



New IRONMAN South Africa route offers new scenery and fair challenge

After a decade of capturing the imagination of a city and athletes, the only IRONMAN on the African continent evolves with exciting changes to the route in Nelson Mandela Bay.

Reaching 2000 athletes has prompted race director Paul Wolff to restructure the course in accordance with a number of international IRONMAN races. Once a race reaches over 1800 athletes on the course, certain changes are necessary to enhance safety and ensure a fair race for athletes. This is the standard measure already taken by the biggest IRONMAN races around the world.

The major changes are on the swim and bike courses with the swim becoming a single loop 3.8km sea swim and the bike course becoming a two-loop course of 90km each while the run course remains the same still allowing the athletes to soak up the crowd's energy along Marine Drive.

As has been the custom for the past nine years athletes will start at Hobie Beach only this time instead of completing two laps of 1.9km, athletes will complete a single loop of 3.8km in three separate starting waves starting with the professionals at 06:30, men 24-49 at 06:40 and men 18-24, men 50+ and women at 07:00.

The swim will head out parallel to Shark Rock Pier turning left after 300 metres. The course then goes past Humewood Beach all the way to Kings Beach before turning at the Kings Beach Lifesaving club heading back towards Hobie Beach.

The cycle course now encapsulates some of the best elements of Nelson Mandela Bay taking athletes along the coast, into the heart of the city, past a lake as well as through indigenous coastal bush and nature reserve.

Along with offering an exciting new challenge, the course offers breathtaking scenery with particular features being the Maitlands river valley and nature reserve and sweeping ocean views heading past Maitlands towards Seaview. Once back on Seaview Road the course rejoins the original route linking back up to the coast around Schoenmakerskop and Sardinia Bay before coming back to Summerstrand.



BIKE 180.2km (2 Laps of 90km)

Hobie beach • Port Elizabeth
www.ironmansouthafrica.com



Graph: Min, Avg, Max

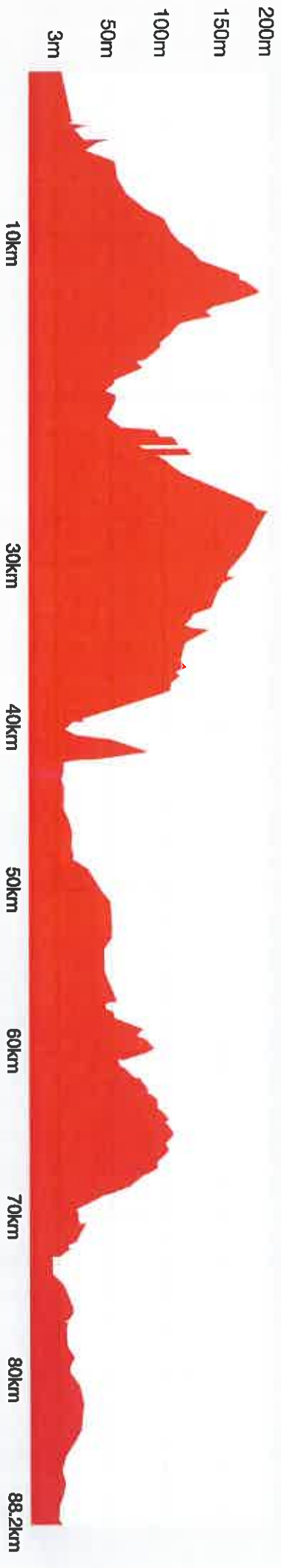
Elevation: 3, 73, 200m

Range Totals: Distance 88.2km

Elev Gain/Loss: 809m, - 809m

Max Slope: 12.5% - 14.8%

Avg Slope: 1.5% - 1.7%



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