

SWIM BIKE RUN



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

2024 ATHLETE GUIDE



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WELCOME

To 2024 IRONMAN 70.3 Mossel Bay

Dear Athletes,

Welcome to the ISUZU IRONMAN 70.3 Mossel Bay! We are delighted to have you join us for what promises to be an unforgettable triathlon experience. With the incredible support of Mossel Bay Municipality, Mossel Bay Tourism, the local community, and businesses, we are thrilled to present this remarkable event in the stunning Garden Route of the Western Cape.

Prepare to be inspired by the breathtaking scenery, from the majestic Outeniqua Mountains framing the azure bay to the picturesque Santos Beach where your race begins. The swim, bike, and run courses offer a unique blend of natural beauty and challenging terrain, making this race a true adventure.

As you gear up for race day, remember to review the athlete race guide for all essential details, check the road closure information, and allow yourself plenty of time on race morning to get to race venue. Our dedicated team of nearly 1,500 volunteers will be there to support you every step of the way—be sure to show them your appreciation with a smile or a thumbs up.

Best of luck with your final preparations. Embrace the excitement, enjoy the journey, and savour every moment as you cross the finish line. We look forward to seeing you in Mossel Bay!

Warm regards,



Race Director
Werner Smit



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EXTRA STYLING, EXTRA VERSATILITY, EXTRA BOLDNESS.

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IT'S A **D-MAX** THING
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ISUZU
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HEROES DO WHAT OTHERS WON'T



ALL ATHLETES
CAN NOW REGISTER
TO HELP A CHILD

IT'S AS EASY AS...

1

VISIT OUR WEBSITE
www.ironman4thekidz.co.za

2

CLICK HELP A HERO
and create your profile

3

SELECT YOUR EVENT

4

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

SUPPORT CAN BE
AS LITTLE AS
R5
& NO MAX!



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



RACE SCHEDULE

FRIDAY 15 NOV 2024

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

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

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

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

SATURDAY 16 NOV 2024

09:00 – 12:30
REGISTRATION
Marquee Tent
Diaz Hotel & Resort

09:00 – 12:30
MERCHANDISE
Marquee Tent
Diaz Hotel & Resort

09:00 – 12:30
BIKE WORKSHOP
Bleu Lounge
Diaz Hotel & Resort

09:00 – 14:00
EXPO
Pero Diaz Theatre
Diaz Hotel & Resort

10:00 – 10:45
PRO RACE BRIEFING
Pero Diaz Theatre
Diaz Hotel & Resort

12:00 – 17:00
BIKE & BAG CHECK-IN
Transition at De Bakke Beach
Parking (Garret Street)

12:00 – 17:00
BIKE MAINTENANCE
Outside Transition

SUNDAY 17 NOV 2024

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

05:00 - 06:15
TRANSITION OPENS
De Bakke Beach
Parking (Garret Street)

05:00 – 06:15
BIKE MAINTENANCE
Outside Transition

**IRONMAN 70.3
MOSSEL BAY START**
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 TO FINISH

10:55
FIRST PRO FEMALE EXPECTED TO FINISH

+/- 13:00
BIKE COURSE CLOSES

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

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

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

18:00
**DOORS OPEN FOR
AWARDS CEREMONY &
SLOT ALLOCATION**
Marquee Tent
Diaz Hotel & Resort

18:30
**CEREMONY STARTS FOR
AWARDS CEREMONY FOLLOWED BY
SLOT ALLOCATION:
IRONMAN 70.3 WORLD
CHAMPIONSHIP**

MONDAY 18 NOV 2024

09:00 – 11:00
**SHIRT SWOP AND LOST AND
FOUND**
Pero Diaz Theatre
Diaz Hotel & Resort

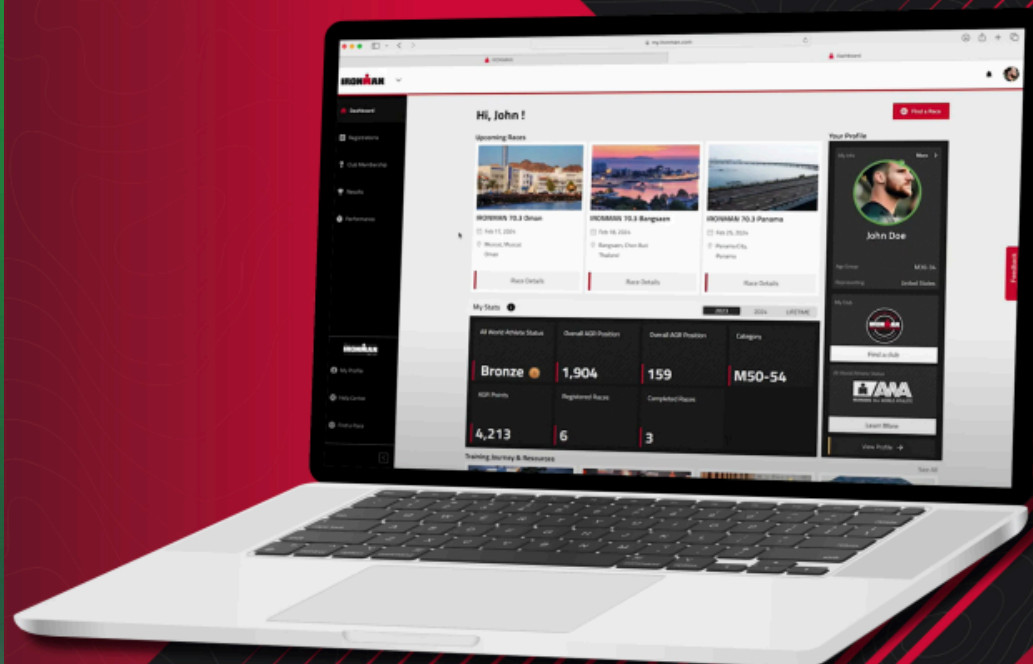
09:00 – 11:00
MERCHANDISE
Bleu Lounge
Diaz Hotel & Resort

Further together
vodacom
**RACE DAY
EMERGENCY
NUMBER**
079 266 6263
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<https://hero.ironman4thekidz.co.za>

YOUR *UPGRADED* IRONMAN *PROFILE*



FEATURES

- Past race results & stats
- Faster race registration
- Your season summary
- Your upcoming races at-a-glance
- Manage your TriClub affiliation

SCAN HERE



IRONMAN

ISUZU
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70.3 MOSSEL BAY
SOUTH AFRICA
AFRICAN TRICLUB CHAMPIONSHIP

MESSAGE FROM THE MAYOR

Welcoming the third ICONIC ISUZU IRONMAN 70.3 Mossel Bay

Following the success of the 2022, and 2023 ISUZU IRONMAN 70.3 in Mossel Bay, we look forward to welcoming the incredible athletes, coaches, organisers of the ISUZU IRONMAN 70.3 and their friends and family to Mossel Bay for the third year in a row.

Sincere appreciation to our residents, each participant, and visitors for their ongoing support and understanding during the preparation for the third ISUZU IRONMAN 70.3 event in Mossel Bay, resulting in a successful race. Tangier in Morocco, Los Cabos in Mexico, Augusta in Georgia, and Emilia Romagna in Italy are some of the other illustrious destinations of the IRONMAN 70.3. I am thrilled to have our Iconic Mossel Bay on this list of choice destinations hosting this world-renowned sporting event.

2024 marks the third of a three-year contract for Mossel Bay hosting this event. I am pleased to announce that we have just recently extended our relationship with The IRONMAN Group for another three years of IRONMAN 70.3 racing in Mossel Bay!

I am excited to welcome every participant and their support teams to the leading semigration destination in the Western Cape, and we look forward to cheering our local and international participants who will test their mettle in a strong field of tried and tested athletes.

The organisers and the athletes put in tremendous effort to prepare for the race, with over 2500 entrants expected to have enough energy to appreciate the spectacular scenery along the challenging route. We have put in whatever work was necessary to ensure that spectators and participants have an exciting time in our lovely town and its picturesque surroundings along the updated course with the new elements. I thank everyone for their dedicated effort to make this race yet another magnificent event.

We encourage the approximately 8,000 supporters to not only cheer on their friends and family during the race, but to also indulge in the sights, sounds, and tastes Mossel Bay has to offer. In 2023 the event brought about just over R50 million invested into our local economy. In 2022, a local fuel station reported its best-ever Sunday turnover. Accommodation establishments reported countless return bookings. This event is a welcome introduction to the bumper festive season ahead.

I thank our community for supporting the athletes on their route through our iconic town. The atmosphere in 2024 will be as electric, if not more so, than in 2022 and 2023. We all enjoyed the countless images and messages of support shared on posters as spectators lined the roads.

To date, the ISUZU IRONMAN 70.3 Mossel Bay has been a remarkable success thanks to every participant, and we are excited to welcome you back again!

Alderman Dirk Kotzé
Executive Mayor of Mossel Bay





Elevate your IRONMAN journey with incredible offers

Race towards IRONMAN victory around the globe and benefit from our amazing offers. With flights operating to and from major hubs, you can also connect to over 170 destinations worldwide, via Hamad International Airport in Doha.

Exclusive offers for IRONMAN athletes and fans worldwide when travelling to and from events*:



Save up to **10%** as registered athlete



Earn **2,000** Bonus Avios in Economy Class and **4,000** in Business or First Class



Enjoy enhanced flexibility with one complimentary date change



Carry your race bike as checked baggage at no additional cost

Visit qatarairways.com/IRONMAN

*Terms and conditions apply.

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IRONMAN
SOUTH AFRICA




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HEAD REFEREES MESSAGE

It is our pleasure to welcome you to this ISUZU IRONMAN 70.3 event. Your Technical Official team look forward to ensuring you all have a Safe and Fair event. May we remind you that it is your responsibility to know the rules and encourage you to familiarise yourself before the race.



REMINDER OF PENALTIES

| | |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Blue Card 1st blue card: five-minute time penalty 2nd blue card: five-minute time penalty 3rd blue card : DSQ Penalty to be performed in the dedicated tent <i>e.g. Drafting</i> |
|  | Yellow Card <i>30 second time penalty served in penalty tent (BIKE)</i> |
|  | Red Card Disqualification (DSQ) <i>e.g. Non-compliant material or equipment.</i> |

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties.

The referee's ruling in a judgement call is final and no protest is allowed.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

All the rules can be found online in the IRONMAN 2024 COMPETITION RULES:
<https://www.ironman.com/competition-rules>

We look forward to seeing you, and may you achieve your goals.

HEAD REFEREE

[2024 Rules](#)

IMPORTANT MEDICAL & HEALTH INFO

- Your safety is our primary concern. We have a comprehensive medical plan with the medical tents situated in the HR Building car park across the road from the finish line and in transition. Medical resources are also available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (*dizziness*), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. **You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike:** If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **During the run:** same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **Helping another athlete:** If a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- **After you have finished the race:** please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Manage your Health and Safety on Race Day – RACE HEALTHY, RACE SMART!

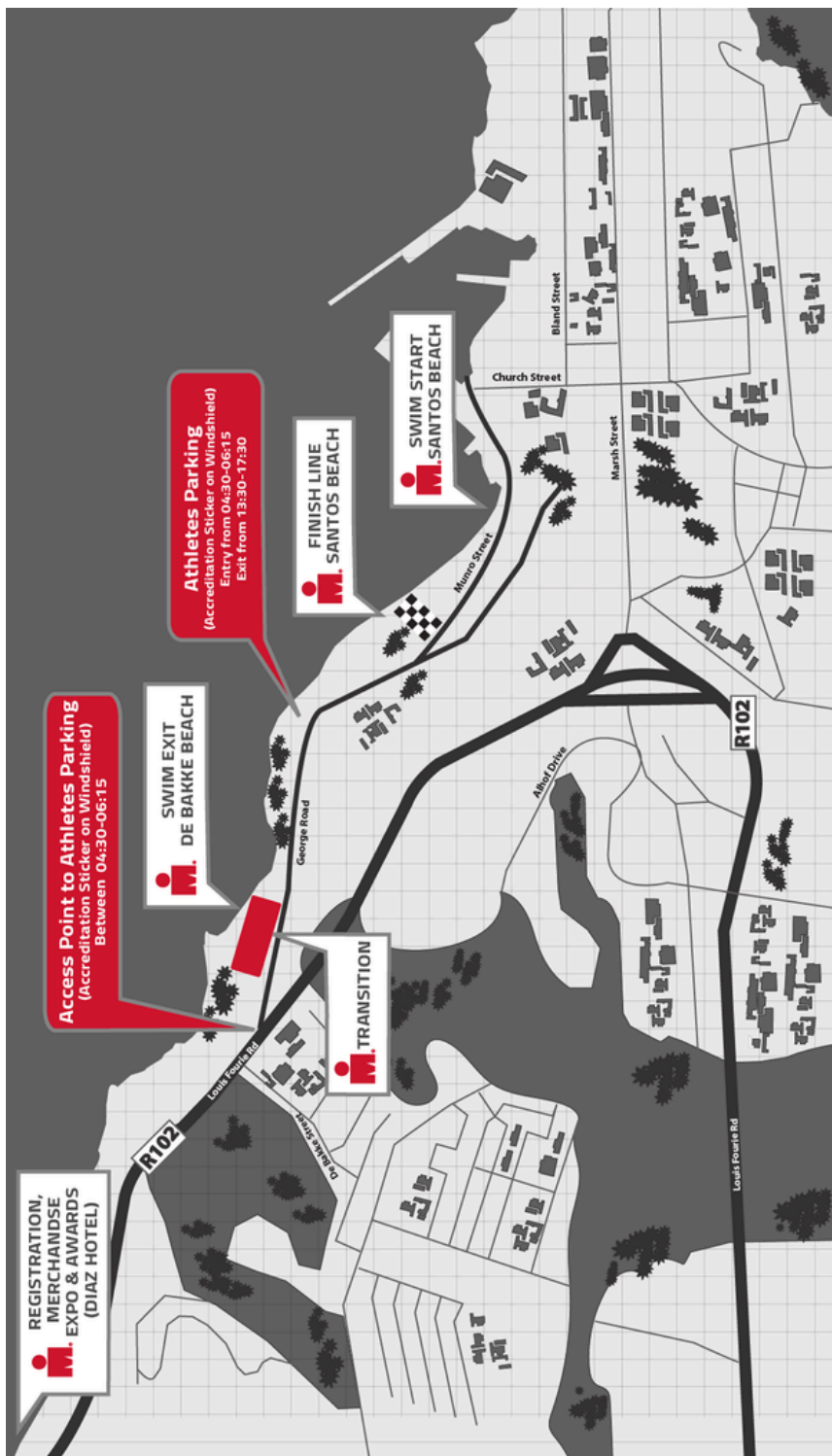
Please visit our [Athlete Smart web page](#) for more information regarding your health pre-race and during competition:

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Please stop by the "Athlete Services help desk" at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- **Please also write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.**
- The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please stop at the "Athlete Services help desk."





70.3 Mossel Bay

AREA MAP



ORIENTATION & DIRECTIONS

The key venues of the ISUZU IRONMAN 70.3 Mossel Bay event is spread over a distance of 3.5km along the Mossel Bay shoreline. The Diaz Hotel and Resort where the athlete race registration, merchandise, expo and awards banquet take place is located next to Diaz Beach in the Voorbaai area of Mossel Bay.

From Diaz Hotel it's respectively 2.6km to the transition area at De Bakke and 3.5km to the swim start and finish line area at Santos Beach. The swim start beach, and the transition area is 900m apart, a distance which can only be walked on race day.

The Mossel Bay Municipality is currently busy with a major upgrade of Louis Fourie Road between the N2 intersection at the Langeberg Mall and De Bakke. Please adjust your planned traveling times accordingly.

The racecourse road closures and lane restrictions have a major impact on the whole of Mossel Bay. It is of paramount importance for both athletes and spectators to understand the road closures and the parking options.

For athletes and spectators traveling with an athlete to race start on Sunday morning we have dedicated parking area, but it comes with both a time window for arrival, and a time window for departures. Please take note of the athlete parking arrangements and the access parking sticker that must be stuck to the top right-hand side (passenger side) of the wind screen. It's all described in the following pages.

People who want to use their vehicles before 13:30 can park on the public parking lots around the Bartolomeu Diaz Museum Complex and Bayside Mall parking lots and walk into Santos Beach via the harbour precinct. These parking spots in and around Mossel Bay Central I will provide easy access to Santos Beach and the run course in Central and The Point.

Please refrain from driving out onto the bike course. There are no suitable viewing spots, other than on Louis Fourie Drive between Marsh Street and George Road. This portion is completely closed to traffic.

Stick it here:



ATHLETE PARKING: RACE DAY



ATHLETE PARKING AT DE BAKKE SANTOS

Athlete parking has been arranged in the campsite between the transition at De Bakke and the swim start/ finish line at Santos Beach. The following rules apply:

Sunday 17 November:

1) You need the **PINK PARKING DISC STICKER** which you receive at registration at the Diaz Hotel. **PLEASE STICK THIS STICKER ON THE OUTSIDE TOP RIGHT CORNER OF YOUR WINDSCREEN.** 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).

You may only exit this car park from 13:30 onwards when the bike course has closed.

DO NOT PARK ON GEORGE ROAD or any of the roads listed below as your vehicle will be towed to Beaufort West.

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)



Saturday 16 November

During bike check-in on Saturday athletes may use the same parking disc sticker to park at the De Bakke Santos Campsite.

PRE-RACE SHUTTLES

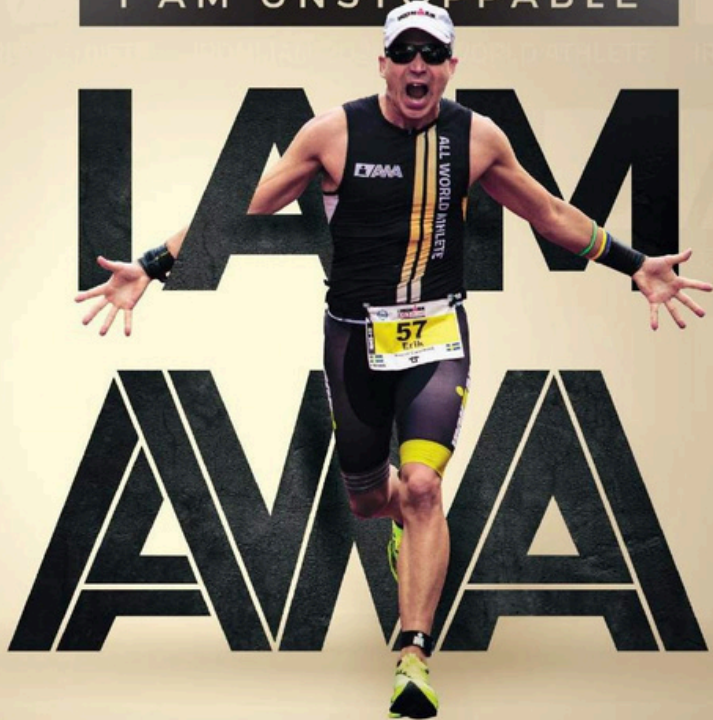
On race morning the official athlete shuttle buses will run between 04:30-06:15 from the following two points to transition at De Bakke:

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.

I AM CAPABLE

I AM UNSTOPPABLE



SCAN QR TO LEARN MORE



www.ironman.com/all-world-athlete



IRONMAN 2024 ALL WORLD ATHLETE

Are you ready to take your triathlon journey to new heights? Introducing the IRONMAN All World Athlete program, the ultimate recognition for the dedicated triathlete.

The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication and performance across IRONMAN and IRONMAN 70.3 events each year.



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GLOBAL RECOGNITION



EXCLUSIVE BENEFITS



Proud Media Partner
of the ISUZU CTC & IRONMAN AFRICAN CHAMPIONSHIP **SINCE 2005**



Your Music . Your World

REGISTRATION

LOCATION: Marquee Tent - The Diaz Hotel & Resort

OPENING TIMES

Friday 15 November 2024 09:00 – 18:30

Saturday 16 November 2024 09:00 – 12:30

Please note parking is limited and tight at the Diaz Hotel and Resort - please do not bring trailers into the parking lots.

It is **compulsory** that athletes register and collect their race packs within the times stated on the Event Week Schedule.

There will be **NO late registrations**, please take this into consideration when organizing travel!


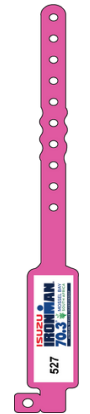

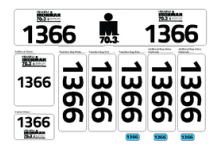

To register you will be required to follow this process:

1. Have your BIB number ready which will be sent to you in an email prior to the event.
2. Please report to the volunteers by following the signage, the first desk will be the **TSA license check** – please ensure you have brought a TSA (Triathlon South Africa) day license via the link [HERE](#) prior to coming onsite. (current members of TSA does not need to buy a day license).
3. **Biometrics** All first-time athletes will need to complete the Biometric process at registration, this will include:

- Photo
- Fingerprint
- Scanning of ID

4. Collect your race number and package by presenting your identity card (government-issued ID, passport, or driver's license). A wristband will be provided. You will be asked to put it on immediately and to keep it on until after the event on Sunday evening. The wristband doubles up as your access pass into restricted event areas.

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

| ITEM | WHEN TO USE IT | EXAMPLE |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| BIB NUMBER | <p>You must wear your bib on your back for the bike course and in front for the run course. It must be attached with two points.</p> <p>You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p> <p>This race will pre-allocate BIB numbers before registration opens, which you will receive in an email... prior to race day</p> |  |
| ID Wristband | <p>A wristband with a sticker will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole week of the race.</p> <p>The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist. You will need to wear this for Awards and Slot allocation.</p> <p>Relay teams will be issued with three wristbands. Please note it is preferred all two/three relay members come TOGETHER to registration to pick up their wristbands.</p> |  |
| Swim Cap | <p>You will be given a swim cap to wear for the race. This is compulsory to wear for the race. If you wish to wear another swim cap, please wear underneath.</p> |  |
| Race Stickers | <p>You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags:</p> <p>3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet,</p> |  |
| Athlete Backpack and Transition Bags | <p>The athlete backpack is yours to keep as a memory from the event and can easily be used for future swim training sessions! It will be collected at registration.</p> <p>Transition bags - see next page.</p> |  |

TRANSITION BAGS

WHAT IS EACH BAG FOR?

TRANSITION BAGS

Inside your backpack which you will get at athlete registration there are three bags. A blue, red and white bag. There are for your event gear during the transition processes and post event clothes. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue and red bag prior to the race start on Sunday and again at bike check out.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty. You cannot store bike pumps in any of the bags. (There will be spare track pumps and on-site mechanics at each transition should you need their assistance).

Blue Bike Bag

This bag contains the kit you need for the *bike discipline*, including your **helmet, cycling shoes and race number**. After you have changed into your bike gear you must place your swim gear including your wetsuit into this bag and re-hang it onto your T1 transition rack according to your race number.

Red Run Bag

This bag contains the kit you need for the *run discipline*. After you have changed into your run gear you must place your bike gear, including your helmet into your bag and rehang it onto your T2 transition rack according to your race number.

White Gear Bag (streetwear)

This is your after-race bag you can access immediately after finishing or any time upon dropping out of the event. You can place any additional clothing ('*streetwear*') you wear before the race and anything you may require after the race. This bag gets hung on the bag rack according to your race number in the athlete post-race recovery zone (close to the finish line and swim start area) on Sunday morning just before you head to the swim start holding pens. There is no need or obligation to use this bag should you have friends/family, who will keep your gear with them while you are racing.



PLEASE NOTE: do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.



TRANSITION BAGS

WHAT IS EACH BAG FOR?

Please see below what you need to pack in each bag and what to do with them during the race:

WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: Clothes for after the race, towel, shoes etc.

Drop off: Hang your bag at on the rack in the post race Athlete Recovery Zone according to your race number. (That's just prior to finish line).

Collection: The same spot you left it, 40m from the finish line.



Include: Helmet, glasses, bike shoes, socks, bib number etc.

Drop off: At Transition with your bike on Saturday.

Collection: From Transition after the race.



Include: Running shoes, hat etc.

Drop off: At Transition with your bike on Saturday.

Collection: From Transition after the race

WHAT TO DO DURING THE RACE



Take out: Helmet, sunglasses, bike shoes, socks, bib number etc.



Put back in: Wetsuit, goggles, swim cap etc. and re hang on rack.



Take out: Running shoes, cap/visor etc.



Put back in: Helmet, bike shoes (if not left clipped in on pedals) etc. and re hang on rack.



R2^{3.0} CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.

Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



www.compressport.com

GET IT ALL DONE FIRST, BONAQUA AFTER



PRE-RACE INFORMATION

IRONMAN 4 the Kidz

The IRONMAN 4 the Kidz charity raises funds annually, to make a tangible difference in the lives of kids in need in our host communities.

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

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

IRONMAN BIKE WORKSHOP

Bleu Lounge Diaz Hotel & Resort
Friday: 09:00 - 18:30
Saturday: 09:00 - 12:30

MONTIES CYCLES will have a mechanical bike shop on site at the Bleu Lounge Diaz Hotel & Resort (part of registration), whilst JOHNNIE KOEN CYCLES will assist athletes from his shop - see adjacent column for details.

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

Fees will be charged for services and bike build rendered. They will stock a variety of bike shop items. To pre-book services, you can contact :

Monties Cycles

info@montiescycles.co.za

082 922 5381

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

62 Marsh Street, Central, Mossel Bay

Johnny Koen Cycles

jkoen@mweb.co.za

083 564 8274

Cnr Louis Fourie & Industrieweg, Voorbaai

Bike mechanics will also be available at transition during bike check-in and pre-race morning for minor tweaks.

IRONMAN MERCHANDISE & EXPO

Remember to make the time during your registration period to visit both the ISUZU IRONMAN 70.3 Mossel Bay merchandise and expo, both located at the Diaz Hotel & Resort. (See the event schedule for details)

ROKA

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2023 IRONMAN WORLD CHAMPION



ATHLETE BRIEFING

The athlete briefing will be released on the Friday evening of race week, on the [ISUZU IRONMAN 70.3 Mossel Bay Website](#), the briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last-minute changes if applicable.

TRAINING, BIKE AND BAG RACKING

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. (There is no parking available inside Santos Beach).

Please adhere to the directions and instructions of the lifesaving personnel.

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. From here you can cycle on the bike course and beyond direction of Herbertsdale and/or the Jakkalsvlei Wine Farm.

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.

RUN TRAINING:

The actual ISUZU 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.

TRAINING, BIKE AND BAG RACKING

Only athletes are allowed into Transition.

BIKE & BAG RACKING : 12:00 to 17:00

De Bakke Beach Parking (Garret Street).

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

Referees will do a bike and helmet check at the entrance into Transition so wear your helmet in line to speed up the process.

Rack your bike, hang your bike and run bags on their respective points and leave transition via the gate at the campsite entrance. Once Transition closes you will ONLY have access to your bike and gear bags on race morning prior to the event.

The Bike (T1) and Run (T2) bags 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 may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

It is illegal to interfere (including removing, swopping, or tampering) with another athlete's equipment / nutrition in the transition area. this is a serious offense and may lead to your disqualification.

All athletes MUST have the following prepared before lining up to enter Transition:

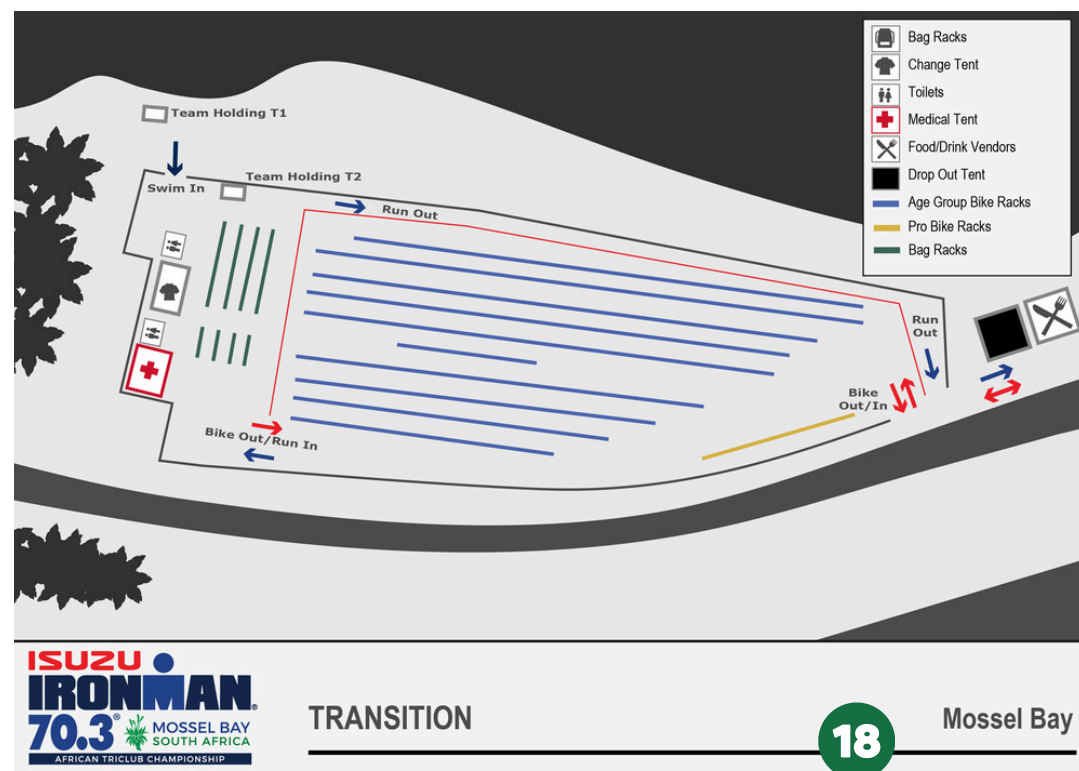
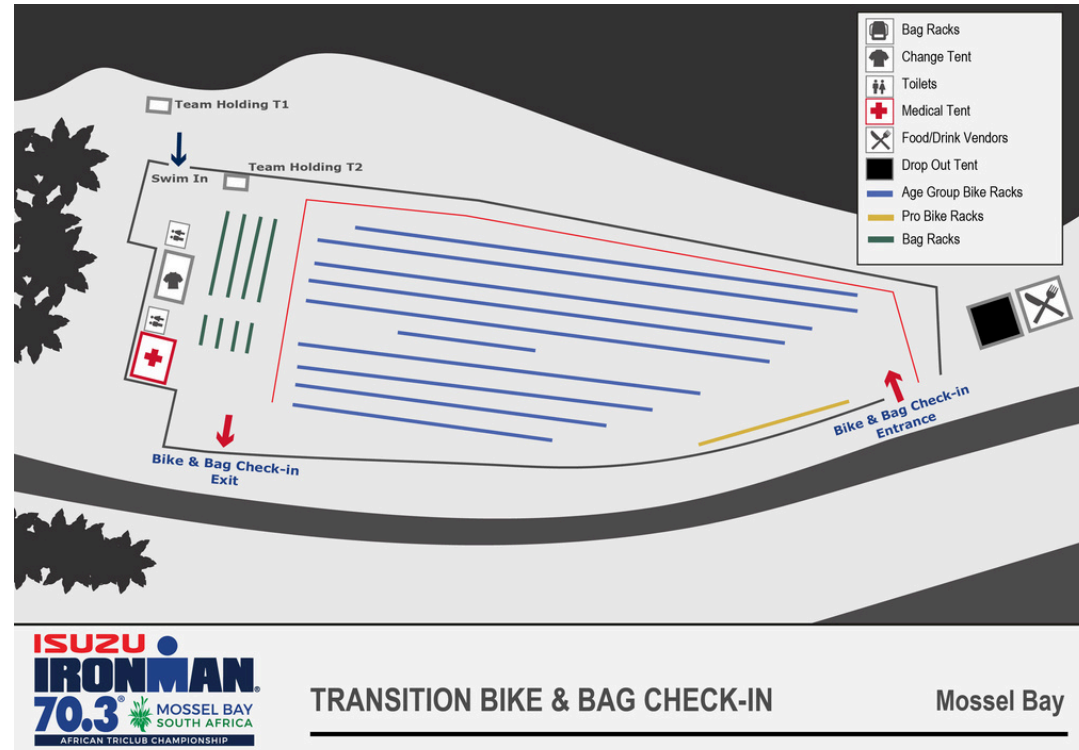
- helmet sticker stuck to the front of the helmet;
- the supplied race number stickers affixed on the bike;
- race bib number in your bike bag with your cycling gear (with safety pins or race belt), to be worn during the bike and run leg.

Overnight security is provided in Transition.

DE BAKKE BEACH CAR PARK (GARRET STREET):

TRANSITION : BIKE & BAG RACKING

12:00 - 17:00 : SATURDAY 16 NOVEMBER 2024



TIMING CHIP

What is the Timing Chip for?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

Collection of the Timing Chip

You must collect your chip when exiting Transition after racking your bike on Saturday.

Wearing the Timing Chip

It must be worn on your left ankle during the entire race.

PLEASE NOTE THAT YOU MUST HAND YOUR TIMING CHIP BACK AT THE FINISH LINE.

Your race timing chip is loaned to you. You **MUST** return the chip to the timing company or you will be charged for its replacement.

What if I lose my timing chip before or during the race?

If you lose your timing chip, tell a member of staff! Our team will provide you with a replacement so that you can continue the race. Should it be missing in T1, first check that its not inside the lower leg portion of your wetsuit.



RACE DAY

TRANSITION AREA

Transition: 05:00 – 06:15

PLEASE CHECK THE SECTION ON RACE DAY PARKING and SHUTTLES ON PAGE 11

De Bakke Beach Parking (Garret Street)

Athletes will have access to their bike and 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. When you exit the Transition area to head to the swim start, which is 850m away. You will hang your streetwear bags on the racks inside the Athlete Recover ZONE (40 meters prior to the finish line).

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 labeled (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 with a volunteer at a designated table (labeled with race number etc.), inside transition.

There are **TOILETS** located at the following areas:

- The ablution blocks 4 and 5 inside the De Bakke Santos Campsite (race day parking area) is open.
- Inside Transition and inside the IRONMAN village at the finish line.

BIKE MAINTENANCE

A "Bike Maintenance" area will be available just outside Transition, this is for minor mechanical adjustments up the point that the last athlete departs on the bike course.

STREETWEAR BAG DROP

The streetwear bag is for clothes you will be wearing just before the race starts and after you complete the race. Should you drop out during the race, this is also the first bag you will have access to, so pack it wisely. Do not place valuable items in these bags.

You will hang your streetwear bags on the racks inside the Athlete Recover ZONE (40 meters prior to the finish line). Note that these racks are 800m from the transition area

These bags must be collected by 17:00. IRONMAN does not accept responsibility for any valuable items left in your Streetwear or Transition bags.

CUT OFF TIMES

01:10:00 
05:30:00  + T1 + 
08:30:00  + T1 +  + T2 + 

There are three time hurdles each athlete must cross in time to be an official finisher of the ISUZU IRONMAN 70.3 Mossel Bay:

Your start time is the exact moment you cross the timing mat at the swim start and the cut off times are accumulative to include your overall race time - it's not time per discipline.

1) SWIM

Hurdle 1 is at the end of the swim course and each athlete has **1 hour 10 minutes** of race time to get to this point.

Any athlete or relay team member who takes longer than 1 hour and 10 minutes to get to this point will not be allowed to continue the race and receive a DNF (did not finish) on the results.

2) BIKE

Hurdle 2 is at the end of the bike course and each athlete has **5 hours 30 minutes** of overall race time to get to this point.

Any athlete or relay team member who takes longer than 5 hour and 30 minutes to get to this point will not be allowed to continue the race and receive a DNF (did not finish) on the results.

On the bike course there are **two intermediate cut-offs** based on the time of day. They are for road opening purposes. They are at **Uitkyk/Peach Grove at 10:50** (43.8km into the bike course) and at **Reed Valley at 12:15** (73km into the bike course). Athletes who miss these cut-off times or have no reasonable prospect of making them will be taken off the course through the SAG bus in order to comply to the published road opening times

3) RUN/FINISH

Hurdle 3 is at the end of the run course (finish line) and each athlete has **8 hours 30 minutes** of overall race time to get to this point.

Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

On the run course there is **one intermediate cut-off** based on the time of day. This is for road opening purposes. It is at the **George Road turn-around 2 at 14:55** (13.5km into the run course). Athletes who miss this cut-off time or has no reasonable prospect of making them will be taken off the course to comply to the published road opening times.

DROP OUT PROCEDURE

DROP-OUT CLERKS

The dropout clerks are at the following points:

- At the Medical Pods on the beach at Swim Start / Exit
- Outside Transition

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

PRE-RACE (OR DURING 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

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 Dropout tent.

RUN

Athletes who withdraw from the race will have access to their Streetwear Bags at the IRONMAN Village but will only have access to their Transition gear at the official bike check out from 13:30 – 17:00.

Athletes who withdraw from the race will have access to their Streetwear Bags at the IRONMAN recovery zone but will only have access to their transition gear at the official bike check out from 14h00 – 17h00.

ON COURSE NUTRITION

AID STATIONS

BIKE COURSE

(3 aid stations: +- 24, 44 & 60 kms)

Drinks: Biogen Carbogen in 600ml bike bottle and Water (water will be in - Bonaqua Pump bottle 750ml – plastic caps will be removed and bottle slight emptied to fit in your bottle cage!)

Energy Bars: Maurten Bars

Energy Gels: Maurten Gels

Food: Bananas.

Extra Items:

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) 700 C tubes
- 1 x set Tyre levers
- 1 x pump

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

NOTE: Litter zones will be within 100m of either side of the bike aid station,

RUN COURSE

(+- every 2 - 3 kms)

Drinks: Biogen Carbogen (150 ml served in cup), Water sachets, Coca-Cola (served in cup).

Energy gels: Maurten Gels

Food: Sweets and Pretzels

All products will be self-serve at the run aid stations. Drinks will be served into cups

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

| ISUZU IRONMAN 70.3 MOSSEL BAY | | AID STATION SUMMARY - IRONMAN 70.3 MOSSEL BAY 2024 | | | | | | | | | |
|--------------------------------|----------------------|----------------------------------------------------|----------|-------|--------|------|--------|----------|---------------------|--------|--------------------|
| BIKE COURSE | | MARKER (KMS) | LOCATION | WATER | BIOGEN | COLA | SWEETS | PRETZELS | MAURTEN ENERGY BARS | BANANA | MAURTEN ENERGY GEL |
| 24km | R327 & Kellieberg Rd | | | ■ | ■ | | | | ■ | | ■ |
| 44km | Uitsyck Turnaround | | | ■ | ■ | X | X | X | ■ | | ■ |
| 60km | R327 & Kellieberg Rd | | | ■ | ■ | X | X | X | ■ | X | ■ |
| RUN COURSE | | | | | | | | | | | |
| 400m, 6.81km, 13.41km, 19.91km | George Rd | | | ■ | ■ | | X | ■ | ■ | X | ■ |
| 2.85km, 9.34km, 15.84km | Kloof Street | | | ■ | ■ | | ■ | X | ■ | X | ■ |
| 4.66m, 11.26m, 17.66m | Blind Street | | | ■ | ■ | | X | ■ | ■ | X | ■ |

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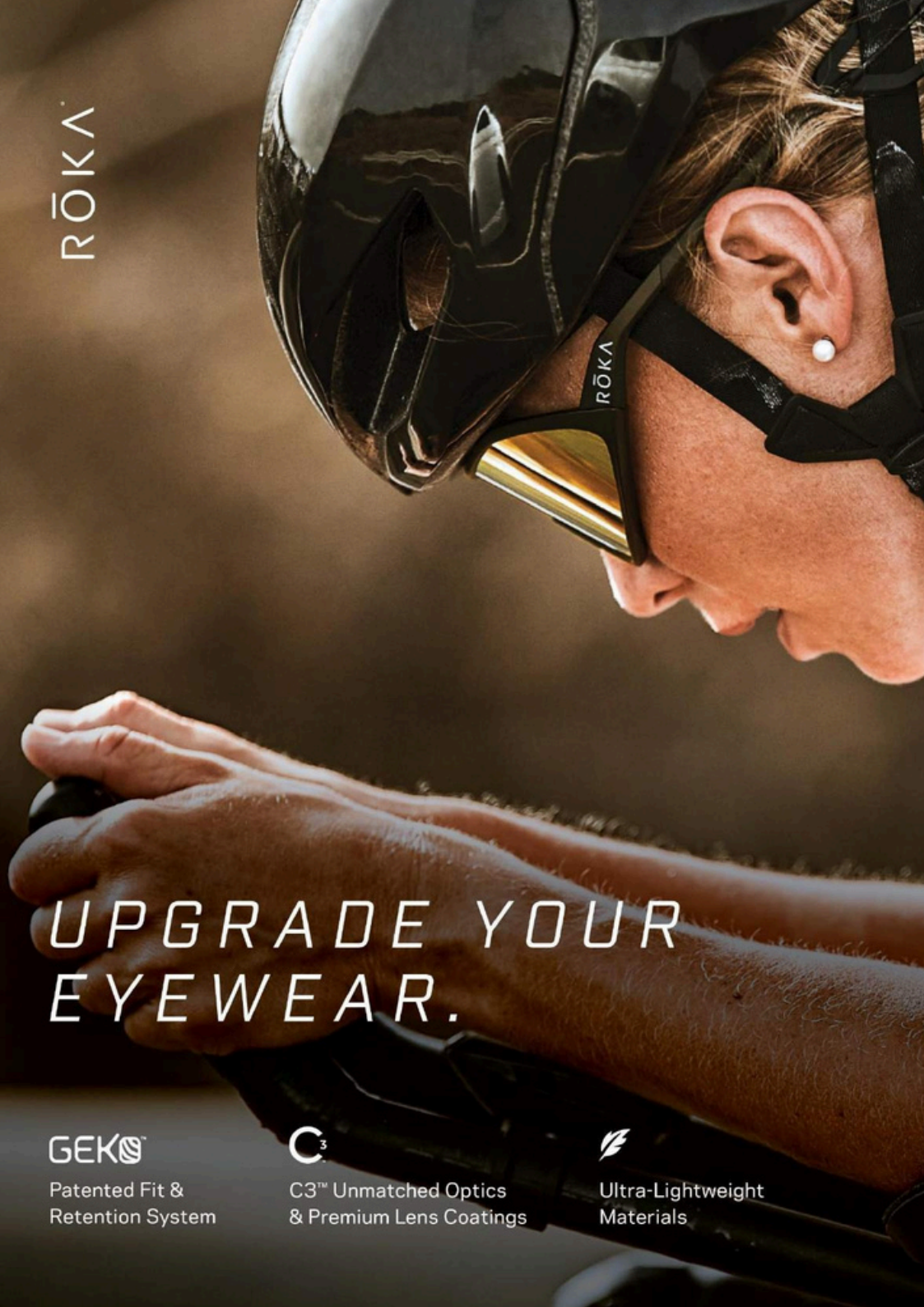


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Cut off: 1 hour 10mins from each athlete's individual swim start time.

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

The ISUZU IRONMAN 70.3 Mossel Bay swim start consists of 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 that 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. Five athletes will be released every 5 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+ minute 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.

Age Group/ Open Division athletes may wear wetsuits in water up to and including 24.5° Celcius. Professional athletes may wear wetsuits in temperatures up to and including 21.9° Celcius/ 71.5° Fahrenheit

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

<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, and 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.

There are spare swim caps at the swim chute on Santos Beach.

SWIMWEAR POLICY

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM COURSE RULES

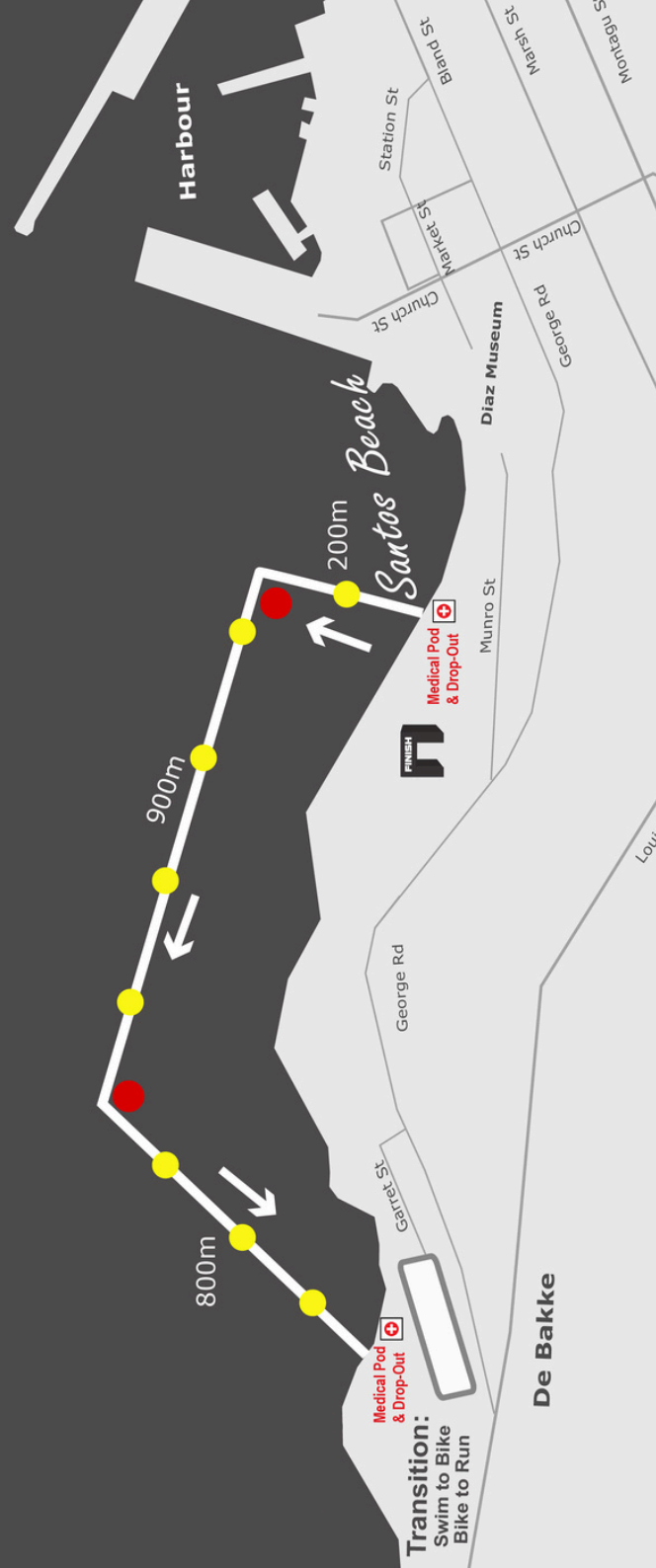
- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- No nudity is allowed on the race site. If you wish to change completely there will be separate male, female, and open change areas for this in the transition marquee.
- Any assistance required during the swim will result in disqualification if forward progress is made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.
- Swimmers are required to stay on course, failure to follow the course may result in a penalty

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

Please [CLICK HERE](#) to read the 2024 IRONMAN Rules for the full information and any updates!

- Red Turn Buoys
- Yellow Guide Buoys
- + Medical Pod & Drop Out (Swim only)



Mossel Bay

SWIM 1.9 km
1 Lap



An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. **Here's a top-10 checklist to help get you ready.**

1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course. Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start.

Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

Please note that warming up in the water is prohibited.

8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colours and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable pace.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem.

The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

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TRANSITION 1

SWIM TO BIKE:

Athletes may strip the top of their wetsuits down to their waists as they run up from the beach into Transition.

The bottom half may only be fully removed once in the transition area. Collect your Bike Bag. Changing may take place on the mats and chairs in between the racks (or in the male or female tent/ or in the private change room if required).

Place all your swim gear including your WETSUIT into your Bike Bag: Rack your bag with your items for collection during bike check-out.

Ensure that your race bib number is facing backward (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) Please do not swim with this race bib number on.

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

Ensure your timing chip is still strapped to your LEFT ankle. Should it be missing - first check in your wetsuit, and only thereafter get a new one from the timing volunteers.

From here, PUSH your bike to the exit of Transition over the Mount Line. Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition once you crossed the mount line.

Athletes must wear their bike helmets with the chin straps clipped in at all times on the bike course. This regulation is in place from the moment before you handle your bike in Transition [Swim to Bike] until the moment after you have racked your bike in Transition [Bike to Run].

A Bike Maintenance Mechanic will remain in Transition until the last athlete has left on the bike course.

RELAY TEAMS PROCEDURE

The timing chip & belt, when handed over, must be placed on the next team members LEFT ankle before he/she commences the next leg of the race: this acts as your relay baton.

Medical facilities available to athletes in Transition.

There will **NOT** be any sunscreen supplied by IRONMAN, please ensure you bring your own. A self spray aerosol can work best.

TRANSITION 2

BIKE TO RUN:

Approaching the Dismount Line:

Slow down as you approach the dismount line. Athletes must be on foot when they cross the dismount line.

Athletes must either run into transition wearing their cycling shoes or leave them clipped onto the bike pedals. You may not take your cycling shoes off your feet and clip them onto your bike once you have dismounted.

You will self-rack your bike at the same spot you collected your bike. You will need to collect your Run Bag & follow the demarcated route through Transition. Changing may take place on the mats and chairs in between the racks (or in the male or female tent/ or in the private change room if required).

During the run, the athletes race bib number must face forward. 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 bags closed and drop them off in the "Bag Drop" zone just outside the change area.

Medical facilities are available to athletes in Transition. 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.

RELAY TEAMS

Relay Team Runner must wait in the holding area inside the transition at the run-out chute, located between the sea and the change racks. The Team cyclist will run through transition exactly like the individuals and hand over the timing chip to the Relay Team Runner. From here the team cyclist must leave the transition. The bags and bike may only be collected during the bike and bag check-out process.

BIKE

90.1 km

BIKE COURSE 90.1KM

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

The ISUZU IRONMAN 70.3 Mossel Bay bike course of 90.1km (56miles) consists of one lap, out and back towards Herbertsdale, in a non-drafting format.

- cyclist rides in their dedicated cycling lane
- always ride on the left-hand side of the cycling lane, passing on the right.

COURSE DESCRIPTION:

- exit T1 with a right turn onto George Rd
- left into Louis Fourie Rd (towards N2)
- From Marsh Str bridge onwards to the N2/R327 intersection (inner lane on both out and back)
- N2 (GEORGE) onramp - 50m prior there is single file no pass zone - sit upright with no tri-bars until safely onto the N2
- N2 to R327 right turn towards Herbertsdale. BE ALERT (crossover point for vehicles traveling eastwards towards Mossel Bay on N2)
- R327 is a single lane in each direction. Sharp turns and steep descents. DO NOT cross center line.

Keep left in the dedicated cycling lane and pass on the right.



The dedicated cycling lanes are:

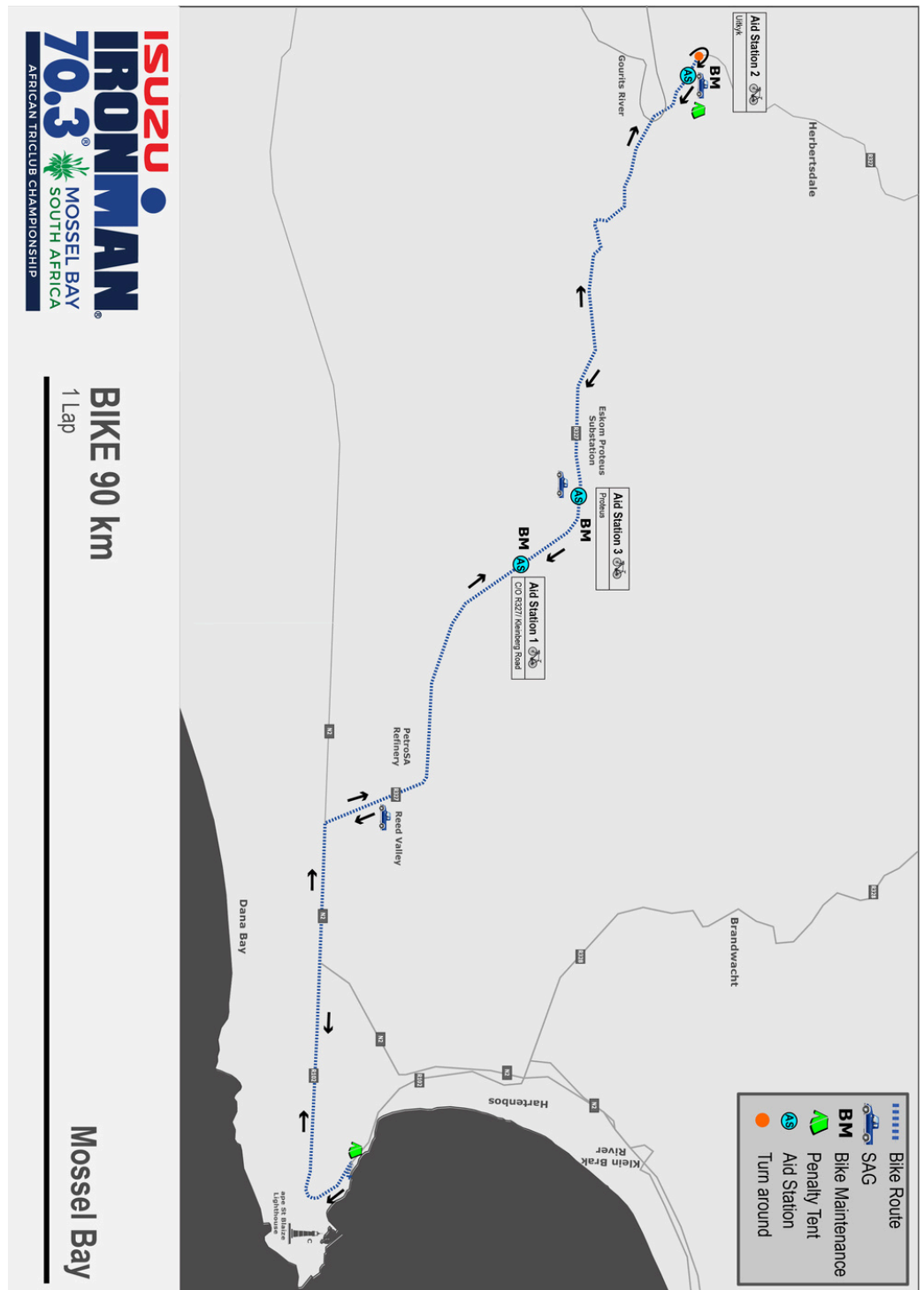
- RIGHT lane or INNER lane on the dual carriage way of Louis Fourie (R102) and N2. Event vehicles/motorbikes will on the outer lane - which is also open to traffic.
- LEFT lane on the single carriage of R327. Emergency vehicles and event motorbikes will be in the middle of the road. This road is closed to the public.

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.

The SAG driver with the volunteer must record the athletes race number & take a photo for recording purposes.

- SAG Point 1: Turn around point (At Uitkyk/Peach Grove on the R327. **Time of day cut-off at 10:50.**
- SAG Point 2: R327/Kleinberg Rd intersection at AID station 1/3
- SAG Point 3: Reed Valley on R327 (1,5km from N2 intersection. **Time of day cut-off at 12:15**



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- Nikki Bartlett, Professional Triathlete

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BIKE COURSE

During the SAG process the bikes of withdrawn athletes will be stacked onto a trailer. Athletes will be transported back and must report to the Drop-Out Clerks outside Transition. Bicycles will be returned to Transition at the end of the bike leg, for collection at Bike & Gear Check-out only.

PENALTY TENTS:

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

- Penalty tent 1: Turn around point (Peach Grove/R327 intersection) outside farm UITYK
- 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.

Therefore :

- Outbound penalties - served at Penalty Tent 1 (Turn around), and
- Inbound penalties - served at Penalty Tent 2 (Transition).

ON COURSE BIKE MECHANICS:

Bike Mechanic Static Points are at the three aid stations. There are no roving bike mechanics.

PLEASE ENSURE THAT YOUR TYRES ARE IN GOOD CONDITION AND THAT YOU HAVE THE SKILLS AND SPARES AND EQUIPMENT TO BE SELF SUFFICIENT SHOULD YOU GET A PUNCTURE.

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number (post race).

Mechanic will carry :

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

No spare wheels on the course.

BIKES:

Recommended Gearing: 50/34 on the front chainrings and 12/28 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.

AID STATIONS:

3 aid stations located at:

- Station 1: R327/Kleinberg rd intersection (22.4km)
- Station 2: Turn around /Uitkyk farm (44km)
- Station 3: R327/ Proteus (60km)

GEOGRAPHY:

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

BIKE COURSE RULES

BIKE Rules

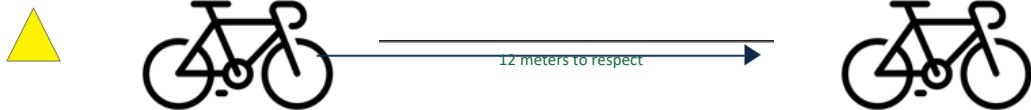
No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.

It is mandatory to obey traffic regulations.

Athletes must cycle single file on the left half of the dedicated bike course lane, with 12-meter gaps in between them. Passing is on the right and the overtaking athlete has 25 seconds to complete the overtaking maneuver before moving back to the left of the cycling lane. The responsibility of the 12-meter gap is now with the overtaken athlete.

Failure to keep the 12m or more gap with the bike in front is a drafting violation indicated with a blue card. Failure to move back into the left-hand side of the bike lane is a blocking violation (for hogging the pass lane) indicated with a yellow card



Blue card - BIKE

Blue card is used in case of drafting:

- 1st BLUE CARD Offense 5:00 minutes
- 2nd BLUE CARD Offense 5:00 minutes
- 3rd BLUE CARD Offense DSQ

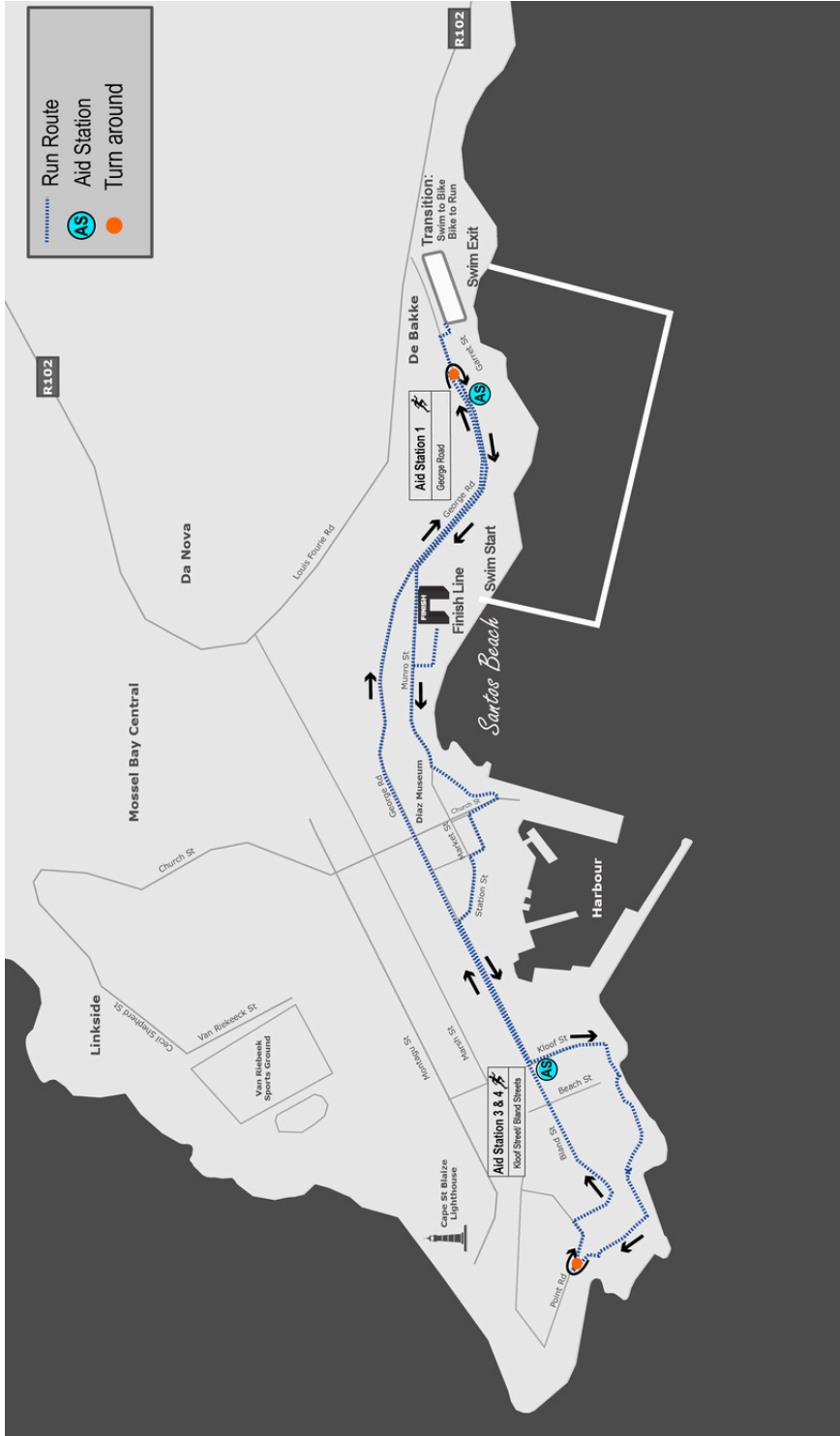
When an athlete receives a blue card, he must serve his penalty at the penalty tent.

The penalty tent is located on the Bike course: in transition make sure that the referee has noted your number and that the penalty has been served.

Yellow card - BIKE

The athlete who receives this penalty on the bike must stop at the next penalty tent for 30 seconds and make sure that the referee has noted on your number that the penalty has been served.

Santini



Mossel Bay

RUN 21.1 km
3 Laps



RUN

21.1km

RUN COURSE – 21.1KM

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

COURSE DESCRIPTION:

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

From Transition:

- turn left onto George Rd
- left onto Munro Rd
- past Santos Beach / Diaz Museum
- enter Harbour precinct.
- exit Harbour via Church Str
- left onto Station Street
- left onto Bland Street
- left onto Kloof Street to the seaside
- Right onto the coastal pathway towards the Point
- Right at Delphinus Restaurant onto Point Rd (TURN AROUND 1)
- Right onto Bland Str (which becomes George Rd)
- TURN AROUND 2 (500m before Transition in George Rd)

Athletes will run this route 3 times. At the end of the 3rd lap, athletes continue towards the finish line in the Santos Beach car park.

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

AID STATIONS:

3 aid stations located at:

- Run aid station 1: George Rd at Wiggett Rd junction
- Run aid station 2: Kloof Str cnr with Bland Str.
- Aid station 3: Bland Str, just before the intersection with Kloof Str.

RELAY TEAMS

INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

REGISTRATION

Registration for all athletes will take place on Friday and Saturday (please note we kindly ask for you to attend at the same time as your team captain if possible).

You will need to bring your **ID** and **TSA license (annual or day license)**. All members will need to have signed the relay waiver, on Easy Reg prior to registration.

A team is required to purchase one **TSA one-day license**.

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, that you will not be able to change team members at registration, you will only be able to change their details. **PLEASE MAKE CHANGES AT THE HELP DESK BEFORE COLLECTING YOUR RACE PACK.**



Please note, **any changes to team members must be made no later than 10 days before race day**. Any changes after this date will not be accepted.

RACE PACK

As a relay team, you will receive three athlete backpacks as well as:

- 2 x Race BIBs – one for the bike, one for the run
- 3 x ID Wristbands – one for each team member
- 1 x Swim Cap
- 1 x Sticker Sheet – for the bike and transition bags

TRANSITION POINT

In Transition, there will be marked RELAY change over areas. This is the area where you may exchange your timing chip. Please make sure all team members are aware of these areas when racking on Saturday.

RULES & REGULATIONS

Please make sure that you are familiar with the [general rules for IRONMAN](#) and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this athlete guide. It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish.





We're in this together

As Official Sports Performance Nutrition of the IRONMAN Global Series, Maurten Gels and Solids will be available on-course on race day. You won't fuel short.

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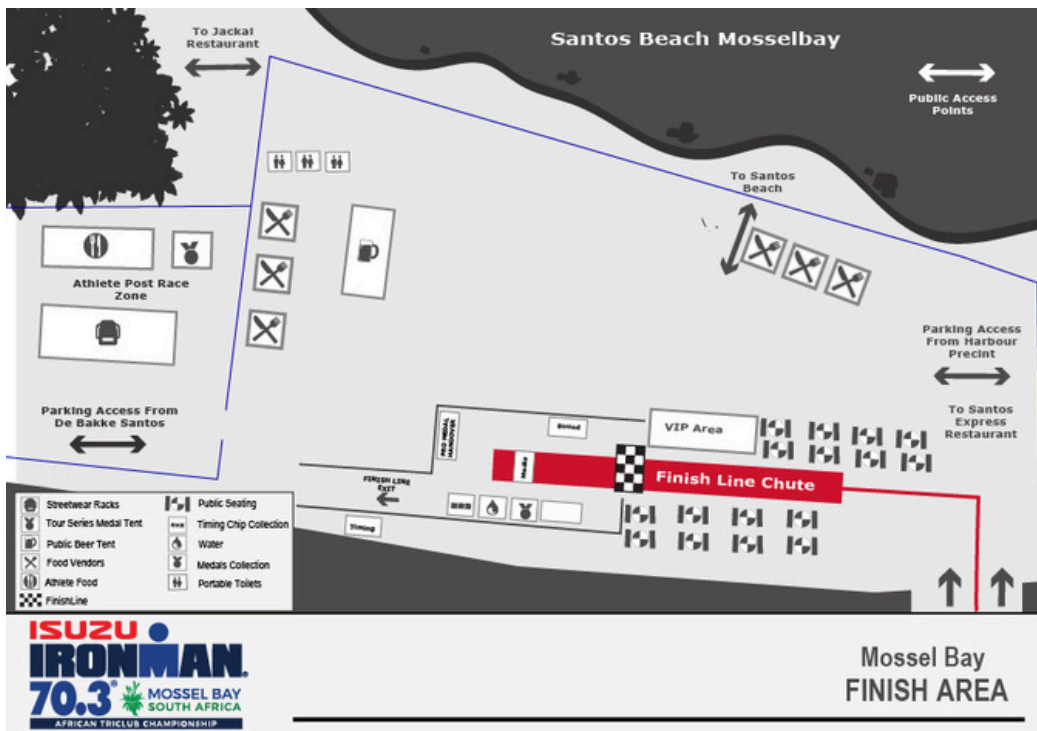
FAST IN. FASTER OUT.



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Our highest energy return shoe is here

HOKA



FINISH LINE

As you approach the red carpet it's time to look you best for that cherished ISUZU IRONMAN 70.3 Mossel Bay finish line photo. Make sure your race number is still facing forwards. Zip your tri suit up to above the sternum, failing to do this can lead to DQ.

You must cross the finish line alone. Fans, kids or pets are not allowed to cross the with you and can result in disqualification.

Relay members - there will be a relay meet point 100m away from the finish line This is on the land side of where the finish line chute turns 90 degrees left onto the red carpet. Here the team swimmer and biker can meet the runner to cross the finish line together.

Post-race

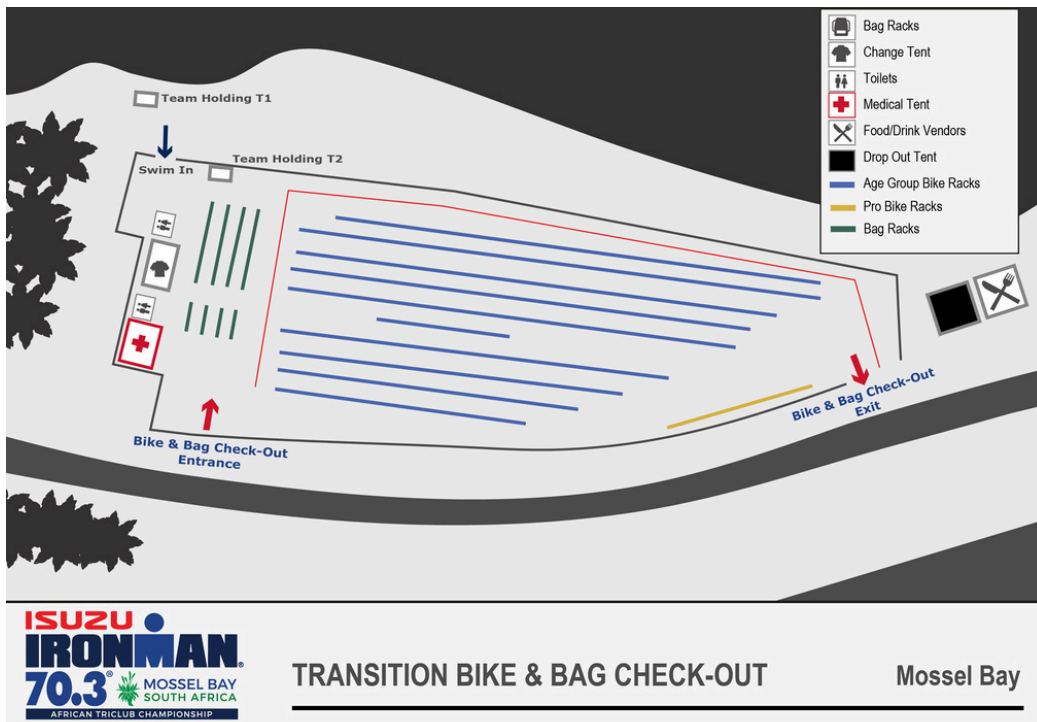
- Finishers MEDAL will be given to you just after the finish arch.
- Remove your TIMING CHIP and place it in the bins provided
- Get back your STREET WEAR bag in the Athlete Village recovery zone.
- Use your tear-off VOUCHERS on your bib to enjoy a nice snack/refreshment and refuel after your achievement.
- Athletes who qualify for the TOUR SERIES medal can collect it IN THE DEMARCATED AREA ALONGSIDE STREETWEAR BAGS

Check Out

Transition will be open to collect your blue bike bag, red run bag, and your bike from **13:30** until **17:00**.

You need it to get your gear and your bike back during the checkout. You must present your bib and athlete wristband at the check-out. All equipment must be collected by 17:00. No exceptions.

Bags must be checked out with your bike. Do not ride your bike home / to the hotel if you are not wearing a helmet.



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Perform your best on race day with the most advanced warmup and recovery technology. Our suite of technology is here to help you achieve your next goal and move better tomorrow.



BEAT THE PAIN, INFLAMMATION & STIFFNESS³⁻⁵

The Norflex[®] topical range relieves pain and inflammation with different options depending on severity and intensity of symptoms³⁻⁵

PAIN AND INFLAMMATION INTENSITY



NORFLEX[®] HEAT RUB⁴

NORFLEX[®] GEL 3 %³

NORFLEX[®] GEL FORTE 5 %⁵

Relief from mild pain, stiffness of joints and muscle soreness⁴

Norflex[®] Heat rub provides warm, soothing relief for the affected area^{4,6,7}

Relief of painful inflammatory conditions including myalgia, bursitis, sprains, strains, contusions and the after-effects of fractures^{3,5}

Norflex[®] Gel provides relief of moderate to severe pain and inflammation and provides a local anesthetic effect^{3,5}

Norflex
Adventure Guide

Looking for new and exciting running trails, cycling routes or even great swimming locations? visit the **Norflex[®] Adventure Guide** at <https://thenorflexguide.co.za/>

References: 1. Impact 16, December 2023; 2. Norflex[®] Tablets Approved Professional Information, September 2021; 3. Norflex[®] Gel approved professional information, November 2020; 4. Norflex[®] Heat Rub approved professional information, November 2021; 5. Norflex[®] Gel approved professional information, February 2020; 6. Bous L, Moore RA, Edwards JG, et al. Systemic reversal efficacy of topical rubefacient containing salicylates for the treatment of acute and chronic pain. *BMJ Open* 2014; doi:10.1136/bmj-2014-007141; E. T. Berry, S. Norflex[®] Rub, *Widex 24* et al. Salicylate-containing rubefacients for a chronic disease associated pain in adults. *Cochrane Database of Systematic Reviews* 2014;11. doi:10.1002/14651125.cd007403.pub3

Scheduling status: (S) Proprietary name and dosage form: NORFLEX[®] GEL, Gel. Composition: Each 100 g contains: Benzocaine hydrochloride 3.0 g. Registration number: 325318540. Scheduling status: (S) Proprietary name and dosage form: NORFLEX[®] GEL FORTE, Gel. Composition: Each 100 g contains: Benzocaine hydrochloride 5.0 g. Registration number: 325318391. Scheduling status: (S) Proprietary name and dosage form: NORFLEX[®] HEAT RUB (Dermatol). Composition: Each 100 g contains: Methyl Salicylate 10 g. Registration number: 313 6704. Name and business address of applicant: Inova Pharmaceuticals (Pty) Ltd, Reg. No. 1952/08/04802, 151 Riley Road, Bedfordview, J.C. No. 011 047 0000, www.norflex.co.za. For more information speak to your health care provider. Further information is available on request from Inova Pharmaceuticals, 228411, 184736/24





AWARDS CEREMONY & SLOT ALLOCATION

RIGHT TO APPEAL

The athlete's right to protest or appeal, if any, will be governed and handled by the Event's sanctioning body, and/or the competition rules of the relevant National Federation (TSA).

Should you wish to lodge a protest, this must occur 15 minutes after crossing the finish line and before 16h00 on Sunday, 17 November 2024, whichever is the earliest.

Please advise one of the IRONMAN staff members on-site/at the Finish Line soonest that you wish to see the Head Race Referee who should be located at the Drop Out Control gazebo in Transition when the bike course closes. The location will be confirmed by the IRONMAN staff member. You will be required to fill out the protest/appeal form and make a payment of R500,00 cash to the Head Race Referee. This will be reimbursed if your protest/appeal is successful.

RESULTS

Results will be available live on the IRONMAN Tracker App during event day and <https://www.ironman.com/im703-Mossel Bay-results> the day after the event.

AWARDS & SLOT ALLOCATION

Location: Marquee Tent Diaz Hotel & Resort

Time: 18:00 - 21:00

Doors will open for the buffet at 18:00, awards will start at 18:30

Awards Available:

- Top 3 male and female athletes in each age group
- Top 3 relay teams
- Top 3 tri clubs

There is no cost to athletes, who gain access with their athlete wristband. Supporters will need to purchase an awards ticket for: **R300** at the door. **THIS IS SUBJECT TO AVAILABILITY. NOTE THAT THERE IS VERY LIMITED SPACE AVAILABLE.**

Awards will not be posted, it is your responsibility to check the results and attend the Awards Ceremony if you would like to receive your award.

POST AWARDS CEREMONY WILL BE WORLD CHAMPIONSHIP SLOT ALLOCATION!



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70.3 WORLD CHAMPIONSHIP

IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION

Location: Marquee Tent Diaz Hotel & Resort

Time: After the awards ceremony

SLOT ALLOCATION

2024 ISUZU IRONMAN 70.3 Mossel Bay will award slots for the 2025 VinFast IRONMAN 70.3 World Championship Qualifying Events to be held in Marbella, Spain on 8-9 November 2025.

- 50 qualifying slots for the age group

Please note, that slot allocations are subject to change and may be verified, [here](#).

If you qualify for the 2024 edition of the ISUZU IRONMAN 70.3 Mossel Bay you are eligible to participate in the 2025 VinFast IRONMAN 70.3 World Championship in Marbella, Spain only. Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be offered to the following athletes according to their official ranking in the age group until the slot allocation is over.

Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

Please be ready to pay the registration fee by credit card ONLY. We DO NOT accept cash or cheques.

The amount is €771.79 (EURO)

Attendance is mandatory at the slot allocation, no slot will be awarded after the slot allocation. Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.

Rules

To accept a slot to the 2025 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in person at the Rolldown Ceremony.

A photo ID is required to be presented and payment must be made at this point in time. We DO NOT ACCEPT cash or cheques.

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

First, a quick note to clarify what we mean below by an "Age Group." An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

70.3 WORLD CHAMPIONSHIP

The Slot Allocation Process:

BEFORE RACE DAY:

- o Each Age Group with registered athletes is tentatively allocated one slot (each, an "Initially Allocated Slot")
- o All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

ONE RACE DAY

- o If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots
- o The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

AFTER THE RACE

BEFORE ROLL DOWN

- If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is reallocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

DURING ROLL DOWN

- If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon 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 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 the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

All Russian and Belarusian athletes continue to be disallowed from participation in all IRONMAN World Championship and IRONMAN 70.3 World Championship events until further notice.



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IRONMAN COMPETITION RULES

2024 IRONMAN RULES

IRONMAN 70.3 Mossel Bay will be sanctioned by the rules included in the IRONMAN 2024 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>

Triathlon South Africa will sanction and enforce the rules that are included in the IRONMAN 2024 Competition Rules. Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons, it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race. Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race. This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI-DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

COMMON RULES, VIOLATIONS AND PENALTIES

| SUMMARY OF GENERAL COMPETITION RULES | PENALTIES | CARD |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------|
| Public nudity or indecent exposure | DSQ | Red |
| Littering outside of the trash/rubbish drop zones | DSQ | Red |
| Using unsportsmanlike behavior | DSQ and potential suspension | Red |
| Failure to follow the prescribed course | DSQ | Red |
| Failure to wear a shirt or sport top during the bike or run | 1 min Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly | Yellow |
| 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 1 min Stop-and-Go Time Penalty will be assessed, If not: DSQ | Yellow |
| 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 | DSQ of both athletes | Red |
| Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information | DSQ and potential suspension | Red |
| Not stopping in the next penalty tent after being obliged to do so | DSQ | Red |
| Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distracting manner during the race. | DSQ | Red |
| Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer. | DSQ | Red |

GOOD TO KNOW

QUESTIONS?

Any questions, please kindly email Mossel Bay70.3@ironman.com, we are here to help you have the best pre, during and post-event experience possible!

LOST AND FOUND:

During race week, lost and found items will be left in registration at the lost and found desk.

Once the race is over, please collect any lost and found at the awards ceremony or at 09:00 - 11:00 at the Pero Diaz Theatre Diaz Hotel & Resort on Monday 18th November. Once the event is completed, please contact Mossel Bay70.3@ironman to find the missing items and arrange for their return.

Shipping charges will apply.

**All unclaimed items will be donated within 30 days.*

SAFETY AND SECURITY:

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to include your emergency contact in your EasyReg account information, as well as on the back of your bib.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you witness a security incident:

Please contact +0792666263 – VOC – security

If you witness an accident or health problem:

Please contact +0792666263 – VOC OR emergency services

When contacting our security and emergency hotlines, please:

- Keep calm
- Be specific about the information you provide
- Provide the athlete's bib number
- Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnessed

HOW TO FOLLOW THE RACE

The ISUZU IRONMAN 70.3 Mossel Bay race is a big party that will bring together thousands of athletes from the Hoorn to the finish line arena.

We invite you to come to swim start and the finish but also all along the SWIM and RUN course to

encourage the athletes and live the IRONMAN atmosphere.

IRONMAN.com

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

Application IOS et Android IRONMAN Tracker

The ISUZU IRONMAN 70.3 Mossel Bay event offers you real-time information and live results via the IRONMAN Tracker app.

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course.



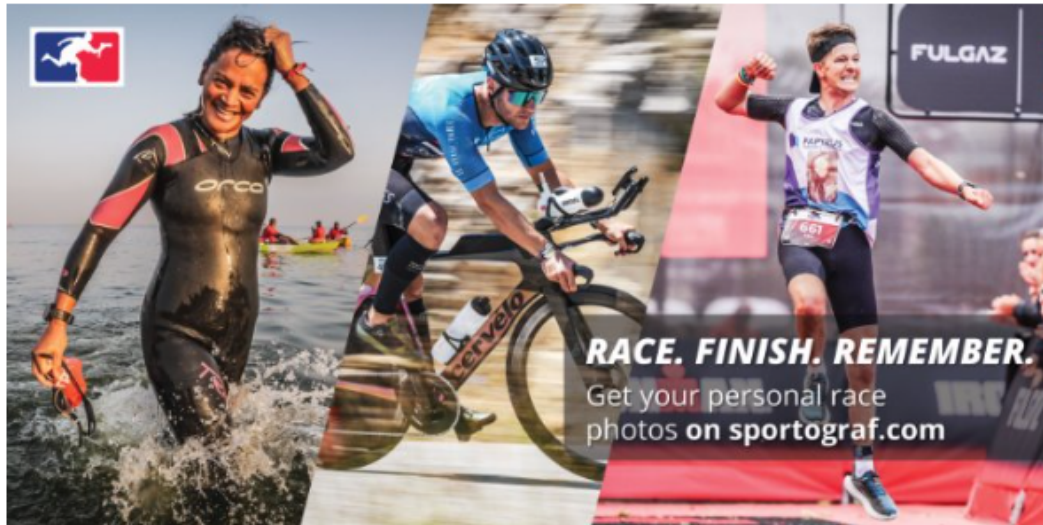
[Download the app](#)

VOLUNTEERS

Put your hands in the air for the VOLUNTEERS!

We just want to take this moment to thank all our volunteers for taking time out of their day to make this event possible. We truly would not be able to do this without you!

Think about your day as an athlete and how long you are on your feet and please consider the time volunteers dedicate to making your dreams possible! Be considerate, polite and thank them when you can!



Sportograf is proud to be the official photographic service of the athletes at ISUZU IRONMAN 70.3 Mossel Bay.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: <https://www.sportograf.com/fr/event/12176>

Help us take your best photos:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.

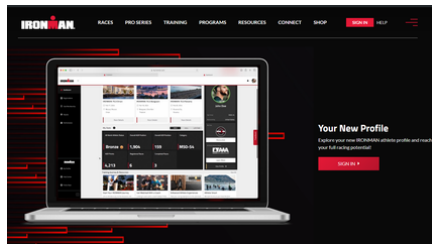
TOUR SERIES

Africa Tour Series: only by pre-registration: 2024 South African Tour Series is back!

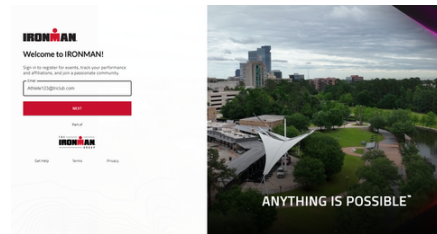
Register and complete either of the following series of races to be eligible for the 2024 South African Tour Series Medal:

- Option 1: 2024 ISUZU IRONMAN African Championship, ISUZU IRONMAN 70.3 Durban and ISUZU IRONMAN 70.3 Mossel Bay
- Option 2: ISUZU IRONMAN 70.3 Nelson Mandela Bay, ISUZU IRONMAN 70.3 Durban and ISUZU IRONMAN 70.3 Mossel Bay. Register for all 3 races before 29 September 2023 to be eligible.

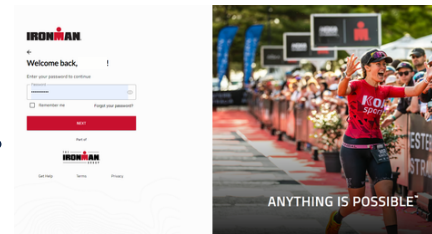
Kindly see the below guide on how to link your TriClub to your athlete profile:



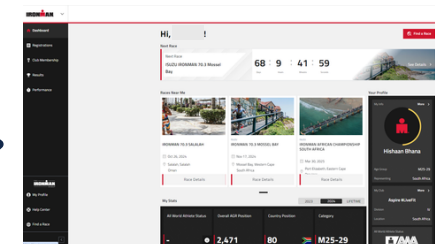
Open your IRONMAN athlete profile.



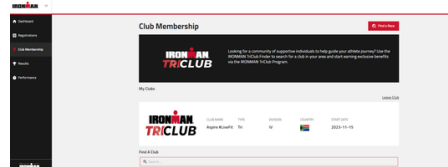
Enter your email address.



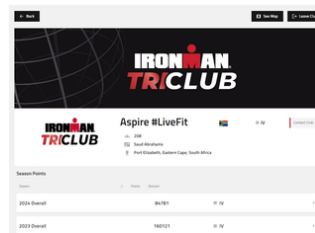
Enter your password.



In the left-hand side menu, click on "Club Membership".



Search for your TriClub.



Select "Link TriClub".

Important Points for TriClub Affiliation:

- Athlete Responsibility: Athletes must log into their IRONMAN profile and link themselves to their TriClub, as **TriClub results rely on this linked data**. Failure to update their affiliation may result in exclusion from results.
- Important Deadlines:
 1. Pole Position: Athletes must be affiliated with their club **10 days prior to race day** to earn points and qualify for Pole Position benefits.
 2. Podium Awards: Athletes must be affiliated with their club **45 days prior to race day** to earn points. Note that TriClub Podium results cannot be updated once posted.
- Multiple Profiles: Athletes with more than one profile must contact us directly to merge their profiles at least **10 days prior to race day**.
- Need Assistance?: Athletes facing issues or needing help are encouraged to reach out directly for support at Mosselbay70.3@ironman.com.

NEVER RACE ALONE



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