

# ATHLETE RACE GUIDE

3 APRIL 2022



**IRONMAN**<sup>®</sup>  
**70.3**<sup>®</sup>  **NELSON MANDELA BAY**  
**SOUTH AFRICA**

## COVID-SAFE RACING

Our COVID Safe - Return to Racing event guidelines endeavour to make the current racing environment as safe and risk free for you as possible while still delivering exceptional race day experiences.

Please adhere to the below measures in place:



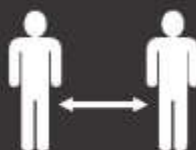
### FACE MASKS

Wearing of masks in controlled event spaces is compulsory (excl. actual swim, bike, run on race day)



### HAND SANITISING

Hand sanitising stations will be available throughout the IRONMAN Race Village.



### SOCIAL DISTANCING

Please adhere to social distancing protocols of 1.5m distancing.

This event will be run under the COVID-19 regulations set upon us at the the time of the event by the South African Government. Social distancing, sanitising and masks will all remain compulsory. Any new or amended regulations will be communicated.

# WELCOME MESSAGES



Dear IRONMAN 70.3 athlete

You are only days or hours away from one of the biggest accomplishments one can achieve. All your hours spent on training, diligent preparations and search for the marginal gains are all culminating on the start line in only a few moments.

The IRONMAN community is a global family of great achievements and of the thousands of fellow athletes. You will be racing with and against athletes who will have their own special and unique stories, and a reason to be there on that start line together with you. Some are here for the first time, and some have tens and even hundreds of races under their belt.

The IRONMAN spirit is created in the special bond between all the people involved in our community. Be part of making the spirit even stronger and look your fellow athletes in her or his eyes and let them know that “we can do this; we are in it together – all the way to the finish line”.

On behalf of IRONMAN and the team behind the IRONMAN 70.3 Nelson Mandela Bay event, we wish you all the best and a great race.

Anything is possible!

**Thomas Veje Olsen, Managing Director,  
IRONMAN Europe, Middle East and Africa**

On behalf of the Nelson Mandela Bay Municipality, I welcome all athletes to this beautiful ocean city, Nelson Mandela Bay. The Bay carries the name and is alive with the spirit and soul of our nation's founding father and iconic former President, Nelson Mandela. This region is his heartland. I greet you in this spirit for the 2022 IRONMAN 70.3 Nelson Mandela Bay and the IRONMAN African Championship.

A special word of welcome to the many thousands of athletes converging on our city. This city and triathletes are in fact old friends, as we have been successfully hosting the African leg of the International IRONMAN Championship for over a decade now.

We are so grateful that the COVID pandemic is losing its grip worldwide: this will be the second scintillating IRONMAN African Championship hosted in this city since the outbreak of the virus.

Whether you are a first-timer or a repeat visitor, a warm African welcome to each and every one of you in what is known as the 'Friendly City'.

Over the many years of our partnership with the sport, our temperate climate, beautiful coastline and very warm and hospitable citizens have helped the city secure a special place in the hearts of international triathletes. Our residents have taken the sport to the hearts and are inspired by your talent and tenacity.

With picturesque rolling hills to the west, 70 km of pristine coastline, world-class golden beaches, the warm waters of the Indian ocean, scenic seaside boulevards, revered heritage, and a rich tapestry of cultures and diversity, this city is a melting pot of all the beauty and diversity Africa has to offer.

An international competition of this stature requires precision planning and organisation. The Nelson Mandela Bay municipality is again providing logistical, financial and other support.

I would like to assure you that all measures have been taken to ensure the safety of our athletes and spectators so that you can enjoy the event with total peace of mind. Working closely with the organisers, we are determined that this should be a spectacular IRONMAN 70.3 and IRONMAN African Championship.

I wish every competing athlete the very best for this race. May your IRONMAN dreams come true!

**Executive Mayor  
Eugene Johnson  
Nelson Mandela Bay Municipality**



# WELCOME MESSAGES



Dear Athletes,

Welcome to the inaugural IRONMAN 70.3 Nelson Mandela Bay! 2022 is a year of hope and we can't wait to welcome you at the inaugural race.

This will be the first year we introduce a festival weekend of racing in South Africa with the 17th edition of the popular IRONMAN African Championship athletes racing alongside you on Sunday, 3rd April 2022.

Your race will start with a 1.9km swim in the beautiful Indian Ocean. The one-lap Bike Course awaits you next. This year you will turn right out of transition at Kings Beach and head through the suburbs of Nelson Mandela Bay, enjoying the protection from any wind. Returning to transition, you will put on your running shoes and head along the scenic beach front for your 21.1km run. Take in the atmosphere, cheer on your fellow athletes and celebrate as you run down the finish line.

We wish you all the best of luck with your final training and preparation and look forward to seeing you cross that finish line in Nelson Mandela Bay.

**Your IRONMAN 70.3 Nelson Mandela Bay Team**



# RACE SCHEDULE



PLEASE NOTE: race schedule subject to change, should the COVID-19 regulations change.

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

## SUNDAY, 3 APRIL 2022

### FRIDAY 1 APRIL 2022

**08:00 - 19:00**  
IRONMAN &  
IRONMAN 70.3  
Registration  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**  
Isuzu CTC, powered  
by Algoa FM  
Registration  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**  
Health & Fitness Expo  
& Merchandise  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**08:00 - 19:00**  
Bike Workshop  
*The Boardwalk*

**15:00**  
PRO Race Briefing  
*Online*

**18:15 - 19:00**  
IRONMAN Race Briefing  
*Online*

**19:30**  
Athlete Welcome  
Banquet (Pasta)  
*The Boardwalk Hotel &  
Convention Centre*  
**IRONMAN ATHLETES  
ONLY**

### SATURDAY 2 APRIL 2022

**07:40**  
Isuzu CTC, powered  
by Algoa FM Race Start  
*Kings Beach*

**09:30**  
CTC Awards  
*Finish Line Grass Area  
Kings Beach*

**08:00 - 13:00**  
IRONMAN &  
IRONMAN 70.3  
Registration  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

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

**08:00 - 13:00**  
Bike Workshop  
*The Boardwalk*

**13:30 - 17:00**  
Bike Maintenance  
*Transition, Kings Beach*

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

### IRONMAN AFRICAN CHAMPIONSHIP

**05:00 - 06:15**  
IRONMAN  
Transition Open &  
Bike Maintenance  
*Transition - Kings Beach Car Park*

**IRONMAN AFRICAN  
CHAMPIONSHIP START  
Kings Beach**  
IRONMAN PRO MEN: 06:30  
IRONMAN PRO WOMEN: 06:35  
IRONMAN ROLLING AGE  
GROUP START: 06:45

**07:20**  
First IRONMAN Pro Male  
expected out of the water

**11:40**  
First IRONMAN Pro Male  
expected to start the run

**14:20**  
First IRONMAN Pro  
Male expected to finish

**17:45 - 24:00**  
Bike & Bag Check-out  
*Transition - Kings Beach*

**± 24:00**  
IRONMAN AFRICAN  
CHAMPIONSHIP ENDS

### IRONMAN 70.3 Nelson Mandela Bay

**06:00 - 07:15**  
IRONMAN 70.3  
Transition Open &  
Bike Maintenance  
*Transition - Kings Beach Car Park*

**IRONMAN 70.3 Nelson  
Mandela Bay START  
Kings Beach**  
ROLLING AGE  
GROUP START: 08:50

**09:15**  
First IRONMAN 70.3 Male  
expected out of the water

**11:30**  
First IRONMAN 70.3 Male  
expected to start the run

**12:40**  
First IRONMAN 70.3  
Male expected to finish

**17:45 - 24:00**  
Bike & Bag Check-out  
*Transition - Kings Beach*

**± 17:30**  
IRONMAN 70.3 Nelson  
Mandela Bay ENDS

### MONDAY 4 APRIL 2022

**09:00 - 13:00**  
IRONMAN Merchandise  
for sale  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**09:00 - 13:00**  
IRONMAN &  
IRONMAN 70.3  
Finisher shirt swap/  
Timing queries/  
Lost & found  
*Underground Parking of  
The Boardwalk Hotel &  
Convention Centre*

**12:00 - 12:30**  
IRONMAN 70.3  
Slot Allocation  
*The Boardwalk Hotel &  
Convention Centre*

**12:45 - 13:30**  
IRONMAN  
Slot Allocation  
*The Boardwalk Hotel &  
Convention Centre*

**18:00**  
Doors Open for  
Awards Ceremony  
**ATHLETES ONLY**  
*The Boardwalk Hotel &  
Convention Centre*

**18:30**  
Awards Ceremony  
Starts  
**ATHLETES ONLY**  
*The Boardwalk Hotel &  
Convention Centre*

DOWNLOAD  
THE IRONMAN  
TRACKER APP  
TO TRACK  
YOUR ATHLETE



Rather get it  
**RACE DAY  
EMERGENCY  
NUMBER**  
for the public

**079 266 6263**  
powered by Vodacom Official  
Communications Partner



<https://hero.ironman4thekids.co.za>

IRONMANSouthAfrica | #SouthAfrica | #SouthAfrica



D-MAX



TEST  
YOUR LIMITS

23887934 ADMACKENR.COM

Find out more from your nearest ISUZU DEALERSHIP  
or call 0800 ISUZU (47898).

Model shown may differ. E&OE.

[www.isuzu.co.za](http://www.isuzu.co.za) f t i

**ISUZU**

*With you, for the long run*

EST. 1983

**Container  
World**

Continuous Innovation

## DELIVERING INNOVATIVE SPACE SOLUTIONS, WHEREVER YOU NEED THEM!

Container World is the leading supplier of all containerised space solutions: office structures, standard and converted storage containers, ablutions, change houses, refrigerated containers, container, tank containers and other specialised equipment.

SELL | LEASE | CONVERT



[www.containerworld.co.za](http://www.containerworld.co.za) | [info@containerworld.co.za](mailto:info@containerworld.co.za)

# PRE-RACE INFORMATION

## RACE VENUE ORIENTATION

The IRONMAN African Championship is a unique experience offering:

- Exclusive 2-day Expo, showcasing the very latest in the triathlon world
- 4 days of IRONMAN Merchandise offerings (including race day)
- IRONMAN Athlete Welcoming – pasta evening
- ISUZU Corporate Triathlon Challenge powered by Algoa FM
- IRONMAN African Championship & IRONMAN 70.3 Nelson Mandela Bay Race Day
- IRONMAN Awards Dinner.

We suggest you try and plan to stay for the duration of the full programme and Feel the Spirit which is IRONMAN.

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

## RACE BRIEFING

Friday, 1<sup>st</sup> April 2022 - ONLINE

A pre-recorded Race Briefing will be streamed on our social media platforms in the build up to the event. Additionally, a live briefing will be streamed on Friday, 1<sup>st</sup> April 2022, with all the most up to date race related information.

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

## ATHLETES REGISTRATION

### Sun Boardwalk ICC : Underground Parking

Friday : 08h00 - 19h00

Saturday : 08h00 - 13h00

Please note that parking will be in the Boardwalk underground parking or the Hobie Beach car park.

Access to Marine Drive on Saturday morning will be via 2<sup>nd</sup> Avenue, in a city bound direction, due to the Corporate Triathlon Challenge.

All Athletes must have registered by 13h00 on Saturday, 2nd April 2022. No registrations will be possible after this.

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

## TRIATHLON SOUTH AFRICA | Day License Fee

R120 per individual, this is payable by all participants who are not members of Triathlon South Africa (TSA). Including international and professional athletes who are members of other triathlon federations in their home countries.

This fee buys a one-day membership of TSA and is payable by Debit / Credit card ONLY (Visa / Master cards). EasyReg is the administrator of this compulsory fee in South Africa. TSA members are only checked and verified against a list supplied by TSA, prior to the event.

## BIOMETRICS

All first-time athletes will need to complete the Biometric process at registration, this will include:

- Photo
- Fingerprint
- Scanning of ID

## PACK COLLECTION & INDEMNITY

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

- Athlete Wristband – must be worn at all times.
- Backpack
- Race Number – for Bike & Run
- Safety pins
- Race Sticker Sheet
- Bike & Gear Check out card
- Official Swim Cap
- Transition Bags x3
  - WHITE – Streetwear bag
  - BLUE – Bike bag
  - RED – Run bag

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

## TIMING CHIPS

Timing Chips can be collected from the timing table in Registration where you will be required to confirm your timing chip correlates with your race number and your name.





**I WANT MORE**

ALL WORLD ATHLETE PROGRAM



# IRONMAN<sup>®</sup> TRICLUB



## JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 @IRONMANTRICLUB



# HEROES DO WHAT OTHERS WON'T

**ALL ATHLETES**  
CAN NOW REGISTER  
TO HELP A CHILD

IT'S AS EASY AS...

SUPPORT CAN BE  
AS LITTLE AS

**R5**  
& NO MAX!



1

**VISIT OUR WEBSITE**  
[www.ironman4thekidz.co.za](http://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

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](http://www.ironman4thekidz.co.za)





# PRE-RACE INFORMATION

## IRONMAN 4 THE KIDZ

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

You can become a member of Team Orange or just donate to the cause by visiting :

[www.ironman4thekidz.co.za](http://www.ironman4thekidz.co.za)

### At Registration, Charity Athletes can :

- 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 EXPO & MERCHANDISE

### EXPO

Sun Boardwalk – Underground Parking

Friday : 08h00 - 19h00

Saturday : 08h00 - 13h00

The Expo showcases the very latest on offer in the world of triathlon and is open to the public, subject to the COVID-19 Regulations.

### IRONMAN MERCHANDISE

Sun Boardwalk : Underground Parking

Friday : 08h00 - 19h00

Saturday : 08h00 – 13h00

Sunday : 08h00 – 19h00

Monday : 09h00 – 13h00

Athletes, family, and friends are encouraged to visit the Exhibition Area in the Sun Boardwalk Convention Centre – Level 1 Parking area. Public entry is subject to COVID-19 Regulations.

## IRONMAN BIKE WORKSHOP

Friday : 08h00 – 19h00

Saturday : 08h00 – 17h00

Book Online: [www.tribike.co.za](http://www.tribike.co.za)

Wayne Pheiffer Cycles & Action Cycles bike shops will be set up at the Boardwalk Expo & Registration venue. Online bookings can be made for services. Fees will be charged for services rendered. Should you not book online, your bike will be serviced in the next available time slot.

On Saturday during Bike & Gear Check-in between 13h30 and 17h00, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.

## MASSAGE & PHYSIOTHERAPY

There will not be an onsite Physiotherapists or Massage facilities, however should you require an assessment / treatment / pre and post race massages or strapping you can book directly :

### Nicky Roote Physiotherapy

16 Buckingham Road Mount Croix

+27 41 374 8190 / +27 41 373 3753

[nrphysio@telkomsa.net](mailto:nrphysio@telkomsa.net)

### Marika Gerber Massage

16 Keiskamma Street Summerstrand

+27 83 419 2872

[marika@aerosat.co.za](mailto:marika@aerosat.co.za)

# PRE-RACE INFORMATION

## TRAINING

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

### SWIM TRAINING:

There is no official swim training, however Hobie Beach to "6 pack" is a favourable swim route for a lot of athletes. Please ensure you swim at beaches where lifeguards are on duty, the recommended times are between 09h00 – 16h00. Be aware that the easterly winds in Port Elizabeth, chop up the sea making it more dangerous, whereas westerly winds are more favorable conditions to swim in, as the sea is flattened making it safer.

(Please note no swimming will be allowed on Saturday morning at Kings Beach whilst the Corporate Triathlon Challenge swim is underway)

### BIKE TRAINING:

The bike training route will be from Kings Beach, along Beach Road / Marine Drive to Schoenmakerskop, up Victoria Drive, left onto Sardinia Bay Road, right onto Heron Road, left onto Seaview Road. The turnaround will be where the road narrows, just past Bushy Park Farm. The recommended bike training time is between 08h00 – 16h00 to avoid heavy traffic going to and from work.

Please always be vigilant of mini-bus taxis along the beachfront, as they tend to stop in the road.

It is highly advised that you cycle in groups and not individually. Cycle on the left-hand side of the road, in the same direction as the traffic in your lane. The official IRONMAN African Championship cycling stores are Wayne Pheiffer Cycles (contact details: +27 (0)41 582 2379) and Action Cycles (contact details: +27 (0)41 581 6499). You can contact these stores to find out when the various local cycling groups train and from what venues.

Please note that from 06h00 to 11h30 on **Saturday, 2<sup>nd</sup> April 2022** Marine Drive, from Driftsands Drive to Noordhoek Caravan, will be CLOSED whilst the Corporate Triathlon Challenge is underway. No training will be allowed on this portion of road.

## RUN TRAINING:

The recommended run training route is along the beachfront, from Kings Beach to the (red-and-white) Beacon at the corner of Marine Drive and Admiralty Way, Summerstrand. Recommended run training times are between 06h00 – 17h00. Please always be alert of your surroundings.

Please note that on **Saturday 2nd April 2022** the Corporate Triathlon Challenge event run takes place along the promenade / pathway between Kings Beach & Something Good.

## BIKE & GEAR CHECK IN

SATURDAY, 2 April 2022: 13h30 – 17h00

### ORIENTATION:

Bike & Gear Check in takes place at Transition, in the Kings Beach Car Park.

All participating athletes must check a bike and both Bike & Run bags into Transition during this checking in time slot.

Enter via the Bike out / In gate on Marine Drive side of the transition area and exit at the Swim in / Run out gate on the seaside.

You will have access to these Bike & Gear Bags in Transition from 06h00 – 07h15, on Race Morning.

### CHECK -IN NOTES :

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just inside Transition (top gate).

Referees will do a bike and helmet-check on entrance into Transition (see the "IRONMAN Competition Rules" regarding Equipment and Specifications); wear your helmet in line to speed up the process.

# PRE-RACE INFORMATION

It is the athlete's responsibility to know what equipment is / is not allowed (see 'IRONMAN Competition Rules' regarding equipment & Specifications).

Pack your Race Bib Number in your Bike Bag. In South Africa, race bib numbers are worn on the Bike & Run leg of the race.

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

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

Your packed and numbered Bike and Run bags must be checked in now, you will hang these bags on the racks at the change mats. These bags can be accessed on race morning

All athletes MUST have the supplied identification stickers affixed. On the bike, this will either be on the seat post or on the left seat stay (rear portion of the frame that leads from the seat post to the back wheel). The helmet sticker must be stuck to the front of the helmet. See the pictures in the tables for guidance.

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



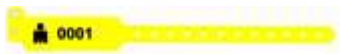



Athletes may cover their bike computers only or remove them (recommended). Full bike covers are not permitted.

We recommend that race technical equipment (including bike computers, batteries, etc..) be left in Transition Bags on race morning and only connected (if possible) during Transition.

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

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

Overnight security is provided in the Transition Area.

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



# PRE-RACE INFORMATION

TRANSITION BIKE & BAG CHECK IN



# RACE DAY INFORMATION

## ATHLETE SHUTTLES & PARKING

### RACE DAY SHUTTLES

IRONMAN Shuttle busses will run along Marine Drive from the Paxton Hotel to the Radisson Blu Hotel on race morning from 05h00 – 06h30

Masks will be compulsory – no mask no entry.

Please wait on Marine Drive, visible to the bus drivers and not in the car park of your hotels.

These busses will collect athletes between these two points and deliver them to the Kings Beach Car Park.

From 17h30 when bike check out opens, you can make your way from the Finish Line, through the Hobie Beach Car Park to the pedestrian crossing at Blue Waters Cafe, where these shuttles will again transport you to Kings Beach Car Park to collect your bike and gear bags at the official bike check out time.

PLEASE NOTE : The shuttle busses will NOT operate post-event i.e. in the afternoon / evening to take you back to your accommodation.

### RACE DAY PARKING/ACCESS

Race affected roads, including Beach / Marine Drive, will close at 05h00

On race day, parking can be accessed at:

- Parking is in the side streets off Marine Drive. Please do not park in driveways or at the end of the road against the road closure barriers.

#### Please note:

- The lower section of 2nd Avenue (Brighton Drive to Marine Drive) is CLOSED to ALL vehicles. This is a medical emergency exit area.
- Athletes and public are advised that you CANNOT drive along Marine Drive on race morning. The beachfront (M4 Humewood / Beach Road) from Settlers Highway (M9 / M4 intersection) to Admiralty Way, will be closed by 05h00. There will be full road closure of Marine Drive, outwards.



# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

### TRANSITION 1 : 06h00 – 07h15

Enter Transition at the bike out / bike in gate. From here athletes can walk through the bikes & gear bags, then exit transition through the swim in / run out gate on the seaside for race start.

All athletes will be required to wear a face mask and social distance throughout the race morning check in process and inside the swim holding chutes, masks may only be removed in the last holding pen before crossing the start mat.

Once you have completed the pre-race transition check, you must make your way to the swim start. Please note that the Kings Beach Car Park, Transition area and the swim start will be an access-controlled area, your Athlete wristband will give you access to this area.

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

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

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

There are toilets located at the following area:

- Inside the Transition area
- Additional municipal ablution facilities are available on the pathway to Swim start.

### BIKE MAINTENANCE

A “Bike Maintenance” area will be available just inside the Transition area. This is for minor adjustments. They will not be responsible for any lost/missing items.

### STREETWEAR BAG DROP

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

Once you exit Transition to go to the Swim Start, place the items you are wearing (including slops/scandals/warm clothing for the end, etc.) into your Streetwear Bag.

Hand your bag to the Volunteers at the Streetwear Truck, these bags will be moved to the Hobie Beach Finish Line area, where they will be hung on racks according to your race number.

You will collect / have access to this bag, immediately after your completion or withdrawal of the race. These bags must be collected by 24h00.

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





# RACE DAY INFORMATION

## DROP OUT PROCEDURE

### DROP-OUT CLERKS

The drop out clerks are at the following points:

- Control tent outside Transition
- Drop-Out Tent in the IRONMAN Village
- During the swim, these Drop Out clerks will be on Kings, Humewood & Hobie Beaches

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

### PRE-RACE

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 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 Transition, you will still need to report to the Drop out tent.

Athletes who withdraw from the race will have access to their Streetwear Bags.

### RUN

Athletes who withdraw from the race will have access to their Streetwear Bags.

Bibs worn for identification purposes by Drop Out Clerks:

They will:

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





ROKA

MAVERICK X

# THE WORLD'S MOST LOVED WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

**PATENTED**

PROTECTED BY DOMESTIC AND  
INTERNATIONAL PATENTS WITH  
ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET

ROKA.COM

# RACE DAY INFORMATION

## COURSE INFORMATION

### SWIM COURSE – 1.9 km / 1.2 Miles

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

The IRONMAN 70.3 Nelson Mandela Bay makes use of a rolling swim start. Athletes will swim a one lap 1.9km course in the ocean. The course is rectangular and swum in an anti-clockwise direction.

NOTE: The swim course is an ocean swim with waves on swim entry and exit. Each athlete is expected to have the ability and conditioning to complete the swim. Please ensure that you read the IRONMAN Swim Smart program: <https://www.ironman.com/swim-smart>. The swim will take athletes around buoys in an anti-clockwise direction: all red turn buoys, except the first one, are passed on your left; the first red buoy is passed on your right. The yellow buoys are "guider buoys": you can swim either side of these.

Once you have completed your Transition checks you will be required to make your way directly to the swim holding area.

The swim holding area will be made up of rows of 10 athletes with 1.5m gaps between them, if the row in front of you is full you may not push to the front of the group, you MUST stand in the next available gap. Maintain social distancing (See map below). Athletes who do not adhere to the queuing system will be penalized.

A group of 10 athletes will be released every 10 seconds to cross the timing mat to commence the swim. You may only remove your mask when you are in the very last holding row before entering the water.

Masks should be discarded into the bins provided by IRONMAN.

There is NO access to the sea or a swim warm-up area : do a land-based warm-up.

Ensure you have your official swim cap on (mandatory) and swim goggles, if required. Additional swim caps are available at the final holding area, before entering the sea at the Swim Start.

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.

## ROLLING START PROCEDURE

The Age Group rolling swim start will start at 08h50.

The Swim Holding area will open for IRONMAN 70,3 athletes at 08h00. Access to the Swim Start area will be along the path way next to the Kings Beach Surf Lifesaving Club.

All athletes must be in the holding area 5mins prior to race start.

These rows of 10 athletes will have 1.5m gaps between them, if the row in front of you is full you may not push to the front of the group, you MUST stand in the next available gap. Maintain social distancing, Athletes who do not adhere to the queuing system will be penalized.

Your race time starts when YOU cross the Swim Start mat.

## WETSUIT RULING

The average water temperature in Nelson Mandela Bay between March and May is around 20/22° Celsius which under normal conditions makes it a wets



Wetsuits will be compulsory if the water temperature is below 16°C. For Age Groupers, wetsuits may be worn in water with temperatures up to and including 24.5° C. (However, IRONMAN may allow age group athletes to wear wetsuits in water temperatures up to 28.8° C : these athletes will start at the back of the field in the rolling swim start and will not be eligible for age-group awards, including championship slots – an indemnity must be signed by those athletes opting to swim with wetsuits here.)

As per WTC rules, the swim will be shortened if the water temperature is between 12° and 13.9° C. If the water temperature is below 12° C, the swim will be cancelled. See official "Competition Rules".



# RACE DAY INFORMATION

## SWIM HOLDING AREA

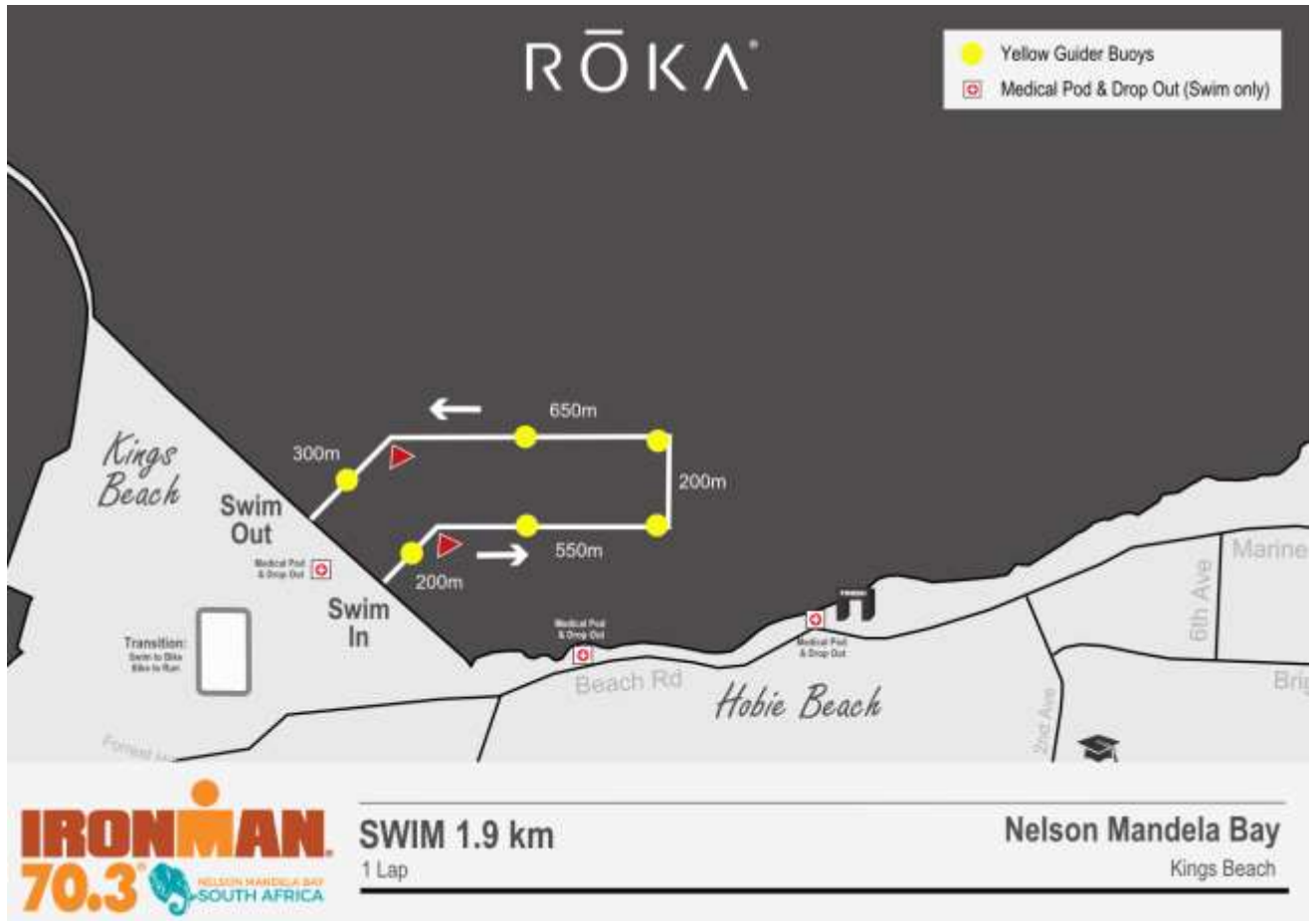


IRONMAN African Championship & IRONMAN 70.3 NMB  
Rolling Swim Start Holding Area  
10 athletes every 10 seconds



# RACE DAY INFORMATION

IRONMAN 70.3 Nelson Mandela Bay: ROKA SWIM COURSE



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

# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 1 : Swim to Bike

#### ATHLETES PROCEDURE

Athletes may strip the top of their wetsuits down to their waists as they run up from the beach into T1. The bottom half may only be fully removed once in the Transition Change mat area. Public nudity is prohibited.

There will be 'showers' at the end of the beach run: these will be run off of water tanks using (non-drinkable) borehole water. Walk-through 'foot baths' to rinse off sea sand will be located here too.

There is a Medical Tent on the swim exit path just outside transition.

Collect your Bike Bag. Changing must take place on the mats (or in the tent, if required) and not at the bag racks area.

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.

There will be no sunscreen supplied by IRONMAN, please ensure that you bring and apply your own sunscreen before leaving Transition.

Place all your swim gear including your WETSUIT into your Bike Bag: it is the athlete's responsibility to ensure ALL your equipment is placed in your bag. Tie the bag closed and drop your bag off in the Bag Drop Zone just outside of the change area.

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

From here, **PUSH** your bike to the exit of Transition and over the Mount Line.

Under no circumstances may you ride your bike inside the Transition area. You may only mount your bike outside Transition at the Mount/Dismount line, as instructed by the Race Referee.

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

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

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

Please see "Competition Rules" for additional information and Penalty Procedure.



YOUR FASTEST  
BIKE PERFORMANCE.



**Santini**

[WWW.SANTINICYCLING.COM](http://WWW.SANTINICYCLING.COM)

IRONMAN®

ekoï

IRONMAN®  
EUROPEAN SERIES

2022 OFFICIAL BICYCLE HELMET

# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE COURSE – 90.1 KM / 56 MILE

Cut off: 4 hours and 5 mins from each athletes' individual start time.

The IRONMAN 70,3 Nelson Mandela Bay bike course is arguably the most spectacular on the IRONMAN world circuit. The one-lap 90,1km (56mile) bike course takes athletes along Marine Drive towards Settlers Highway, through the city and along Seaview Road to the villages of Seaview and Beachview, Over Maitlands and returning via Sardinia Bay and Marine Drive. Enjoy sweeping views of the ocean, the rugged coastline and adjacent countryside on your way back to Kings Beach.

### COURSE DESCRIPTION:

When exiting Transition, athletes will turn right immediately and head out on Marine Drive/Beach Road towards the M4 Settlers Highway. Cycling will be on the right-hand side of the lane you are in, overtaking to the left. Along the Beachfront athletes will be in the right-hand side of the land side lane. At the M4 Intersection you will turn left onto Walmer Blvd/Heugh Road/Buffelsfontein. Continue along this road, over the hill to Seaview Road.

Along Seaview Road, enjoy an undulating and scenic countryside section, the first Aid Station is located opposite the Bushy Park Farm on Seaview Road. On entering the Seaview Village, there is a sharp left turn down onto Elizabeth Road. Follow the coastal road through the Village of Beachview and over the iconic Maitlands hill, the turnaround point is approximately 1,3km from De Stades Road. The Penalty Tent, Bike Maintenance & SAG vehicles will be located here. Do a U-turn and head back, still keeping right. The next Aid Station on your return, is located at the base of Maitland's, before you start your climb.

From here athletes will return along the same route until you reach Heron Road, where you will turn right past Grass Roof, be cautious through this decent and sharp left turn onto Sardinia Bay Road. At the intersection of Sardinia Bay Road and Victoria Drive, you will find an Aid Station, Bike Maintenance station & SAG Vehicle, before descending into Schoenmakerskop, be cautious around the sharp bend at the base of the hill.

Follow Marine Drive all the way back to the Penalty Tent 2, positioned in front of the Hobie Beach Car Park / Caltex Garage on Marnie Drive, before returning to Kings Beach to Transition.

### 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 must record the athletes race number & take a photo for recording purposes .

- **SAG Point 1:** Maitlands Turnaround
- **SAG Point 2 :** Victoria Drive & Sardinia Bay Road Intersection.

Any athletes that are picked up by the SAG or race support crew vehicles will be provided with a disposable mask that must be worn while you are in these vehicles.

Athletes returning to Transition in these SAG vehicles will need to complete the Drop – Out procedure with the Drop- Out Clerk outside of Transition.

Should you have handed in a Streetwear bag on race morning, please collect this bag from the Hobie Beach Finish Line area.

### PENALTY TENTS:

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

**Penalty tent 1:** Located at the Turnaround Point

**Penalty tent 2:** on the right of the bike lane, Marine Drive opposite the Hobie Beach Car Park & the Caltex Garage



# RACE DAY INFORMATION

## IRONMAN 70.3 Nelson Mandela Bay : BIKE COURSE



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

# RACE DAY INFORMATION

## COURSE INFORMATION

### BIKE MECHANICS:

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

#### Bike Mechanic Static Point :

- Maitland's Turnaround
- Victoria Drive
- 8<sup>th</sup> Avenue Marine Drive

Tubes (only 700c road bikes) and bombs are sponsored. All other spares will be charged to your race number. Your email address will be supplied to the Bike Maintenance Service Provider in order for an invoice to be emailed to your post event, please ensure payments are made promptly.

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

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

There are no spare wheels on the course.

### AID STATIONS:

There are 4 aid stations on the bike course which athletes will pass.

**Aid Station 1 (outbound)** : Located at Seaview Road opposite Bushy Park Farm

**Aid Station 2 (inbound)** : Located at the base of Maitlands De Stades Road

**Aid Station 3 (inbound)** : Located on Victoria Drive, opposite Algoa Kart Club

**Aid Station 4 (outbound)** : Located on Marine Drive, 8<sup>th</sup> Avenue

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

### BIKES:

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

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

See IRONMAN Competition Rules on more details related to bicycles.

### GEOGRAPHY:

**Elevation:** The bike course starts at 8m above sea level and the highest point on this bike course is 190m. the total meters elevation gained over the entire bike course is 770m.



# RACE DAY INFORMATION

## COURSE INFORMATION

### TRANSITION 2 : Bike – Run

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

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

Athletes will self-rack their bikes according to their race numbers.

Follow the demarcated route through Transition to collect your Run Bag. Changing may only take place on the change mat / tent area.

Place all your bike gear into your Run Bag. It is the athlete's responsibility to ensure ALL your equipment is placed in your bag.

Tie the bag closed and drop your bag off in the 'Bag Drop' zone just outside the change area.

During the run, 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.

Medical facilities are available to athletes just outside the Transition area at the Swim In / Run out gate.

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.





# RACE DAY INFORMATION

## COURSE INFORMATION

### RUN COURSE – 21.1 KM

Cut off: 3 hours and 15 mins from each athletes' individual start time.

The Run Course is a fast, fairly flat route along the beachfront. Take in the sea breeze and enjoy the last leg of the race before running down the magical red carpet at the finish line.

### COURSE DESCRIPTION:

When exiting Transition, athletes will run around the outside perimeter fence of Transition and turn right onto Marine Drive in the direction of Humeralil: running on the seaside lane, keep to the right.

Marine Drive / Beach Road becomes Humewood Road. Just after the three-way intersection with Perrott Avenue athletes will make a U turn at the northern turn around point, your first Aid Station will be located here, before running past Transition again, keeping to the right of the run lane.

The next Aid Station is situated at Lodge Road, this is a multi directional Aid Station. You will continue along Marine Drive, past Admiralty way along Marine Drive to Flat Rocks where you will turn around at the Aid Station to start your next lap.

**Elevation:** The run course starts at 8m above sea level and the highest point on this run course is 23m.

### AID STATIONS

There are 3 aid stations and a sponsor-activated Red Bull aid station on the run course. Aid Stations are approximately 2km to 3km apart

**Aid Station 5:** Perrot Ave Turnaround

**Aid Station 6 :** Lodge Road – Multi Directional

**Aid Station 7:** Flat Rocks Turnaround

All products will be self-serve at the run aid stations

Red Bull sponsored Aid Station is located between 10<sup>th</sup> Avenue and Bude Street

# RACE DAY INFORMATION

## IRONMAN AFRICAN CHAMPIONSHIP : RUN COURSE



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

Don't try this on race day\*



\* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: [maurten.com/ironman](http://maurten.com/ironman)



# RACE DAY INFORMATION

What to expect on the Finish Line

## FINISH LINE PROCEDURE

On completion of your race:

**MASKS** : Athletes will receive Mask; this must be put on right away.

**MEDALS** : Athletes will receive their Finisher Medals.

**WATER** : Athletes will receive water on the finish line.

**FINISHER SHIRTS** : All Athletes must collect the "Finisher T Shirt" as ordered during the online registration. No shirt swops will be done on the finish line post race.

Sizes can be swapped out, subject to availability, on Monday from 09h00- 13h00 at the Boardwalk Convention Centre – Level 1 Parking.

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

## STREETWEAR

Collect your Streetwear Bag from the racks as you exit the Finish Line area, these bags are hung for you according to your race number.

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

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

Biogen Recovergen will be available here for all athletes.

## SHUTTLES

At 17h45 when Bike Check out opens, the shuttle buses will transport you to the Transition area at Kings Beach to collect your bike & bags. The collection point will be in the road opposite the Caltex garage / Hobie Beach Car Park.



# RACE DAY INFORMATION

## AID STATIONS

### BIKE

**Please Note:** Toilet facilities are available at all Aid Stations

These Aid Stations are situated approximately every 20-25km apart and will supply the following per table, in the following order:

#### **Aid Station 1:** (Bushy Park, Seaview Road)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Maurten Gels - Caffeine
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Aid Station 2:** (Maitlands, De Stades)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Biogen Bars
- Bananas
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Bike Aid Station 3:** (Victoria Drive)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Maurten Gels - Caffeine
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

#### **Aid Station 4:** (Marine Drive, Admiralty way intersection)

- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Gatorade RTD
- Biogen Bars
- Gatorade RTD
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)

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

NOTE: Litter zones will be within 100m of either side of the bike aid stations.



# RACE DAY INFORMATION

## AID STATIONS

### RUN

These Aid Stations are situated approximately every 2.5km and will offer:

#### **Aid Station 5:** (Perrot Avenue Turnaround)

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

#### **Run Aid Station 6:** (Lodge Road, Multidirectional)

- Water Sachets
- Gatorade
- Coca-Cola
- Sandwiches
- Potatoes
- Pretzels
- Coca-Cola
- Gatorade
- Water Sachets

#### **Run Aid Station 7:** (Flat Rocks Turnaround)

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

**Red Bull** will have an Aid Station along the Run course.

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

For those who prefer to have their own special food items available on the course, there is a Personal Needs Station – see 'Personal Needs' info.





# BIOGEN

FOR THE RESULTS YOU WANT

SINCE 2004



@jamescunnama

## RECOVER FAST,

# Recover well!

### Enhance your recovery today for a better performance tomorrow.

For over 16 years, we have been supporting athletes of all disciplines and skill levels with a diverse range of sports nutrition and vitamins products. As a sports and wellness brand, we are proud to continue aligning ourselves with IRONMAN South Africa, to support and enhance the performance and recovery of all participants.

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

Photo Credit: Craig Kolesky (@craigkolesky)

PROUD PARTNER OF **IRONMAN**  
SOUTH AFRICA

## RECOVERGEN POST-EXERCISE RECOVERY DRINK

WITH WHEY PROTEIN  
HYDROLYSATE, BCAAS &  
ALPHA-LIPOIC ACID



Look out for our selective products bearing the **Informed Sport** accreditation.

[www.biogen.co.za](http://www.biogen.co.za)

BiogenSA

Products available at:

Dis-Chem

BIOWARE

CYCLE LAB

XCITER





drink.  
hydrate.  
recycle.

*a product of The Coca-Cola Company*

Bonaqua and Pump are trademarks of The Coca-Cola Company © 2021.

# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 



# BORN IN THE LAB, PROVEN ON THE COURSE.

With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.



2021 OFFICIAL SPORTS DRINK



# RACE DAY INFORMATION

## COMPETITION RULES

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	PENALTIES
Public nudity or indecent exposure	DSQ – Red Card
Littering outside of the trash/rubbish drop zones	30 Second Time Penalty once corrected (Yellow Card), and, if intentional, a 5:00 minute Time Penalty (Blue Card). DSQ in South Africa (Red Card)
Using unsportsmanlike behaviour	DSQ and potential suspension (Red card)
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 an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.	DSQ – Red Card
Failure to wear a shirt or sport top during the bike or run	30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 Second Time Penalty will be assessed (Yellow Card), If not: DSQ (Red card)
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race.	DSQ of both athletes (Red card)
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension (Red card)
Not stopping in the next penalty tent after being obliged to do so	DSQ (Red card)
Use of communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, smart helmets (i.e. helmets enabled with Bluetooth technology), in any distracting manner, during the Race	DSQ – Red Card
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 Card
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition. NO cell phones allowed.	DSQ (Red card)
3 Blue Cards will result in a DSQ	DSQ
**SUMMARY OF SWIM RULES PENALTIES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DSQ (Red card)
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ (Red card)
Wearing a wetsuit that measures more than 5mm thick	DSQ (Red card)
Using a snorkel	DSQ – Red Card

# RACE DAY INFORMATION

## COMPETITION RULES

**SUMMARY OF BIKE RULES PENALTIES	PENALTIES
Drafting violation	5:00 minute Time Penalty per violation (Blue Card)
Blocking (side by side riding)	30 Second Time Penalty (Yellow Card)
Once overtaken, re-passing prior to dropping out of the draft zone	30 Second Time Penalty (Yellow Card)
Once overtaken, remaining in the draft zone for more than 25 seconds for all triathletes	5:00 minute Time Penalty (Blue Card)
Failure to wear a shirt or sport top during the bike portion	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
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.	DSQ, if not remedied promptly (Red Card)
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions, after bike check – out.	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
Make forward progress without bike during the bike segment	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
**SUMMARY OF RUN RULES PENALTIES	PENALTIES
Wearing headsets or headphones during competition	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
Failure to wear a shirt or sport top during the run portion	30 Second Time Penalty if remedied (Yellow Card), DSO if not remedied promptly (Red card)
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.	DSQ, if not remedied promptly (Red Card)
Crossing the finish line with a non-participating individual	DSQ (Red card)
**SUMMARY OF TRANSITION AREA RULES PENALTIES	PENALTIES
Blocking the progress of other athletes	30 Second Time Penalty (Yellow Card)
Interfering with another athlete's equipment	30 Second Time Penalty (Yellow Card)

### Notes:

- An athlete may not physically assist the forward progress of another athlete.**
- 3 x Blue Cards will result in a DSO
- \*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). South Africa relevant.
- \*\*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). South Africa relevant.
- 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.
- Please note that it is illegal to interfere (including remove, swop, steal and / or tamper) with another athlete's equipment / nutrition in the Transition area (including during check-out): this may lead to disqualification.

# RACE DAY INFORMATION

## 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 athlete may file a protest about a judgement call, which includes drafting and blocking (see "Competition Rules"). Please advise one of the IRONMAN 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 in Transition, when the bike course closes. The location will be confirmed by the IRONMAN staff member.

Payment of R500,00 to the Head Race Referee. This will be reimbursed if your appeal is successful.

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

## TIMING & CUT OFFS

Stops, rests, transitions, etc.. will be included into your total race time. Splits will be recorded for each segment of the race, i.e.. swim time, Transition 1 (T1) time, bike time, Transition 2 (T2) time and run time. In addition to the 16 hours 45 minutes overall cut-off time, there are cut-off times for each segment of the race, as listed in the document above. The cut-off time for the swim segment is 2 hours 20 minutes after your start; the cut-off time for the bike segment is 10 hours 30 minutes after your start of the race and the cut-off for the run is total time 16 hours 45 minutes. Also note the additional cut-offs that will be implemented. It is of utmost importance that you are aware of, and adhere to, these timing conditions as they improve the quality of the race. Disqualified and cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results. Additional DNF's may be identified after the event when checking finishing times.

PLEASE NOTE: Loss of a Timing Chip will result in a charge of R1500.00 allocated to your specific race number. Failure to wear your chip on race day, return your chip after the event, or pay replacement costs, will disqualify you from future IRONMAN South Africa events.

When you collect your Race Pack at Registration, you will collect a Timing Chip from + Chip Belt from the timing table here you will also verify that your chip number correlates to your name. Should you wish to race with your own Chip Belt please only request a Timing Chip without a strap from the timing company

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

If you have not racked a bike it is the athlete's responsibility to return the timing chip + belt to the timing van/Drop Out control.

If you drop out of the race at any time on race day, **you MUST notify the Drop-Out Clerk outside Transition** or in the IRONMAN Village (info tent). Failure to do so may disqualify you from participating in future IRONMAN triathlons.

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

If you lose your Timing Chip during the event, it is your responsibility to get a replacement chip (at a price). These can be found at the Drop-out Clerk gazebo outside Transition.

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

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

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

The chips are special active chips, not the run-of-the-mill Timing Chip. These cost R1500.00 each and if lost/not returned, the athlete will be held liable for the replacement cost. Timing Chips + Chip Belts should be removed and placed in the bins provided on the Finish Line after the race.

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

**NO CHIP = NO TIME**

# RACE DAY INFORMATION

## DRUG FREE SPORT

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

## MEDICAL

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

Should an athlete need to be transported to hospital, the emergency contact (as per registration information) will be informed. Information pertaining to which hospital the athlete has been transported to will be given to the emergency contact.

**Important:** Full disclosure of all medical conditions, general health and surgical procedures within the previous 12 months are required. If you are taking any medication or have any medical problem(s) that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. You are required to notify the IRONMAN South Africa Race Office, in writing, if there is any change in your medical status/condition after your registration application has been processed. Failure to do so will result in suspension of participation in future IRONMAN South African events. **You are solely responsible for avoiding medications that appear on the list of banned substances as determined by the World Anti-Doping Agency (WADA).**

Medical consultation/clearance may be necessary from an attending physician prior to acceptance/participation in the race. In all cases, the final decision of medical consideration is at the discretion of the race Head Doctor.

## Race day pre-event athlete medical evaluation:

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Kings Beach Medical Tent. Access and entry onto the medical system must be logged as per standard race day procedure. The result of the assessment, i.e. clearance to race or non-participation advice, must also be recorded on the system. Thus, the main medical tent will be set up and ready to assess athletes from 1 hours prior to the Start of the race.

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

Qualified individuals will be stationed throughout the swim course, with medical pods on the beach to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing sea water and from motion sickness. Medication taken before the swim may help, but you are strongly advised to try the medication several times before the race to avoid any adverse reactions to it. **Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).**

There will be a Medical Tent at the Transition Area where This is the only area of the race where athletes may receive actual medical attention and strapping and then continue racing (at the discretion of the medical team).

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.



# RACE DAY INFORMATION

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, and medication 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.

If you see a fellow athlete looking unwell, the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and / or appear confused, you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health. Outside help is not permitted (see IRONMAN competition rules)

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

More than half of the visits to the medical tent occur after athletes have finished the race. Please do not leave the 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.

If you are transported to the Medical Tent (and/or hospital) and are unable to collect your own equipment, a family member or friend will need your "Bike Check-Out Card" (which you received in your Registration Pack) as well as your Race number / bib to collect your bike and bags.

The medical tent will officially close at 00h00. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred there are the sole responsibility of the athlete. Failure to meet financial responsibility to local medical facilities will result in suspension of future participation at IRONMAN 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 IRONMAN staff member and / or local traffic department officer.

## PHYSICALLY CHALLENGED ATHLETES

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

### IRONMAN South Africa Office:

Tel : +27 41 581 7990 / [southafrica@ironman.com](mailto:southafrica@ironman.com)

7, 5th Avenue, Walmer, Port Elizabeth, 6070



# RACE DAY INFORMATION

## FINISH LINE



## BIKE CHECK OUT



# POST RACE INFORMATION

## BIKE & GEAR CHECK OUT

SUNDAY: 17h45 – 24h00

The official Bike and Transition Bags check-out process will take place between 17h45 – 24h00 at Transition, Kings Beach Car Park.

At 17h45, the IRONMAN Shuttles will start transporting athletes from the Hobie Beach Area to Kings Beach. Make your way to the road in front of the Hobie Beach Car Park / Caltex Garage where a shuttle will be available to transport you to the Kings Beach Car Park Transition area for check out.

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

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

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

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

All bikes and bags must be collected by 24h00 on race day. The organisers are not responsible for items left in Transition on Sunday after 24h00

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

## SPORTOGRAF

Sportograf is proud to be the official athlete photo service at the IRONMAN 70.3 Nelson Mandela Bay.

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

Order your race images here:

[www.sportograf.com/event/8438](http://www.sportograf.com/event/8438)

Help us take the best pictures of you:

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

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

## TOUR MEDAL

### Africa Tour Series: only by pre-registration:

2022 South African Tour Series is back!

Register and complete either of the following series of races to be eligible for the 2022 South African Tour Series Medal:

Option 1: 2022 IRONMAN African Championship, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay

Option 2: IRONMAN 70.3 Nelson Mandela Bay, IRONMAN 70.3 Durban and IRONMAN 70.3 Mossel Bay

Register for all 3 races before 30 September 2022 to be eligible.



# POST RACE INFORMATION

## SLOT ALLOCATION

The IRONMAN 70.3 Nelson Mandela Bay is offering 45 Age Group Slots for this year's IRONMAN 70.3 World Championship in St George, Uta, USA. All athletes who have qualified for the 2022 IRONMAN 70.3 World Championship and want to accept their slot MUST show their intent by "opting in" or "opting out" of this slot allocation process. The roll down will only be offered to athletes who opted in for the IRONMAN 70.3 World Championship slot allocation. This choice cannot be changed post event.

When collecting Registration pre-packs, athletes will be asked the following question: **"Should you qualify, do you intend on accepting an Age Group slot to the IRONMAN 70.3 World Championship in St George, Uta, USA on 28 & 29 October 2022?"**

On Monday, 4 April 2022 between 12:00-12:30 **ONLY Athletes** who have an automatic slot (Marked on the results sheet outside the building will need to come to slot allocation in the The Boardwalk Hotel & Conference Centre. Athletes will have to sign a waiver to redeem their slot and proceed with the payment of the entry fee \$550 (USD)\* + 8% Active fee. +6.75% Utah fee. Any slots not taken will then be rolled over by the Tampa office, USA.

Prior to race day, at least one slot will be tentatively allocated to each Age Group category (both male and female). Final numbers of slots per Age Group will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender.

If there are no more eligible finishers in a particular Age Group or no other finishers accepted the slot in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Groups within the gender with the largest athlete-to-slots ratios will receive the second re-allocated slots and so on.

See the IRONMAN website for additional information

NOTE : Only Age-Group Athletes are eligible to receive Age-Group World Championship qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they have qualified for, hold professional or elite status. Any change in an athletes status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

## ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age Group Athletes online. The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.





**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



# BREW WITHOUT COMPROMISE™



AWARD-WINNING • GREAT TASTE • VEGAN-FRIENDLY



@ATHLETICBREWING | ATHLETICBREWING.COM





**Hyperice**

**IRONMAN**  
GLOBAL SERIES

OFFICIAL RECOVERY TECHNOLOGY

# POST RACE INFORMATION

## AWARDS

### Awards Dinner:

Monday : 18h30 – 22h00

Doors will open at 18h00.

Venue: The Sun Boardwalk Convention Centre – access via mall escalator entrance only.

Please note that the Awards Dinner will be for athletes only, there will be no additional tickets on sale for family / friends.

Your athlete wristband is your access ticket to the Awards Dinner. Seating will be on a first come, first served basis.

Awards procedure starts at 18h30: IRONMAN African Championship trophies will be awarded to the top 5 male and top 5 female Pro athletes as well as the first 3 athletes in each Age Group category for both male and female athletes.

IRONMAN 70,3 Nelson Mandela Bay trophies will be awarded to the top 3 athletes in each Age Group category for both male and female athletes.

TRICLUB AWARDS: The top 3 TriClubs will be contacted on Monday morning to collect their trophies. Trophies will be awarded to the Top 3 TriClubs, with the most points. These will be allocated for both the IRONMAN African Championship and IRONMAN 70.3 Nelson Mandela Bay.

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

## LOST & FOUND

Monday : 09h00 – 13h00

Race Day lost & found property will be located at the Sun Boardwalk Convention Centre – Level 1 Parking area from 09h00 - 13h00 on Monday.

It is recommended that you mark all your race gear with your name prior to race day as the event organisers will not be responsible for lost items.

## SHIRT SWOPS

Monday : 09h00 – 13h00

On Race Day, **Finisher Shirts** will be available at the Finish Line Area after the completion of your race. **Athletes have to take the size ordered** on their registration form.

Sizes can be **swopped** out, subject to availability, on Monday from 09h00 - 13h00 at the Sun Boardwalk Convention Centre – Level 1 Parking.

**PLEASE NOTE: Finisher Shirts will NOT be posted to athletes.**

## TIMING QUERIES

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

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

## CERTIFICATES

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



# ADDITIONAL INFORMATION

## ATHLETE TRACKING

IRONMAN Tracking App

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

The App can be downloaded on iOS or Android.



## VODACOM TRACK-AN-ATHLETE: 39408

This service will be live 2 weeks prior to the race for all athlete race number registrations.

SMS only the athlete's race number you are tracking to 39408. The service is available on all South African mobile networks at a cost R15.00 (once-off). A portion of the fee will go towards the IRONMAN 4 the Kidz Charity Trust and you will receive regular updates on your athlete's progress on Race Day

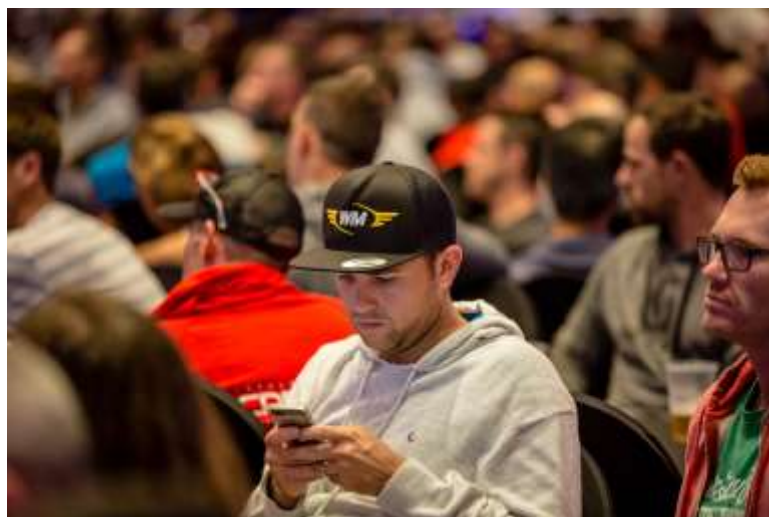
**Please note: ONLY SMS the Race**

**Number!!! e.g. 1234 to 39408.** Do **not** use any other words or characters when SMS-ing as the SMS will then be invalid. Register one race number at a time. Errors will be billed.

NB: Contract bundles & free SMS's do not allow successful registration. The registering phone **MUST** have airtime minutes in order to participate.

Successful registration will receive confirmation of their registration and then athlete progress updates on Race Day.

Should you not want to track an athlete but would still like to support the IRONMAN 4 the Kidz initiative, simply SMS the word KIDS to 39408 (as above) and your R15-00 will go towards the 2021 charity goal.





# Get Superfast Vodacom Fibre from R599pm\*

No Contract, No upfront  
costs. Month to Month  
available. Contact 0821904  
or visit in-store.



\*Terms and conditions apply



39408

# MAKE A DIFFERENCE

**TRACK YOUR ATHLETE 39408**  
Follow your athletes progress and ensure their participation goes to a good cause. Free SMS's do not apply.

Registering a Race number will ensure we can continue to make a difference

**IRONMAN**  
**4 the kidz**  
SOUTH AFRICA



## MAKE A DONATION

### Step 1. Download.

Download the SnapScan App from Google Play or IOS store.

### Step 2. Snap.

Open SnapScan and use your phone's camera to scan the SnapCode displayed at the checkout or on your bill.

### Step 3. Pay.

Enter the amount you want to pay and confirm payment with your 4-digit PIN.

### Step 4. Go!

That's it. You're done! Make sure the merchant has received proof of payment.



Email: [jula@ironman4thekidz.co.za](mailto:jula@ironman4thekidz.co.za)  
Visit our website: [www.ironman4thekidz.co.za](http://www.ironman4thekidz.co.za)  
Find us on Facebook: [www.facebook.com/ironman4thekidzcharitytrust](http://www.facebook.com/ironman4thekidzcharitytrust)  
Follow us on Twitter: @IRONMAN4theKidz



# ADDITIONAL INFORMATION

## PUBLIC INFORMATION

### ROAD CLOSURE DURING THE EVENT:

THE FOLLOWING ROAD CLOSURES WILL APPLY ON SUNDAY 3 APRIL 2022 :

#### 05h00 – 24h00

Marine Drive / Beach Road will be closed from the M4 / Settlers Highway to Pine Lodge, including Driftsands Drive and Admiralty way intersections.

#### 05h00 – 17h30

M4 Settlers Highway / Walmer Blvd / Heugh Road / Buffelsfontein Road to Seaview Road.

Seaview Road from Heron road to the Seaview Spar / Elizabeth Road.

Elizabeth road through Beachview Drive to De Stades Road M9.

Seaview Road to Heron Road.

Heron Road to Sardina Bay Road.

Victoria Drive from Sardinia Bay Road to Glendore Road & Schoenmakerskop.

Marine Drive from Schoenmakerskop to Pine Lodge.

More information regarding the road closures can be found here :

<https://www.ironman.com/im-south-africa-supporters>

## VOLUNTEERS

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

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

All volunteers will have the relevant PPE's on race day.

### HOW TO GET INVOLVED:

[www.racevolunteers.co.za](http://www.racevolunteers.co.za) – register/login onto the site and pick which area you want to work in.

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

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

## GET SOCIAL



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



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



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



---

**NATURE NEEDS YOU**  
BE NATURE'S IRONMAN

---

**IRONMAN**  
*for* **NATURE**   
SOUTH AFRICA

---

## JOIN THE RACE FOR **NATURE**

---

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

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

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

---



+27 41 373 0293



[Info@ironmanfornature.co.za](mailto:Info@ironmanfornature.co.za)  
[ironmanfornature.co.za](http://ironmanfornature.co.za)



11 Newington Street, Central,  
Port Elizabeth, South Africa, 6001

**WILDERNESS**  
FOUNDATION  
AFRICA

---

POWERED BY INNOVA

---

CASTLE  
**LITE**



**STAY  
IN THE  
GAME**



Unlock Refresh Enjoy

**#NO** 

aware!org  
www.aware.org.za

# ALTERNATIVE COURSE PROCEDURE

## IN THE EVENT OF AN ALTERNATIVE COURSE

The process for athletes is as follows:

The call will be made at 08h00 by the Race Director. The announcer will inform the athletes in Transition just after 08h00.

### SCENARIO 1:

Shortened Swim - All Athletes. Transition as normal.

Distance for all: SWIM – 3 buoys | BIKE 90 km | RUN 21.1 km

3 buoys: left on 1<sup>st</sup> RED, left on 2<sup>nd</sup> RED, past 1<sup>st</sup> YELLOW to the beach.

Age Groupers: Rolling Start from 08:50 : SWIM – 3 buoys and continue with rest of the race

### SCENARIO 2:

Swim Cancelled : Rolling Bike Start for all

Start at 08h50

Process for an Alternative Race Start - Scenario 2:

Announcement will be made that the race will be changed to a rolling bike start for all.

Go to your BIKE bag and prepare for the bike leg.

Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 08h50.

Rolling bike starts 2 athletes every 8 seconds.

Your Start time will be registered at the time your timing chip on your left ankle crosses the timing mat.

The bike cut-off of 4hrs 05mins for the bike leg will still apply.

After the bike, you will transition to the run as normal.

## Notes for Age-Groupers: Scenario 2 :

The bike cut-off of 4hrs 05mins for the bike leg will be done post-race by the timing company as everyone's start times will differ.

Run time for the 21.1km remains..

Please be aware that you could be DNF'd after the race based on final timing verified by timing company.





# Thank you to our Partners

## HOST CITY & PREMIER PARTNERS



OFFICIAL HOST CITY



OFFICIAL VEHICLE PARTNER



OFFICIAL HYDRATION PARTNER OF  
THE IRONMAN GLOBAL SERIES



OFFICIAL SWIMWEAR PARTNER  
OF THE IRONMAN GLOBAL SERIES

## REGIONAL TECHNICAL & SUPPLIER PARTNERS



PARTNER TO IRONMAN SOUTH AFRICA



OFFICIAL WATER & SOFT DRINK PARTNER



OFFICIAL CONTAINER PARTNER



OFFICIAL MEDICAL PARTNER



OFFICIAL COMMUNICATIONS PARTNER

## EVENT PARTNERS



OFFICIAL RADIO BROADCAST PARTNER



OFFICIAL BEER PARTNER



OFFICIAL HOTEL PARTNER FOR  
IRONMAN AFRICAN CHAMPIONSHIP



OFFICIAL TRAVEL PARTNER

## GLOBAL TECHNICAL & SUPPLIER PARTNERS



OFFICIAL ALCOHOL-FREE BEER  
PROVIDER OF THE IRONMAN  
GLOBAL SERIES



OFFICIAL LUXURY WATCH OF THE  
IRONMAN GLOBAL SERIES



OFFICIAL COMPRESSION PARTNER  
OF THE IRONMAN GLOBAL SERIES



OFFICIAL BICYCLE HELMET OF THE  
IRONMAN GLOBAL SERIES



OFFICIAL RECOVERY TECHNOLOGY OF  
THE IRONMAN GLOBAL SERIES



OFFICIAL GEL OF THE  
IRONMAN GLOBAL SERIES



OFFICIAL CYCLING & TRIATHLON  
APPAREL PARTNER OF  
THE IRONMAN GLOBAL SERIES