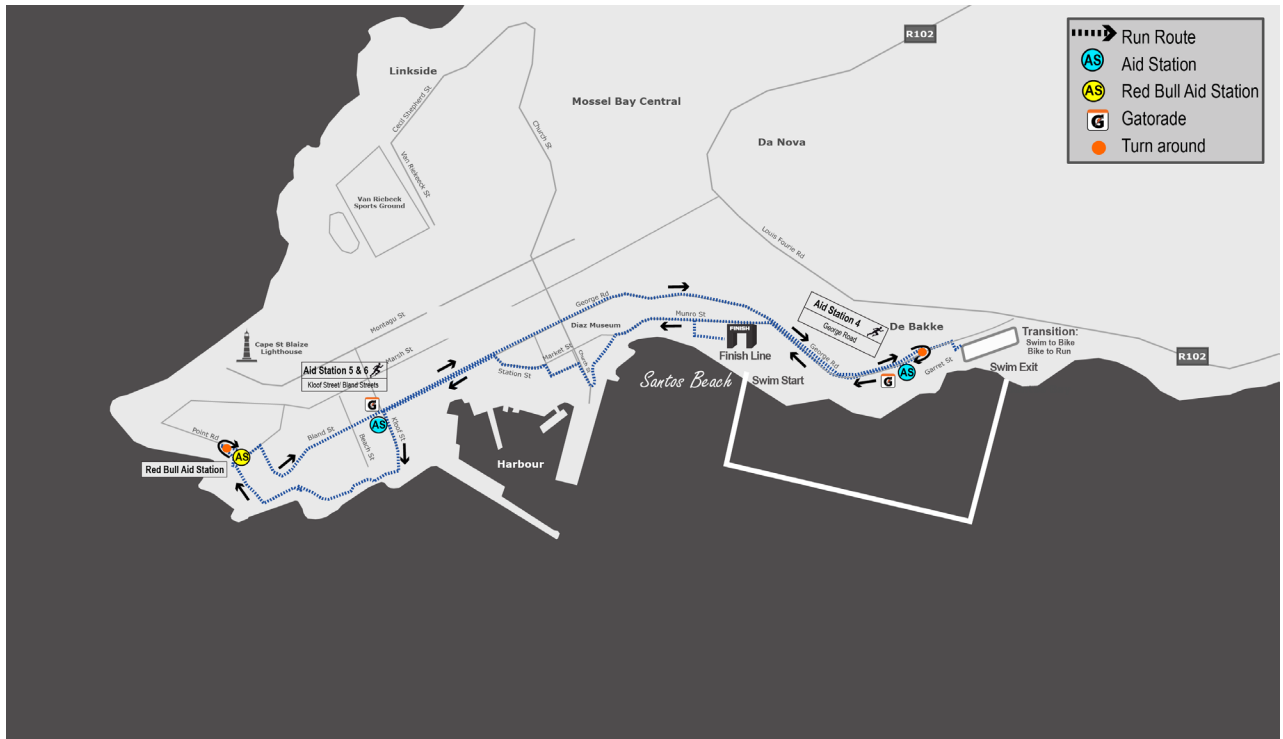


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RACE DAY INFORMATION

ISUZU IRONMAN 70.3 MOSSEL BAY: RUN COURSE



RUN 21.1 km
3 Laps

Mossel Bay

To view the course maps online click here: <https://www.ironman.com/jm703-mossel-bay-course>



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RACE DAY INFORMATION

AID STATIONS

BIKE

On the BIKE leg there will be 2 x Aid Stations at approximately 22,4km, 45.5km and 66.5km.

The Bike Aid Station – will supply the following per table, in the following order:

Aid Station 1 / 3 : R327/ Kleinberg Road intersection (22,4 km & 66.5km)

- Bonaqua Pump Water
- Gatorade RTD
- Maurten Regular Gels
- Maurten Caffeinated Gels
- Biogen Bars
- Gatorade RTD
- Bonqua Pump Water

Aid Station 2 : R327 turn around point at Uitkyk farm (45km)

- Bonaqua Pump Water
- Gatorade RTD
- Biogen Bars
- Potatoes
- Gatorade RTD
- Bonaqua Pump Water

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 hold

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

The Bike Aid Stations on the bike leg will close as the last athlete passes them.

Note: Litter Zones will be within 100m of either side of the Bike Aid Station.

RUN

On the RUN leg, Aid Stations at approximately 2 – 3 km's.

The Run Aid Station – will supply the following per table, in the following order:

Aid Station 4 : George Road

- Water Sachets
- Gatorade
- Coca Cola
- Maurten Regular Gels
- Maurten Caffeinated Gels
- Biogen Bars
- Coca Cola
- Gatorade
- Water Sachets

Aid Station 5 : Kloof Street

- Water Sachets
- Gatorade
- Coca Cola
- Maurten Regular Gels
- Maurten Caffeinated Gels
- Potatoes
- Coca Cola
- Gatorade
- Water Sachets

Aid Station 6: Bland Street

- Water Sachets
- Gatorade
- Coca Cola
- Maurten Regular Gels
- Maurten Caffeinated Gels
- Pretzels
- Coca Cola
- Gatorade
- Water Sachets

Red Bull: Point Road

- Red Bull

Note: Litter zones will be within 50m of either side if the Run Aid Stations.

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@jamescunnama

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Biogen would like to wish James Cunnama the best of luck in his retirement, and thank you for representing our brand, and triathlon in South Africa with pride. **#BEYOURBEST**

Photo Credit: Craig Kolesky (@craigkolesky)

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RACE DAY INFORMATION

COMPETITION RULES

IRONMAN and World Triathlon (formerly ITU) are continuing to work towards global rule harmonization. The IRONMAN Competition Rules govern all IRONMAN and IRONMAN 70.3 triathlon race competitions and are based primarily on the [World Triathlon Competition Rules](#); however, differences in the rules do exist. Within certain sections of the IRONMAN Competition Rules (e.g., the rules regarding legal equipment) IRONMAN may adhere to and/or reference the applicable World Triathlon Competition Rules. Notwithstanding, in the event of any conflict or inconsistency between the IRONMAN Competition Rules and the World Triathlon Competition Rules, such conflict or inconsistency shall be resolved by giving precedence to the IRONMAN Competition Rules.

Common Competition Rule Violations and Penalties

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 (herein referred to as "Summary"). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-XI, the Competition Rules set forth in Articles I-XI 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).

*SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ
Littering outside of the trash/rubbish drop zones	5:00 Minute Time Penalty
Using unsportsmanlike behavior	DSQ and potential suspension
Failure to follow the prescribed course	DSQ
Failure to wear a shirt or sport top during the bike or run	30 or 60 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
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 or 60 Second Time Penalty (as applicable) will be assessed, if not: DSQ
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
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DSQ
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race.	DSQ
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
SUMMARY OF SWIM RULES	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
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ

RACE DAY INFORMATION

COMPETITION RULES

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Notes:

- *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).
- **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).

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RACE DAY INFORMATION

RIGHT OF PROTEST OR APPEAL

The athlete's right to protest or appeal, is governed and handled by the competition rules of the National Federation (Triathlon South Africa abbreviated as TSA).

Should you wish to lodge a protest, notification of the protest must occur before 16h00 on Sunday, 19th November 2023, or within 15min of crossing the Finish Line whichever is earliest.

Notification takes place by advising one of the IRONMAN staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee.

The Head Race Referee will provide you with a protest form, you will be required to fill out the protest form and make a payment of R500,00 cash to the Head Race Referee. This will be reimbursed if your protest is successful.

TIMING & CUT OFFS

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 the start of your swim wave and 5 hours 30 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. 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 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.

When you collect your Race Pack at Registration, you will also 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.

If you do not start the race on Sunday, you must ensure you return your chip to the Drop-Out recorder either at the Medical Pods on the beach or Drop-out Control outside Transition. Please ensure they record your chip return.

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.

If you drop out of the race at any time on race day, you MUST notify the Drop-Out Clerk outside Transition or 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.

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.

If you lose your Timing Chip on the RUN course, you must notify a Race Official/Referee immediately after crossing the Finish Line.

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.

Please do not intentionally cross the Finish Line as part of a group. Our timing equipment does not record ties.

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 should be removed and placed in the bins provided on the Finish Line after the race.

NOTE: It is the Athletes responsibility to ensure that the timing chip is securely fastened to your left ankle. Should you not use your own strap, please ensure that you pin and tape the strap issued with the chip to safely secure it. Should you lose this chip, including during the swim, you will be charged for a replacement chip.

NOTE: It is the Athletes responsibility to ensure that the timing chip is securely fastened to your left ankle. Should you not use your own strap, please ensure that you pin and tape the strap issued with the chip to safely secure it. Should you lose this chip, including during the swim, you will be charged for a replacement chip.

NO CHIP = NO TIME

RACE DAY INFORMATION

DRUG FREE SPORT

As a condition of participation in each IRONMAN and IRONMAN 70.3 event, all registered athletes are required to acknowledge and abide by IRONMAN's Drug Free Rules. In accordance with all the Drug Free Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, Drug Free Sport's drug free rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and seek advice from qualified medical professionals.

MEDICAL

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

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 supplied.

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 South African 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 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 racecourse. The Main Medical Tent 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. 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).

There will be a satellite Medical tent in Transition : 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, dangers include dehydration, over-hydration, hypernatremia, 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 best for your 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. Outside help is not permitted (see <https://www.ironman.com/competition-rules>).

RACE DAY INFORMATION

MEDICAL

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 IRONMAN Village until you and/or your family/friends are certain that you are okay, until you can drink without vomiting and stand without dizziness.

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 you by a member of the IRONMAN Staff

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 16h30. 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

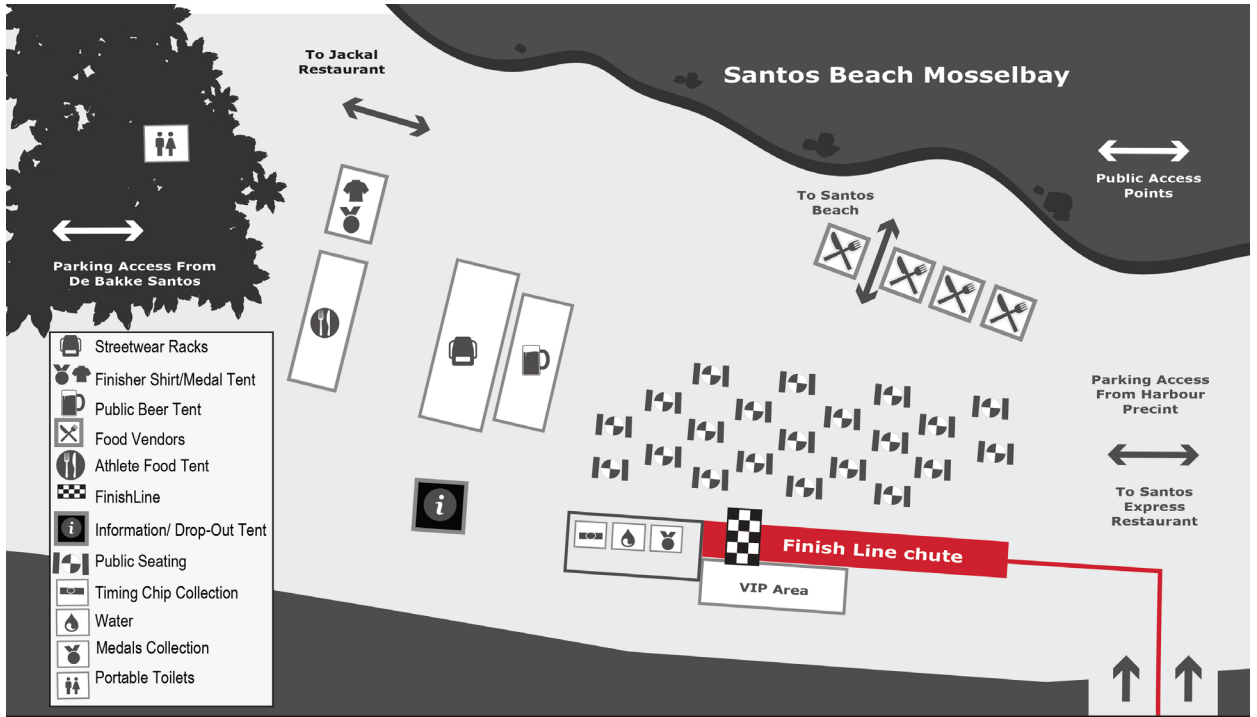
Athletes must remain at the scene of an accident in which they are involved with a motor vehicle until an incident report has been completed with an official IRONMAN staff member and/or local traffic department official

PHYSICALLY CHALLENGED ATHLETES

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

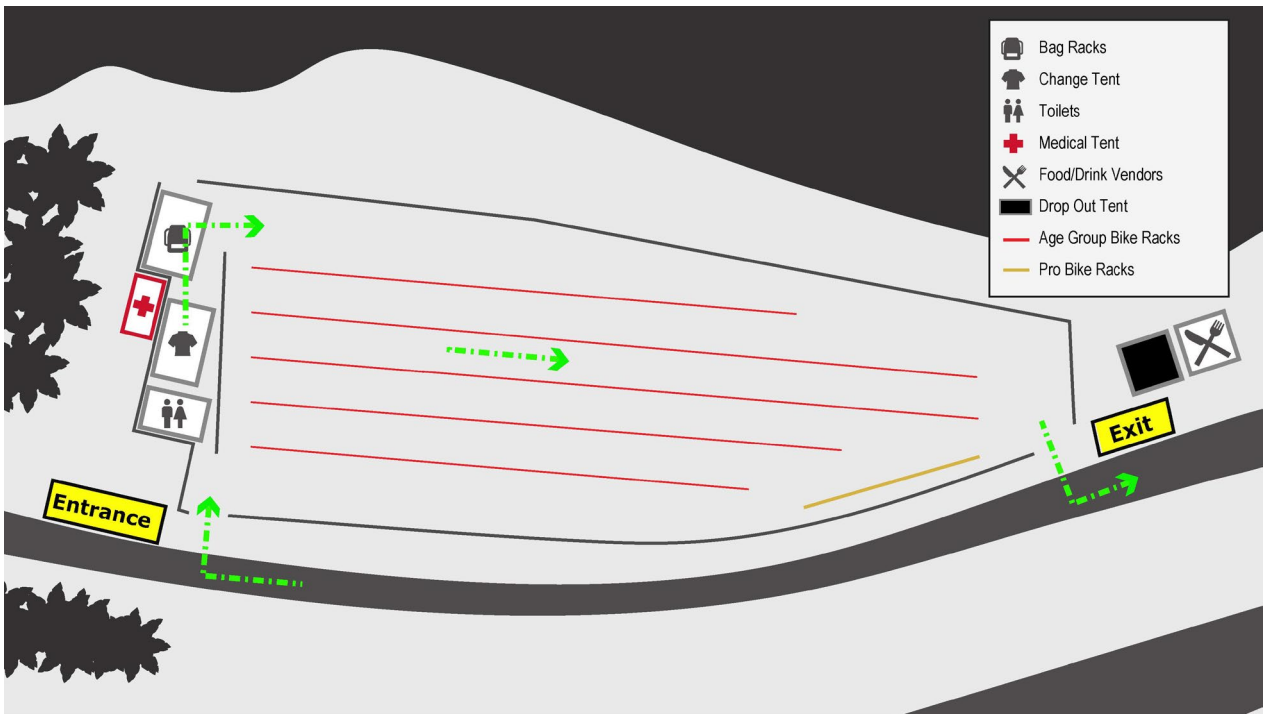
Tel : 041 581 7990 /
mosselbay70.3@ironman.com

RACE DAY INFORMATION



FINISH LINE

Mossel Bay



BIKE & GEAR CHECK OUT

Mossel Bay

POST RACE INFORMATION

BIKE & GEAR CHECK OUT

The official Bike and Transition Bags check-out process will take place between 13h30 – 17h00 at Transition , at De Bakke.

Bike & Bags will be checked out using your Race Number. Volunteers will check your Race Number to the Race Number on the Bike & Bags.

If you cannot collect your own bike, give your “bike check-out card” (as received in registration pack) and Race Number / bib to a friend or family member.

No bags may be passed over the fence – must be checked out with your bike.

Do not ride your bike home / to hotel if you are not wearing a helmet.

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.

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

SPORTOGRAF

Sportograf is proud to be the official athlete photo service at the ISUZU IRONMAN 70.3 Mossel Bay.

We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here:

www.sportograf.com/event/8438

Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT on the run, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

TOUR MEDAL

South African Tour Series Medal:

Athletes who completed the ISUZU IRONMAN 70.3 Mossel Bay and qualified for a 2023 tour series medal can collect this medal after the event from the Finisher Shirt & Tour Series Medal Tent in the IRONMAN Village.

To be eligible athletes had to register for all 3 races before 29 September 2023.

Medal A: 2023 ISUZU IRONMAN African Championship, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay (top left).

Medal B: ISUZU IRONMAN 70.3 Nelson Mandela Bay, ISUZU IRONMAN 70.3 Durban and ISUZU IRONMAN 70.3 Mossel Bay (bottom right).



POST RACE INFORMATION

SLOT ALLOCATION

The IRONMAN 70.3 Mossel Bay is offering 40 Age Group Slots and 15 Women For Tri for the 2024 IRONMAN 70.3 World Championship in Taupo, New Zealand. All athletes who have qualified for the 2024 IRONMAN 70.3 World Championship and want to accept their slot MUST show their intent by "opting in" or "opting out" of this slot allocation process. The roll down will only be offered to athletes who opted in for the IRONMAN 70.3 World Championship slot allocation. This choice cannot be changed post event.

When collecting Registration pre-packs, athletes will be asked the following question: **"Should you qualify, do you intend on accepting an Age Group slot to the IRONMAN 70.3 World Championship in Taupo, New Zealand on the 14th & 15th December 2024"**

Please ensure that you check all visa and entry requirements needed to travel to the IRONMAN 70.3 World Championships in 2024. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.

**Sunday 19 November 2023
17h30**

All athletes must be present in order to accept a slot for World Championships.

If you qualify for a World Championship slot you will have to immediately pay the entry fee \$780 USD via credit card at the slot allocation. (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 (ID book, Driver's License or Passport)**
- **Credit Card Only (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 reallocated 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.

Prior to race day, at least one slot will be tentatively allocated to each Age Group category (both male and female). Final numbers of slots per Age Group will be determined on race day based on the number of official starters.

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.

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 online. 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.



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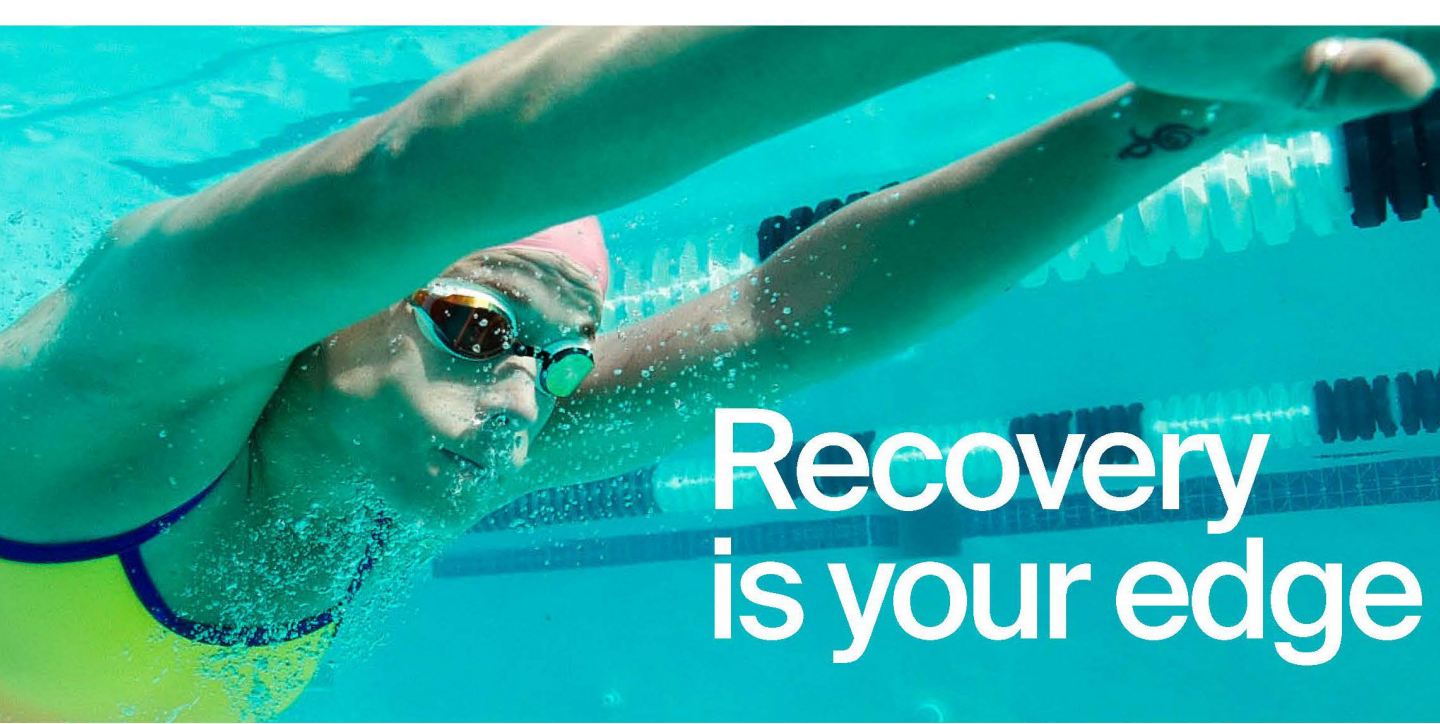
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ADDITIONAL INFORMATION

ATHLETE TRACKING

IRONMAN Tracking App

Sharing the experience with your athlete is inspiring and emotional. Follow your favourite athlete on race day with our IRONMAN Tracking App. You can also view the race schedule and get notifications.

The App can be downloaded on iOS or Android.



PUBLIC INFORMATION

ROAD CLOSURE DURING THE EVENT:

The following roads will be closed to all public vehicles and bicycles on Sunday 19 November 2023

- George Road and Bland Streets from Louis Fourie Road up to Kloof Street; as well as Munro Street from 04:00-16:30
- Louis Fourie Road from George Road to Marsh Street 06:15-13:30
- R327 from the N2 up to the farm Uitkyk, 6km prior to Herbertsdale from 06:30-12:30
- See road closure flyer with detailed information

RACE DAY EMERGENCY NUMBER for the public
079 266 6263

VOLUNTEERS

An event of this magnitude not only owes its success to the race organisers, sponsors or management, but largely to a dedicated fraternity of volunteers.

The IRONMAN South Africa team works with volunteers ranging from scholars to organisations in Mossel Bay to make the race possible.

HOW TO GET INVOLVED:

www.racevolunteers.co.za – register/login onto the site and pick which area you want to work in.

We are very grateful for the hard work put in by our volunteers to make the race, safer and easier for our athletes.

There will be prizes up for grabs for volunteers post event. To find out more about these prizes and see your volunteer photos, join the IRONMAN Volunteers – South Africa group on Facebook.

GET SOCIAL

GET SOCIAL



<https://www.facebook.com/ironmansouthafrica>



<https://www.instagram.com/imsouthafrica/>



<https://www.facebook.com/groups/www.racevolunteers.co.za>

POST RACE INFORMATION

AWARDS Presentation

Sunday: 18h30 for 19h00-22h00

Doors open at 18h30 with access to buffet, bar and seating. The ceremony starts at 19h00

Venue: Marquee Tent Diaz Hotel & Resort

All athletes are welcome, your Athlete Wristband will give you access to this function.

There will be **no** additional awards dinner tickets available at the door.

The awards procedure starts at 19h00. Trophies will be awarded to the top 3 male and female professional athletes; the first 3 athlete in each male and female age group category as well as to the top three relay teams.

TRICLUB AWARDS : Trophies will be handed out to the Top 3 TriClubs, with the most points. 1 representative from the winning TriClub may come onto stage to collect the TriClub trophy.

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

MERCHANDISE

Sunday : 14h00 – 22h00

Monday : 09h00 – 11h00

Official IRONMAN Merchandise and Finisher apparel will be at Bleu Lounge Diaz Hotel & Resort.

LOST & FOUND

Monday : 09h00 – 11h00

Race Day lost & found will be located at Pero Diaz Theatre Diaz Hotel and Resort.

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.

SHIRT SWOPS

Monday : 09h00 – 11h00

Sizes can be swapped out, subject to availability, on Monday 09h00 – 11h00 will be located at Pero Diaz Theatre Diaz Hotel & Resort. (This is not allowed on race day)

TIMING QUERIES

Preliminary results will be continually updated on race day on the website <https://www.ironman.com/im703-mosselbay> and this link will redirect you to the official site.

Should you have any Timing queries, please email them to Michele.Bronkhorst@ironman.com & Sharon.Talbot@ironman.com

CERTIFICATES

Certificates will be available online within 14 days after the event for you to download & print yourself from the website <https://www.ironman.com/im703-mosselbay> and this link will redirect you to the official site.





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Numb the pain⁴

www.Norflexgel.co.za

References: 1. Impact Rx Script Data - December 2020. 2. Norflex[®] Gel approved package insert, September 2001. 3. NORFLEX GEL FORTE (Gel) approved package insert, February 2000. 4. Diffiam Gel [cited 9 October 2020]; Available from URL: <http://www.myvmc.com/drugs/diffiam-gel/>.

Scheduling status: **S0** Proprietary name and dosage form: NORFLEX Gel. Composition: Each 100g contains: Benzylamine hydrochloride 3.0 g. Pharmacological classification: A3.1 Antirheumatics (anti-inflammatory) agents. Registration number: 22/2-1/0547. Scheduling status: **S1** Proprietary name and dosage form: NORFLEX GEL FORTE (Gel). Composition: Each 100 g contains: Benzylamine hydrochloride 5.0 g. Pharmacological classification: A3.1 Antirheumatics (anti-inflammatory) agents. Registration number: 32/3-1/0391. Name and business address of applicant: Inova Pharmaceuticals (Pty) Ltd, Reg. No.: 1952/001640/07, 1st Riley Road, Bedfordview, Tel. No.: 011 087 0000, www.inovapharma.co.za. For full prescribing information, refer to the package insert as approved by the SAHPRA (South African Health Products Regulatory Authority). For more information, speak to your healthcare professional. Further information is available on request from Inova Pharmaceuticals, 168499, 114210/21.





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IRONMAN® for Nature is a charity initiative which allows IRONMAN® athletes, individuals, sponsors, organisers, and corporates to come together and show their support for the Wilderness Foundation Africa.

We encourage athletes to take part in this initiative by obtaining a charity slot and racing in our Lumo Green IRONMAN® for Nature colours! Already have your 2021 entry? There's still time to convert it into a charity slot for this year.

For more information on the conservation work of Wilderness Foundation Africa, visit their website.



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ALTERNATIVE COURSE PROCEDURE

IN THE EVENT OF AN ALTERNATIVE COURSE

The process for athletes is as follows:

The call will be made at 05h00 by the Race Director. The announcer will inform the athletes in Transition just after 05h00.

Scenario 1: shortened swim:

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

An additional transition bag will be provided to athletes at bike check in on Saturday afternoon, should there be a possibility of a shortened swim.

This bag is for an extra pair of footwear (any type) to cover the 800m from the shortened swim exit at Santos Beach to Transition at De Bakke Beach. (on the 1,9km swim course this distance is incorporated into the swim course). This may not be the same footwear stored in the run bag for the 21,1km run leg of the of the IRONMAN 70.3 triathlon.

This extra pair of footwear will go with your swim gear into the T1 bag in the normal T1 procedure.

The race start times may be altered.

Scenario 2: SWIM CANCELLED

Rolling Bike Start

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 1:

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.
- Rolling Start will leave at 4 second intervals.
- Start time will be registered at the time your timing chip crosses the Mount line.
- The Bike leg cut-off time of 4 hours 20 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.





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