

RACE SCHEDULE

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



THURSDAY 01.06.2023

14:00 – 18:00
Registration
The Globe at SUNCOAST

14:00 – 18:00
Bike Workshop
Outside The Globe
at SUNCOAST

14:00 – 18:00
Merchandise
The Globe at SUNCOAST

14:00 – 18:00
Health & Fitness Expo
The Globe at SUNCOAST

FRIDAY 02.06.2023

09:00 – 18:30
Registration
The Globe at SUNCOAST

09:00 – 18:30
Bike Workshop
Outside The Globe
at SUNCOAST

09:00 – 18:30
Merchandise
The Globe at SUNCOAST

18:30
Live Q & A
Online

09:00 – 18:30
Health & Fitness Expo
The Globe at SUNCOAST

SATURDAY 03.06.2023

08:00 – 13:00
Registration
The Globe at SUNCOAST

08:00 – 15:00
Bike Workshop
Outside The Globe
at SUNCOAST

08:00 – 15:00
Merchandise
The Globe at SUNCOAST

08:00 – 15:00
Health & Fitness Expo
The Globe at SUNCOAST

14:00 – 16:00
Bike Bag & Bike Check-in
Transition 1 at uShaka Lower
Promenade

14:00 – 16:00
Bike Maintenance
Outside Transition 1

15:00 – 17:00
Run Bag Check-in
Transition 2
at SUNCOAST Car Park 3
(NO Access on race morning)

04 JUNE 2023

04:30 – 06:15
SHUTTLE TO SWIM START:
Collection along Snell Parade & from
SUNCOAST traffic circle to traffic
circles between Hospital Road &
Bell Street on Erskine Terrace
(Esplanade). Wait on the roadside.

05:00 – 06:45
Transition 1 open
at uShaka Lower Promenade

05:00 – 06:45
Bike Maintenance
Outside Transition 1

07:10
ISUZU IRONMAN 70.3
Durban START
uShaka Beach
Rolling swim start

07:45 – 10:00
SHUTTLE FROM SWIM START
Collection point at traffic circles
between Hospital Road & Bell Street
to SUNCOAST traffic circle.
PLEASE NOTE: NO drop-off's will
be done along the way, only at
SUNCOAST

+/- 09:00
Swim course closes
+/- 13:05
Bike course closes
+/- 16:20
Race Ends
Finish Line in front of SUNCOAST

14:00 – 17:00
Bike & Bags Check-out open
Transition 2
at SUNCOAST Car Park 3

17:00
Slot Allocation: IRONMAN 70.3
World Championship
The Globe at SUNCOAST

18:30
Awards Presentation
Doors Open
The Globe at SUNCOAST

17:00 - 19:00
Merchandise
The Globe at SUNCOAST

MONDAY 05.06.2023

09:00 – 11:00
Finisher T-shirt swop
and Timing queries
The Globe at SUNCOAST

09:00 – 11:00
Merchandise
The Globe at SUNCOAST

09:00 – 11:00
Lost and Found
The Globe at SUNCOAST



**RACE DAY
EMERGENCY
NUMBER**
for the public

079 266 6263
powered by Vodacom Official
Communications Partner



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



www.ironman.com/im703-durban