

# ATHLETE RACE GUIDE

ISUZU  
IRONMAN<sup>®</sup>  
70.3<sup>®</sup>



NELSON MANDELA BAY  
SOUTH AFRICA

21 APRIL 2024







|  |   |   |
|--|---|---|
|  |  |  |
| SWIM   | BIKE  | RUN   |
| 3,8km / 1,9km  | 180km / 90km  | 42,2 km / 21,1km  |

**IRONMAN** | **IRONMAN.70.3**

# DISCOVER

## IRONMAN & IRONMAN 70.3

### RACES IN SOUTH AFRICA 2024



**IRONMAN African  
Championship  
& IRONMAN 70.3**  
Nelson Mandela Bay  
**21 April 2024**

1



**IRONMAN 70.3**  
Durban  
**02 June 2024**

2



**IRONMAN 70.3**  
Mossel Bay  
**17 November 2024**

3



Discover the IRONMAN and IRONMAN  
70.3 races in South Africa





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# WELCOME MESSAGE



Dear Athletes,

As we gear up for the 19th edition of the ISUZU IRONMAN 70,3 Nelson Mandela Bay, I extend a warm welcome to each and every one of you.

This year's race promises to be an unforgettable experience, set against the backdrop of the stunning Summerstrand beachfront.

Your journey begins at Hobie Beach, with the ROKA swim course, from there, the Bike Course will lead you through picturesque landscapes of, Walmer, Mount Pleasant, and the breathtaking turnaround point at Maitland's, returning to Summerstrand via coastal road of Marine Drive.

Finally, the Run Course will take you along the scenic stretch of the Humewood and Summerstrand beachfronts, offering you the perfect conclusion to your IRONMAN 70,3 journey.

I encourage you to embrace every, the atmosphere, scenery and the camaraderie among fellow athletes. As you enter the final stages of your preparation, remember to stay focused, stay determined, and above all, stay safe. Your hard work and perseverance will undoubtedly pay off as you cross the finish line and celebrate your incredible achievement.

On behalf of IRONMAN South Africa team, we wish you the best of luck and an amazing day out there!

All of the best!

**Your Race Director,  
Michele Bronkhorst**









COME EXPLORE THE

# FRIENDLY CITY

OF NELSON MANDELA BAY



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400RS  
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nelson mandela bay  
TOURISM

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# HEROES DO WHAT OTHERS WON'T

## ALL ATHLETES

CAN NOW REGISTER  
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SUPPORT CAN BE  
AS LITTLE AS

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& NO MAX!



1

### VISIT OUR WEBSITE

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2

### CLICK HELP A HERO

and create your profile

3

### SELECT YOUR EVENT

4

### SHARE YOUR LINK

with family, friends &  
colleagues to support you

Once your profile is up and running, your supporters, family and friends will be able to visit the website where they can support you and your cause by clicking on your profile to donate whatever amount they wish.

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








# HEAD REFEREE'S MESSAGE

## WILLIAM WALTON

IRONMAN 70.3 Nelson Mandela Bay  
Head of referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2024 IRONMAN Rules.

|   |   |
|---|---|
|    | <b>Blue Card</b><br>1 blue card: five-minute time penalty<br>2 blue card: another five-minute penalty<br>3 blue cards : DSQ<br>Penalty to be performed in the dedicated tent<br><i>e.g. Drafting or littering</i> |
|    | <b>Yellow Card</b><br>30 second Stop and Go time penalty served next to the referee tent<br><i>e.g. Blocking the progress of other athletes</i>   |
|  | <b>Red Card</b><br>Disqualification (DSQ)<br><i>e.g. Non-compliant material or equipment</i>  |

THREE BLUE CARD VIOLATIONS WILL  
RESULT IN RACE DISQUALIFICATION

## REMINDER OF PENALTIES

### BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties.

DRAFTING and LITTERING are the only violations that will result in a BLUE CARD violation and an athlete will incur a time penalty (*to be served in the penalty tent, located on the bike course at KM38, and Transition*).

### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (*BIKE*) or to stop next to the referee during 30 seconds (*RUN*). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

### RED CARD

An athlete receiving a red card will be immediately disqualified.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of judgement call violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

All the rules can be found in the IRONMAN 2024 regulations and the particularities of the race in this athlete guide.

[2024 rules](#)



# HEAD REFEREE'S MESSAGE

## 2024 RACE RULE UPDATES

It is the responsibility of each athlete to read and understand the rules in their entirety. However, you will find below the main updates for the 2024 season.

### Articles V. BIKE CONDUCT & VI. RUN CONDUCT

#### Sections 5.01 GENERAL & 6.01 GENERAL

- **5.01 (i) and 6.01 (e)** – Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; **(30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly).**
- **5.01 (l) and 6.01 (f)** - Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. **Intentional or careless littering will result in a 5:00 Minute Time Penalty or disqualification.** Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification.
- **5.01 (m)** – Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike). **This includes, but is not limited to, (i) any bottles/hydration or any other insert located in the front of an athlete's race suit and (ii) any insert in an athlete's calf sleeves; (DSQ).**

#### Section 5.03 BIKE SPECIFICATIONS

- **5.03 (b)** – Protective screens, fuselages, fairings, or any other devices or materials (including duct tape) added or blended into the structure with the intent to reduce (or having the effect of reducing) resistance to air penetration are prohibited. Aerodynamic assemblies and protuberances on the head tube or elsewhere are prohibited. Provided that the use of adhesive tape (including duct tape) does not fundamentally alter or enlarge the general shape of the structure, adhesive tape may be affixed to the bike (e.g., to cover valve cutout of the rear disc wheel, to cover bolts access, etc.); (DSQ)

### Article IX. HANDCYCLE ("HC") DIVISION

#### Section 9.03 BIKE CONDUCT

- **9.03 (f)** - HC athletes must have a mirror fixed either to his/her helmet or at some point on the front of his/her handcycle to ensure rear-view vision is possible.
- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of 1.8 meters/6 feet from the ground. The high visibility safety flag must be a minimum size of 21 centimeters/8 inches in height by 28 centimeters/10 inches in length.
- **9.03 (h)** - HC athletes must have a red flashing light mounted to the rear of his/her handcycle, as well as a solid white light fixed to the front of his/her handcycle.



# IMPORTANT MEDICAL & HEALTH INFO

- Your safety is our primary concern. The medical team will be staffing the medical facilities at the Main Medical tent in the Athlete Village & in the Transition Medical Tent. Medical resources will also be available while you are out on course. Gardmed Ambulance services will have paramedics roving out on course, throughout the swim, bike and run portion of your race, as well as in the Transition & post-race areas.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge to seek help rather than continue.
- **Helping another athlete:** if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- **After you have finished the race:** please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

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

### DO NOT BE AFRAID TO ASK FOR HELP

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

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

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike:** If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **During the run:** same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

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

### MEDICAL INFORMATION

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

Please stop by the "Solutions Table" at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).

Please also write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information.

If you have any questions or concerns about providing medical information, please stop at the "Solutions Table."

### Race day pre-event athlete medical evaluation (optional):

Saturday Assessments: 11:00 – 12:00

Sunday Assessments: 05:30 – 06:00

On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Hobie 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 athlete from 1 hour prior to the Start of the race.







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\*Terms and conditions apply.

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# TOP 5 THINGS TO SEE

## Adventure & Sport

Nelson Mandela Bay offers excellent and varied sporting facilities and the city hosts numerous exciting sports events all year round. The many different sport clubs cater for a variety of all-year or seasonal sport activities such as: squash, volleyball, badminton, tennis, roller hockey, cricket, motor-racing, horse-racing, soccer, hockey, golf, bowls and rugby ([Adventure & Sports - Nelson Mandela Bay \(Port Elizabeth\)](#) ([nmbt.co.za](http://nmbt.co.za)))



## Arts & Culture

The centrepiece of Nelson Mandela Bay's arts and culture industry is right in the inner city after local development agency, the MBDA, has coupled a CBD infrastructure renovation with a public art campaign, giving the city-centre a facelift with an artistic twist ([Arts & Culture - Nelson Mandela Bay \(Port Elizabeth\)](#) ([nmbt.co.za](http://nmbt.co.za)))



## Coastal & Beaches

Algoa Bay, the coastal region of Nelson Mandela Bay, boasts 40 km of magnificent golden beaches. With its perfect combination of warm water, calm sea and fair breezes, it is one of the best sailing venues in the world and a Mecca for all beach and water sport enthusiasts. Water temperatures vary between 18 and 21 degrees Celsius during summer and 14 to 19 degrees Celsius during winter. Rest assured, swimming beaches are patrolled by fully trained professional lifeguards during the summer season, which means swimmers and sunbathers can safely enjoy their beach holiday ([Coastal & Beaches - Nelson Mandela Bay \(Port Elizabeth\)](#) ([nmbt.co.za](http://nmbt.co.za)))



## Entertainment & Shopping

Nelson Mandela Bay is the ideal fun, entertainment and shopping destination; offering various kinds of entertainment to suit every age, personality and individual. Enjoyable evening entertainment include sundowner cruises, nightclubs, award winning cocktail bars, late night music spots, fine art theatre performances, movies, restaurants and cultural performances ([Entertainment & Shopping - Nelson Mandela Bay \(Port Elizabeth\)](#) ([nmbt.co.za](http://nmbt.co.za)))



## Wildlife & Nature

From rocky shores to indigenous floral fynbos: from stretches of golden beaches and unspoilt sand-dunes to lush indigenous forest and untamed wilderness areas, the nature reserves within, and on the outskirts of Nelson Mandela Bay offer a wonderful range of options to the great outdoors. Located in and around the city are: Settler's Park, Van Staden's Wild Flower Reserve, The Cape Recife Nature Reserve, Maitlands Nature Reserve, The Island Nature Reserve, Baviaanskloof Wilderness Area and Groendal Wilderness Area ([Wildlife & Nature - Nelson Mandela Bay \(Port Elizabeth\)](#) ([nmbt.co.za](http://nmbt.co.za)))





# RACE SCHEDULE



## SUNDAY, 21 APRIL 2024

### FRIDAY 19 APRIL 2024

**09:00 - 19:00**

IRONMAN &  
IRONMAN 70.3  
Registration  
Boardwalk Expo  
Centre

**09:00 - 19:00**

Isuzu CTC, powered  
by Algoa FM  
Registration  
Boardwalk Expo  
Centre

**09:00 - 19:00**

Expo & Merchandise  
Boardwalk Expo  
Centre

**09:00 - 19:00**

Bike Workshop  
The Boardwalk

**14:00 - 15:00**

PRO Athlete Q & A  
Boardwalk Expo  
Centre

**18:30**

Doors Open for  
Athlete Welcome  
Banquet (Pasta) &  
IRONMAN Race Briefing  
**TICKETS FOR SALE  
AT REGISTRATION ONLY**  
The Boardwalk Hotel &  
Convention Centre

**19:00**

Athlete Welcome  
Banquet (Pasta) & Race  
Briefing Starts  
The Boardwalk Hotel &  
Convention Centre

### SATURDAY 20 APRIL 2024

**07:40**

Isuzu CTC, powered  
by Algoa FM Race Start  
Hobie Beach

**09:45**

CTC Awards  
IRONMAN Village

**11:00**

PRO Race Briefing  
Beach Hotel

**08:00 - 13:00**

IRONMAN &  
IRONMAN 70.3  
Registration  
Boardwalk Expo  
Centre

**08:00 - 17:30**

Bike Workshop  
The Boardwalk

**08:00 - 13:00**

Expo & Merchandise  
Boardwalk Expo  
Centre

**11:30 - 17:30**

Bike & Gear Check-In  
Transition, Hobie Beach

**11:30 - 17:30**

Bike Maintenance  
Transition - Hobie Beach

### ISUZU IRONMAN AFRICAN CHAMPIONSHIP

**05:00 - 06:30**

IRONMAN  
Transition Open &  
Bike Maintenance  
Transition - Hobie Beach

#### IRONMAN AFRICAN CHAMPIONSHIP START Hobie Beach

IRONMAN PRO MEN: 06:40  
IRONMAN PRO WOMEN: 06:45  
IRONMAN ROLLING AGE  
GROUP START: 06:55

**07:40**

First IRONMAN Pro Male  
expected out of the water

**12:00 - 18:00**

IRONMAN Merchandise  
for sale  
Boardwalk Expo  
Centre

**11:50**

First IRONMAN Pro Male  
expected to start the run

**14:30**

First IRONMAN Pro  
Male expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
Transition - Hobie Beach

**± 24:00**

IRONMAN AFRICAN  
CHAMPIONSHIP ENDS

### ISUZU IRONMAN 70.3 Nelson Mandela Bay

**05:00 - 06:30**

IRONMAN 70.3  
Transition Open &  
Bike Maintenance  
Transition - Hobie Beach

#### IRONMAN 70.3 Nelson Mandela Bay START Hobie Beach

ROLLING AGE  
GROUP START: 07:20

**07:43**

First IRONMAN 70.3 athlete  
expected out of the water

**12:00 - 18:00**

IRONMAN Merchandise  
for sale  
Boardwalk Expo  
Centre

**10:00**

First IRONMAN 70.3 athlete  
expected to start the run

**11:15**

First IRONMAN 70.3  
athlete expected to finish

**17:45 - 24:00**

Bike & Bag Check-out  
Transition - Hobie Beach

**± 16:15**

IRONMAN 70.3 Nelson  
Mandela Bay ENDS

### MONDAY 22 APRIL 2024

**09:00 - 13:00**

IRONMAN Merchandise  
for sale  
Boardwalk Expo  
Centre

**09:00 - 13:00**

IRONMAN &  
IRONMAN 70.3  
Finisher shirt swop/  
Timing queries/  
Lost & found  
Boardwalk Expo  
Centre

**10:00**

IRONMAN World  
Championship, Age Group  
Slot Allocation  
The Boardwalk

**12:00**

IRONMAN 70.3 World  
Championship, Age Group  
Slot Allocation  
The Boardwalk

**18:15**

Doors Open for  
Awards Ceremony  
**TICKETS FOR SALE  
AT REGISTRATION ONLY**  
The Boardwalk

**19:00**

IRONMAN &  
IRONMAN 70.3  
Awards Ceremony  
Starts &  
PRO Slot Allocation  
The Boardwalk



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# PRE-RACE INFORMATION

## General Information

### Cut-off times

**01:10:00**



**05:30:00**



+

**T1**

+



**08:30:00**



+

**T1**

+



+

**T2**

+



### 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

Boardwalk Expo Centre

Friday : 09:00 – 19:00

Saturday : 08:00 – 13:00

The Expo showcases the very latest on offer in the world of triathlon and is open to the public.

#### IRONMAN MERCHANDISE

Boardwalk Expo Centre

Friday : 09:00 – 19:00

Saturday : 08:00 – 13:00

Sunday : 12:00 – 18:00

Monday : 12:00 – 18:00

Athletes, family, and friends are encouraged to visit the Merchandise & Exhibition Areas in the Boardwalk Expo Centre.

### IRONMAN BIKE WORKSHOP

Friday : 09:00 – 19:00

Saturday : 08:00 – 17:30

Wayne Pheiffer Cycles & Action Cycles bike shops will be set up in a tent on the lawns outside the boardwalk mall.

On Saturday during Bike & Gear Check-in between 11:30 and 17:30, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.

### MASSAGE & PHYSIOTHERAPY

There will Physiotherapists & Massage facilities, on site at the EXPO, should you require an assessment / treatment / pre and post race massages or strapping you can book a time slot [HERE](#), walk in's welcome

#### **Marika Gerber Massage**

+27 83 419 2872

[marikagerber01@gmail.com](mailto:marikagerber01@gmail.com)

**Gerald Muller Physiotherapy** (locations: Walmer or Mount Croix)

+27 83 650 3265

[geraldphysio@live.com](mailto:geraldphysio@live.com)



# PRE-RACE INFORMATION

## General Information

### TRAINING

There are no official IRONMAN training sessions associated with the ISUZU 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 09:00 – 16:00. Be aware that the easterly winds in Port Elizabeth chop up the sea making it more dangerous, whereas westerly winds are more favourable conditions to swim in, as the sea is flattened making it safer.

(Please note no swimming will be allowed on Saturday morning at Hobie Beach whilst the ISUZU Corporate Triathlon Challenge powered by Algoa FM swim is underway).

#### BIKE TRAINING:

The bike training route will be from Hobie 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 08:00 – 16:00 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 ISUZU IRONMAN 70.3 Nelson Mandela Bay 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 06:00 to 11:30 on Saturday, 20<sup>th</sup> April 2024 Marine Drive, from La Roche Drive to Cape Recife Rifle Range, will be CLOSED whilst the ISUZU Corporate Triathlon Challenge powered by Algoa FM is underway. No training will be allowed on this portion of road.

#### RUN TRAINING:

The recommended run training route is along the beachfront, from Hobie Beach to the (red-and-white) Beacon at the corner of Marine Drive and Admiralty Way, Summerstrand. Recommended run training times are between 06:00 – 17:00. Please always be alert of your surroundings.

Please note that on **Saturday 20<sup>th</sup> of April 2024** the ISUZU Corporate Triathlon Challenge powered by Algoa FM event run takes place from Hobie Beach along the pathway to Kings Beach and back.

### BIKE & GEAR CHECK IN

**SATURDAY, 20 April 2024 11:30 – 17:30**

#### ORIENTATION:

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

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

Enter via the Bike out / Bike, in the gate opposite the Finish Line chute and exit at the Swim in / Run out gate on the seaside pathway.

You will have access to these Bike & Gear Bags in Transition from 05:00 – 06:30, on Race Morning.

#### CHECK -IN NOTES :

Only athletes are allowed into Transition.

Bike Maintenance will be available for assistance just outside Transition.

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

[Back to menu](#)



# REGISTRATION

## Process for the registration

### Reminder of registration hours

| Date                   | Opening hours | Location              |
|------------------------|---------------|-----------------------|
| 19 <sup>th</sup> April | 09:00 – 19:00 | Boardwalk Expo Centre |
| 20 <sup>th</sup> April | 08:00 – 13:00 | Boardwalk Expo Centre |



1

An email will be sent to you with your BIB number during the race week.  
*Print it or save it to your smartphone and present it at the registration desk*

2

Please report to the volunteers by following the signage, the first desk will be the TSA licence check – please ensure you have brought a TSA licence via the link [HERE](#) prior to coming onsite.

#### Biometrics

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

- Photo
- Fingerprint
- Scanning of ID

3

Collect your race number and package by presenting **your identity card** (government issued ID, passport or driver's license).

*A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.*



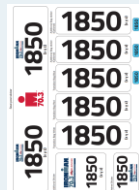


4

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



# RACE PACKAGE

## Your package includes:

|   |   |
|---|---|
| <p><b>1 bib number:</b> You must wear your bib on your back for the bike course and in front for the run course. Medical &amp; Emergency Contact info to be filled out on the back. Used to check your bike &amp; Gear out of Transition.</p> <p>You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p> |    |
| <p><b>1 swim cap:</b> You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>   |    |
| <p><b>Stickers:</b> You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags:<br/>3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet, 1 sticker to stick on your wristband.</p>   |    |
| <p><b>1 athlete's wristband:</b> A wristband will be placed on your wrist when you collect your bib.</p> <p>This wristband will identify you as an official athlete and must be worn during the whole week of the race. The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race.</p>   |  |
| <p><b>1 athlete's backpack:</b> To be collected at the time of registration.</p> <p><b>2 transition bags and 1 STREET WEAR bag:</b> Your belongings must be placed in these bags (see next page).</p>   |  |

Athletes must wear the official race items given to them during the registration.  
Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Failure to comply with this rule will result in **disqualification**.



## Transition bags



### BLUE BAG / BIKE BAG

Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 2 points, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Drop off in Transition:

**Hobie Beach Car Park**

*Saturday 20<sup>th</sup> April from 11:30 to 17:30.*



### RED BAG / RUN BAG

Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.

After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Drop off in Transition:

**Hobie Beach Car Park**

*Saturday 20<sup>th</sup> April from 11:30 to 17:30.*



### WHITE BAG / STREET WEAR BAG

This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Drop off on race day morning in the IRONMAN Athlete Village at Hobie Beach on the racks according to your race number.

**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS.**





# R2<sup>3.0</sup>

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## JOIN THE RACE FOR NATURE

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

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

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

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+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

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# CHECK-IN & BRIEFING

Schedule reminder – Friday 19<sup>th</sup> April & Saturday 20<sup>th</sup> April

| Hours   | Description                                | Location                 |
|---|--|--------------------------|
| <b>Friday 19<sup>th</sup>:</b> 19:00<br>(Doors open at 18:30) | Athlete Welcome Banquet & Athlete Briefing | Boardwalk Expo Centre    |
| <b>Saturday 20<sup>th</sup>:</b> 11:30<br>– 17:30             | Check-in BIKE and bags                     | Transition – Hobie Beach |

## Athlete briefing

For athletes / family & friends, tickets will only be on sale for R250 at Registration, no tickets will be sold at the door. Seating will be on a first come, first served basis.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last-minute changes that could take place due to the weather conditions.

**Briefings will be held in English only** (*see schedule above*).

## Check in

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

## Bike service

Wayne Pheiffer Cycles & Action Cycles bike shops will be set up in a tent on the lawns outside the boardwalk mall.



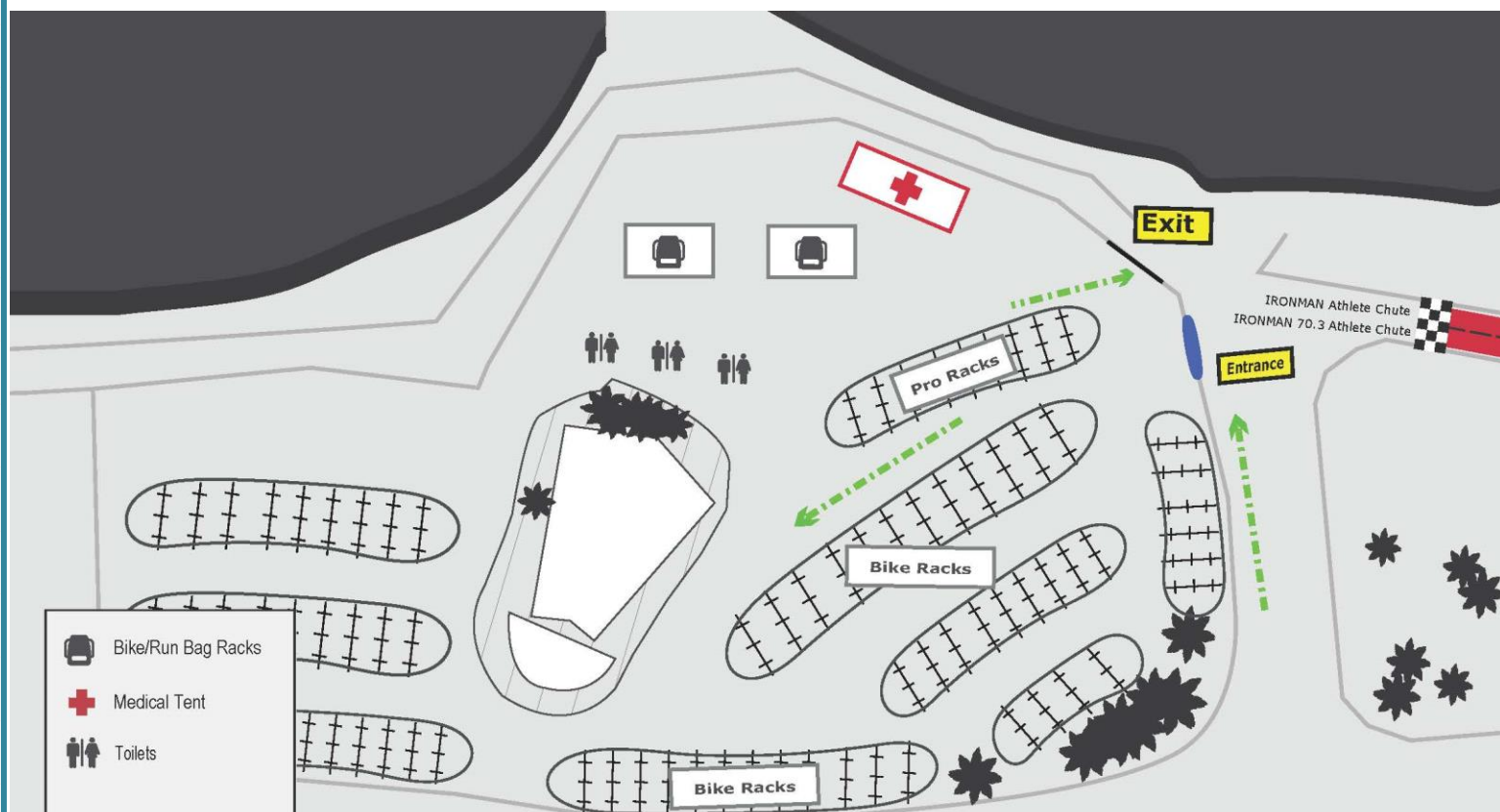
On Saturday during Check in BIKE and bags, bike maintenance will be available for minor adjustments, outside Transition.

On race day, bike maintenance will be available just outside Transition for minor adjustments. There will be 3 bike mechanics static points : Maitland's Turnaround, Grass Roof & Marine Drive at Bike Aid Station 4. There will also be roaming mechanics on course.



# TRANSITION BIKE & BAG CHECK-IN OVERVIEW

Hobie Beach



BIKE & GEAR CHECK IN

Nelson Mandela Bay



# BIKE & BAG CHECK-IN OVERVIEW

## Mandatory bike, bike and run bags check-in

### DROP OFF YOUR BIKE AND BIKE + RUN BAG AT TRANSITION - HOBIE BEACH

Before entering the transition, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- A visual inspection of the bike. Bikes, mountain bikes and disk brakes are allowed. No recumbent bikes and fairings add on devices designed exclusively to reduce resistance are allowed.
- Brake system check and a check of your helmet.
- A check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- You must rack your bike. 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
- Bike covers are NOT ALLOWED. Athletes may cover their bike computers only or remove them (recommended).
- Your helmet and BIB number must be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning (NOT overnight).
- 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.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

### Timing chip



#### WHAT IS THE TIMING CHIP FOR?

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

#### WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone on Saturday 20<sup>th</sup> April.

#### WHEN AND WHERE TO WEAR THE TIMING CHIP?

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

Once you finish the race, your timing chip will be collected at by volunteers after you collect your medal. Please do not leave the finish line area with your timing chip.

Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.

#### WHAT IF I LOSE MY TIMING CHIP?

If you lose your Timing Chip during the event, it is your responsibility to get a replacement chip (you will be billed later for R1500). These can be found at the Drop-out Clerk gazebo outside Transition & IRONMAN Athlete Village.



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# RACE DAY

## ATHLETE SHUTTLES & PARKING

### SHUTTLES

Friday - IRONMAN Shuttle busses will run along Marine Drive, between Boardwalk, Paxton Hotel and Raddison Blue from 08:30 – 22:30

Saturday – IRONMAN Shuttle busses will run along Marine Drive, between Boardwalk, Paxton Hotel and Raddison Blue from 11:00 – 18:00

Sunday – IRONMAN Shuttle busses will run along Marine Drive starting from outside Caltex Garage at Hobie Beach in the directions of the Paxton Hotel and the Radisson Blue Hotel on race morning from 04:40 – 06:20

Monday – IRONMAN Shuttle busses will run along Marine Drive, between Boardwalk, Paxton Hotel and Raddison Blue from 10:00 – 22:30

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 points and deliver them to the Hobie Beach Car Park.

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 05:00

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 05:00. There will be full road closure of Marine Drive, outwards.



### SHUTTLE BUS ROUTE

Pre Race: Shuttle along Marine Drive/ Beach Road/ Humewood Road, between Paxton Hotel & Radisson Blu Hotel to Hobie Beach/ Transition





# RACE DAY

## TRANSITION

**Proceed to the Bike Park on race day morning if needed.**

TRANSITION : 05:00 – 06:30

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.

Once you have completed the pre-race transition check, you must make your way to the swim start. Please note that the Hobie 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 your 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.

### STREET WEAR Bag

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.

Athletes will hang their own Streetwear Bags in the IRONMAN village at Hobie Beach on the racks according to their race numbers and walk to the beach for swim start.

You will collect / have access to this bag, immediately after your completion or withdrawal of the race. These bags must be collected by 00:00.

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

### Toilets

There are toilets located at the following area:

- Portable toilets inside the Transition area
- Portable toilets in the IRONMAN Village



# RACE DAY

## 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 at Hobie & Humewood Beaches.

The following is of critical importance: Any athletes who drops 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.

### STREET WEAR Bag

#### 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.







# HAPPY BIRTHDAY

On race day, we are delighted to celebrate the birthday of:

- **Natalie P.**
- **Chantelle H.**
- **Jan W.**

Thank you for having to celebrate your birthday with us.

## enjoy your race!



# AID STATIONS

## AID STATION SUMMARY - IRONMAN 70,3 Nelson Mandela Bay 2024



| MARKER (KMS)   | LOCATION                        | WATER | ISOTONIC | COLA | SWEETS | PRETZELS | POTATOES | MAURTEN ENERGY BARS | BANANA | MAURTEN ENERGY GEL |
|----------------|---------------------------------|-------|----------|------|--------|----------|----------|---------------------|--------|--------------------|
| BIKE COURSE    |                                 |       |          |      |        |          |          |                     |        |                    |
| 21km           | Bushy Park                      | ■     | ■        | X    | X      | X        | X        | ■                   | X      | ■                  |
| 39km           | Maitlands - Turnaround          | ■     | ■        | X    | X      | X        | X        | ■                   | ■      | X                  |
| 61km           | Old Cash Store                  | ■     | ■        | X    | X      | X        | X        | ■                   | X      | ■                  |
| 61km           | Summerstrand Inn - Marine Drive | ■     | ■        | X    | X      | X        | X        | ■                   | X      | X                  |
| RUN COURSE     |                                 |       |          |      |        |          |          |                     |        |                    |
| 1.25km, 11.2km | La Roche Drive 1                | ■     | ■        | ■    | ■      | X        | ■        | X                   | X      | ■                  |
| 3.6km, 13.5km  | La Roche Drive 2                | ■     | ■        | ■    | ■      | X        | ■        | X                   | X      | ■                  |
| 5.45km, 15.5km | Link Road Island 1              | ■     | ■        | ■    | ■      | ■        | ■        | X                   | X      | ■                  |
| 7.25km, 17.2km | Admiralty Way                   | ■     | ■        | ■    | ■      | ■        | X        | X                   | ■      | X                  |
| 9.38km, 19.3km | Link Road Island 2              | ■     | ■        | ■    | ■      | ■        | ■        | X                   | X      | ■                  |

## BIKE

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

**Energetic Bars:** Maurten Bars

**Energetic Gels:** Maurten Gels (with and without caffeine)

**Food:** Bananas.

**Extra Items:** At each Aid Station on the Bike course there will be a box of bike maintenance items: at the start of the race these will hold:

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

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

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

## RUN

**Drinks:** Biogen Carbogen Flavours Naartjie & Cherry (150 ml served in cup), Water sachets, Cola (served in cup).

**Energetic gels:** Maurten Gels (with and without caffeine).

**Food:** Sweets, Pretzels, Potatoes and Bananas

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

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

[Back to menu](#)



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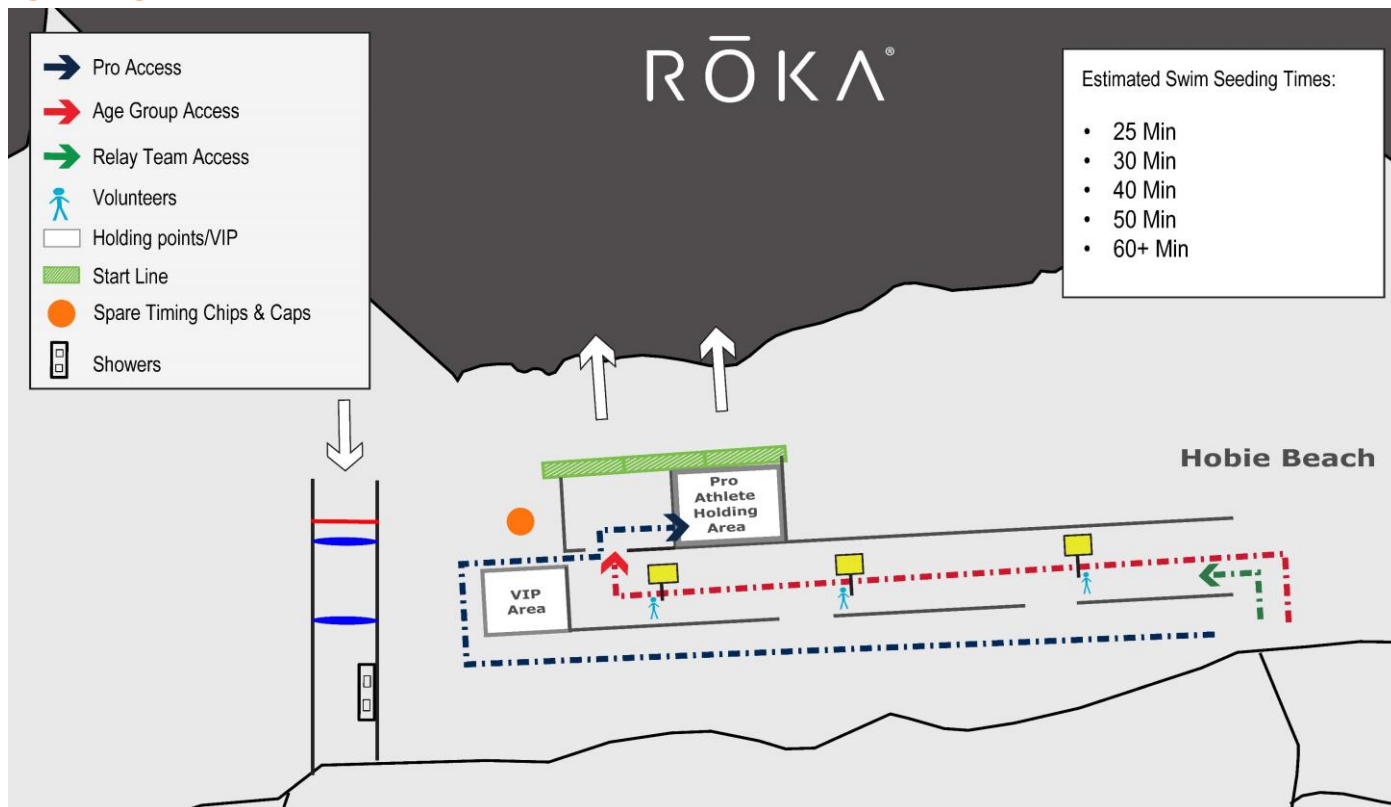
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# SWIM

## SWIM START



SWIM 1.9 KM

Nelson Mandela Bay

Once you have completed your Transition checks you will be required to make your way directly to the swim holding areas. Access to the Swim Start area will be via the slipway across from the IRONMAN Village, after you have hung your Streetwear bags

Age Group rolling swim start will start at 07h20.

All athletes must be in the holding area 10 mins prior to race start.

Ensure that you seed yourself correctly into the holding area according to your realistic anticipated swim time. You may not leave this area once you have entered.

The IRONMAN Age Group self-seeding time slots are as follows:

- 25 Min
- 30 Min
- 40 Min
- 50 Min
- 60+ Min

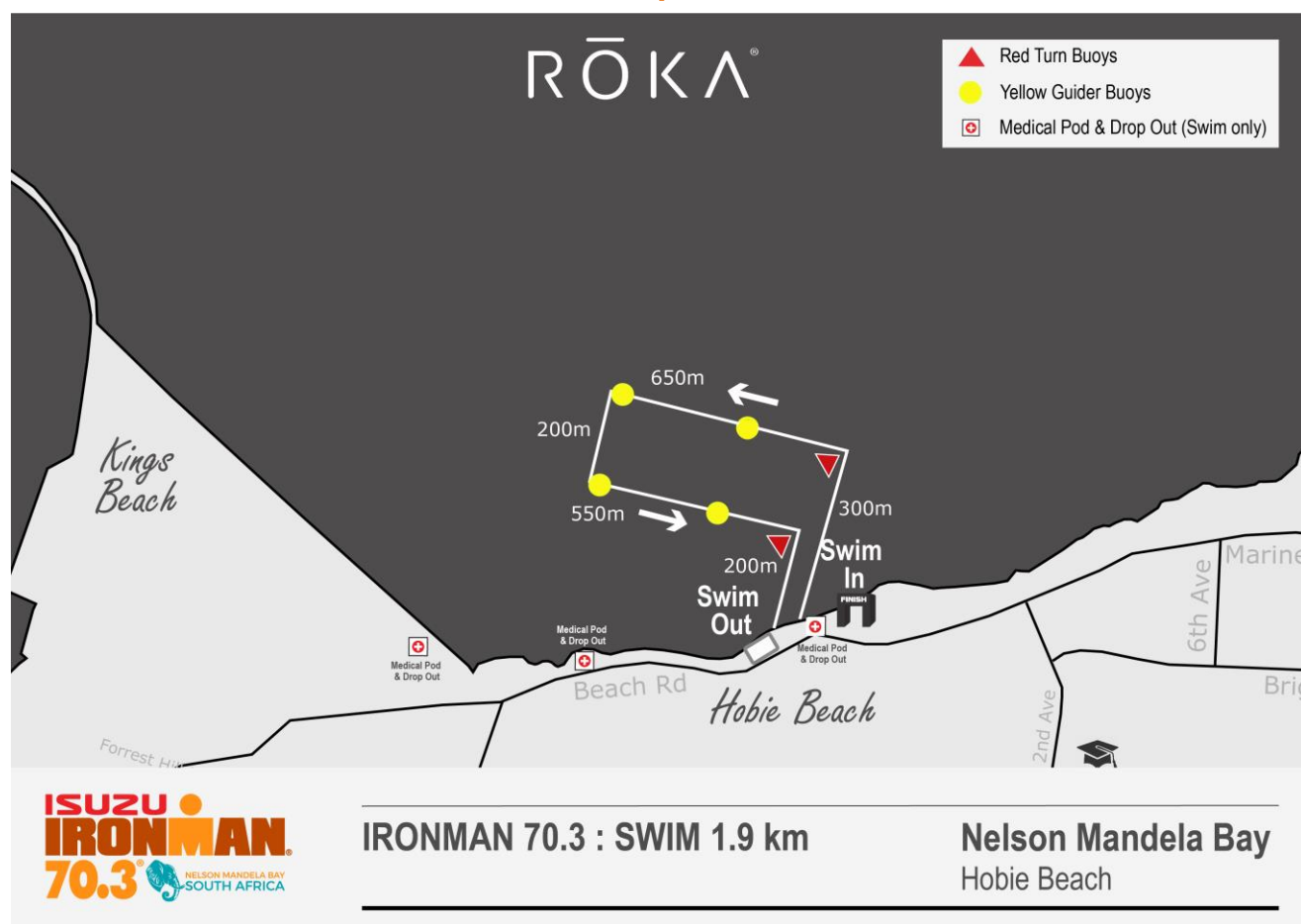
| START TIME | START GROUP               | SWIM CAP COLOR |
|------------|---------------------------|----------------|
| 07:20      | AGE GROUP / OPEN DIVISION | Neon Green     |

There is NO access to the sea or a swim warm-up area : do a land-based warm-up.  
Your race time starts when YOU cross the swim start mat.



# SWIM

## ISUZU IRONMAN 70.3 Nelson Mandela Bay: ROKA SWIM COURSE



To view the course maps online click here: [Course - ISUZU IRONMAN 70.3 Nelson Mandela Bay](#)

The ISUZU 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 swam 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 last one, are passed on your left; the last red buoy is passed on your right. The yellow buoys are "guider buoys": you can swim either side of these.

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 Chip is secured to your LEFT ankle. Replacement timing chips may be collected from the final holding area, before entering the sea at the Swim Start.

### Cut off time

1 hours 10 min from each athlete's individual start time.

Any athlete who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

### Lost chip – Reminder

If you lose your chip during the swimming part, you will be able to find one at the Drop-out Clerk gazebo outside Transition.

RŌKA

LUCY CHARLES-BARCLAY  
2023 IRONMAN WORLD CHAMPION



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# SWIM

## Wetsuit rules

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.6°C). Wearing a wetsuit is prohibited when the water temperature is above 24.6°C and mandatory when the water temperature is below 16°C.

Prohibited wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

## Swimwear policy

*(non-wetsuit legal swims only)*

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

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

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

## Swim course rules

- It is forbidden for athletes to wear their bib number during the SWIM (*disqualification*),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Athletes cannot stop in the flow zones of the transition area (*YELLOW card - 30 second penalty*).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.



| SUMMARY OF GENERAL SWIM RULES  | PENALTIES | CARD |
|--|-----------|------|
| In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee | DSQ       |      |
| In a non-wetsuit swim, wearing swimwear that is not 100% textile material.   | DSQ       |      |
| Wearing a wetsuit that measures more than 5mm thick  | DSQ       |      |
| Using a snorkel  | DSQ       |      |



# TRANSITION 1

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 and Physiotherapists available inside the Transition area.

Collect your Bike Bag. Changing must take place on the mats / the benches (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 sunscreen available in the Transition area.

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 rehang it at the bag racks.

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

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

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.

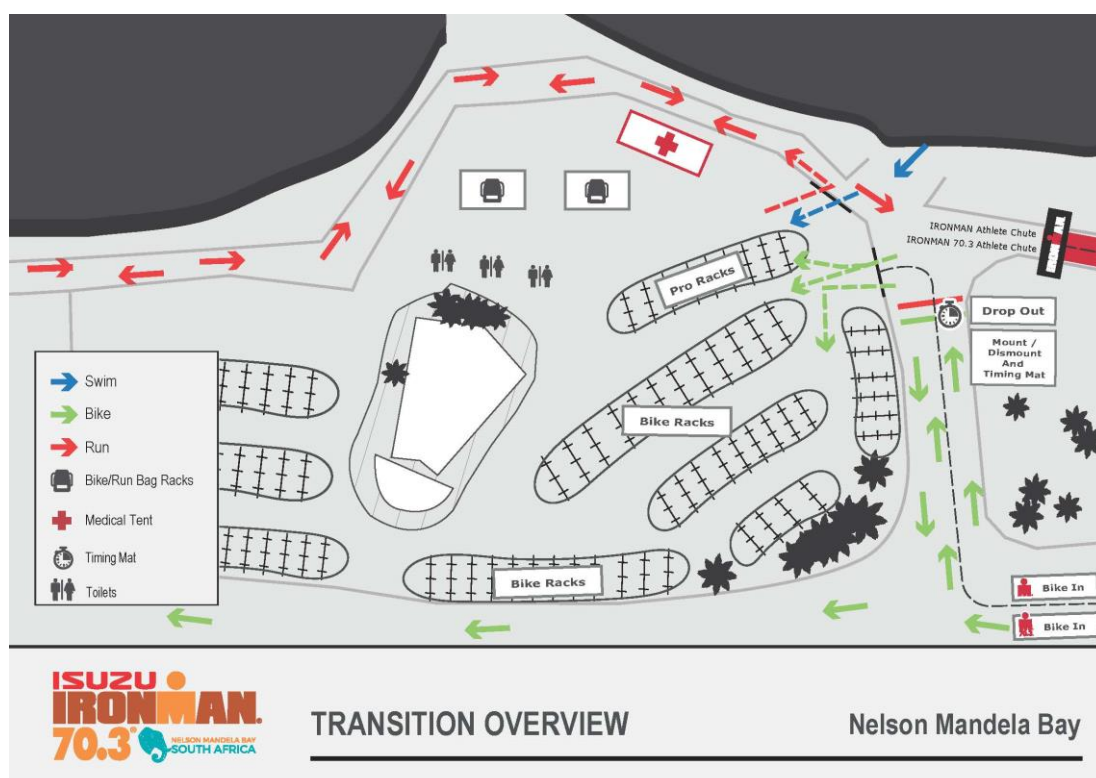
From here, **PUSH** your bike to the exit of Transition and over the Mount Line.

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.



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# BIKE

## ISUZU IRONMAN 70.3 Nelson Mandela Bay: ROKA BIKE COURSE

### Course

The ISUZU 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 Maitland's 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 Hobie Beach.

### Elevation gain

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.



IRONMAN 70.3 : BIKE 90.1 km

1 Lap

Nelson Mandela Bay

Hobie Beach

To view the course maps online click here: [Course - ISUZU IRONMAN 70.3 Nelson Mandela Bay](#)

### To note:

- The course can be windy. The prevailing wind direction is from west to east, but easterly winds does occur.
- The steepest incline and decent is over the Maitland's hill. The spectacular sea views makes up for it!

# BIKE

## 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
- Grass Roof
- Marine Drive, Aid Station 4

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 you 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

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

There are no spare wheels on the course.

## 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.

## Toilets

Toilets will be available throughout the bike course at the different aid stations.

## Penalty tents

- Located at the Maitlands Turnaround Point
- At Transition

## Drop out

There are dedicated IRONMAN "SAG" (support and gear) 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 volunteer will record the athletes race number & take a photo for recording purposes .

- SAG Point 1: Maitland's Turnaround
- SAG Point 2: Grass Roof
- SAG Point 3: Skoenmakerskop

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 IRONMAN Village at Hobie Beach.

## Lost chip

If you lose your chip during the biking part, you will be able to find one at the Drop-out Clerk gazebo outside Transition.



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PUSHING BOUNDARIES



# BIKE

## BIKE Rules

It is mandatory to obey traffic regulations. **IMPORTANT:** overtake on the left, then move to the right. Riding on the right side of the road.

- No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
- Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.
- Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited (blue card).

Overtaking athletes may pass on the left for up to 25 seconds but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).



### Blue card - BIKE

Blue card is used in case of drafting:

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

When an athlete receives a blue card, he must perform his penalty at the Blue Card Penalty Tent located on the Bike course: KM38 and at Transition and make sure that the referee has noted on his number that the penalty has been performed.



### Yellow card - BIKE

The athlete who receives this penalty on the bike must stop at the penalty tent for 30 seconds: KM38, and at Transition and make sure that the referee has noted on his number that the penalty has been performed.

All the rules can be found in the [2024 IRONMAN regulations](#).





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- Nikki Bartlett, Professional Triathlete

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## TRANSITION 2 : Bike – Run

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.

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.

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.

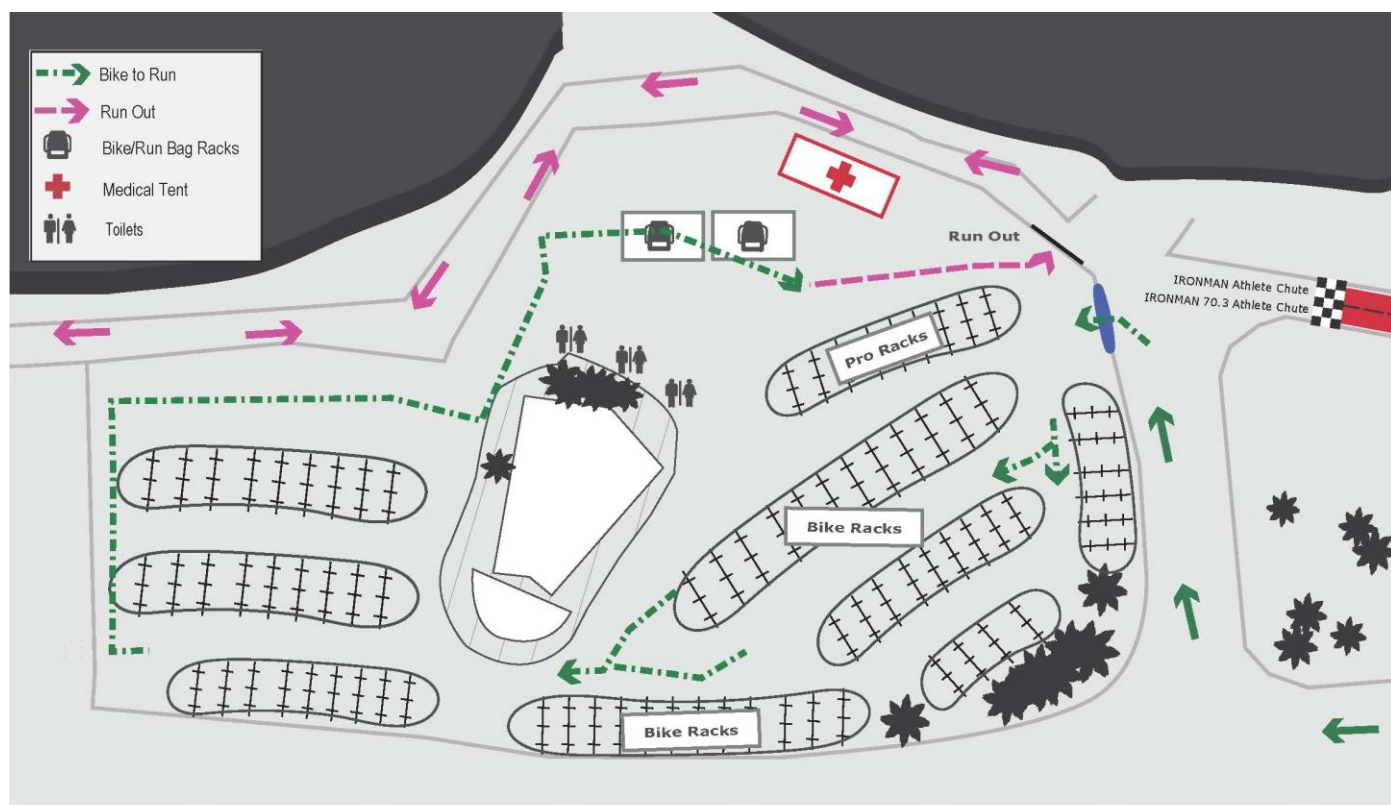
Check that your timing chip is still in place on your left ankle. If necessary, additional Timing Chips can be collected from the "Drop-Out Clerk" gazebo just outside Transition.

Medical facilities are available to athletes just inside the Transition area at the change mats.

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.





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# RUN

## Course Description:

When exiting Transition, athletes will run around the outside perimeter of Transition, along the pedestrian pathway towards Humewood, taking on the new IRONMAN bridge section along the beach and through the iconic Happy Valley entrance, turning left onto Marine Drive in the direction of Humairail, running on the landside lane, keeping left.

Continuing along the beachfront roads of Marine Drive, past Kings Beach, you will turn left into Driftsands Drive where you will find your first turning point, remembering to always keep left of the running lane.

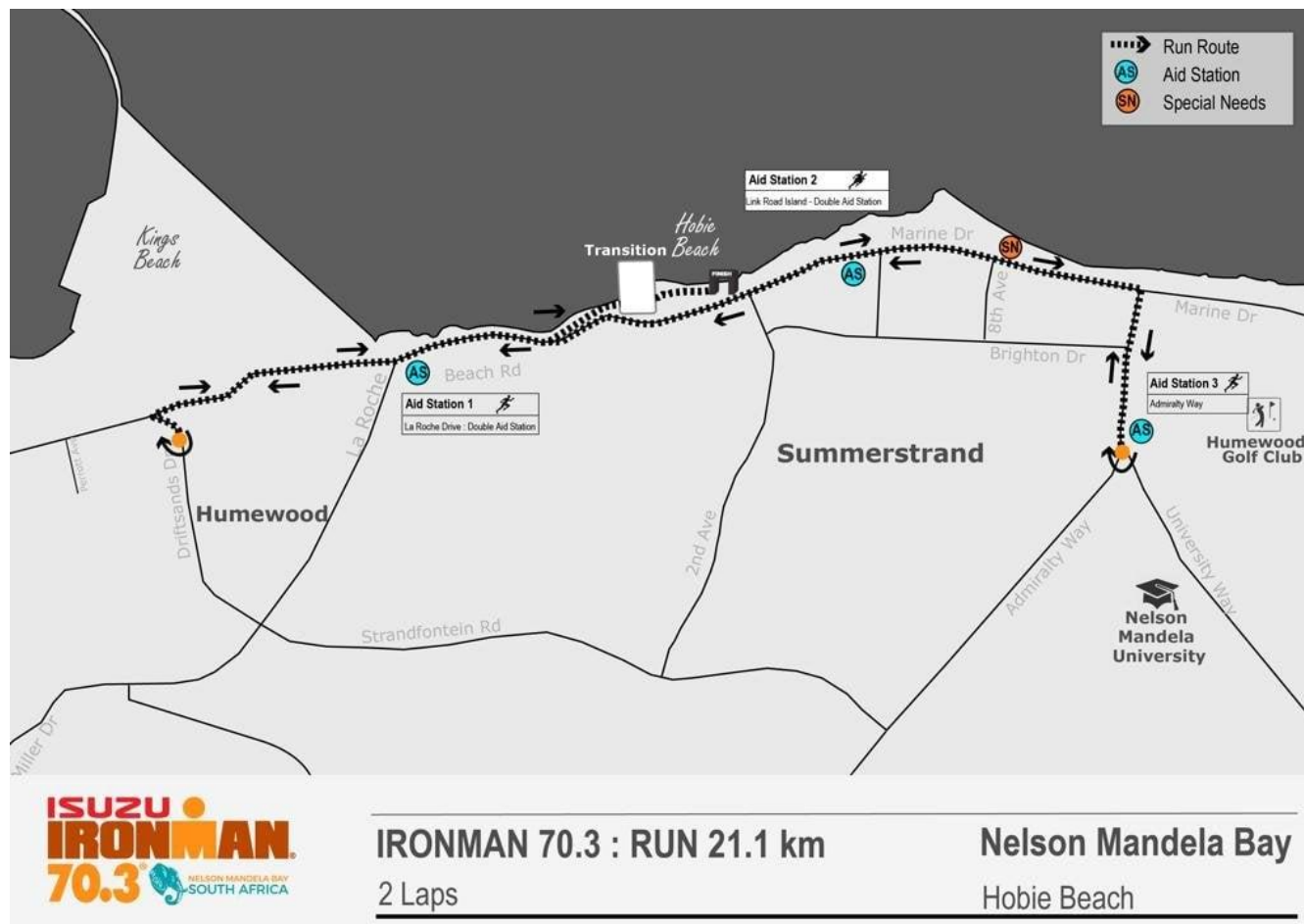
It is important to note that along the beachfront sections of Marine Drive, runners will be sharing the dual carriage way with cyclists, running on the left and cycling on the right.

At the far end of the run course, through the suburb Summerstrand you will turn right into Admiralty Way, making your way towards the second turnaround point around the small traffic island of University Way, the entrance to the Nelson Mandela Bay University.

Returning along the same route to start your next lap, lap bands will be issued at the centre aid station along the beachfront road of Marine Drive.

Once you have completed the 21.1km course, you will return to the entrance of the iconic Happy Valley, run the IRONMAN beach bridge one final time and follow the spectator lined pedestrian path to the magic red carpet of the Finish Line at Hobie Beach.

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



To view the course maps online click here: [Course - ISUZU IRONMAN 70.3 Nelson Mandela Bay](#)

# RUN

## ISUZU IRONMAN 70.3 Nelson Mandela Bay: ROKA RUN COURSE

### Toilets

Toilets will be available throughout the run course at the different aid stations.

### Cut off time

#### 08:30 : SWIM + T1 + BIKE + T2 + RUN

Intermediate cut off time: at 14:40 at the start of your last lap

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

### Drop out

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

### RUN Rules

Athletes may run, walk, or crawl. Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

### Yellow card - RUN



30 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

All the rules can be found in the [2024 IRONMAN regulations](#).

| SUMMARY OF GENERAL RUN RULES  | PENALTIES  | CARD   |
|---|--|--------|
| Wearing headsets or headphones during competition   | 30 Second Time Penalty if remedied, DSQ if not remedied promptly | Yellow |
| Failure to wear a shirt or sport top during the run portion                                       | 30 Second Time Penalty if remedied, DSQ if not remedied          | Yellow |
| Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders | 30 Second Time Penalty if remedied, DSQ if not remedied promptly | Yellow |
| Crossing the finish line with a non-participating individual                                      | DSQ  | Red    |
| Wearing running shoes that are prohibited   | DSQ  | Red    |



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**NORFLEX<sup>®</sup> GEL FORTE 5 %<sup>5</sup>**

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References: 1. Impact Rx, December 2023 2. Norflex<sup>®</sup> Tablets Approved Professional Information, September 2021. 3. Norflex<sup>®</sup> Gel approved professional information, November 2020. 4. Norflex<sup>®</sup> Heat Rub approved professional information, November 2021. 5. Norflex<sup>®</sup> Gel Forte approved Professional Information, February 2020. 6. Mason L, Moore RA, Edwards JE, et al Systematic review of efficacy of topical rubefacients containing salicylates for the treatment of acute and chronic pain. *BMJ Online First* 2004; doi:10.1136/bmj.38040.607141.EE. 7. Derry S, Matthews PRL, Wiffen PJ, et al Salicylate-containing rubefacients for acute and chronic musculoskeletal pain in adults. *Cochrane Database of Systematic Reviews* 2014;11. Art. No.: CD007403. DOI: 10.1002/14651858.CD007403.pub3.

Scheduling status: ☒ Proprietary name and dosage form: NORFLEX<sup>®</sup> GEL (Gel). Composition: Each 100 g contains: Benzylamine hydrochloride 3.0 g. Registration number: 32/3.1/01547. Scheduling status: ☒ Proprietary name and dosage form: NORFLEX<sup>®</sup> GEL FORTE (Gel). Composition: Each 100 g contains: Benzylamine hydrochloride 5.0 g. Registration number: 32/3.1/0391. Scheduling status: ☒ Proprietary name and dosage form: NORFLEX<sup>®</sup> HEAT RUB (Ointment). Composition: Each 100 g contains: Methyl Salicylate 10 g. Registration number: X/13.6/108. Name and business address of applicant: Inova Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/001640/07. 15E Riley Road, Bedfordview. Tel No.: 011 087 0000. [www.inovapharma.co.za](http://www.inovapharma.co.za). For more information speak to your health care provider. Further information is available on request from Inova Pharmaceuticals. Z3943L IN4736/24.



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# FINISH LINE

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum. You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.

## After-finish

1. The medal will be given to you just after the Finish Arch.
2. Remove your Timing Chip place it into the bins provided before leaving the finish line area.
3. Get back your STREET WEAR bag from the racks as you exit the Finish Line area, these bags are hung according to your race number.
4. The IRONMAN South Africa massage team will provide a free post-race massage to athletes at the athlete-only area, on a first come, first served basis.
5. Enjoy a sweet and salty buffet and refuel after your achievement.
6. Join your family and friends by the public bar.

## Appeals

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

Should you wish to lodge a protest, notification of the protest must occur before 16h00 on Sunday, 21 April 2024, or within 15min of crossing the Finish Line whichever is earliest.

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

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

## BIKE & BAG Check out


| Opening hours | Description                       | Location                         |
|---------------|-----------------------------------|----------------------------------|
| 17:45 – 00:00 | Check-out BIKE and BIKE + RUN bag | Transition, Hobie Beach Car Park |


If you cannot collect your own bike and bags, your friend or family member must bring your bike check out card and race number / bib .as received in registration pack

# AWARDS CEREMONY

Awards ceremony – Monday 22<sup>nd</sup> April

| Opening hours | Description     | Location      |
|---------------|-----------------|---------------|
| 19:00         | Awards ceremony | The Boardwalk |

 Trophy for the Top 3 of each age group category

 Trophy for the Top 3 TriClubs

For family / friends, tickets will only be on sale for R350 at Registration, no tickets will be sold at the door.  
Your athlete wristband is your access ticket to the Awards Dinner. Seating will be on a first come, first served basis.

**Attendance is mandatory at the Awards ceremony,  
no awards will be sent afterwards.**

## CERTIFICATES

Certificates will be available online within 14 days after the event for you to download & print yourself from the website [ISUZU IRONMAN 70.3 Nelson Mandela Bay - Anything is Possible](#) and this link will redirect you to the official site.







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# WORLD CHAMPIONSHIP

Slot allocation - Monday 22<sup>nd</sup> April

Opening hours

Description

Location

12:00

Slot allocation

The Boardwalk

## Slot allocation

2024 IRONMAN 70.3 Nelson Mandela Bay will award slots for the 2024 VinFast IRONMAN 70.3 World Championship on 14 & 15 December 2024 in Taupō, New Zealand:

- 45 qualifying slots for the age group

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

Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

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

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

**The amount is: \$780.00 (USD) – Inclusive of all fees and taxes**

Attendance is mandatory at the slot allocation; no slot will be awarded afterwards.

Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.

## Rules

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony. No slots will be awarded afterwards.

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



# WORLD CHAMPIONSHIP

## How does the Age Group Slot Allocation Work?

"Age Group" refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of December 31<sup>st</sup> of the year of the event. For example, if you are Male and turn 25 in 2024, then your Age Group Category for any race in 2024 is M25 – 29.

**The Slot Allocation Process:** The following Slot Allocation Process will be conducted for each gender separately:

### Before Race Day

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

### On Race Day

If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

### After the Race

#### *Before Roll Down*

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

#### *During Roll Down*

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

## Other information

### **Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots.**

Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.





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# COMMON RULES, VIOLATIONS & PENALTIES

| SUMMARY OF GENERAL COMPETITION RULES  | PENALTIES   | CARD |
|---|---|------|
| Public nudity or indecent exposure  | DSQ   |      |
| Littering outside of the trash/rubbish drop zones   | 5:00 min Time penalty or DSQ  |      |
| Using unsportsmanlike behavior  | DSQ and potential suspension  |      |
| Failure to follow the prescribed course   | DSQ   |      |
| Failure to wear a shirt or sport top during the bike or run   | 30 Second Time Penalty if remedied, DSQ if not remedied promptly  |      |
| Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules   | If it is possible to amend and return to the original situation then a 30 Second Time Penalty will be assessed, if not: DSQ |      |
| Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race  | DSQ of both athletes  |      |
| Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information  | DSQ and potential suspension  |      |
| Not stopping in the next penalty tent after being obliged to do so  | DSQ   |      |
| Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distracting manner during the race.  | DSQ   |      |
| Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer. | DSQ   |      |

## ANTI DOPING

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

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing<sup>1</sup> and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

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

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# GOOD TO KNOW

## QUESTIONS?

Please send us a message on Facebook or by email to:  
[NMB70.3@ironman.com](mailto:NMB70.3@ironman.com)

## LOST & FOUND

Monday : 09:00 – 13:00

Race Day lost & found property will be located at the Boardwalk Expo Centre.

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.

Once the event is over, please contact [NMB70.3@ironman.com](mailto:NMB70.3@ironman.com) to find the missing items and arrange for their return.

Shipping charges will apply.

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

## SHIRT SWOPS

Monday : 09:00– 13:00

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 swapped out, subject to availability, on Monday at the Boardwalk Expo Centre.

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

## SAFETY AND SECURITY

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

Be sure to give your emergency contact your bib and your Active account information.

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

If you are on site: You can go to the Medical Info Stand located next to the finish line.

**If you witness a security incident:**  
**Please contact +27 79 266 6263 – VOC**

**If you witness an accident or health problem:**  
**Please contact +27 79 266 6263 – VOC**

## 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.

## 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.

## ROAD CLOSURES

Information's regarding road closures can be found here:

[Supporters - ISUZU IRONMAN 70.3 Nelson Mandela Bay](#)



# HOW TO FOLLOW THE RACE?

## Going to the event

The IRONMAN 70.3 Nelson Mandela Bay will bring together athletes from around the globe to our magnificent finish line in Summerstrand beachfront.

We invite you to come to the start from the banks of Allier, to the stands of the finish but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

Please note that for safety reasons, both for the spectators and the athletes, we ask you to avoid the BIKE course.

## IRONMAN.com

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

## Application IOS et Android IRONMAN Tracker

The IRONMAN 70.3 Nelson Mandela Bay offers you real-time information and live results via the IRONMAN Tracker app.

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

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



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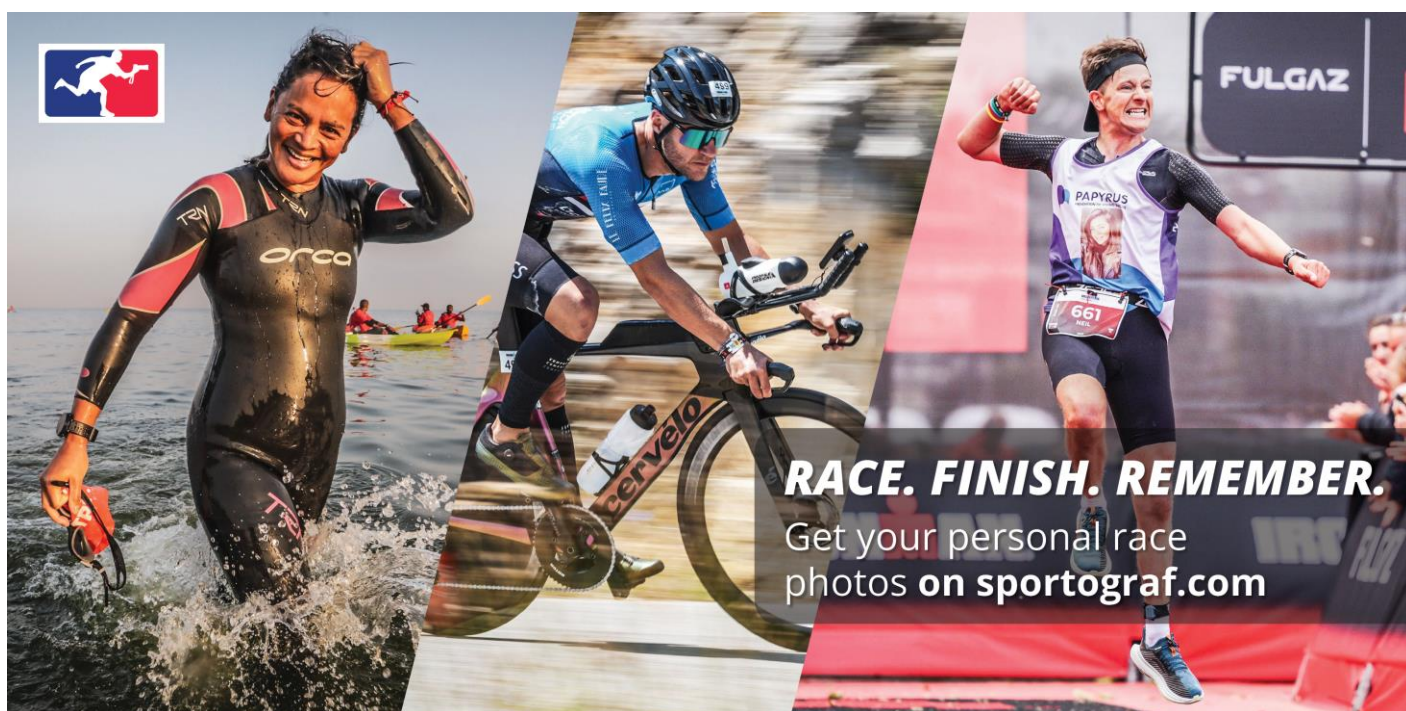
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