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MESSAGE FROM THE RACE DIRECTOR

On behalf of IRONMAN South Africa and Nelson Mandela Bay residents, we would like to welcome you to the 16th IRONMAN African Championship event. It is our goal to raise the bar each year and offer our athletes a world class race experience. We recognize that you have put in a great deal of time and effort to get you to this point.

This year sees a route change. The course has been thrown back to the popular, nearly all-coastal bike course enjoyed by athletes between 2016 and 2018. The course takes you from Hobie Beach, along the coast before heading slightly inland, touching down back towards the coast and turning at Seaview Village to complete the reverse back to transition. Don’t forget to take in every moment of the scintillating coastal and countryside scenery along the route.

Go out there and enjoy your race. Whether you are an ‘Iron Virgin’, seasoned athlete or Professional athlete, the 2020 IRONMAN African Championship will inspire you to inspire others. We look forward to welcoming you onto that red carpet to the resounding sound of, “YOU ARE AN IRONMAN!”

Your Race Directors,
Michele Dalton & Werner Smit

INTRODUCTION & RACE VENUE ORIENTATION

The IRONMAN African Championship is a unique experience offering:

- Exclusive 3-day Expo, showcasing the very latest in the triathlon world
- 5 days of IRONMAN Merchandise offerings (including race day)
- IRONMAN Athlete Welcoming – pasta evening
- ISUZU Corporate Triathlon Challenge powered by Algoa FM
- IRONMAN African Championship 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.

The IRONMAN Race Village is located on Marine Drive’s Hobie Beach area in Summerstrand, Port Elizabeth. All pre-event and race day activities will revolve around this area.

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

IRONMAN South Africa Office:
7 5th Avenue, Walmer, Port Elizabeth, 6070
Tel: +27 (0)41 581 7990 Fax: +27 (0)41 581 4553
www.ironman.com/southafrica

Race Office – Race Week:
Sun Boardwalk Convention Centre, Summerstrand, Port Elizabeth
Tel: +27 (0)82 476 6626

Race Day Emergency no: +27 (0)79 266 6263
Please check the Race Schedule for all relevant times during race week.
PRE- EVENT

REGISTRATION

Thursday : 09h00 - 18h00
Friday : 09h00 - 18h00
Saturday : 08h00 - 13h00

All entered athletes must attend registration where you will have your athlete band fitted.

Registration will take place at the Sun Boardwalk Convention Centre – Level 1 Parking area. The Sun Boardwalk Hotel, Convention Centre & Spa is located on Marine Drive (opposite the IRONMAN Village at Hobie Beach), with public parking on 2nd Avenue or paid underground parking on Lodge Road, both off Marine Drive, Summerstrand.

Please bring a photo-form of identification to Registration: Identity Document, Driver’s Licence or Passport.

At race registration you will be required to sign the relevant waiver prior to collecting your “Registration Pack”.

Included in your “Registration Pack” will be:

- Backpack (please note that this is an “athlete gift” in place of a “goodie bag”)
- Race number (compulsory on the bike & run): please write on the back of your race number, your -
  - Medical Details
  - Next of kin / Emergency contact and contact details (not someone racing)
  - Accommodation details: name, telephone number and room number
- Safety pins
- Race equipment stickers - for identification purposes. These must be placed according to the instructions on the back of the sheet. **Stickers may not be altered!!**
- “Bike Check-out Card” (only used by family / friend if athlete cannot check-out their own bike, with the athletes Race Number)
- Official Swim cap
- Transition bags x 3: Street wear (White), Bike (Blue), Run (Red). Bags may not be decorated for personal identification purposes.
Timing Chip + Chip Belt to be collected and checked at Registration.
*athletes are encouraged to bring/buy their own timing chip belt/strap.

ALL athletes MUST have their athlete wristband fitted at Registration - this is to be kept on for the full duration of the IRONMAN African Championship experience as it includes access to:

- Race Briefing (compulsory for all athletes)
- Athlete Welcoming evening – pasta
  Additional Pasta access tickets (for family / friends) can only be pre-purchased on-line when you enter or at Registration during race week. NO tickets will be sold at the door. Tickets: R330 each (cash or credit card)
- Transition access
- Athletes ‘Final Aid Station’ tent in the public area of the IRONMAN Village, post-race
- Awards Dinner – Monday Night
  Additional Awards Dinner access tickets (for family / friends) can only be pre-purchased on-line when you enter or at Registration during race week. NO tickets will be sold at the door. Tickets: R490 each (cash or credit card)

Special Needs Bags - if required: To be collected by athlete at the Special Needs table at Registration. There are separate bags for BIKE and RUN. Your race number will be written onto the bag at Registration. Only available for collection at Registration.

Triathlon South Africa (TSA) – Licence Fee: All non-members (i.e. those not listed on their database supplied) of TSA (including all International and Professional athletes) have to pay a day licence fee of R110.00 CASH or Debit/ Credit Card (Visa/ MasterCard only). This is payable at Registration. The TSA licencing and fee is the instruction from / responsibility of TSA and not IRONMAN: we are only administering the process on their behalf at our events.

PLEASE NOTE: INTERNATIONAL ATHLETES & SOUTH AFRICAN ATHLETES

All international athletes & South African athletes will sign a second waiver at Registration: this information is for private hospital administration, if required.

Note for all:
- Additional Athlete Welcoming pasta evening tickets can only be purchased on-line or at Registration, no tickets will be sold at the door.
- Awards Dinner access tickets (for family / friends) can only be pre-purchased on-line or at Registration, no tickets will be sold at the door.
WTC’s IRONMAN Development Programmes table:

- **All World Athletes (AWA) will receive the following on-site benefits:**
  - AWA event swim cap
  - Priority bike racks (low bib numbers after Pro Athletes)
  - All World Athlete logo on race bib
• **Tri-Club:**
  o You will be able to register a tri club / training group here.

• **South Africa Tour Series: only by pre-registration**
  o The IRONMAN African Championship is part of the South African Tour Series. Athletes who finish all 3 races, IRONMAN 70.3 South Africa, IRONMAN African Championship and IRONMAN 70.3 Durban will receive a medal (at their last Tour Series event - Durban), a digital social badge, recognition on the event page participating athlete list and be a feature during the IRONMAN 70.3 Durban awards banquet. Registration for IRONMAN 70.3 Durban must be done by 17th April 2020 to be eligible for the Tour Series.
IRONMAN 4 The Kidz table: www.ironman4thekidz.co.za

- Queries and information pertaining to how sponsors and athletes can get involved.
- Queries and information pertaining to the supported charities.
- Collection of Charity Athletes race packs
- Purchase of IRONMAN4Kidz promo items
EXPO & IRONMAN MERCHANDISE

Thursday : 09h00 - 18h00
Friday : 09h00 - 18h00
Saturday : 08h00 - 17h00
Sunday (Race Day) : 10h00 - 18h00 (IRONMAN Merchandise: Boardwalk Lawns)
Monday (post-race) : 09h00 - 13h00 (IRONMAN Merchandise: Boardwalk Lawns)

Athletes, family and friends are encouraged to visit the Exhibition Area in the Sun Boardwalk Convention Centre - Level 1 Parking area.
BIKE WORKSHOP – PRE EVENT

Book Online: www.tribike.co.za

Wayne Pheiffer Cycles & Action Cycles bike shops will be set up in the Boardwalk opposite to the Expo & Registration Entrance. 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.

Thursday: 09h00 – 18h00
Friday: 09h00 – 18h00
Saturday: 08h00 – 13h00

On Saturday during Bike & Gear Check-in between 14h30 and 17h00, Bike Maintenance will be available for your assistance – minor adjustments only, just outside Transition.

MASSAGE / PHYSIOTHERAPY

A massage and physio area will be available at the Sun Boardwalk Convention Centre - Level 1 Parking area on Thursday, Friday and Saturday (as per Expo times) prior to the event.

Bookings can be made online: www.racemedical.co.za

These will be an additional cost to the athlete.

Massage / Biokinetics:
Cost:
- 30minute massage – R350.00
- 45minute massage – R400.00
- 60minute massage – R450.00

CASH ONLY

Contact for massages: Marieka Gerber +27 (0)83 419 2872 / marika@aerosat.co.za

Physiotherapists:
Cost:
- 30minute treatment – R400.00 (includes strapping)
- Strapping – R100.00 – R150.00 (depending on size of strapping)

Contact for physio: Nicky Roote +27 (0)83 650 3265 / +27 (0)84 509 6735 during Expo / nrphysio@telkomza.net or nickyroote@gmail.com

Payment options: Cash or Snapscan only (please ensure you download the app ahead of time)
Safety & Security:

The following training routes are recommended from Wednesday 25th until Saturday 28th March 2020 (except whilst the Corporate Triathlon Challenge is underway on Saturday from 06h00 – 12h30). Athletes are to use the recommended IRONMAN African Championship training route during this time. When training during these times athletes are to be well aware of their surroundings at all times. It is advised that you train in groups or pairs and not individually for your own safety. Should you encounter any difficulties, contact the South African Police Service (SAPS) at 10111 and / or the Metro Police number at +27 (0)41 585 1555, the Gardmed Ambulance Service number is +27 (0)41 373 6766. Please take note of training procedures on the official IRONMAN training routes below.

Training - Swim:

The swim training route is from Hobie Beach, around the Pier, to six pack (the six concrete columns sticking out the water) and back which is a 1150 metres swim. There are lifeguards on duty on Hobie Beach from 09h00 – 17h00: please report to them before going out and on return for safety purposes. It is highly advised that athletes go out in groups or pairs. And remember to swim as close as you can behind the breakers. Be aware that easterly winds 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 on Saturday morning at Hobie Beach whilst the Corporate Triathlon Challenge swim is underway).
There is also a 50 metre public swimming pool available in the suburb of Newton Park, located on the corner of 2nd Avenue and Worrraker Street (contact details: +27 (0)41 506 2497). You can visit the official IRONMAN Partner gym: Profiles Health Club, which has a 25m pool. The gym is located on the William Moffett Expressway, Walmer Downs.

**Training - Bike:**

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 be vigilant of mini-bus taxis along the beachfront at all times, as they tend to stop in the road.

**IRONMAN African Championship**
**Bike - Training Zone**

It is highly advised that you cycle out in groups and **not individually**. Cycle on the left-hand side of the road, in the same direction as the traffic in your lane. Please note that in South Africa cycling side by side is prohibited. The official IRONMAN African Championship cycling stores are Wayne Pheiffer Cycles (contact details: +27 (0)41 360 7500) 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 12h30 on **Saturday, 28 March 2020** Marine Drive, from Driftsands Road to Noordhoek, will be CLOSED whilst the Corporate Triathlon Challenge is underway. No training will be allowed on this portion of road.
Training - Run:

The recommended run training route is along the beachfront, from Kings Beach car park 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 be alert of your surroundings at all times.

Please note that on Saturday 28 March 2020 the Corporate Triathlon Challenge event run takes place along the promenade / pathway between Kings Beach & Hobie Beach.
RACE BRIEFING(S)

Attendance at one of the following Race Briefings is **COMPULSORY** for ALL participating athletes. Athletes who do not attend a Race Briefing can be disqualified from the race.

**Venue** : The Sun Boardwalk Convention Centre

**Times** : Friday - 18h00 – 19h00

: Saturday – 13h00 – 14h00

Note: The Athlete Welcoming pasta evening and Race Briefing are in the same venue: as space is limited, please do not bring family and friends to the Race Briefing if they are NOT attending the Athlete Welcoming evening (with pre-purchased tickets: see below) – they will not be allowed access.

ATHLETE WELCOMING EVENING (PASTA)

Additional tickets for the Athlete Welcoming can ONLY be Pre-purchased on-line or at Registration, tickets will not be sold at the door. (Limited tickets)

**Venue** : The Sun Boardwalk Convention Centre: Friday - 19h00 to late for Athletes (and family/friends with pre-purchased wristbands only)
TRANSITION BAGS, BIKE & HELMET CHECK-IN

All participating athletes MUST check a bike & their race bags into Transition

Saturday: 14h30 – 17h30

Bike & Gear check-in: Hobie Beach Car Park, Marine Drive, Port Elizabeth

Check-in times as per age group time schedule below to avoid queuing

<table>
<thead>
<tr>
<th>RACE NUMBER</th>
<th>CHECK-IN TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pro Athletes</td>
<td>14h30 - 17h30</td>
</tr>
<tr>
<td>AWA</td>
<td>14h30 - 17h30</td>
</tr>
<tr>
<td>Age Group Athletes: up to 1000</td>
<td>14h30 - 16h00</td>
</tr>
<tr>
<td>Age Group Athletes: 1001 to 2100</td>
<td>16h00 - 17h30</td>
</tr>
</tbody>
</table>

- Only athletes are allowed into Transition.
- Bikes will be racked in the following order: Pro’s, AWA athletes, Tri Clubs and then Age Group athletes.
- Bike Maintenance will be available for assistance just outside transition.
- Referees will do a bike and helmet-check on entrance into Transition (see ‘IRONMAN Competition Rules’) wear your helmet.
- It is the athlete’s responsibility to know what equipment is / is not allowed (see the ‘IRONMAN Competition Rules’ regarding Equipment & Specifications).
- Pack your Race Number / Bib 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, straight bars 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 the Chief Race Referee.
- Your packed (and numbered) Bike and Run Bags only must be checked in now. These 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 right 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 pictures below for guidance:
No items may be left on the bike. Race Morning, nutrition and clipped in shoes may be placed on the bike.

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.

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.

No-one will be allowed into Transition after 17h30 when check-in closes.

Overnight security is provided in the Transition Area.

Athletes will have access to their bike and bags in Transition from 05h00 – 06h15 on Race Morning.
RACE DAY - Sunday

RACE DAY PARKING / ACCESS

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

On race day, parking can be accessed at:

- The Sun Boardwalk, 2nd Avenue entrance.
- Alternative parking is in the side streets off Marine Drive. Please do not park in driveways; nor at the end of the road against the road closure barriers!!
- For Athletes there will be shuttle vehicles running along Beach / Marine Drive (beachfront) from 04h45 – 06h00 in the areas between the Humerail intersection and Summerstrand Hotel. Athletes staying at the Paxton Hotel, must walk to the Humerail / Perrott Ave intersection to get on the shuttle. Please wait on the road.

The shuttle vehicles will NOT operate post-event i.e. in the afternoon / evening.

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 the 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.
05h00 – 06h15

**Transition opens from 05h00 – 06h15 only.** Athletes will have access to their Bike and Run bags during this time only for final checks and adjustments. The race organisers do not accept responsibility for any valuable items in Transition Bags/on bikes.

A ‘Bike Maintenance’ area will be available inside the Transition area for the duration of this time.

There will be a table for hearing aids, glasses, false teeth etc. as you exit Transition to head to the Streetwear bag drop and Swim Start. Please complete your name, race number & telephone number to the envelope provided for the items.

IRONMAN will have pumps available in Transition for athletes to use, please do not bring your own pumps. If you do, athletes may leave their PRE-labelled (name, race number & telephone number) pumps in the boxes / area provided, next to the container, in Transition. However, IRONMAN will not be responsible for any lost / missing items. No pumps may be stored in Transition or Streetwear bags.

Please note: it is illegal to interfere (including remove, swop, steal and / or tamper) with another athletes equipment / nutrition in the Transition area (including during check-out: this may lead to disqualification.
Special Needs bags, if required must be collected at Registration, pre-event only.

Special Needs bags must only be used for items that will be discarded / disposed of (e.g. nutrition) at the end of the race. No bags / items / contents will be returned after the race. Please do not place valuables in these bags.

From 05h00 – 06h15 on race morning, 2 x vehicles will be parked at the entrance to Transition.

These vehicles are for Special Needs bags only and will be marked:
  - BIKE Special Needs
  - RUN Special Needs

Please ensure that you place the correct bag into the correct truck. Special Needs bags not handed in during this time will not be accepted for distribution to athletes during the race.

No-one will be allowed to add or have access to any items in the bags once handed in.

Only athletes with official race numbers may collect their own bag(s) during the race. No bags may be accessed after the following times: 14h00 for the bike (start of second loop) and 23h30 for the run.

Radio callers, with branded bibs as below, will be stationed approximately 1 km before the Special Needs Station. Please indicate to them if you require your bag.

Athletes may only have access to their bag(s) once during the bike (start of 2nd loop only) and once during the run. Once you have removed your required item(s), all bags must be handed back to the volunteer to be discarded.
Athletes may not receive assistance from public during the race, not even to open or remove items from these bags.

During the bike leg:

- Access to the bags is only when moving in the direction away from Transition at 92km, opposite 8th avenue intersection (i.e. just after the start of the 2nd lap).
- Athletes must indicate to / advise the caller that they require their bag.
- Once you have indicated that you require your bag, it is important to keep to the extreme LEFT of the road when approaching the Special Needs Station.
- Athletes must STOP to take the bag, empty it / remove required contents and then hand the bag back to the volunteer. (Only the Pro athletes will be allowed to collect their bag whilst cycling.) Be cautious when re-entering the race.

During the run leg:

- Access to the bags is only when moving in the direction away from Transition (heading towards the University).
- Once you have removed your required item(s), the bag must be handed back to the volunteer to be discarded.

Please note: The Special Needs Station is NOT an Aid Station – therefore there is NO ‘litter zone’. Rubbish / Litter must be placed back in your bag when the bag is handed to the volunteer. Discarding of your bag / litter elsewhere on the course could lead to disqualification.

All bags, including those not accessed by the athletes during the race, will be discarded after the race.
DROP – OUT CONTROL: RACE WITHDRAWAL

Any athlete withdrawing from the race at any time MUST report to the Drop-Out Recorders (identifiable by the bibs below) either at the Control tent outside Transition or the Info / Drop-Out Tent in the IRONMAN Village.

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

During the swim, these Drop Out “recorders” will be on Hobie, Kings & Humewood Beaches.

Bibs worn for identification purposes by Drop Out recording volunteers.
SWIM & STREETWEAR BAG DROP

Please see Swim Rules & Regulations as well as SwimSmart Guidelines in the 'Competition Rules' for additional information.

Glasses, hearing aids, etc. must be marked and left on the table in Transition for collection there after the swim.

Streetwear Bag drop-off

On completion of Transition checks and in preparation for your swim:

- Place the items you are wearing (and include slops / sandals, warm clothing for the end, etc.) into your Streetwear Bag
- Hang your bag on your allocated race number hook in the “Streetwear Bag Area” - located in the IRONMAN Village, just past the Finish Line Exit. Only athletes may access this area.
- You will have access to this bag only immediately after your completion of or withdrawal from the race, so pack wisely.

The organisers do not accept responsibility for any valuable items in your Transition Bags.

Swim Start entrance

- There is NO access to the sea (not even to wet your goggles): do a land-based warm-up.
- Ensure your Timing Belt and Chip is secured to your LEFT ankle. Replacement Timing Chips + Chip Belts (at a cost, charged to your race number) can be collected from the Drop Out Clerk tent outside Transition or at the final holding area, before entering the sea at the Swim Start.
- Ensure you have your official swim cap and swim goggles, if required. Additional swim caps are available at the final holding area, before entering the sea at the Swim Start.
- Access the Swim Start area at the “slipway” onto the beach after hanging your Streetwear Bag.
- Rolling start times are as follows:
  - Pro Athletes – Men : 06h30
  - Pro Athletes – Women : 06h35
  - Age Group Rolling Start (self-seeded) : 06h45
- Ensure that you seed yourself correctly into the zone according to your realistic anticipated swim time. You may not leave this area once you have entered.
The Age Group self-seeding time slots are as follows:

- Less 60min / 1 hour
- 1hr00 – 1hr30
- 1hr30 – 2hr00
- 2 hours +
- PC Athletes

You must stay behind the Start line prior to the race. You may not access the water from this area before the start – not even to wet your goggles.

**Rolling Swim Start procedure**

- Be realistic: self-seed yourself according to your anticipated swim time.
- A group of 10 athletes will be released every 10 seconds to cross the timing mat to commence your swim.
- **Your official race time will commence when you cross the timing mat**, i.e. the timing mats determine your race time. This, in effect, will create a ‘time-trial’ dynamic for the race and the determination of the final results.
- The timing mat for the swim cut-off will be as you enter the exit chute from out of the sea, before going up the stairs.
- If you miss the swim cut-off of 2 hours 20 minutes, you will be cut off at Transition and may not continue and/ or be a DNF after the event / in the final results.
- Please note: your predicted swim time does not need to be communicated to the race officials in advance.

For athletes who **wear glasses, hearing aids**, etc:

- Please label these items with your name, race number and telephone number.

- As you **exit from Transition** to Swim Start, a table will be located where you can place these.

- On exiting the water, you can collect your items from this table in Transition.
**SWIM COURSE - 3.8 KM / 2.4 MILES**

- Time penalties will be imposed on athletes who are not behind the official start line 5 minutes prior to the race start.

- There will be voluntary swim time seeding within the swim holding area. We recommend you seed yourself correctly.

- **Do NOT swim with your race number on.**

- You will cross the **timing-mats** as you start your swim and as you exit the sea.

- Wetsuit stripping assistance (optional) will be as you exit the stairs, before you enter Transition. Alternatively, wetsuits may be fully removed in the Transition change mats 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 at the Transition entrance.

Athletes will swim one 3.8km lap. Wetsuits will be compulsory if the water temperature is below 16° C. For Pro’s, wetsuits may be worn in temperatures up to 21.9° 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 below 14° C. If the water temperature is below 12° C, the swim will be cancelled. See official “Competition Rules”.

**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. The swim will take athletes around buoys from Hobie Beach, past Humewood Beach towards Kings Beach and then return to Hobie Beach 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 if these. Any athletes withdrawing from/ stopping after the swim MUST report to the Drop out Recorders on the nearest beach.

**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.**

- The **cut-off time for the swim is 2 hours 20 minutes** from your timed rolling start. If you do not make the swim cut-off, you may not start the Bike leg. When cut-offs are implemented / identified, athletes after this time will be removed from the course: you may **NOT** continue.

**OFFICIAL SWIM CUT-OFF TIME:**
2 hours 20 min from your Start Time
Swim Map:

Transition (T1): Swim to Bike

- Collect your Bike Bag. Changing must take place on the mats (or in the tent, if required) and not at the bag racks area.
- Remove cycle gear requirements from your Bike Bag.
- Put on your race number / bib – facing / on your back.
- Place all your swim gear into your Bike Bag. It is the athlete’s responsibility to ensure ALL your equipment is placed in your bag.
- Check that your timing chip is still in place on your LEFT ankle. If not, check inside your wetsuit. If necessary, additional timing chips can be collected from the ‘Drop-Out Clerk’ gazebo just outside Transition.
- Tie the bag closed and drop your bag off in the ‘Bag Drop’ zone just outside the tent / change area.
- Sunscreen is available in the change area.
- Medical and Physiotherapy facilities are available to athletes in Transition.
Ensure your helmet is clipped **before** handling your bike.

Continue through the demarcated route in Transition to your bike and push it to the exit.

Athletes must wear their bike helmets with the chin straps clipped at all times on the bike course. This regulation is in place from the moment before you handle your bike in T1 [Swim to Bike] until the moment after you have racked your bike in T2 [Bike to Run] or, in some cases, handed it over to a volunteer. A violation of this rule will result in disqualification.

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.

Transition will close to all athletes 10 minutes after the last athlete has entered from the swim to change for the bike.

Your Transition time is included in your **TOTAL** race time.

A Bike Maintenance Mechanic will remain in Transition until the last athlete has left on the bike course.
BIKE COURSE – 180.2 KM / 112 MILES

Please see the "Competition Rules" for additional information and Penalty Procedures.

Course Description

The Route:

The two-loop bike course will head out of Transition onto Marine Drive towards the village of Schoenmakerskop. From here the course turns inland on a climb along Victoria Drive before heading west along Sardinia Bay Road. After a short switch via Heron Road athletes will head further west into the village of Seaview via New Seaview Road. In Seaview there is a sharp turn left into Elizabeth Road, taking athletes through to Beachview where they make a U Turn to head back to Summerstrand. This constitute one loop and gets done twice to make up 180.2km. There will be distance marker boards every 10km on the route.

Lane Use:

The left-hand lane heading out to the turnaround point in Beachview is the dedicated outbound lane. Athletes must cycle on the left on this lane and pass on the right of this lane as per the relevant Competition Rules. They may not cross the centre median splitting this lane from oncoming traffic. From the turnaround athletes must move to the lane dedicated to contraflow traffic back to transition. This is again the left-hand lane as they head back from the turnaround point. As on the outbound journey athletes must cycle on the left on this lane and pass on the right of this lane as per the relevant Competition Rules. They may not cross the centre median splitting this lane from oncoming traffic. Please Read the Competition Rules in relation to following distances, drafting, overtaking and blocking.

Elevation:

The bike course starts at 8m above sea level and the highest point on this bike course is 111m. The total meters elevation gained over the entire bike course is 1120m.

Recommended Gearing:

52/38 on the from chain rings and 12/25 on the back cluster

Wheels:

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

Penalty Tent 1:
Located in Beachview Village, on Elizabeth Road just after your turnaround point.

Penalty Tent 2:
Located in Summerstrand on Marine Drive near the intersection with 5th Avenue.

Special Needs: (accessible only on the start of the second loop).
Located in Summerstrand on Marine Drive, opposite the 8th Avenue intersection.

Static Bike Mechanics:
(1) Turn Around in Beachview.
(2) On Marine Drive at intersection with Admiralty Drive.

SAG (Support and Gear) points:
Located at the Turn Around in Beachview. SAG retrieves athletes abandoning the race on the bike course with their gear back to transition. (See additional notes on SAG in this information guide).

Aid Stations:
Aid Station 1: Located in Schoenmakerskop for out bound athletes cycling towards Beachview at the 19km and 108km points.
Aid Station 2: Located at the bike turn around point in Beachview Village at the 45km and 135km points.
Aid Station 3: Located in Sardinia Bay for athletes back tracking to Summerstrand at the 61 and 150km points.
Aid Station 4: Located in Summerstrand on Marine Drive near intersection with Admiralty for athletes starting lap 2 of the bike course at the 91.5km point.
Course Cut Offs:

Personal Race Time Cut Off:

Athletes have a maximum combined time of 10 hours 30 minutes to make the cut off for the bike course. This is based on the combination of a maximum swim time of 2hrs 20min and a maximum bike time of 08hrs 10min. These cut off times are triggered by each athlete’s individual start time during the rolling start of the swim. If you miss this Cut off you may not remain on course. You may not start the run segment. Your bike will go into transition and may only be collected during the official bike check out process.

Additional Time of Day Cut Off:

Besides the official overall bike cut-off time, there will be two cut-offs on the second lap of the bike course. These are in accordance with the approved traffic plan that coincide with the opening of the public roads to traffic. These will affect athletes who potentially have no chance of making the official 10hour 30minute cut-off, based on the average speed that they have cycled (and swum) prior to these cut-offs.

The first cut-off will be at 13:15 at the start of loop 2 on Marine Drive, opposite Transition.
The second cut-off will be at 15:30 at Penalty Tent 1 located at the turn around point in Beachview.

Athletes who do not make these cut-offs may not remain on the course. They will be collected with their gear by the SAG or sweep vehicles.

Outside Assistance:

Outside Assistance is NOT permitted (See IRONMAN Competition Rules). 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.

Please ensure your family / friends refrain from painting race numbers / names / slogans on the roads.

The total cut-off time for the bike is 10 hours and 30 minutes from the Start of YOUR race (i.e. from your swim start time).

- If you do not make the bike cut-off, you may not start the run leg. When cut-offs are implemented, athletes after this time will be removed from the course: you may NOT continue.

**OFFICIAL BIKE CUT-OFF TIME:**
10 Hours 30 Minutes after the start of your race
**PENALTY TENT**

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

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

- **Penalty Tent 1:** Beachview, Turnaround: 44.5km and 134.5km.
- **Penalty Tent 2:** will be 800m from start of Lap 2 turnaround, at 5th Avenue, opposite Protea Marine Hotel.

All penalties must be served at a Penalty Tent.

The following is a summary of the most common Competition Rules 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 Articles I-X, the Competition Rules set forth in Articles I-X 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.

<table>
<thead>
<tr>
<th><strong>SUMMARY OF GENERAL COMPETITION RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>1 Minute Time Penalty once corrected (Yellow Card), and, if intentional, a 5:00 minute Time Penalty (Blue Card). DSQ in South Africa (Red Card)</td>
</tr>
<tr>
<td>Using unsportsmanlike behaviour</td>
<td>DSQ and potential suspension (Red card)</td>
</tr>
<tr>
<td>Failure to follow the prescribed course. It is the athlete’s responsibility to know the course. Athletes must cover the prescribed course in its entirety. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.</td>
<td>DSQ – Red Card</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>1 Minute Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>If it is possible to amend and return to the original situation then a 1 Minute Time Penalty will be assessed (Yellow Card), If not: DSQ (Red card)</td>
</tr>
<tr>
<td>Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the race.</td>
<td>DSQ of both athletes (Red card)</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension (Red card)</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
<td>DSQ (Red card)</td>
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</tr>
<tr>
<td>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 distractive manner, during the Race</td>
<td>DSQ — Red Card</td>
</tr>
<tr>
<td>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.</td>
<td>DSQ — Red Card</td>
</tr>
<tr>
<td>Unless pre-approved by the Head Referee, using communication devices of any type during Race competition. NO cell phones allowed.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td><strong>SUMMARY OF SWIM RULES PENALTIES</strong></td>
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</tr>
<tr>
<td>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm think</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Using a snorkel</td>
<td>DSQ — Red Card</td>
</tr>
<tr>
<td><strong>SUMMARY OF BIKE RULES PENALTIES</strong></td>
<td><strong>PENALTIES</strong></td>
</tr>
<tr>
<td>Drafting violation</td>
<td>5:00 Minute Time Penalty per violation (Blue Card)</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
<td>1 Minute Time Penalty (Yellow Card)</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
<td>1 Minute Time Penalty (Yellow Card)</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds for all triathletes</td>
<td>1 Minute Time Penalty (Blue Card)</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
<td>1 Minute Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
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<td>Uniform with a front zipper may be unzipped to any length, provided, that the zipper should always be connected at the bottom of the uniform and the top of the uniform should always cover the shoulders. The uniform should be fully zipped when crossing the finish line.</td>
<td>DSQ, if not remedied promptly (Red Card)</td>
</tr>
<tr>
<td>During the bike segment, wearing the helmet unfastened or insecurely fastened</td>
<td>1 Minute Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>1 Minute Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
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Notes:

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

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<td><strong>5.</strong> 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.</td>
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<td><strong>6.</strong> Please note that it is illegal to interfere (including remove, swop, steal and / or tamper) with another athletes equipment / nutrition in the Transition area (including during check-out) : this may lead to disqualification.</td>
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Please Note: only the cost of 700 C tubes and ‘bombs ‘will be sponsored. All other bike repair requirements will be for the cost of the athlete (as per athlete’s photo and race number recorded by the IRONMAN bike mechanics). After the event, athletes that have taken additional supplies during the race will be SMS’ed / invoiced by the bike maintenance service provider indicating the outstanding cost and their banking details: please pay your debt promptly.

All bike maintenance officials will wear “Bike Maintenance” jackets for identification.

In Transition Pre-Race:

Bike Maintenance will be inside Transition from 05h00 – 06h15 until Transition closes for all athletes. A bike mechanic will remain in Transition until the last athlete has left after the swim.

No spares (including tubes) will be on sale on race morning.

On the course:

Static Bike Maintenance Stations:

There will be 3 x static bike maintenance stations on the course. These will be located as follows:

- Next to the “lollipop” beacon on Marine Drive at the corner with Admiralty Way.
- Schoenmakerskop just before Aid Station 1
- Beachview, at bike turnaround, next to Penalty Tent 1 and SAG.

At each Bike Aid Station: NO bike mechanics. However, for the use of athletes, there will be a stock of:

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

Roving Bike Maintenance — on motorbikes:

- Pro’s will have their own Bike Maintenance Motorbikes: 1 with the men and 1 with the women.

These 2 motorbikes will carry spare wheels — initially for the Pro’s only. However, once the Pros have finished cycling, these will then be available for use (against your race number) for age-groupers.

- 6 x Maintenance motorbikes will loop throughout the bike course for the full duration of the bike leg. Please note that NO bike maintenance may be undertaken whilst you are serving a time-penalty.
SAG (Support and Gear) is the international IRONMAN procedure for transporting athletes and their bicycles who have withdrawn from the race off the bike course and back to Transition. People transporters and, separately, bicycle transporters (trailers) will be located at the:

- Schoenmakerskop intersection
- Next to the Penalty Tent at turnaround at Beachview

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

- Can stop at one of the above locations.
- As there will be no roving support vehicles on the Bike course, athletes must make their way to one of these two locations – or wait at the nearest Aid Station.

The SAG driver will record your details and take a photo of you. Athletes will wait at these stations until the people transporter is full. Bicycles will be stacked onto a separate vehicle’s trailer. Once the people transporter is full, it will leave this position and withdrawn athletes will be transported back and must report to the Drop-Out Clerk outside Transition. Bicycles will be returned to Transition at the end of the bike leg, for collection at Bike & Gear Check-out only.
Transition (T2): Bike to Run

- Dismount as instructed by the Race Referees and assisted by race officials.
- If you cannot remove your cycling shoes on your bike (and leave clipped in), you need to run in your shoes to the change mats. Do not sit on the ground at the mount / dismount line or in Transition to remove your shoes.
- **Self – rack** your bike in its original place.
- Collect your Run Bag & follow the demarcated route through transition. Changing may only take place on the mats provided / in the tent and not in the bag rack area.
- Remove run gear requirements from your Run Bag.
- Turn your race / bib number to the front.
- 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.
- 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.
- Tie the bag closed and drop your bag off in the ‘Bag Drop’ zone just outside the change area.
- Medical and Physiotherapy facilities are available to athletes in Transition.
- Sunscreen is available in the change area.
- 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.
**Course Description**

**The Route:**

The Run Course consist of four loops 10.55km. The course is flat and mostly on the road adjacent to the beachfront promenade except for a 14m climb into the suburb of Summerstrand on Admiralty Drive. Athletes must always run on the right in the dedicated running lane.

When exiting Transition, athletes will run around outside the lower seaside perimeter fence of Transition, up Marine Drive where they will turn right in the direction of Humewood, keeping to the right of the run lane. They will pass through Humewood where Marine Drive become Beach Road and eventually Humewood Road. Just before the three-way intersection with Perrott Avenue athletes will make a U turn at the northern turn around point. They will collect a lap band, just before they back track back towards Transition, keeping to the right of the run lane. When they reach the Caltex Garage opposite Marine Drive from Transition Area, they will be directed to the land side lane (extreme right-hand side from this direction of approach). Keeping to the right of the running lane athletes will access a portion of road where some of the lanes are utilised for the bike course, also in contra flow, like the run course. This is also the portion of the course with the highest density of spectators. At the three-way intersection with Admiralty Drive, athletes will turn right into the suburb of Summerstrand. At the intersection with University Way athletes will do an anti-clockwise turn around at the University Way/Admiralty Way traffic island, before back tracking to the Marine Drive portion where the run began. This constitute one of four loops. At the end of the fourth loop athletes will turn right into Shark Rock Place, followed by another right turn onto the finish chute red carpet to the finish line.

**Lane Use:**

The course is an out and back route on the dedicated running lanes. Running is always on the right-hand side of running lane.

**Elevation:**

The run course starts at 8m above sea level and the highest point on this run course is 23m. The total meters elevation gained over the entire run course is 287m.
Course Information

Note on visibility at night:

Many athletes will be on the run course after sun set. We urge all athletes to make themselves as visible as possible. In addition to the required hot spots on your shoes (heels and toes) and reflective strips on your shorts (front and back), we suggest you use additional reflective tape / belts or other materials freely and judiciously to make yourself visible from both the front and the rear to the support vehicles and other runners. Your safety and the safety of others is paramount.

Note on cooler temperatures after sunset:

The air can become cooler after sunset and athletes are encouraged to anticipate a drop in temperature when packing their Run Bags. Should warm run gear be required such items must be pre-packed into the Run Bag and carried onto the course from Transition 2. Athletes are reminded that they cannot accept items from the public as this may risk disqualification for outside assistance.

Special Needs:

The Run Special Needs is located on Marine Drive, opposite the 8th Avenue intersection. The Run Special Needs station is only accessible once during the marathon and only when athletes are heading towards the Admiralty Way turn around.

Aid Stations:

Aid Stations are approximately 2.5km apart

Aid Station 5: Located on Marine Drive at Lodge Road intersection.

Aid Station 6: Located on Beach Road close to the Driftsands Drive intersection.

Aid Station 7: Located on Marine Drive at the 5th Avenue intersection.

Aid Station 8: Located on Admiralty Drive turn around point.
Course Cut Offs:

Personal Race Time Cut Off:

Athletes have a maximum combined time of 16 hours 45 minutes to make the cut off for the run course. This is based on the combination of a maximum swim time of 2 hours 20 minutes, a maximum bike time of 08 hours 10 minutes and a maximum run time of 06 hours 15 minutes. These cut off times are triggered by each athlete's individual start time during the rolling start of the swim. When cut-offs are implemented, athletes after this time will be removed from the course: they may NOT continue.

Outside Assistance:

Outside Assistance is NOT permitted (See IRONMAN Competition Rules). 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.

Please ensure your family / friends refrain from painting race numbers / names / slogans on the roads

OFFICIAL RACE CUT-OFF TIME
16h45 from the start of your race
Run Course Map:

IRONMAN

RUN 42.2 km
4 Laps
Nelson Mandela Bay
Hobie Beach
**AID STATIONS**

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

**BIKE**

On the **BIKE**, these are situated approximately every 20-25km apart and will supply the following per table, in the following order:

**Aid Station 1:** (Schoenmakerskop)
- Biogen Carbogen
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Real Fruit Gels & Bars
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Carbogen:

**Aid Station 2:** (Beachview)
- Biogen Carbogen
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Bananas
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Carbogen

**Bike Aid Station 3:** (Sardinia Bay)
- Biogen Carbogen
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Real Fruit Gels & Bars
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Carbogen

**Aid Station 4:** (Marine ‘Lollipop’ Beacon)
- Biogen Carbogen
- Water (500ml Pump bottles: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Carbogen

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**

On the **RUN**, aid stations, approximately every 2.5km, will offer:

**Transition Exit:**
- Water Sachets

**Aid Station 5: (Lodge Road)**
- Water Sachets
- Coca Cola
- Biogen Carbogen
- Biogen Real Fruit Gels
- Biogen Carbogen
- Sandwiches
- Coca Cola
- Water Sachets

**Run Aid Station 6: (Marine – Scouts)**
- Water Sachets
- Coca Cola
- Biogen Carbogen
- Biogen Energy Bite Size
- Biogen Carbogen
- Coca Cola
- Potatoes
- Bananas
- Water Sachets

**Run Aid Station 7: (5th Avenue)**
- Sponges
- Water Sachets
- Coca Cola
- Biogen Carbogen
- Biogen Real Fruit Gel
- Biogen Carbogen
- Coca Cola
- Water Sachets
- Sponges
Run Aid Station 8: (Driftsands Drive)

- Water Sachets
- Coca Cola
- Biogen Carbogen
- Biogen Real Fruit Gels
- Biogen Energy Bite Size
- Biogen Carbogen
- Coca Cola
- Potatoes
- Bananas
- Water Sachets

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

The aid stations will close as the last athlete passes them.

**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 Special Needs Station – see ‘Special Needs’ info.
**APPEALS**

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

- The Head Race Referee should be located either at the Drop-out Control gazebo out Transition or, when the bike course closes, at the Information / Drop-out Tent in the IRONMAN Village. The location will be confirmed by the IRONMAN staff member.

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

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

**FINISH, BAG COLLECTION & BIKE CHECK-OUT**

On completion of your race:

- Timing Chip + Chip Belt (if not your own) taken by the Finish Line volunteers
- Receive your medal
- Voucher for Final Aid Station
- **‘Finisher’ shirt issued: 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 Boardwalk Convention Centre – Level 1 Parking.
- Collect your Streetwear Bag from the Streetwear Bag drop-off area only. Athletes only may access this area.
- Finisher photos can be taken by Finisherpix at the photo tent (opposite the Streetwear bag area).
- Medal Engraver (at your own cost)
- Massage (5-minute rub-down) is available in the Massage tent next to the Streetwear Bag area.
- Medical facilities are available
- 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.

**FINAL AID STATION: IRONMAN VILLAGE**

- Biogen Recovergen
- SPUR Burger – Voucher issued on the Finish Line
- Tea / coffee
- Fruit
Pizza
Coca Cola products & water

BIKE AND TRANSITION BAGS CHECK-OUT will be from 18h30 – 00h15 only.

- These will be checked out using your Race Number. Volunteers will check your number to the number on the bike and bags.
- If you are unable to fetch your own bike and bags for any reason, a family member / friend may collect them for you as long as they have your Bike Check-out Card (as included in your Registration Pack) and race number / bib.
- No Transition bags may be handed to family / friends over the fence. They must be checked out with your bike.
- **Do not** ride your bike to go home without your helmet on!!!
- **All bikes and bags must be collected by 00h15 on race night. The organisers are not responsible for items left in Transition after this time.**
- 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.
TIMING

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 also collect your Timing Chip + Chip Belt. Please go immediately to the timing company there who will verify your chip number correlates to your name.

- If you do not start the race on Sunday, you must ensure you return your chip to the Drop-Out recorded either at Drop-out Control outside Transition OR in the IRONMAN Village (info Tent). 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 and 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 events.

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 will be handed to volunteers on the Finish Line after the race.

NO CHIP = NO TIME
MEDICAL

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

Spectators are advised that athlete updates and medical information will be available from the Information Tent in the IRONMAN Village. 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 available at the Info Tent.

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 SA 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).

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

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

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

Qualified individuals will be stationed throughout the swim course, with medical 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 Station in the Transition Area where physiotherapists will also be in attendance for assistance during T1 and T2. 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.

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 00h30. 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.

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.
**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 see the IRONMAN website for relevant information and/or contact the IRONMAN South Africa office.

Tel: +27 (0)41 581 7990 / SouthAfrica@ironman.com
ALTERTATIVE COURSE PROCEDURE

IN THE EVENT OF A SHORTENED COURSE - The process for athletes is as follows:

The call will be made at 06h00 by the Race Director. The announcer will inform the athletes in Transition just after 06h00.

SCENARIO 1:

- **Shortened Swim - All Athletes**. Transition as normal.
- **Distance for all**: SWIM — 6 buoys | BIKE 180.2 km | RUN 42.2 km
  - 6 buoys: left around first red, past yellow, left at second yellow, left (to return) at now third yellow, past yellow, right around red buoy and return to the beach.
- **Pros**: Starts at 06h30 (Men) and Pro Ladies at 06h35: SWIM — 6 buoys and continue with the rest of the race
- **Age Groupers**: Rolling Start from 06:45: SWIM — 6 buoys and continue with rest of the race

SCENARIO 2:

- **Shortened Swim for Pros**: SWIM 6 buoys (as above) - Start at 06h30
- **Age Groupers**: **Rolling Bike Start** - Start at 07h30
- Continue with the rest of the race: BIKE 180.2 km | RUN 42.2 km

Process for an Alternative Race Start - Scenario 2:

- Announcement will be made that the race will be changed to a rolling bike start for age groupers
- Go to your **BIKE bag** and prepare for the bike leg.
- Transition will close at 06h20 (for the Pro’s to do their swim) and re-open at 07h10 once the Pro swimmers have transitioned, to collect your bike.
- Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 07h30.
- 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 8hrs 10min for the bike leg will still apply. Transition to the run as normal.
SCENARIO 3:

- Swim Cancelled for all: Rolling Bike Start for all
- Pros start at 07h00
- Age Groupers start at 07h40

Process for an Alternative Race Start - Scenario 3:

- 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.
- The Pro athletes will line up in a chute behind the mount / dismount line at the Bike Exit / Entrance at 07h00. They will start in 30 second intervals.
- Age Groupers will self-seed themselves in the chute at the Bike Exit / Entrance: Start at 07h40.
- 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 8hrs 10min for the bike leg will still apply.
- After the bike, you will transition to the run as normal.

Notes for Age-Groupers: Scenario 2 and 3:

- The bike cut-off of 8hrs 10min for the bike leg will be done post-race by the timing company as everyone’s start times will differ.
- Run time for the marathon remains as 6hrs 15 min. Total accumulated race time will thus be 14hrs 25min.
- Please be aware that you could be DNF’d after the race based on final timing verified by timing company.
Public Information on Race Day

INFORMATION / DROP-OUT TENT

Including queries on athletes

If your family and friends would like to find out more information on your whereabouts / progresses during the day, they may visit the Information / Drop Out Tent in the IRONMAN Village. The DNF’s list will be updated regularly. Medical information and updates will also be available here. Should an athlete need to be transported to hospital, the emergency contact (as per registration information) will be informed by an IRONMAN Staff member: Information pertaining to which hospital the athlete has been transported to will be available at the public info tent too.

Athletes who withdraw (DNF) off the course must report to the Drop-out Control tent outside Transition OR this Information / Drop-out tent to be recorded. Athletes who DNF may collect their voucher for Final Aid Station refreshments here.

Please note that no athletes or members of the public will be allowed into the Media Centre or Medical Tent as no information will be released to athletes or the public from these areas. Enquiries about athletes must be made through the Information Tent in the IRONMAN Village area.

TRACK-AN-ATHLETE

Vodacom Track-An-Athlete: 39408

This service will be connected from 2 weeks prior to the race for race number registrations.

SMS the athlete's race number you would like to track 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 2020 charity goal.
**Additional Athlete Information**

**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.

**FINISHER 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.

**MERCHANDISE**

*Monday: 09h00 – 13h00*

**IRONMAN Merchandise** including Finisher gear will be on sale, on Monday from 09h00 – 13h00 at the Sun Boardwalk Lawns.
**TIMING QUERIES**

**Monday: 09h00 – 13h00**

Preliminary results will be displayed at the Sun Boardwalk – Expo entrance on Monday after race day. Full results will be available on the website www.ironman.com/southafrica as soon as they are finalised. DSQ = no times will be displayed. DNF = completed portions of the race will be displayed.

Timing queries must be done at the Registration Venue at the Sun Boardwalk Convention Centre — Level 1 Parking area from **09h00 - 13h00 on Monday.** Final results will be verified and uploaded by the Friday post-event.

**CERTIFICATES**

Certificates will be available online within **14 days** after the event for you to **download & print** yourself from the website link www.ironman.com/southafrica and this link will redirect you to the official site.
Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at IRONMAN South Africa. Your personal race photos will be available at www.finisherpix.com. Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line. Have a great race!

Get your photos here:

IRONMAN South Africa: www.finisherpix.com/e/2709
CTC South Africa: www.finisherpix.com/e/2844
IRONKIDS South Africa: www.finisherpix.com/e/2845

HOW TO GET YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE 😊
- Look up when you cross the finishline and smile BIG!

NEVER FORGET YOUR RACE
SLOT ALLOCATIONS – AGE GROUPERS

Monday: 10h00 - at the Sun Boardwalk Convention Centre: Tsitsikamma Venue (i.e. pasta and Awards venue)

Hawaii Age Group Slot Allocation:

IRONMAN African Championship is offering 75 Age Group Slots for this year’s IRONMAN World Championship in Kailua-Kona, Hawaii. All athletes who have qualified for the 2020 IRONMAN World Championship and want to accept a slot MUST be present at slot allocation at 10h00 on Monday, post-race at the Sun Boardwalk Convention Centre – Tsitsikamma Venue. If you qualify for a World Championship slot you will have to immediately pay the entry fee (± $1025.00 & an Active Fee) online via credit card at the slot allocation venue in order to receive your Qualification papers. Please note that only an ‘online payment system’ will be used (i.e. no cash or cheques). There will be laptops available at Slot Allocation to make credit card payment: ONLY VISA AND MASTERCARD ACCEPTED. Your final registration must be completed at a later stage.

Please be sure to bring along the following items to claim your slot:

- Photo Identification (ID book, Driver’s License or Passport)
- Credit Card Only (VISA and Mastercard only)

Slot allocation will be determined based on the number of official starters and shall be representative of the actual number of Age Group starters in each category in the race. 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. For example, if 8% of the Age Group starters are Female 40-44, then 8% of the slots are allocated to the Female 40-44 category. If you are not present or cannot pay for your slot, it will automatically be rolled down to the next person in that age group until the slot is accepted.

The ceremony will start with the oldest female category that had starters on the day, through all the female age-groups, then onto the male categories, from oldest to youngest. If an athlete chooses not to take the slot, does not attend the slot allocation roll-down ceremony or has already qualified, the next eligible finisher in that Age Group may claim the qualifying slot. Following roll-down, any unclaimed slots within an Age Group will be reallocated to another Age Group within the gender, based on the athletes-to-slots ratio: the Age Group within the gender with the largest athletes-to-slots ratio will receive one of the reallocated slots, followed by the next largest ratio receiving one re-allocated slot (if applicable), and so on. Any unclaimed slots in the female category, will be* returned* to WTC, the procedure will then commence for males. Please check the “Information Sheet” issued once you have accepted a slot allocation.

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 athlete’s 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. 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.

The administrative allocation of slots will be executed by the organisers.
**PRO ATHLETES PRIZE MONEY & QUALIFICATION**

**PRIZE MONEY:**
The total prize money of USD 150,000 - will be distributed to Pro Athletes as follows (subject to changes made by WTC) at the IRONMAN African Championship:

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Prize money will be paid once the Drug Testing Results have been received by the WTC.

Please note that the prize money allocation is subject to WTC policies and changes and will be paid out based on the prize money allocation deemed correct by the WTC at the time of payment.

**Qualifying for the 2020 IRONMAN World Championship Race**

- Only Pro Athletes are eligible to receive Pro Qualifying Slots.
- There will be six (6) qualifying slots for the 2020 World Championship Race, two Male, two Female and two unassigned slots.
- There are two (2) types of Pro Qualifying Slots: Assigned Slots and Unassigned Slots (each as such term is defined below).
- “Assigned Slots” means those certain Pro Qualifying Slots that are pre-assigned to the Men’s and Women’s Pro Athlete fields.
- “Unassigned Slots” means those certain Pro Qualifying Slots that are not pre-assigned to either the Men’s or Women’s Pro Athlete fields.
- The published Pro Qualifying Slots are in addition to the Exemptions (as detailed below).
- Unless otherwise approved by IRONMAN, all Pro Athletes who earn a Pro Qualifying Slot and who wish to accept such Pro Qualifying Slot must attend the slot allocation ceremony in person at the Awards Banquet at the published time and location as set forth in the Pro Athlete newsletter and in the Qualifying Event-specific athlete guide.
- Any Pro Athlete that chooses not to accept their Pro Qualifying Slot, or does not attend the Qualifying Race’s slot allocation ceremony, may, at IRONMAN’s sole discretion, be required to forfeit their right to such Pro Qualifying Slot and such slot may be rolled down to the next eligible Pro Athlete.
• For any Qualifying Race with Unassigned Slots, as published on the Pro Membership Event Registration webpage, such Unassigned Slots will be proportionally assigned to the Men's and Women’s Pro Athlete fields on race day based on the confirmed number of starters in each of the Men’s and Women’s Pro Athlete fields. Unassigned Slots will be assigned by IRONMAN's sole discretion, according to the ratio of starting Pro Athletes to Pro Qualifying Slots. In the event of a “tie/dead heat” result for the final Unassigned Slot, the number of Pro Athletes who finish such Qualifying Race will be used to determine the allocation of such Unassigned Slot.

• Pro Qualifying Slots are NOT transferrable, and deferrals are NOT permitted. There is no waiting list or roll down for non-qualified Pro Athletes.

• There will be no 2020 Championship Race entry fee associated with the acceptance of a Pro Qualifying Slot, provided, however, that a valid 2020 IRONMAN Pro Membership is required as a condition of participating in the 2020 Championship Race.

• Pro Athletes accepting a Pro Qualifying Slot represent and warrant that their elite/professional athlete status with their ITU Member National Triathlon Federation is current and will be so at the time of the 2020 Championship Race. Any change in a Pro Athlete’s status prior to the 2020 Championship Race must be disclosed immediately.

For more information visit:  https://www.ironman.com/pro-athletes
(Additional) Tickets for the Awards Dinner can ONLY be PRE-purchased on-line when you enter or at Registration.
Limited tickets available.
NO tickets will be sold at the door.

**Time: Monday 19h00 – 22h00**
(for Athletes and family / friends with pre-purchased ‘Awards’ wristbands only)

- **Doors will open at 18h15.**

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

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

**Awards procedure starts at 19h00:** IRONMAN African Championship trophies will be awarded to the top 3 male and top 3 female Pro athletes as well as the first 3 athletes in each Age Group category for both male and female athletes.

**TRICLUB AWARDS:** Trophies will be handed out to the Top TriClub, with the most points. All members of this winning TriClub are welcome to come onto the stage to collect the team trophy.

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