

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: 08:40

07:20
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



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



IRONMANSouthAfrica



IMSouthAfrica



IMSouthAfrica

DOWNLOAD THE IRONMAN TRACKER APP TO TRACK YOUR ATHLETE