

Bay News

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OFFICIAL MUNICIPAL COMMUNITY PUBLICATION



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Our supply dams may soon run DRY!

Water crisis continues: urgent appeal to residents!

By Marthie Nel & Robyn Rensburg

Water disruptions in the Metro have become a common occurrence. The City's water supply cannot keep up with the high demand, especially during the hot weather recently experienced. Residents residing in KwaNobuhle, Kariega, the Western areas and the Northern areas will be acutely aware of the problem, as disruptions in these areas have become a near daily occurrence.

In the event that our local supply dams run dry, the result would be that certain regions within Nelson Mandela Bay will not have running water. More than half of all households, businesses and industry will be affected, resulting in a significant negative impact on the entire regional economy. This, in turn, will cause an increase in waterborne diseases and other health related issues, crime, as well as a potential breakdown in society as we know it.

The Municipality's plea is clear-cut: residents must reduce the City's water consumption to 230 megalitres a day, down from the current 280 megalitres a day, in order to stretch the limited water



Water is life and we do not have much left of it ... the Impofu Dam currently sits below 12% capacity

resources available in our supply dams, until a period of above-average rainfalls is experienced.

This against the backdrop that 2021 was the sixth year in succession that the City experienced below-average rainfall. We must accept that this is a water scarce area: January 2022 recorded the second lowest

rainfall in records dating back 122 years.

Our average rainfall is decreasing, whilst our population is steadily growing, and with it the demand for water.

Our supply dam levels currently stand below 15%. The Municipality's access to the various water sources is also

limited by the restrictions imposed by the Department of Water and Sanitation, especially during severe droughts.

It is ultimately the water consumption behaviour of residents and business that will determine how long our limited resources will last.

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Message from the Executive Mayor



The events that occurred in the Metro in recent weeks are regrettable and are receiving attention.

Following the havoc created by COVID-19, we are slowly returning to normality. Signs of vibrancy and reinvention

are visible in all facets and areas of the City. Read more about new hopefulness and vibrancy in our hospitality and tourism industries and our sports sector.

It's IRONMAN weekend! It's an honour to host the African leg of the international IRONMAN Competition for a remarkable seventeenth time this weekend, together with the inaugural 70.3 Half Marathon. *Love the Bay!*

The political leadership will be visiting all areas of the Metro soon to meet with residents for a public participation process around the City's Draft Integrated Development Plan. Please participate and let your voice be heard about service delivery and development initiatives in your Ward.

While we have reason to be

hopeful, the terrible reality of the severe drought and water scarcity in our region remain. We face the real prospect that our local supply dams will run dry soon. I appeal to you as resident to reduce your daily water consumption to less than 50 litres. The City as a whole needs to reduce its daily consumption to less than 230 megalitres immediately, down from the current 280 megalitres.

Although COVID-19 infection rates and fatalities have dropped significantly, we are not out of the woods yet and need to take the precautions that still apply, such as wearing masks indoors in public places.

As we rebuild our City and its economy, let us do it with more tolerance, understanding and

empathy for each other. The pandemic taught us some hard lessons, also about how precious life and human relationships are. The loss of over 4 500 residents – loved ones, friends and a number of very loyal and competent municipal employees – will stay with us forever.

Stay strong, stay safe, and please save every drop of water while the drought situation remains.

Greetings and blessings from City Hall!

**Cllr Eugene Johnson
Executive Mayor**

Our supply dams may soon run DRY!

CONTINUED FROM PAGE 1

The water crisis is now taking a direct toll on residents' daily lives. The interruptions experienced, do not only mean a lack of water, but affect residents in other ways. When schools are without water, education is hampered, as the normal school week is disrupted, sometimes for up to five days. This greatly affects both learners and teachers, because they then need to catch up with the school curriculum.

Some residents need to queue for water as early as 06:00 in the morning to ensure that they have water for washing and drinking.

Drought mitigation measures introduced by the Municipality

The Municipality has introduced a broad range of water conservation projects and initiatives, in addition to the water restrictions imposed in June 2021.

These include the fitting of

household flow limiting discs and meters (4 829 discs have been fitted); a pressure management programme (there are now 72 pressure management zones in the City); leak repair programmes throughout the City (the number of outstanding leaks in the city was reduced from 3 745 in November to 2 896 in February 2022); leak repair programmes at local schools (21 schools have been 'adopted' by businesses); clearing of alien vegetation in catchment areas (to date, 170 ha of land around catchment areas have been cleared); replacing old and faulty water meters and installing new water meters (as of January 2022, 4 054 water meters have been replaced in the current financial year).

Nooitgedagt Scheme

The Nooitgedagt Scheme has to date always been delivering

approximately 160 Ml/d, of which about 35 Ml/d was treated at the temporary water treatment facility at Grassridge.

Following the long-awaited connecting up of Phase 3 of the Nooitgedagt Low Level Scheme on 29 March 2022, we are finally receiving water from it. Nooitgedagt is now augmenting the water supply of approximately 70% of households in the Bay. The Nooitgedagt Water Treatment Works is situated 80 km north of the City, close to the town of Addo.

The Treatment Works receives its raw water from the Gariep Dam, situated up country; the water supply will therefore not be affected by local droughts. This water will therefore ensure additional supply when our supply from the west (the Churchill and Impofu Dams on the Kromme River) is under threat from drought conditions.

While the completion of Phase 3 is fantastic news for the City, Nooitgedagt is not a cure-all for our water woes: it will supply a limited volume of water only, to about half of the households in the City.

Right now, the Nooitgedagt Treatment Works is putting out approximately 200 megalitres of water per day, of which 80 megalitres is being transferred via the Stanford Road Booster Pump Station to the Western areas.

Under these difficult water constraints, local water heroes emerge!

Good news is that a number of local schools and businesses have come on board and introduced stringent water-saving measures on their premises. Among these water heroes is Tavcor Volkswagen, which was hailed by the Municipality for its innovative ways to reduce its water consumption, such as rainwater harvesting and borehole system.

All its dealerships in the City are now self-sufficient in terms of water. At Volkswagen William Moffett, a 90 000 litres rainwater system was installed that drives the wash bay. Water from a borehole sustains the beautiful waterwise gardens. A 60 000 litres rainwater harvesting system at Audi filters the water to make it potable. In North End, the Commercial Centre is run on a borehole, while the Technical Centre is run on a rainwater harvesting system. To date, the Group has harvested over 11 million litres of rainwater!

• *Residents are again urged to cut their water consumption and save water wherever possible - both at work and at home. Stick to the 50 litres per person a day rule! Become a water ambassador in your family and community, as we face the real prospect that our dams may run dry.*



Bay News

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Recycling is the way to go!

Municipality takes hands of Westering residents to tackle City's growing waste problem



It's all in the yellow bag! Westering residents who participate in the recycling initiative, place all their recyclables – paper, plastic, cans etc. – in the yellow bags issued to them by the Municipality

By Esethu Madlwabinga

The Municipality has long been concerned that the City's two main landfill sites, namely Koedoeskloof and Arlington, will run out of capacity, struggling to cope with the increasing volumes of waste. In October 2021, in an initiative to relieve the pressure on these two sites, the Municipality launched a recycling pilot project in Westering (Ward 9), led by the Member of the Mayoral Committee (MMC) for Public Health, Cllr Thsonono Buyeye.

The aim of this 18 months' long project is to get residents to adopt the habit of recycling and to use the lessons learnt to roll out similar recycling projects in other areas of the Metro.

Although running for five months only, this pilot project, which is called the 'Separation at Source' Project, is flourishing, with both the Municipality and Westering residents committed to ensure its success.

Starting with only a handful of households, over 755 households are currently participating, with a participation rate of 38%, which is well above the national average for similar projects. During the five months, a total of 11 045 kg of recyclables were collected, with the highest monthly weight of 2 767 kg recorded in December 2021.

MMC for Public Health, Cllr Thsonono Buyeye, said, "The project has given us the satisfaction of knowing that residents of the Metro are buying

into this sorting idea, and we are elated at the growth achieved and the progress made in the short months since the implementation of the project."

Residing in Westering but not yet participating in the project? It is so easy to join! Residents must first register to participate. They may visit the Municipality's official website at:

www.nelsonmandelabay.gov.za/page/my-waste or send an email to wmeu@mandelametro.gov.za.

If they do not have access to the internet, they can visit the Ward 9 Councillor's office or the Linton Grange Library, where they will be required to complete a registration form.

Registered participants will be issued with YELLOW refuse

bags, in which they must place ALL recyclable waste from their households – paper, glass, plastic, cardboard and cans, etc. – and put it out on the pavement every Friday, which is the usual refuse collection day in Westering.

The Recycling Team will collect the yellow bags, which are taken to the service provider that we work with, The Waste Trade Company, which will ensure that the recyclables are separated into the various recycling categories and are recycled accordingly.

Thomas William Horne, a pensioner of Westering, is an eager participant in the project. A keen environmentalist, Thomas was impressed by the smooth registration process. Horne encouraged all Westering residents to participate. "A key advantage of this project is that we don't have to sort out the recyclables ourselves: we only collect it and put it in the bags provided - the rest is done by the Municipality, which eliminates the hassle of having to sort it."

The Municipality invites residents that reside within the Westering/Linton Grange area to visit the 'My Waste' page on the Municipality's website. There is a map and a street list which they can use to establish if they fall within the pilot area. The website also provides more information about the project, waste minimisation and other waste related information, so do pay it a visit.

Cllr Thsonono Buyeye concludes: "We must applaud the residents of Ward 9 who are taking part in this initiative. We urge other residents residing in Westering and Linton Grange to register for the 'Separation at Source' project and be part of the change."



SCAN THE QR CODE TO ACCESS MORE INFORMATION ABOUT WASTE MINIMISATION AND OTHER WASTE RELATED INFORMATION!



American Silverseas to help develop Bay tourism

Focus of initial workshop on tourism potential of townships



Look what docked in our Bay on 31 March 2022! The *Silver Whisper* is an ultra-luxury cruise ship that entered service in 2001, and is operated by Silverseas Cruises of Miami, Florida. The passenger capacity is 382 people, served by 295 crew members.



Member of the Mayoral Committee for Economic Development, Tourism & Agriculture, Cllr Mkhusele Jack

By Sive Konkwana

Sharing the Municipality's passion for tourism and local beneficiation, American Silverseas Cruises was a natural choice for a partner to help develop the Bay into a top cruise itinerary destination.

The Municipality, together with Akorn Destination Management, the ground handler for Silverseas ships, hosted a cruise itinerary development workshop at Mendi Arts Centre in New Brighton on 30 March 2022.

The workshop specifically focused on identifying new cruise itinerary options within New Brighton, Walmer Township, Bethelsdorp as well as Motherwell. The Metro invited local tourist operators and community tourism forums, which the NMBM Economic Development, Tourism & Agriculture (EDTA) Directorate works with and supports, operative within these areas. The workshop coincides with the visit of a Silverseas cruise liner, the ultra-luxury *Silver Whisper*, which docked on 31 March 2022.

Nelson Mandela Bay is seen as the top cruise destination for cruise ships visiting Southern Africa due to its proximity to Eastern Cape safari options such as Addo Elephant National Park,

and numerous private game reserves close by.

Visiting cruise ships play an important role in Nelson Mandela Bay's tourism industry, bringing many passengers and crew to the City's shores. These passengers undertake tours and travel to beautiful regions, spending valuable tourism rands and ultimately contributing to growing the local economy.

Member of the Mayoral Committee (MMC) for EDTA, Cllr Mkhusele Jack, said that given the growth in the number of cruise ships visiting the City prior to COVID-19, it became vital to plan and strategise around the development of this industry in order to achieve higher economic returns for the City and to position the City as a destination of choice for visiting cruise lines.

"Prior to COVID-19, the Nelson Mandela Bay Cruise Ship Steering Committee developed a Nelson Mandela Bay Cruise Strategy to ensure that Nelson Mandela Bay becomes a national leader and destination of choice for cruise lines visiting South Africa and for the City to reach growth in the cruise line industry. This is needed even more now, after the devastating impact COVID-19 has had on tourism. The strategy

provides the City, key industry stakeholders and regional partners with clear direction by identifying priority action areas that will assist us in reaching our growth potential in the cruise industry," MMC Jack said in his welcome message.

The NMBM, in partnership with Transnet, the private sector and other roleplayers, has already started to implement the strategy for Nelson Mandela Bay in order to grow and develop cruise tourism to the City, contributing to job growth and the economic development of the City.

The strategy focus on maximising the local economic opportunities this industry can provide for the City through encouraging investment in infrastructure, enhancing our visitor experiences and increasing regional dispersal.

"In the 2018/19 season, the total spend from cruise line dockings in our harbour was in excess of R30 million. We experienced a very significant growth in the number of cruise liners visiting our shores. The 2019/20 season would have shown a dramatic increase to 34 cruise line visits, but the season was cut short because of the COVID-19 pandemic," Cllr Jack concluded.

Paul Burning from Akorn

Destination Management believes that the hosting of a Workshop by the Municipality and Akorn is a sign of positivity and of hopefulness for the future revitalisation of our economy.

Burning said, "We are here as Akorn to help to develop the products to get more young people involved in the tourism industry and to increase the economic impact in Nelson Mandela Bay communities from tourism itself and specifically from cruise ships.

"I am committed to spend time in local communities presenting workshops, mentoring tour operators on the development of their products and mentoring tourism start-up companies on how to price themselves.

"I will also be helping qualified tour guides with training on how to interact with cruise ships and cruise guests, and the specific skills they need, so whenever a ship is here they will be the first guides to be called.

"We need to change the profile of the guides to reflect the environment they guide on."

Moving forward, the community will produce a number of products to propose to Akorn, that will then put them together in a usable package and send it through to the cruise clients.

Hope for hospitality industry

Recruitment and recovery



Bringing employers and retrenched employees together ... A hospitality workshop hosted at the Tramways Building was a shot in the arm for recruitment and employment in the local hospitality industry



Francine Zana, founder of Exclusive Hospitality Concept, addresses the audience

By Sive Konkwana

The devastation the COVID-19 pandemic caused to the local hospitality industry saw many hospitality industries shutting down or retrenching their employees.

In an attempt to address the situation, the Nelson Mandela Bay Municipality in November last year partnered with Exclusive Hospitality Concept, Eastern Cape Parks and Tourism and the MBDA in hosting a hospitality stakeholder engagement session at the Tramways Building. During

this network session, tourism, hospitality, businesses and other stakeholders were encouraged to give retrenched hospitality staff a second chance.

Chatting to the founder of Exclusive Hospitality Concept, Francine Zana, she shared that she initiated the programme to ensure that the majority of unemployed and skilled people would get the necessary exposure to stakeholders to reduce unemployment.

Francine Zana said: “The objective is to create a networking platform for retrenched and unemployed hospitality workers

and potential employers. I’m not a placement agency: I simply connect employers to jobseekers and vice versa, free of charge. I simply bear the responsibility of forwarding their CVs. I am doing this for free, just out of love for the hospitality industry.”

Positive feedback has since been received from beneficiaries of the workshop.

Buhle Mafani: “I am one of the people who benefited from the Exclusive Hospitality Concept workshop hosted by the City. I was retrenched in 2020 during COVID-19, but today I am

proud to say that I am serving as Executive Chef for nine guesthouses, owned by one person. I was so honoured to meet with the company that runs these kitchens and it’s all thanks to the NMBM for inviting companies to the workshop.”

Lunga Nzanze, who is also a beneficiary of the initiative, has encouraged unemployed people, especially those who lost their jobs due to the pandemic, to stay positive and embrace initiatives of this nature.



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Our libraries are back in full swing!

Full services available to book-loving public

By Sive Konkwana

Yes, our libraries have been open since 7 March, offering FULL services! And the book-reading public of Nelson Mandela Bay is flocking back. For many, their favourite place in the Bay is their local library – their gateway to knowledge and culture. Our libraries are fully operational from Monday – Thursday (09:30-17:00) and Friday (09:30-14:00).

This follows the partial opening of our libraries, for limited services and hours, on 2 August 2021.

Sadly, however, not all our libraries have reopened: lockdown saw the vandalism of four libraries (Chatty, Motherwell, Allanridge and KwaMagxaki), and they remain closed to date.

NMBM Library Services Deputy Director, Mrs Bongiwe Chigumbu, reminds us what the services on offer at municipal libraries in the Bay entail:

- Borrowing and returning of books
- Reference services
- Photocopying services
- Use of in-house books
- Face-to-face programmes
- Use of computers and access to Wi-Fi.

Although the full reopening of



Walmer Library fully open: Librarian Anati Dondashe assists patron

our libraries was made possible in terms of COVID-19 lockdown level 1, we are not fully out of the woods yet. “Our libraries will be managed as per the current COVID-19 protocol. Masks must always be worn inside,” Mrs Chigumbu cautioned.

No fines were levied on outstanding books and other library material while strict lockdown measures applied (March 2020 to April 2021). However, municipal libraries were opened on a limited basis last year

to allow patrons to return books and materials. If you did not make use of this opportunity and your books are still outstanding, please go to your local library and talk to the library staff about the matter of fines.

Senior Librarian at the Walmer Library, Tasmeeema Whitebooi, shared that Library staff had been working under a lot of pressure to make sure that our libraries are operational and that the public adhere to COVID-19 regulations.

“The public are ecstatic that

our operating hours are back to normal. We had a lot of customers that could not visit the library when we still closed early, at 15:30.”

A tip to local readers from Tasmeeema?

“Try reading electronic books, newspapers and magazines!” Visit online platforms using the following link:

- <http://nmbm.lib.overdrive.com>
- <http://www.nelsonmandelabay.gov.za/PRAUTH/login.aspx>
- go to the Press Reader link.

Arts Indaba gives hope to local artists

By Sive Konkwana

Local artists have suffered greatly during the COVID-19 pandemic and lockdown: no shows, no exhibitions, no performances – no income.

However, following an Arts Indaba hosted by the Municipality at the Mendi Arts Centre in New Brighton on 9 and 10 March 2022, many local artists feel more optimistic about the local arts scene. An exciting upcoming cultural boost discussed at the Indaba also served to invigorate the attending artists: The Mandela Bay Arts Festival, to be co-hosted in the Bay in September 2022 by

the National Arts Festival and the Nelson Mandela Bay Municipality.

At the Indaba, the Municipality recommitted itself to the creation of an environment in which local artists would develop and prosper.

Welcoming the artists, NMBM Portfolio Head for Sports, Recreation, Arts and Culture, Cllr Bassie Kamana, said that it was critical for the City to consult with local artists to ensure that the plans implemented, address artists’ needs.

“We believe that NMB artists should not feel the need to leave our City to search for greener pastures elsewhere as if though there were no opportunities here. We have a mandate to work with and develop them and ensure that they prosper. The arts and culture sector plays a

crucial role in our society, including economically,” MMC Kamana said.

Brent Jonas, NMBM Project Manager for the Arts Indaba, commented: “Now that COVID-19 Regulations have been relaxed, many critical issues need to be addressed, such as policy and remuneration issues, which are of great concern to our artists. We must keep dialogue with artists open: they must feel free to raise their concerns so that we as officials can establish more discussion platforms and become better equipped to address their challenges.”

Of great interest to the attending artists was the presentation on the inaugural Mandela Bay Arts Festival, to be hosted in September

2022. The Festival will take the form of one festival in many venues across the City. Audiences can expect performances, workshops and craft and design exhibitions throughout, exposing the cultural and creative talents of Eastern Cape artists.

Poet Lelethu Mahambhlala (aka PoeticSoul) was hopeful that constructive resolutions would emerge from the Indaba: “We as artists really felt neglected during the pandemic. However, based on this Indaba, we really look forward to discussions that will yield positive results, not only for us as artists, but also for NMB residents, as our work provides life and healing to people.”

Zolani Bongco honoured

He was celebrated by SABC and Cricket SA for covering 250 ODIs

By Nceba Dladla

He joined Nelson Mandela Bay Boxing Promoters Association, which recently held an international boxing tournament that saw local female boxer Razel Mohammad win the South African (SA) Cruiserweight title fight and Sanele Magwaza defending his WBF All Africa Bantamweight title.

Head of Big City Boxing Promotions, Zolani Bongco of KwaMagxaki achieved the feat while being hailed by SABC and Cricket South Africa (CSA) after doing commentary on television and radio in 250 One-Day Internationals (ODIs) South Africa played against other nations. This honour was bestowed on Bongco when the Proteas played against Bangladesh in Gauteng recently.

“Doing 250 ODIs is a milestone. It means a lot. It is like players being celebrated after finishing 50 and 100 hits or achieving their caps,” explained Bongco, popularly known as ZB or the ‘Izo-Man’ of the airwaves. Bongco has won many accolades, including the Hall of Fame: Liberty Radio Award.

“This honour means a lot to me,” added ZB, “not because I’ve been

in this for a long time. But because I’ve been doing it for the country. I have represented myself, my family and my country so well.”

The ‘Izo-Man’ has travelled around the world giving sport commentary in boxing, cricket, including the six World Cups, as well as six FIFA Soccer World Cups, the Rugby World Cup, the Commonwealth Games and IAAF.

He regards broadcasting as nothing but a calling, though he admits education is required. Bongco started broadcasting at Radio Xhosa, now known as Umhlobo Wenene FM, in September 1987. An allrounder, he presented programmes like *Lajik’ ilanga*, 12-Down Talk Show, The Quiet Storm, Gospel International and Afternoon Drive.

Though he was the darling of the listenership in all those programmes, it is in sport presentation and commentary that his star started to shine, said the man, who grew up listening to Radio Xhosa and was inspired by the likes of Given Ntlebi, Mandla Myeko, Peter Bacela, Stan Mosia and Dambile Tuswa – among the crème de la crème of radio broadcasting.



Behind the mic, Zolani Bongco doing what he loves, radio commentary

Nelson Mandela Bay bags another SA title in boxing

By Nceba Dladla

Nelson Mandela Bay’s Sakhele Magwaza successfully defended his World Boxing Federation (WBF) All Africa title against challenger Arnel Lubisi from Mpumalanga Province.

The fight, held at the Fairview Sports Centre on Saturday, 26 March 2022, was the main bout of the tournament, brought courtesy of Boniswa Lamani’s Aphile Boxing Promotions (ABP), in conjunction with the Nelson Mandela Boxing Promoters Association. It was bankrolled by the Metro Municipality.

The biggest winner of the

tournament, however, was Razel Mohammad from the Northern Areas of Gqeberha.

In only her fifth professional fight in fisticuffs, Mohammad (87.7 kg) won the South African (SA) Cruiserweight Title fight, beating on points over 10 blistering rounds Lillian Molala (88.7 kg) from Gauteng.

She became only the second woman from the City to stake her claim to being the best in her division, after SA and IBO Inter-continental Female Junior Lightweight Champion Nozipho Bell from Walmer.

Featuring in her fourth professional encounter as a pro, female Owethu Rula of Gqeberha

had the better of Harriet Mtende from Malawi, beating her on points over four rounds.

In other bouts, Thabiso Zakhe (Gqeberha) stopped Lubabalo Bokuva (Makhanda) in the first round; Xolisa Voyi (Buffalo City) won tko 5 over Yanga Ndozana (Gqeberha); Hlomla Goniwe beat Lonwabo Roboshi (Gqeberha) tko 1; Romeo Makwakwa (Malawi) stopped Khayaletu Ngqani tko 3 and Gqeberha’s Louis Phillip Jr overcame the challenge of Siphosethu Matyholweni, also from Gqeberha.

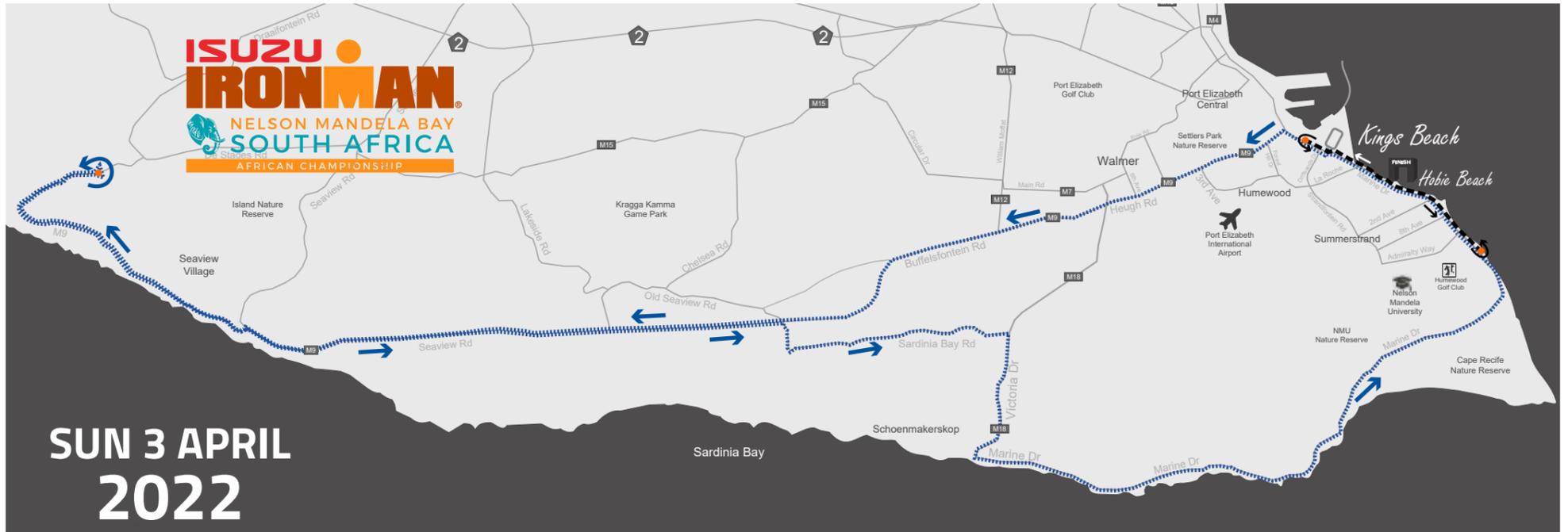
“Boxing is growing steadily in the city because it’s in good hands. Last December we had a very successful tournament when

our Nozipho Bell won the IBF Intercontinental Title. Now we’re taking the SA Jnr Heavyweight title, we defended the WBF Africa title, while we also have the WBF International Strawweight Champion in Motherwell’s Thembelani Okolo,” an overjoyed Mandela Bay Sport Portfolio Head, Cllr Bassie Kamana said.

A former professional boxer himself, Kamana added that with this rate and the continued support of the Municipality, Nelson Mandela Bay would soon again be referred to as the Mecca of Boxing, as in the days of old.

It's IRONMAN weekend!

Breathtaking courses and feverish support!



By Sive Konkwana

Not sure what to do this coming weekend? World-class sporting entertainment awaits you, as the cream of national and international athletes will descend on the Bay for the IRONMAN!

What's in store? Not only ONE international IRONMAN race, but TWO! Full distance and half distance! Breathtaking courses and feverish support! Yes, the Bay will not only be hosting its 17th edition of the ISUZU IRONMAN African Championship, which is a full distance race, but also its inaugural IRONMAN 70.3 Nelson Mandela Bay race (half distance).

This will double the excitement and drama – and many more

athletes will be able to compete!

And don't forget the popular ISUZU Corporate Triathlon Challenge taking place the day before (Saturday), making for an exciting weekend of racing.

The COVID-19 pandemic has played havoc with sports all over the world, but international flights to South Africa have fortunately been reopened. The strong field – with some very big names – that enrolled, shows that endurance athletes are determined to show their mettle in this gruelling sport.

Over 2 000 athletes are expected to participate in these events, with an exceptional professional field set to race the ISUZU IRONMAN African Championship event.

Athletes in the full distance

ISUZU IRONMAN African Championship will take on a 3.8 km swim at King's Beach. Professional men will start at 06:30, while professional women will start five minutes later, at 06:35. The seawater temperature will be around 20 degrees Celsius.

This swim will be followed by a 180.2 km bike ride through the suburbs of Nelson Mandela Bay, towards Seaview. Athletes will then continue over the iconic Maitlands, before turning on De Stades Road. They will then continue back to transition along Marine Drive, completing this loop twice to make up 180.2 km.

The 42.2 km run will take athletes along the beachfronts of Summerstrand and Humewood

to Flat Rocks, before heading down the magic red carpet to the Finish Line (Hobie Beach). If they finish within the prescribed time they will hear the famous words bellowed on reaching the finish line: "YOU ARE AN IRONMAN!"

Athletes participating in the half distance championship (ISUZU IRONMAN 70.3 Nelson Mandela Bay race) will take on the same course, but complete half the distance only, i.e. they will swim 1.9 km at King's Beach; cycle 90.1 km and run 21.1 km before finishing on the red carpet at Hobie Beach.

There are many spectator points along the route.

Be there!



The last leg of the IRONMAN African Championship consists of a run of 42.2 km
Picture: Craig Muller



Gruelling endurance race ... Athletes participating in the swimming leg of a previous IRONMAN African Championship in the Bay.
Picture: Chris Hitchcock