



## George Road 04:00 - 16:30

**Between Louis Fourie Road and Rudie Barnard Street: Closed**  
(Residents of De Bakke can use 6th Avenue/Marsh Street as an access point).

**Between Church Street and Rudie Barnard Street: Lane restrictions**  
(Westbound lane is open for traffic from Church Street up to Rudie Barnard).

**Church Street** is a crossover point for vehicular traffic to the harbour, Diaz Museum, Protea Hotel and the Checkers Centre.

## Bland Street 04:00 - 16:30

**Between Church Street and Beach Street: Closed**

Beach Street is a crossover point for traffic to the Port of Mossel Bay Gate 3. (Use Daley and Kloof to access Gate 3 into Harbour). Residents of Daley Street, Huckle Street and Beacon Point must use Beach Street as access point to Mossel Bay Central.

**Between Point Steet and Kloof Street: Lane restrictions**  
Westbound lane is open for traffic from Point Road up to Beach Road)

Residents of Point Village may only turn right out of Wallace Road towards Central.

## Munro Street 04:00 - 16:30

**Between George Road and the Dias Museum lower gate: Closed**

One lane reserved for residents to exit via the Port of Mossel Bay between 04:00 and 08:45. Vehicles will only be able to return after 16:30.

Patrons to Santos Beach, Santos Express and Jackal on the Beach can park off site and walk via Munro Beach. Use Church Street to cross over George Road.

## Station Street ( 04:00 - 16:30

**Between Church/Market Streets and Bland Street: Closed**

Use Church Street to cross over George Road.

## Coastal Walkway 08:00 - 16:30

**From Kloof Street to Point Road: Closed**

Athletes will be running on the coastal pathway towards the Point.

## No Swimming at Santos Beach and De Bakke Beach

Note that no swimming or surfing will be allowed at the swim start, swim exit or any point in between from sunrise until 09:00 (water clear).

# SUNDAY 19 NOV 2023

**04:30 – 06:15**  
**SHUTTLE TO TRANSITION:**  
From Diaz Hotel & Resort,  
and from Central and Point

**05:00 – 06:15**  
**TRANSITION OPENS**  
**at De Bakke Beach Parking**  
**(Garret Street)**

**05:00 – 06:15**  
**Bike Maintenance**  
Outside Transition

## IRONMAN 70.3 MOSSEL BAY START

at Santos Beach (Munroe Street)

**06:30 - Pro Male**  
**06:35 - Pro Female**  
**06:45 - Age Group**  
Rolling swim start

**+/- 08:35**  
**SWIM COURSE CLOSES**

**10:20**  
**FIRST PRO MALE EXPECTED TO FINISH**

**10:35**  
**FIRST PRO FEMALE EXPECTED TO FINISH**

**+/- 13:00**  
**BIKE COURSE CLOSES**

**13:30 – 16:45**  
**BIKE & BAG CHECK-OUT OPENS**  
Transition  
at De Bakke Beach Parking



**+/- 16:00**  
**RACE ENDS**  
Finish Line  
Santos Beach, Mossel Bay

**14:00 – 22:00**  
**MERCHANDISE**  
Diaz Hotel & Resort

**18:00 - 19:00**  
**SLOT ALLOCATION: IRONMAN 70.3**  
**WORLD CHAMPIONSHIP**  
Bleu Lounge  
Diaz Hotel & Resort

**18:30**  
**AWARDS CEREMONY DOORS OPEN**  
Marquee Tent  
Diaz Hotel & Resort

**19:00**  
**AWARDS CEREMONY**  
Marquee Tent  
Diaz Hotel & Resort