ATHLETE INFO GUIDE
20 OCTOBER 2019

Standard Bank
5i50
City of Ekurhuleni SOUTH AFRICA

FUNTRI
INDIVIDUAL AND TEAM RELAY
400m SWIM
1.5km SWIM

OLYMPIC
20km BIKE
40km BIKE

5km RUN
10km RUN
FRIDAY 18 OCTOBER 2019

Registration: 15h00 – 18h00 (Victoria Hall at Germiston Lake)
Triathlon Shop: 15h00 – 18h00 (Victoria Hall at Germiston Lake)
Bike Maintenance: 15h00 – 18h00 (Troisport Gazebo outside Victoria Hall)

SATURDAY 19 OCTOBER 2019

Registration: 09h00 – 17h00 (Victoria Hall at Germiston Lake)
Triathlon Shop: 09h00 – 17h00 (Victoria Hall at Germiston Lake)
Bike Maintenance: 09h00 – 17h00 (Troisport Gazebo outside Victoria Hall)

SUNDAY 20 OCTOBER 2019 (RACE DAY)

Bike Maintenance:
Bike & Gear Check-In, incl Welcome:
Race Briefing (Compulsory for all):

FUNTRI (minimum age 14 years on race day):
Rolling Swim Start: 07h30
FUNTRI Distances:
400m Swim
20km Bike
5km Run

PLEASE NOTE: There are no cut-off times for the FUNTRI

5150: (minimum age 18 years on race day)

Rolling Swim Start: 08h10
5150 Distances:
1500m Swim
40km Bike
10km Run

PLEASE NOTE: There are cut off times per 5150 discipline (i.e swim, bike, run)

Cut offs:
Swim time: 1 hour 10 minutes
Bike time: 2 hour 20 minutes
Run time: 1 hour 20 minutes

TOTAL time: 4 hour 50 minutes from your swim start time

FUNTRI & 5150 Bike & Gear Check – Out:
FUNTRI Only: 09h45 – 10h45
NOTE: FUNTRI athletes who don’t collect their Bike & Gear during this time must collect during the 5150 check-out time slot

5150: *12h45 – 13h45
NOTE: *approximate time, based on 15 minutes after the last 5150 athlete finishes the bike course within the cut-off

Awards Presentation: Finish Line 13h15
The Standard Bank 5150 Ekurhuleni returns to the City of Ekurhuleni for the 6th time. It is always exciting hosting the event in the City of Ekurhuleni.

Germiston Lake, as a triathlon venue goes back for at least 30 years. Besides the clear water and the run in the park, the additional and unique 5150 value add, is a quality cycling course on a nearby national highway. The combination of these three courses makes up an exceptional must do triathlon. The cycling course is a superb triathlon time trial course.

With such a massive triathlon following in the Gauteng region, the event is always welcomed with open arms. We look forward to hosting a quality event that we know our athletes enjoy.

There are two race distances on Race Day:

- 51.50 (km) = 1.5km swim + 40km cycle + 10km Run, also known as a standard distance or Olympic distance triathlon.
- The FUNTRI which is open to individuals and teams of two or three in a relay format takes on a 400m swim, 20km cycle and a 5km run.

The Standard Bank 5150 Ekurhuleni is the perfect race for all fitness levels and competencies: Whether you are looking to push for that PB time over the 5150 or just looking to take it easy and test the feel of a triathlon at the FUNTRI, you are at the right event.

We hope all the training pays off, good luck and see you at the start line.

Werner Smit - Standard Bank 5150 Ekurhuleni Race Director
The Germiston Lake has been the home of the Standard Bank 5150 Ekurhuleni for several years. Germiston Lake is within easy freeway access from all over Gauteng.

**Accessing Germiston Lake & Parking on Race Day:**

**Road Closure Note:** On race morning, please do NOT travel down Lake Road past the Victoria Lake Club Complex (eastern side of Germiston Lake) towards the race venue, as this road will be closed. See access options below:

**From Sandton/Johannesburg:** Use the Rand Airport Road off-ramp (exit 106) from the N3 South bound/N12 West bound. At the T-junction, turn left towards Rand Airport (M46). Turn right at the Rand Airport (Power Road/Rand Airport Road) intersection. Continue down this road (M48) through the Rand Airport Road Traffic Circle and past Germiston High School. Shortly after the school, access to parking for the event will be on your left.

**Alternative option from Johannesburg:** From the M2 East bound, turn right into Refinery Road (M37) until you get to the intersection of Refinery Road and Power Street: Turn right here and then left into Rand Airport Road (M48), towards Germiston High School. Shortly after the school, access to parking for the event will be on your left.
VENUE: Victoria Hall – Germiston Lake
FRIDAY: 15h00 – 18h00
SATURDAY: 09h00 – 17h00

Race registration is in Victoria Hall – Germiston Lake. All entered athletes MUST attend registration where you will have your athlete band fitted. NO late registrations.

- Please bring a photo-form of identification to Registration: Identity Document, Driver’s Licence or Passport.
- At Race Registration you will be required to sign the relevant waiver prior to collecting your “Registration Pack”.
- FUNTRI: The minimum age of participants (teams or individual) is 14 years – as at race day.
- FUNTRI: In the case of Under 18s (individual or team member), a parent / legal guardian must be present for each minor to sign these forms: the participating child must be present too to receive the race wrist band.

- Included in your ‘Registration Pack’ will be:
  - Drawstring Bag
  - Athlete shirt
  - Race number: please write on the back of your race number, your -
    - Medical Details
    - Next of kin / Emergency contact and contact details (Please do not supply the name and number of someone who is also racing).
  - Accommodation details: name, telephone number & room number.
  - Safety pins
  - Bike and Helmet stickers - for identification purposes. Stickers may not be altered.
  - Official Swim cap – Athletes will have their official Swim Cap numbered with their race number at Registration. The official Swim Cap must be worn.

- Timing Chip + chip belt to be collected and checked at Registration.
  *athletes are encouraged to bring / buy their own timing chip belt / strap.
  NOTE: For the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture under “Timing”)

- ALL athletes MUST have their athlete wrist band fitted at Registration - this is to be kept on for the full duration of the 5150 event.

- Triathlon South Africa (TSA) – Licence Fee - compulsory:
  All non-members (i.e. those not listed on their database supplied) of TSA (including international and professional athletes) must pay a day licence fee at Registration:
  5150: R100 – CASH or Debit/Credit Card (Visa/MasterCard).
  FUNTRI: R30 per individual or team (not per team member).
  This is payable to TSA at Registration. The TSA licencing & fee is the instruction from / responsibility of TSA and not IRONMAN South Africa: we are only administering the process on their behalf at our events.

Please note - International and South African Athletes: All international and South African athletes will sign a second waiver at registration. This information is for private hospital administration, if required.

Race Day Emergency Number: 079 266 6263
**Athlete Info Guide**

### Triathlon Shop

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>15h00 – 18h00</td>
<td>Victoria Hall</td>
</tr>
<tr>
<td>Saturday</td>
<td>09h00 – 17h00</td>
<td>Victoria Hall</td>
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</tbody>
</table>

Troisport will have a triathlon shop in the registration venue which will offer a variety of triathlon gear and race day essentials.

### Bike Workshop / Maintenance

<table>
<thead>
<tr>
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<td>09h00 – 17h00</td>
<td>Victoria Hall</td>
</tr>
<tr>
<td>Sunday</td>
<td>05h45 – 06h45</td>
<td>Entrance to Transition</td>
</tr>
</tbody>
</table>

Troisport will have a bike mechanic servicing bikes at their bike workshop.

Race Day Emergency Number: 079 266 6263
BIKE & GEAR CHECK-IN: SUNDAY – 20 October 2019: 05h45 – 06h45 (incl team cyclist)

Enter at the Bike-out / Bike-in chute, Exit at the Swim-in / Run-out chute.

Bike and gear check-in to the Transition Area will take place between 05h45 – 06h45: Athletes only. Please ensure that you have your cycling helmet, securely fastened on your head when you check in. Referees will check that it is securely fitted. They will also inspect the polystyrene inside and shell of the helmet for any cracks, which may lead to the helmet being rejected.

Only racing equipment may be left in the Transition Area adjacent to your bike (chain side). (e.g. Small Towel, Race Number Belt, Helmet, Cycling Shoes, Glasses, Run Cap and Running Shoes only). No items may be left on your bike, except if your cycling shoes are clipped into the cleats and you are able to put your shoes on whilst cycling. Any other equipment must be left in the Tog Bag area to the side of Transition. No bags or boxes may be left next to your bike. Label your equipment and bags.

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

Once transition closes at 06h45, athletes may NOT go back into the area except to Transition during your race.

There will be a Troisport Gazebo near Bike Check-in where minor bike adjustments can be done and new helmets (and race belts) purchased, if required.

06H45: RACE BRIEFING – COMPULSORY

Exit Transition at Swim-In / Run-Out to go directly to the compulsory Race Briefing, which will take place between Transition and the Finishline on the grass.

DROP-OUT CLERK

Any athlete withdrawing from the race at any time MUST report to Drop-Out recorders (identifiable by the bibs below) either from the Swim at the Medical pod or off the Bike or Run at the Drop-Out Control gazebo outside Transition.

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

During the swim, these Drop-out “recorders” will be at the swim entrance & exit, next to the medical pod (ambulance).

Bibs worn for identification purposes by Drop Out recorders.

Race Day Emergency Number: 079 266 6263
Please refer to “Competition Rules”. (5150 penalties: Yellow = 30 second, Blue = 2:00 minutes).

Do NOT swim with your race number bib on.

**Athletes must be able to swim without putting their feet down on the ground.** The swim takes place in the Germiston Lake. Athletes will swim in an anti-clockwise direction around the course. Athletes must wait in the holding area at least 5 minutes before the start. It should be a wetsuit legal swim (Refer to race rules).

Hearing aids, false teeth, glasses etc. can be left on the table as you exit transition (swim-in / run-out chute).

Any athlete who does not complete the swim, must report to the “Drop – Out” controllers at the medical pod at the swim start or outside Transition.

**Medical officials, water safety officials and 5150 staff reserve the right to withdraw an athlete from the course if they are judged to be incapable of finishing within the required time or without the physical risk of serious injury or death.**

**FUNTRI:**

The 400m swim takes place in the Germiston Lake in the form of a one lap ‘rectangular’ race course. Please note: due to the depth of the lake, all athletes MUST be able to swim the distance; walking / putting your feet down on the ground is not an option. The swim will consist of a Rolling Swim Start. The first and last yellow inflatable buoys will be the marking for the 400m route: detailed route instructions will be given at the (compulsory) Race Briefing before the start of the race. Do not swim with your race number / bib on.

The Rolling start is as follows:

- **FUNTRI Teams & Individuals**: 07h30: self-seed yourself according to your ability

Holding areas will be for your estimated swim times:

- Less than 8 mins
- More than 8 mins

See the notes below on the Rolling Start procedure.

**5150:**

The 1.5km swim takes place in the Germiston Lake in the form of a one lap ‘rectangular’ race course. Please note: due to the depth of the lake, all athletes MUST be able to swim the distance; walking / putting your feet down on the ground is not an option. The swim will consist of a Rolling Swim Start. There will be yellow inflatable buoys marking the 1 500m route: detailed route instructions will be given at the (compulsory) Race Briefing before the start of the race. Do not swim with your race number / bib on.
The rolling start is as follows:

- **Rolling Swim Start**: 08h10 (or once water safety personnel are in position): **self-seed yourself according to your ability**

Holding areas will be for your estimated swim times:

- Less than 25 mins
- 25 – 30 mins
- More than 30 mins

See the notes below on the Rolling Start procedure.

Athletes who are still in the water 1 hour 10 min from their start will be lifted by water safety and may not continue with the triathlon.

**5150 OFFICIAL SWIM CUT-OFF TIME:**
1 hour 10 min from your Swim Start Time

**SWIM COURSE MAP:**

Note: Due to the depth of the lake, all athletes MUST be able to swim the distance; walking / putting your feet down on the ground is not an option.
ROLLING START PROCEDURE

- Be realistic: self-seed yourself according to your anticipated swim time.
- A group of 4 athletes will be released every 5 seconds to cross the timing mat to commence your swim.
- Your official race time will commence when YOU cross the timing mat, i.e. the timing mats determine your race time. This, in effect, will create a ‘time-trial’ dynamic for the race and the determination of the final results.
- The timing mat for the swim exit will be at the entrance to Transition: Swim In / Run Out.
- If you miss the 5150 swim cut-off of 1 hour 10 minutes, you will be cut off at Transition and/or be a DNF after the event/in the final results.

Please note: Your predicted swim time does not need to be communicated to race officials in advance.
BIKE COURSE

Please refer to “Competition Rules”. (5150 penalties: Yellow = 30 second, Blue = 2:00 minutes).

The Bike course is an out and back loop. Please study the course map. Inside the dedicated bike lane, all cycling is in single file on the shoulder of the cycling lane.

Medical officials, water safety officials and 5150 staff reserve the right to withdraw an athlete from the course if they are judged to be incapable of finishing within the required time or without the physical risk of serious injury or death.

Athletes will push their bikes out of Transition 1 (T1 : Swim to Bike) to the mount/dismount line. From here, mount as instructed by a Race Referee and keep to the left hand side of the road as you exit the main entrance of Germiston Lake Park.

FUNTRI:
The bike course for the FUNTRI is draft-legal, although we would encourage you to only be on tri-bars if you are leading a pack. It is a single lap out-and-back course of 20km, mostly on the N17, in dedicated demarcated cycling lanes. There will be two controlled cross-over points with traffic*: please take extra care in these areas. The turn-around point is at approximately the 10km mark, where there will be a SAG (withdrawal) support vehicle. There will be NO Aid Station on the FUNTRI bike route.

As with the 5150, the bike course leaves the main entrance of Germiston Lake Park, followed by a right turn into Lake Road, remaining on this road as it becomes Russell Road and Wits Rifles Road. At the East-bound on-ramp onto the N17, athletes will turn left onto the N17 Freeway. Here, athletes will be assisted across the outer lane* (which is open to traffic – at a reduced speed limit) onto the inner lane (or fast lane) of the N17. Please note that whilst cycling on the N17 only, you will cycle to the right and pass on the left.

Once athletes are on the inner lane of the N17 you will proceed on the N17 East-bound to just before the R21 / Rondebult Road bridge over the N17, where there is a hairpin bend across the centre median at the turnaround.

On turning around, now West-bound, athletes will remain on the inner lane of the N17 (still cycling to the right) all the way back to the Gosforth Toll Plaza. Here athletes will make another hairpin bend around the centre isle via a narrow service road and head back on the inner lane to the same point where you initially entered the Freeway. Here athletes will cross over the vehicle lane* and head back up the N17 on-ramp to the top of the T-junction with Wits Rifles Road. At the T-junction, athletes will backtrack up Wits Rifles Road to Germiston Lake, to dismount at the mount/dismount line as per instruction from the race referee(s).

5150:
See the competition rules regarding drafting, passing and blocking.

The 5150 bike course is a no-drafting race: Race Referees will enforce the race rules, as per the IRONMAN 2019 Competition Rules (see online). It is a single lap out-and-back course of 40km route, mostly on the N17, in dedicated demarcated cycling lanes. There will be two controlled cross-over points with traffic*: please take extra care in these areas. The turn-around point is at approximately the 20km mark, where there will be an Aid Station, SAG (withdrawal) vehicle and where the first Penalty Tent is situated. The second Penalty Tent is located at the end of the bike course, just before Transition. The highest point on the bike course is 1678m above sea level and the lowest spot is 1565m above sea level. The total elevation Gain/Loss is 424m/-424m.

The bike course leaves the main entrance of Germiston Lake Park, followed by a right turn into Lake Road, remaining on this road as it becomes Russell Road and Wits Rifles Road. At the East-bound on-ramp onto the N17, athletes will turn left onto the N17 Freeway. Here, athletes will be assisted across the outer lane*
(which is open to traffic – at a reduced speed limit) onto the inner lane (or fast lane) of the N17. Please note that whilst cycling **on the N17 only, you will cycle to the right and pass on the left**.

Once athletes are on the inner lane of the N17 you will proceed on the N17 East-bound to the Dal Park Toll Plaza where there is a hairpin bend around the centre isle as the turnaround.

On turning around, now West-bound, athletes will remain on the inner lane of the N17 (still cycling to the right) all the way back to the Gosforth Toll Plaza. Here athletes will make another hairpin bend around the centre isle via a narrow service road and head back on the inner lane to the same point where you initially entered the Freeway. Here athletes will cross over the vehicle lane* and head back up the N17 on-ramp to the top of the T-junction with Wits Rifles Road. At the T-junction, athletes will backtrack up Wits Rifles Road to Germiston Lake, to dismount at the mount/dismount line as per instruction from the race referee(s).

Cut-off times will be implemented at the Transition entrance i.e. 3hr 30min from YOUR start time.

**5150 OFFICIAL BIKE CUT-OFF TIME:**
3hr 30min from your Start Time (i.e. the time YOU cross the Swim Start timing mat) i.e. Actual bike time 2hr 20min

**BIKE COURSE MAP:**
SAG (Support and Gear) is the international IRONMAN procedure for transporting athletes and their bicycles who have withdrawn from the race off the bike course and back to Transition. A people transporter and bicycle transporter (trailer) will be located at:

- FUNTRI: turnaround point (10km out)
- 5150: turnaround point (20km out)

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

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

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

**PENALTY TENT**

*Please refer to “Competition Rules”. (5150 penalties: Yellow = 30 second, Blue = 2:00 minutes).*

Bike course time penalties will be served in a designated Penalty Tent (‘PT’). It is the athlete’s responsibility to report to the NEXT PT on the course. Failure to stop at the next PT on the bike course will result in disqualification.

Penalty Tents will be situated in the following two places on the bike route:

- Penalty Tent 1: Dalpark Toll Plaza (i.e 5150 bike turnaround)
- Penalty Tent 2: Just outside Transition

All penalties must be served at a Penalty Tent

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties. In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in IRONMAN Competition Rules, the Competition Rules set forth in IRONMAN Competition Rules shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

Please note: NO cell / mobile phones are allowed.
### SUMMARY OF GENERAL COMPETITION RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>30 second Time Penalty once corrected (Yellow Card), and, if intentional, a 2:00 minute Time Penalty (Blue Card). DSQ in South Africa. (Red Card)</td>
</tr>
<tr>
<td>Using unsportsmanlike behaviour</td>
<td>DSQ and potential suspension (Red card)</td>
</tr>
<tr>
<td>Failure to follow the prescribed course: it is the athlete’s responsibility to know the course. Athletes must cover the prescribed course in its entirety. If athletes must exit the course, he or she shall re-enter the course at the same point of departure before continuing.</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>30 second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>If it is possible to amend and return to the original situation then a 30 second Time Penalty will be assessed (Yellow Card), if not: DSQ (Red card)</td>
</tr>
<tr>
<td>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 assist the physical forward progress of another athlete on any part of the course during the race.</td>
<td>DSQ of both athletes (Red card)</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so.</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, and smart helmets (i.e helmets with Bluetooth technology), in any distracting manner, during the Race.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Use of any devise that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending text messages, using social media, taking photographs, and using a device as a bike computer.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Unless per-approved by the Head Referee, using communication devices of any during Race Competition. NO cell phones allowed.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>3 Blue cards will result in a DSQ</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

### SUMMARY OF SWIM RULES PENALTIES

<table>
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<tr>
<th>Rule</th>
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</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm thick</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Using a snorkle</td>
<td>DSQ (Red card)</td>
</tr>
</tbody>
</table>

### SUMMARY OF BIKE RULES PENALTIES

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<tr>
<th>Rule</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
<td>2:00 minute Time Penalty per violation (Blue Card)</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
<td>30 second Time Penalty (Yellow Card)</td>
</tr>
<tr>
<td>Once overtaken, re passing prior to dropping out of the draft zone</td>
<td>30 second Time Penalty (Yellow Card)</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds for all athletes</td>
<td>2:00 minute Time Penalty (Blue Card)</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
<td>30 second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.</td>
<td>DSQ if not remedied promptly (Red card)</td>
</tr>
</tbody>
</table>

Race Day Emergency Number: 079 266 6263
**Notes:**

1. An athlete may not physically assist the forward progress of another athlete.
2. 3 **BLUE** Cards will result in a DSQ
3. *Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information). S.A. relevant.
4. **Please note: at select Event venues athletes are required to wear their athlete bib number on both the bike and run segments of the Race (See Event-specific Athlete Information Guide for more information). S.A. relevant.
5. Not wearing a helmet during all event activities when the athlete rides the bike e.g. competition, familiarisation and training sessions and after bike check-out, is prohibited and will result in disqualification from future participation in IRONMAN South Africa events.
6. Please note that it is illegal to interfere (including remove, swap, steal and/or tamper) with another athlete’s equipment/nutrition in the Transition area (including during check-out): this may lead to disqualification.
RUN COURSE

Please see “Race Rules & Regulations” for additional info.

FUNTRI:

The 5km run course consists of one lap. Athletes will leave the Transition area, onto the walkway alongside the lake edge towards the far side of Germiston Lake Park (direction of the Germiston Golf course). When you meet up with the dead end of the internal road in the park you will turn left on the road, running on the right side of the course from here on. Athletes will turn right, out of the park, past the Germiston High School main entrance and then right again onto the service road, adjacent to Rand Airport Road. At the Rand Airport Circle, athletes will run on the East-bound lane of Rand Airport Road, past the main entrance to the Germiston Golf Club. At the T-junction with Power Road, athletes will turn right and continue to the turn-around point. From here you will backtrack into the Germiston Lake Park, but turn right onto the internal park road towards Transition. Just past the turn-around point here, you will veer right and into the finish chute to complete the race. A multi-directional Aid Station will be situated in front of the Germiston High School.

Please note: Family / friends are not permitted to enter the finish chute or cross the Finish Line with participating athletes.

5150:

The 10km run course consists of one and two-thirds, almost identical laps. Athletes will leave Transition, onto the walkway alongside the lake edge towards the far side of Germiston Lake Park (direction of the Germiston Golf course). When you meet up with the dead end of the internal road in the park you will turn left on the road, running on the right side of the course from here on. Athletes will turn right, out of the park, past the Germiston High School main entrance and then right again onto the service road, adjacent to Rand Airport Road. At the Rand Airport Circle, athletes will run on the East-bound lane of Rand Airport Road, past the main entrance to the Germiston Golf Club. At the T-junction with Power Road, athletes will turn right and continue to the turn-around point. From here you will backtrack into the Germiston Lake Park, but turn right onto the internal park road towards Transition. At the turn-around point just past the finish chute entrance, you will U-turn and proceed all the way back to the dead end on this road where you will collect a lap band. This is one lap complete. The second (two thirds) lap is the same with the exception that when you get to the U-turn turn-around point, you will veer right and into the finish chute to complete the race. A multi-directional Aid Station will be situated in front of the Germiston High School.

Please note: Family / friends are not permitted to enter the finish chute or cross the Finish Line with participating athletes.

5150 OFFICIAL RACE / RUN CUT-OFF TIME:
4hr 50min from your Start Time (i.e. the time YOU cross the Swim Start timing mat)
i.e. Actual run time 1hr 20min

Race Day Emergency Number: 079 266 6263
Teams will compete in their own division and receive competitor shirts and, on successful completion, finisher medals and certificates (downloadable from the website, 14 days after the race).

Rules specific to Teams:

- Teams need to have at least 2 members. These can only be substituted up until 10 October 2019: email Saregistrations@ironman.com.
- All FUNTRI athletes must, on race day, be 14 years of age or older.
- All THREE (or TWO) members of the team HAVE TO go to Registration (not necessarily all at the same time):
  - To do the registration process and sign an indemnity form; Participants under 18 and a parent / legal guardian must both attend registration.
  - To receive their athlete wrist band;
- Race packs will NOT be handed out unless each of the two / three indemnities are signed by the respective members of each team.
- The Timing Chip + chip belt acts as the “relay baton”: the swimmer starts with the timing chip + chip belt and the runner must end with it.
- Please note for the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture under “Timing”)
- The Timing Chip + chip belt are required by the cyclist after the race in order to check their bike out of Transition, as per the Bike Check-out guidelines in the Athlete Info Guide.

NOTE: the team cyclist must rack their bike & helmet at Bike Check-In between 05h45 – 06h45. Helmet to remain in Transition next to the bike.

Team hand-over:

- The team swimmer will start with the timing chip + chip belt.
- On completion of the swim, the swimmer will exit the water and run to the swim entrance at Transition: the team cyclist will be waiting in the holding area just outside Transition. The swimmer will hand the timing chip + chip belt to the cyclist.
- The team cyclist MUST place the timing chip + chip belt, silver side towards the skin and on the outside of the LEFT ankle, (See picture under “Timing”) BEFORE proceeding into Transition to clip helmet on then collect his / her bike.
- On completion of the bike course the team cyclist must enter Transition, rack his / her bike back in the same place and then exit Transition at the Run Exit, where the team runner will be waiting in the holding area there.

ALL other RULES applying to the Individual Athlete will apply to Teams.
**AID STATIONS**

### FUNTRI AND 5150

#### BIKE
On the **BIKE** Leg there will be 1 x Aid Station for the 5150 event only at the 20km turn-around. This will supply the following:

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

Please note: Litter zones are 100m from either side of the bike aid station. Do NOT litter between aid stations. (= DSQ)

**The Aid Station on the bike leg will close as the last athlete passes it or at 11h15.**

#### RUN
On the **RUN** Leg there will be 1 x Aid Station outside Germiston High School. This Aid Station will be multidirectional for the FUNTRI and 5150. They will supply the following:

**Aid Station 1**: (multi-directional)
- Water
- Coke
- Biogen Carbogen
- Biogen Real Gel
- Biogen Energy Bars
- Biogen Carbogen
- Coke
- Water

Please note: Litter zones are 50m from either side of the run aid station. Do NOT litter between aid stations. (= DSQ)

**The Aid Stations will close as the last athlete passes them or at a 13h15 closing time.**

**Reminder**: Lap Bands – 5150 Athletes only (at turn point on internal road)
BIKE:

Athletes who are on the bike course after cut-off will not be allowed to finish the bike course nor start the run course. At **10h45** any athletes who **have not** made the turnaround at the **20km mark** at the Dalpark Toll Plaza will not be allowed to continue on the return leg to Germiston Lake and will be taken back to Transition by SAG vehicle. The bike course will officially close at **12h00** at the entrance to Transition: this is when all road restrictions on the bike course are lifted and our privileged road use time expires.
On successful completion of the race, athletes will receive a finisher’s medal. The team runner will receive a medal for each of the team members. The area behind the Finish Line is a restricted zone. NO public entry is allowed on the Finish Line/in the finish chute. Once athletes have received their medal, they must vacate this area.

From here athletes can make their way to the Final Aid Station for their free meal (5150 athletes only) & Biogen recovery drink. There are vendors selling food in this area too.

**FINAL AID STATION** – for athletes only:

- Coke
- Biogen Recovergen
- Water
- Burger – 5150 Athletes ONLY (with the voucher that will be issued to you at the Finish Line)

**APPEALS**

- Should you wish to lodge an appeal against another athlete or referee’s decision, this must occur within 15 minutes after you cross the Finish Line. However no person may file a protest which requires a judgment (see “Competition Rules”). Please advise one of the 5150 staff members on site / at the Finish Line soonest that you wish to see the Head Race Referee to lodge an appeal.

- The Head Race Referee should be located at the Drop-out Control gazebo outside Transition. The location will be confirmed by the 5150 staff member.

- Payment of R 500.00 cash to Head Race Referee: will be reimbursed if your appeal is successful.

- Appeal committee: Race Director / Head Race Referee / Triathlon SA representative.

**BIKE AND GEAR CHECK-OUT**

5150 & FUNTRI: As per Announcers

Enter at the Swim-in/Run-out chute, Exit at Bike-out/Bike-in chute.

The announcers will advise when Bike and Gear Check-Out is ready to open: this will be when the bike course has closed and volunteers are in place. Please keep your timing chip and belt on you, as you will need to hand these in to the volunteers as you exit Transition with your bike. **No Chip, No Bike.**

Please **DO NOT** leave bikes in transition after **13h45** when check-out closes.

If bikes are not collected timeously, they will be moved out of Transition and thereafter not be the responsibility of the organisers.

Race Day Emergency Number: 079 266 6263
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 time, bike time, Transition 2 time and run time. In addition to the overall cut-off time, there are cut-off times for each segment of the race (5150 only), as listed in the document above. 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 / in the final results.

PLEASE NOTE : Loss of a timing chip will result in a charge of R150.00 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 5150 events.

1. When you collect your Race Pack at Registration, you will also collect your Timing Chip + chip belt. Please verify that your chip number correlates to your name. Please go immediately to the timing company who will verify that your chip number correlates to your name.

2. NOTE : For the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture below)

3. If you have racked a bike, but do not start the race, you will still need your Timing Chip + chip belt to collect your bike from Transition when bike check-out commences.

4. If you have not racked a bike, it is the athletes responsibility to return the Timing Chip + chip belt to the timing van at the Finish Chute or Drop out control outside Transition.

5. If you drop out of the race at any time you MUST inform the Drop Out Control point under the gazebo outside transition. Failure to do so may disqualify you from participating in future World Triathlon Corporation events.

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

6. 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 Race number as well as your Timing Chip + chip belt to collect your bike and kit from Transition.

7. 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 inside Transition at the Drop Out Control Gazebo: a cost of R150.00 charged to your race number.

Race Day Emergency Number: 079 266 6263
8. If you lose your timing chip on the RUN course, you must notify a Race Official / Referee immediately after crossing the Finish Line, a cost of R150.00 will be charged to your race number.

9. If you are disqualified for a rule violation during the race (and you are going to lodge an appeal at the end of your race), you may continue. If you are cut-off, you may NOT continue (see Competition Rules).

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

11. Timing chip costs R150 each and if lost / not returned, the athlete will be held liable for the replacement cost. Timing Chips + chip belts will be used to check out your bikes. NO bike will be allowed out of Transition without the exchange of a Timing Chip + chip belt. Please ensure that when returning the Timing Chip + chip belt, that it is recorded.

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

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. The main medical tent will be set up and ready to assess athletes from 1½ hours prior to the start of the race.

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 the emergency contact by 5150 Staff member or Medical Co-ordinator.

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 5150 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 5150 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). Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).

International Athletes & South African athletes with no Medical Aid (unless happy to go to state hospital), must please supply the Race Organisers with credit card details at Registration in the event the athlete needs to be taken to hospital. Refer to Registration information.

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.

There will be medical staff and facilities throughout the 5150 race course. The Medical Tent in the 5150 race village area will handle injuries or medical problems of athletes that withdraw / are withdrawn during the race.

Qualified individuals will be stationed throughout the swim course, with medical pod(s) on land to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing dam 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).

On the bike and run, particular dangers include dehydration, hypernatremia, over-hydration, 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 or if medical personnel feel your continued participation is not in your best health.

The medical personnel will do all they can to keep you in the race and assure a safe finish. However, Medical personnel shall 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.

Race Day Emergency Number: 079 266 6263
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.

5150 staff, water safety officials and / or medical officials reserve the right to withdraw athletes from the course if they are judged to be incapable of finishing within time or without physical risk of serious injury or death.

More than half of the visits to the medical tent occur after athletes have finished the race. Please do not leave the finish area until you and / or your family / friends are certain that you are okay, until you can drink without vomiting and stand without dizziness.

**Please Note:** we will not administer a drip for recovery purposes post-event in the medical tent. A drip will only be administered by the Doctor on duty for medical reasons.

The medical tent will officially close at 13h45. All athletes seeking medical attention after that time will be referred to 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 5150 South Africa 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 5150 staff member and / or local traffic department official.
The awards presentation will commence approximately 30 minutes prior to the last 5150 athlete finishing. This will take place adjacent to the Finish Line.

Join in the ambience, festivities and camaraderie of the day’s racing. Refreshments will be on sale until after the prize giving.

**TROPHIES:**
The following trophies will be allocated to the first 3 athletes in each age category:

<table>
<thead>
<tr>
<th>5150 Categories and Prizes : per gender</th>
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</thead>
<tbody>
<tr>
<td>18-24</td>
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<td>25-29</td>
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<td>30-34</td>
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<td>70-74</td>
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<td>75+</td>
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**FUNTRI Categories and Prizes**

<table>
<thead>
<tr>
<th>Teams</th>
<th>1st - 3rd place trophies (on a first past the post basis, despite team composition)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>1st - 3rd place trophies per gender (despite age)</td>
</tr>
</tbody>
</table>

**CERTIFICATES**

Certificates will be available online within 14 days after the event for you to **download & print** yourself from the website link [www.ironman.com/southafrica](http://www.ironman.com/southafrica)