ATHLETE INFO GUIDE
24 NOVEMBER 2019

FUNTRI
INDIVIDUAL AND TEAM RELAY

OLYMPIC

400m SWIM

1.5km SWIM

20km BIKE

40km BIKE

5km RUN

10km RUN
FRIDAY 22 NOVEMBER 2019

Registration : 15h30 – 18h30 (Hobie Beach Yacht Club / HBYC)
Bike Workshop : 15h30 – 18h30 (HBYC – gazebo outside)
5150 Merchandise : 15h30 – 18h30 (HBYC)

SATURDAY 23 NOVEMBER 2019

Registration : 09h00 – 17h00 (Hobie Beach Yacht Club)
Bike Workshop : 09h00 – 17h00 (HBYC - gazebo outside)
5150 Merchandise : 09h00 – 17h00 (HBYC)

SUNDAY 24 NOVEMBER 2019 (RACE DAY)

Bike Maintenance : 05h45 – 06h45 (Transition area – Kings Beach)
Bike Check-In, incl Welcome : 05h45 – 06h45 (Transition area – Kings Beach)
Race Briefing (Compulsory for all) : 06h45 (Car park area next to Finish Line – Kings Beach)

FUNTRI (minimum age 14 years on race day)

Individuals Rolling Swim Start : 07h30
Teams Rolling Swim Start : 07h35

FUNTRI Distances: 400m Swim 20km Bike 5km Run
PLEASE NOTE : There are no cut-off times for the FUNTRI

5150 : (minimum age 18 years on race day)

Rolling Swim Start : 08h10

5150 Distances : 1500m Swim 40km Bike 10km Run

PLEASE NOTE : There are cut off times per 5150 discipline (i.e swim, bike, run):
Cut offs:
Swim time : 1 hour 10 minutes
Bike time : 2 hour 20 minutes *
Run time : 1 hour 20 minutes
TOTAL time: 4 hour 50 minutes from your swim start time**

FUNTRI & 5150 Bike & Gear Check-Out (No Timing Chip, No Bike):

FUNTRI Only : 09h45 – 10h45
5150 : *15 minutes after last 5150 athlete finishes the bike course, until 13h45

Awards Presentation : 12h15 - All FUNTRI & 5150 (Male & Female: 18 – 24, 25 – 29, 30 – 34)
13h15 - (5150 Male & Female: Age Groups 35+)
Dear athlete,

Welcome to the 4th Standard Bank 5150 Nelson Mandela Bay, the final instalment of this year’s 5150 African Triathlon Series. What an amazing series it’s been so far and it’s only fitting that we end this journey in the home of IRONMAN South Africa. We are looking forward to hosting a memorable event in Nelson Mandela Bay.

Whether you are aiming for that PB time, competing against your friends or simply just here for the enjoyment of the sport, this course offers you the perfect opportunity to do so.

The swim is an open water swim at Kings Beach therefore you will need to be able to negotiate waves as it is a land-based start. The water temperature and sea conditions vary according to the wind. The water temperature can range from 18 to 23 degrees Celsius in November. After your swim, you can take in the incredible beachfront and breath-taking scenery as you head along Marine Drive on the bike route. Once you’ve conquered the bike, you head out onto the Kings Beach promenade on a flat PB friendly run course. It’s a beautiful spectator filled course so enjoy every moment of it.

Good luck and see you at the start-line!

Michele Dalton
Race Director
**REGISTRATION**

<table>
<thead>
<tr>
<th>VENUE</th>
<th>Hobie Beach Yacht Club</th>
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<tr>
<td>FRIDAY</td>
<td>15h30 – 18h30</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>09h00 – 17h00</td>
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</table>

Registration will take place at Hobie Beach Yacht Club / HBYC. HBYC is located in the Hobie Beach Car Park. All entered athletes MUST attend registration where you will have your athlete band fitted. NO late registrations.

- 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
- **FUNTRI**: The minimum age of participants (team or individual) is 14 years - as at race day
- **FUNTRI**: In the case of Under 18s (individual or team member), a parent / legal guardian must be present for each minor to sign these forms: the participating child must be present too to receive the race wristband.
- Included in your ‘Registration Pack’ will be:
  - Drawstring Bag
  - Athlete Shirt
  - Race number: please write on the back of your race number, your –
    - Medical Details
    - Next of kin / Emergency contact and contact details (Please do not supply the name and number of someone who is also racing).
    - Accommodation details: name, telephone number (and room number)
  - Safety pins
  - Bike and Helmet stickers - for identification purposes. Stickers may not be altered.
  - Official Swim cap – Athletes will have their official Swim Cap numbered with their race number at Registration. Official swim cap must be worn.
- **Timing Chip + chip belt** to be collected and checked at Registration.
  *athletes are encouraged to bring / buy their own timing chip belt / strap.
- **NOTE**: For the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture under “Timing”)

- ALL athletes MUST have their **athlete wristband** fitted at Registration. This is to be kept on for the full duration of the 5150 event.
- **Triathlon South Africa (TSA) – Licence Fee – compulsory**: All non-members (i.e. those not listed on their database supplied) of TSA (including international and professional athletes) have to pay a day licence fee at Registration:
  - 5150: R100 – CASH or Debit/Credit Card (Visa/MasterCard).
  - FUNTRI: R30 per individual or team (not per team member).
  - This is payable to TSA at Registration. The TSA licencing fee is the instruction from / responsibility of TSA and not IRONMAN South Africa: we are only administering the process on their behalf at our events.

Please note - International and South African Athletes: All international and South African athletes will sign a second waiver at registration. This information is for private hospital administration, if required.

**Race Day Emergency Number: 079 266 6263**
Bike Workshop – Wayne Pheiffer Cycles

Friday : 15h30 – 18h30
Venue : Hobie Beach Yacht club – Gazebo outside

Saturday : 09h00 – 17h00
Venue : Hobie Beach Yacht club – Gazebo outside

5150 Official Merchandise

Friday : 15h30 – 18h30
Venue : Hobie Beach Yacht Club

Saturday : 09h00 – 17h00
Venue : Hobie Beach Yacht Club

Bike Maintenance : minor adjustments only.

Sunday : 05h45 – 06h45
Venue : Entrance to Transition
**Race Day Access & Parking:**

On race day, parking can be accessed at the grass area on Windermere Road, as well as parking bays on Windermere Road. **Kings Beach Car Park will be closed to athletes and public on race day.**

Beach Road and Marine Drive will be closed from Driftsands Drive / Beach Road intersection from 05h30, seaside lane only: **DO NOT park in the sea side lane of Beach / Marine Drive.** Public & athletes will be allowed to drive on Marine Drive in the land-side lane, direction from Summerstrand to City/M4 only.

Public parking is available in the areas indicated on the map below. Please note that the event organisers will not be responsible for securing the vehicles – parking at own risk.

**NOTE:** please do NOT park in the sea side lane of Beach Road / Marine Drive as this forms part of the Bike Route.
TRANSITION AREA

BIKE & GEAR CHECK-IN : SUNDAY : 05h45 – 06h45

Enter Bike-Out / Bike-In chute, Exit at the Swim-In / Run-Out chute.

Bike and gear check-in to the Transition Area will take place between 05h45 – 06h45: Athletes only. Please ensure that you have your cycling helmet securely fastened on your head when you check in. Referees will check that it is securely fitted. They will also inspect the polystyrene inside and shell of the helmet for any cracks, which may lead to the helmet being rejected.

Only racing equipment may be left in the Transition Area adjacent to your bike (chain side). e.g. Small Towel, Race Number Belt, Helmet, Cycling Shoes, Glasses, Run Cap and Running Shoes only. No items may be left on your bike, except if your cycling shoes are clipped into the cleats and you are able to put your shoes on whilst cycling. Any other equipment must be left in the Tog Bag area on the side of Transition. No bags or boxes may be left next to your bike. Label your equipment and bags.

Please note that it is illegal to interfere (including remove, swap, steal and/or tamper) with another athlete’s equipment/nutrition in the Transition area (including during check-out): this may lead to disqualification.

Once transition closes at 06h45, athletes may NOT go back into the area except to Transition during your race.

There will be a gazebo outside bike check-in where minor bike alterations can be done and new helmets (and race belts) purchased, if required.

06H45 : RACE BRIEFING – COMPULSORY

Exit Transition at Swim-In / Run-Out side to go directly to the compulsory Race Briefing, which will take place alongside the finish line.

DROP-OUT CLERK

Any athlete withdrawing from the race at any time MUST report to Drop-Out recorders (identifiable by the bibs below) either from the Swim (at the Medical pod) or off the Bike or Run at the Drop – Out Control gazebo outside Transition (Bike In / Bike Out side).

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

During the swim, these Drop-out “recorders” will be at the swim entrance (next to the medical pod) & exit.

Bibs worn for identification purposes by Drop Out recorders.

Race Day Emergency Number: 079 266 6263
SWIM COURSE

Please refer to “Competition Rules” (5150 penalties: Yellow = 30 second, Blue = 2:00 minutes).

Do NOT swim with your race number bib on.

Athletes must be able to swim without putting your feet down on the ground. The swim takes place in the sea at Kings Beach. Athletes will swim in an anti-clockwise direction around the course. Athletes must line up, just behind the start line, at least 5 minutes before the start. It should be a wetsuit legal swim. (see “Competition Rules”)

Hearing aids, false teeth, glasses etc. can be left on the table as you exit transition (swim-in / run-out chute).

Any athlete who does not complete the swim, must report to the “Drop – Out” controllers at the medical pod at the swim start or outside Transition

Medical officials, water safety officials and 5150 staff 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.

FUNTRI:

The FUNTRI distance swim is a rectangular swim of 400m. Round the first (yellow) buoy with it on your left, continue to the next (yellow) buoy in front of you to turn around this one with it also on your left and return to the beach to exit to T1 (Transition 1 : Swim to Bike).

The Rolling start is as follows:

- FUNTRI Individuals : 07h30: self-seed yourself according to your ability
- FUNTRI Teams : 07h35: self-seed yourself according to your ability

Holding areas will be for your estimated swim times :

- Less than 8 mins
- More than 8 mins

See the notes below on the Rolling Start procedure.

5150:

The 5150 swim is a rectangular swim of 1.5km. Swim to the furthest red buoy on the right, round this buoy with it on your left. Continue to the next red buoy, rounding this one with it also on your left. Swim back to the beach, where you will exit to T1 (Transition 1 : Swim to Bike).

There will be yellow “guider” buoys on the long sections of the swim : these yellow buoys can be rounded on either side.

Race Day Emergency Number: 079 266 6263
The rolling start is as follows:

- **Rolling Swim Start**: 08h10 (or once water safety personnel are in position): *self-seed yourself according to your ability*

Holding areas will be for your estimated swim times:

- Less than 25 mins
- 25 – 30 mins
- More than 30 mins

See the notes below on the Rolling Start procedure.

Athletes who are still in the water 1 hour 10 min from their start will be lifted by water safety and may not continue with the triathlon.

**5150 OFFICIAL SWIM CUT-OFF TIME:**
1 hr 10 min from your Start Time (i.e. the time YOU cross the Swim Start timing mat)
ROLLING START PROCEDURE

- Be realistic: self-seed yourself according to your anticipated swim time.
- A group of 4 athletes will be released every 5 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 exit will be at the entrance to Transition: Swim-In / Run-Out.
- If you miss the 5150 swim cut-off of 1 hour 10 minutes, you will be cut off at Transition 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 race officials in advance.*
Please refer to “2019 Competition Rules” (5150 Penalties: Yellow = 30 Seconds, Blue = 200 minutes).

The Bike course is an out and back lap. (Please study the course map). On the bike course athletes must keep left at all times, both out and back: along the beachfront, this on the sea side lane only. **Inside the dedicated bike lane, all cycling is in single file on the left shoulder of the lane, whilst passing takes place to the right.**

Medical officials, water safety officials and 5150 staff 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.

Athletes will leave T1 (Transition 1: swim to bike), pushing their bikes to the mount/dismount line. From there you will mount as instructed by Race Referee & ride on the left hand side of the road. Exit the main entrance to the Kings Beach car park, turning left onto Beach Road / Marine Drive and head towards Summerstrand. Athletes must stay to the left as other athletes may be returning to Transition. Note that there are traffic cross-over points at Hobie Beach Car Park, Something Good and Summerseas apartments. Residents Vehicles will also be allowed to exit Retief Plain apartments. Athletes will have access to the sea-side lane only until University Way. From here, there will be full road closure to Schoemakerskop. Athletes are to keep left and overtake to the right at all times. At the turnaround point, do a U-turn and head back towards the city, again keeping left. Caution that from Admiralty Way there will again only be access to the sea side lane back to Kings Beach Car Park. There may be athletes leaving as you enter Transition: stay to the left at all times. Cycle to the dismount line where you will dismount (as instructed by the Race Referees) and push your bike from the mount/dismount line into T2 (Transition 2: Bike to Run). Rack your bike back in your allocated race number location.

**FUNTRI:**

The bike course for the FUNTRI is draft-legal, although we would encourage you to only be on tri-bars if you are leading a pack.

The FUNTRI turn-around point will be 10km out from Kings Beach, just before the Noordhoek car park. Please take note of the riding instructions above. There is no Aid Station on the FUNTRI bike course. The Penalty Tent is just outside Transition, on your return.

**5150:**

*See the 2019 competition rules regarding drafting, passing and blocking.*

The 5150 bike course is a **no-drafting** race: Race Referees will enforce the race rules, as per the IRONMAN 2019 Competition Rules (see online). The turn-around point is 20km from Kings Beach at the Madiba Bay Resorts Picnic Site on Marine Drive, Just before Schoenmakerskop. Athletes must do a U-turn at the Aid Station and head back towards the city. Please take note of the riding instructions above.

**NOTE:** there will be a “time-of-day cut-off” at 11h15 at the turn-around point; any athlete who has not reached this point by that time will be removed from the course by the SAG vehicle. This cut off will be implemented in accordance with the traffic department’s road closure plan.

There is an Aid Station & Penalty Tent at the 5150 turn-around point. A second Penalty Tent is outside Transition: this will be for returning athletes.

Race Day Emergency Number: 079 266 6263
Cut-offs will be implemented at the transition entrance i.e. 3hr 30min from YOUR Start Time.

**5150 OFFICIAL BIKE CUT-OFF TIME:**
3hr 30min from your Start Time (i.e. the time YOU cross the Swim Start timing mat)
i.e. Actual bike time 2hr 20min

- The bike course closes for all at 12h30: this is when all road restrictions on the bike course are lifted and our privileged road usage time expires. Athletes who are still on the bike course after 12h30 will not be allowed to finish the bike course nor start the run.
ATHLETE INFO GUIDE

SAG

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. A people transporter and bicycle transporter (trailer) will be located at:

- FUNTRI : turnaround point (10km out)
- 5150 : turnaround point (20km out)

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

- Can stop at either of the above locations.
- Will be collected, with their bicycles, off the course by race support crew and transported to the SAG location.

The SAG driver will record your details & take a photo of you. Athletes will wait at this station until the people transporter is full. Bicycles will be stacked onto a trailer. Once the people transporter is full, it will leave this position and withdrawn athletes will be transported back to report to the Drop-Out Clerk outside Transition. All bicycles will be returned to Transition at the end of the bike leg, for collection at Bike & Gear Check-out only.

PENALTY TENT

*Please refer to “2019 Competition Rules” (5150 penalties: Yellow = 30 Second, Blue = 200 minutes).

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 : Madiba Bay Resorts Picnic site, Marine Drive (i.e 5150 bike turnaround)
- Penalty Tent 2 : Just outside Transition

All Bike penalties must be served at a Penalty Tent.

Please note that there will be zero tolerance of athletes using abusive language or behaving inappropriately. Should an athlete display such behaviour, official 5150 staff members and referees reserve the right to record the athletes race number, which could result in the athlete being banned from future IRONMAN South Africa and 5150 African Triathlon Series events.

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties. In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in IRONMAN Competition Rules, the Competition Rules set forth in IRONMAN Competition Rules shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

Race Day Emergency Number: 079 266 6263
Please note: NO cell / mobile phones are allowed.

**In South Africa: 5150 penalties: Yellow = 30 Second, Blue = 2:00 minute**

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<tr>
<th>SUMMARY OF GENERAL COMPETITION RULES</th>
<th>PENALTIES</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>30 Second Time Penalty once corrected (Yellow Card), and, if intentional, a 2:00 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 athletes 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>30 Second 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 1:00 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</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>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner, during the Race.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Use of any devise that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending text messages, using social media, taking photographs, and using a devise as a bike computer.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td>Unless per-approved by the Head Referee, using communication devices during Race Competition. NO cell phones allowed.</td>
<td>DSQ (Red card)</td>
</tr>
<tr>
<td><strong>3 Blue cards will result in a DSQ</strong></td>
<td>DSQ</td>
</tr>
</tbody>
</table>

**SUMMARY OF SWIM RULES PENALTIES**

<table>
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<tr>
<th>PENALTIES</th>
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</thead>
<tbody>
<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>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm think</td>
</tr>
<tr>
<td>Using a snorkle</td>
</tr>
</tbody>
</table>

**SUMMARY OF BIKE RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds for all athletes</td>
</tr>
</tbody>
</table>

**Race Day Emergency Number: 079 266 6263**
<table>
<thead>
<tr>
<th>Failure to wear a shirt or sport top during the bike portion</th>
<th>30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</th>
</tr>
</thead>
<tbody>
<tr>
<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>30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Wearing headsets or headphones during the competition</td>
<td>30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>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</td>
<td>30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
<tr>
<td>Make forward progress without bike during the bike segment</td>
<td>30 Second Time Penalty if remedied (Yellow Card), DSQ if not remedied promptly (Red card)</td>
</tr>
</tbody>
</table>

**SUMMARY OF RUN RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wearing headsets or headphones during competition</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the run portion</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
</tr>
</tbody>
</table>

**SUMMARY OF TRANSITION AREA RULES PENALTIES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking the progress of other athletes</td>
</tr>
<tr>
<td>Interfering with another athlete’s equipment</td>
</tr>
</tbody>
</table>

**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). S.A. 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). S.A. relevant.
5. 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.
6. Please note that it is illegal to interfere (including remove, swap, steal and/or tamper) with another athlete’s equipment/nutrition in the Transition area (including during check-out): this may lead to disqualification.

Race Day Emergency Number: 079 266 6263
**RUN COURSE**

*Please see “Race Rules & Regulations” for additional info.*

The run course is an out and back route along the Port Elizabeth Beachfront. **On the run course athletes must stick to the right of the walkways at all times.**

Athletes will run out of T2 (Transition 2: Bike to Run) at the Swim entry point and follow the fence to the Walkway. Keep Right by following the markers to the Aid Stations and relevant turn-around points. Athletes are to follow the markers back to the Finish Line keeping Right at all times.

**Cut-off times will be implemented and athletes not within the allotted time will not be allowed down the finish chute.**

*Friends and/or family members are not permitted to enter the finish chute or cross the finish line with participating athletes.*

Medical officials, water safety officials and 5150 staff 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.

**FUNTRI:**
The 5km run for the FUNTRI distance will turn at 2.5 km at the first Aid Station on the run loop.

**5150:**
The 10km / 5150 run will follow the same route, continuing after the Aid Station situated at 2.5km, to the 5km turn-around point at Flat Rocks and the Aid station there. Return along the same route.

**5150 OFFICIAL RACE / RUN CUT-OFF TIME:**

4hr 50min from your Start Time (i.e. the time YOU cross the Swim Start timing mat)

i.e. Actual run time 1hr 20min
Teams – Relay Procedure (FunTri Only)

Please see “Race Rules & Regulations” for additional information.

Teams will compete in their own division and receive competitor shirts and, on successful completion, finisher medals and certificates (downloadable from the website, within 14 days after the race).

Rules specific to Teams:

- Teams need to have at least 2 members. These can only be substituted up until 14 November 2019: email Saregistrations@ironman.com.
- All FUNTRI athletes must, on race day, be 14 years of age or older.
- All THREE (or TWO) members of the team HAVE TO go to Registration (not necessarily all at the same time):
  - To do the registration process and sign an indemnity form; Participants under 18 and a parent/legal guardian must both attend registration.
  - To receive their athlete wrist band;
- Race packs will NOT be handed out unless each of the two/three indemnities are signed by the respective members of each team.
  - The Timing Chip + chip belt acts as the “relay baton”: the swimmer starts with the timing chip + chip belt and the runner must end with it.
  - Please note for the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture under “Timing”)
  - The Timing Chip + chip belt are required by the cyclist after the race in order to check their bike out of Transition, as per the Bike Check-out guidelines in the Athlete Info Guide.

NOTE: the team cyclist must rack their bike & helmet at Bike & Gear Check-In between 05h45 – 06h45. Helmet to remain in Transition next to the bike.

Team hand-over:

- The team swimmer will start with the timing chip + chip belt.
- On completion of the swim, the swimmer will exit the water and run to the swim entrance at Transition: the team cyclist will be waiting in the holding area just outside Transition. The swimmer will hand the timing chip + chip belt to the cyclist.
- The team cyclist MUST place the timing chip + chip belt, silver side towards the skin and on the outside of the LEFT ankle, (See picture under “Timing”) BEFORE proceeding into Transition to clip helmet on then collect his/her bike.
- On completion of the bike course the team cyclist must enter Transition, rack his/her bike back in the same place and then exit Transition at the Run Exit, where the team runner will be waiting in the holding area there.
- The team runner MUST place the timing chip + chip belt, silver side towards the skin and on the outside of the LEFT ankle, (See picture under “Timing”) BEFORE leaving the holding area to commence the run.
- On completion of the run/event, hand the timing chip + chip belt back to your cyclist for bike & gear check-out.

ALL other RULES applying to the Individual Athlete will apply to Teams.
**AID STATIONS**

**FUNTRI & 5150**

**BIKE**
On the **BIKE** Leg there will be 1 x Aid Station for the 5150 only at the 20km turn-around. This will supply the following:

**Aid Station**

- Biogen Carbogen
- Water (Pump water: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Real Gel and Biogen Energy Bars
- Water (Pump water: squeeze a little water out, for bottle to fit into bottle cage)
- Biogen Carbogen

Please note: Litter zones are 100m from either side of the Bike aid station. Do NOT litter between Aid Stations. (=DSQ)

The Aid Station on the bike leg will close as the last athlete passes or at 11h15.

**RUN**
On the **RUN** Leg there will be 3 x Aid Stations. They will supply the following:

**Aid Station 1**: FUNTRI Turn around & 5150 Run return

- Water
- Coke
- Biogen Carbogen
- Coke
- Water

**Aid Station 2**: 5150 out (just past FUNTRI turn)

- Water
- Biogen Carbogen
- Biogen Real Gel
- Biogen Carbogen
- Water

**Aid Station 3 – 5150 Turn around** :

- Water
- Coke
- Biogen Carbogen
- Biogen Real Gel
- Water
- Coke
- Biogen Carbogen

**Race Day Emergency Number**: 079 266 6263
Please note: Litter zones are 50m from either side of the Run aid station. Do NOT litter between Aid Stations. (=DSQ)

The Aid Stations on the Run leg will close as the last athlete passes them or at 13h15 closing time.

**ADDITIONAL : TIME OF DAY CUT-OFFS**

**BIKE:**

Athletes who are on the bike course after cut-off will not be allowed to finish the bike course nor start the run course. At 11h15 any athletes who **have not** made the turnaround at the **20km mark** at the Madiba Bay Picnic Site, Marine Drive, will not be allowed to continue on the return leg to Kings Beach and will be taken back to Transition by a SAG vehicle. The bike course will officially close at 12h30 at the entrance to Transition: this is when all road restrictions on the bike course are lifted and our privileged road use time expires.
FINISH LINE

On successful completion of the race, athletes will receive a finisher’s medal. The team runner will receive a medal for each of the team members. The area behind the Finish Line is a restricted zone. NO public entry is allowed on the Finish Line/in the finish chute. Once athletes have received their medal, they must vacate this area.

From here athletes can make their way to the Final Aid Station for their free meal (5150 Athletes only) & Biogen recovery drink. There are vendors selling food in this area as well as a public tent.

FINAL AID STATION – for athletes only:

- Biogen Recovergen
- Bonaqua Water
- Coke
- Athletes Meal – 5150 Athletes only (with voucher that will be issued to you at the Finish Line)

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 judgment (see “Competition Rules”). Please advise one of the 5150 staff members on site / at the Finish Line soonerest that you wish to see the Head Race Referee to lodge an appeal.

- The Head Race Referee should be located at the Drop-out Control gazebo outside Transition. The location will be confirmed by the 5150 staff member.

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

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

BIKE & GEAR CHECK-OUT

FUNTRI only: 09h45 – 10h45
5150: *15 minutes after last 5150 athlete finishes the bike course, until 13h45

Enter at the Swim-in/Run-out chute, Exit at Bike-out/Bike-in chute.

The announcers will advise when the 5150 Bike & Gear Check-out is ready to open: this will be when the bike course has closed and the volunteers are in place. Please keep your timing chip and belt on you, as you will need to hand these in to the volunteers as you exit Transition with your bike. No Chip, No Bike.

Please DO NOT leave bikes in transition after 13h45 when check-out closes. If bikes are not collected timeously, they will be moved out of Transition and therefore not be the responsibility of the organisers.
ATHLETE INFO GUIDE

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 time, bike time, Transition 2 time and run time. In addition to the overall cut-off time, there are cut-off times for each segment of the race (5150 only), as listed in the document above. 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 / in the final results.

PLEASE NOTE: Loss of a timing chip will result in a charge of R150.00 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 5150 events.

1. When you collect your Race Pack at Registration, you will also collect your Timing Chip + chip belt: Please go immediately to the timing company who will verify that your chip number correlates to your name.

2. NOTE: For the duration of the race the silver side of the Timing Chip must be placed towards the skin and the chip must be on the outside of the LEFT ankle. (See picture below)

3. If you have racked a bike, but do not start the race, you will still need your Timing Chip + chip belt to collect your bike from Transition when Bike Check-out commences.

4. If you have not racked a bike, it is the athlete’s responsibility to return the Timing Chip + chip belt to the timing van at the Finish Chute or Drop out control outside Transition.

5. If you drop out of the race at any time you MUST inform the Drop Out Control point under the gazebo outside Transition. Failure to do so may disqualify you from participating in future World Triathlon Corporation events.

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

6. 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 Race number as well as your Timing Chip + chip belt to collect your bike and kit from Transition.

Race Day Emergency Number: 079 266 6263
7. 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 outside Transition at the Drop Out Control Gazebo: a cost of R150.00 charged to your race number.

8. If you lose your timing chip on the RUN course, you must notify a Race Official / Referee immediately after crossing the Finish Line. A cost of R150.00 will be charged to your race number.

9. 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).

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

11. Timing chip costs R150 each and if lost / not returned, the athlete will be held liable for the replacement cost. Timing Chips + chip belts will be used to check out your bikes. NO bike will be allowed out of Transition without the exchange of a Timing Chip + chip belt. Please ensure that when returning the Timing Chip + chip belt, that it is recorded.

   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.

Race day pre-event athlete medical evaluation: On race morning, athletes requiring medical evaluation on whether to race or not must be assessed by a doctor in the Main Medical Tent only. The main medical tent will be set up and ready to assess athletes from 1½ hours prior to the start of the race.

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 communicated to the emergency contact by a 5150 Staff member.

**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 5150 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 5150 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). Before taking any medication, be sure it is not on the Banned Substance List from the World Anti-Doping Agency (WADA).

International Athletes & South African athletes with no Medical Aid (unless happy to go to 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 5150 race course. The Medical Tent in the 5150 race 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 pod(s) on land to assist you in case of a medical emergency. During the swim, problems among athletes may include nausea and vomiting from swallowing dam 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).

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 or if medical personnel feel your continued participation is not in your best health.

Race Day Emergency Number: 079 266 6263
The medical personnel will do all they can to keep you in the race and assure a safe finish. However, Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

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.

5150 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.

The medical tent will officially close at 13h45. All athletes seeking medical attention after that time will be referred to 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 5150 South Africa events until accounts are settled.

ACCIDENT REPORTING

Athletes must remain at the scene of an accident in which they are involved with a motor vehicle until an incident report has been completed with an official 5150 staff member and / or local traffic department official.
AWARDS

The awards presentation will be divided into two ceremonies, subject to the final results signed off by the Race Director. The first ceremony will commence at approximately 12h00, and the second ceremony at approximately 13h00. This will take place adjacent to the Finish Line.

Join in the ambience, festivities and camaraderie of the day’s racing. Refreshments will be on sale until after the prize giving.

TROPHIES:
The following trophies will be allocated to the first 3 athletes in each age category per gender:

<table>
<thead>
<tr>
<th>Category</th>
<th>Prizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>1st - 3rd place trophies per gender</td>
</tr>
<tr>
<td>25-29</td>
<td>1st - 3rd place trophies per gender</td>
</tr>
<tr>
<td>30-34</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>35-39</td>
<td>1st - 3rd place trophies per gender</td>
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<td>40-44</td>
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<td>55-59</td>
<td>1st - 3rd place trophies per gender</td>
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<td>60-64</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>65-69</td>
<td>1st - 3rd place trophies per gender</td>
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<tr>
<td>70-74</td>
<td>1st - 3rd place trophies per gender</td>
</tr>
<tr>
<td>75+</td>
<td>1st - 3rd place trophies per gender</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Prizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teams</td>
<td>1st - 3rd place trophies (overall, despite team composition)</td>
</tr>
<tr>
<td>Individuals</td>
<td>1st - 3rd place trophies per gender (despite age)</td>
</tr>
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</table>

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

Race Day Emergency Number: 079 266 6263
RACE PHOTOS

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at the Standard Bank 5150 Nelson Mandela Bay. Your personal race photos will be available at http://www.finisherpix.com/e/3386. Don’t forget to smile when you cross the finish line. Have a great race!

FinisherPix Facebook App – share your best race moments!

Click https://app.finisherpix.com/, choose an event, and sign up with your email address. Once your race photos are available, you will receive a link and will have the chance to select your 3 favorite photos and to share them with your friends!

HOW TO GET YOUR BEST PHOTOS!

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

FURTHER INFO AND CONTACT

support@finisherpix.com | www.finisherpix.com

facebook.com/finisherpix | #finisherpix | WeChat: finisherpix