



FIRST TIMER GUIDE

Some helpful information and tips for those
taking part in their first IRONMAN

WELCOME TO YOUR FIRST IRONMAN EVENT

Well done on making it through all the hours of training to your first IRONMAN race. The town of Tenby and everyone here at IRONMAN is ready and looking forward to welcoming you to the event. I'm sure your journey this far has not been without its challenges and it probably won't be any different on the day of the race. There may be hills you think you can't climb, or miles you think you can't cover but we're with you and will be willing you all the way to the finish line as you become an IRONMAN for the first time. And maybe that finish line will spur you on to become one of the many who said 'never again', but go on to join us at more IRONMAN start lines!

- Your IRONMAN Wales Race Director, Rebecca Sutherland

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so have created this little guide with information that may be useful to you if you haven't raced with us before. If you have any other questions, please do email us at wales@ironman.com and we will be more than happy to help. Have a great race!

- Your Athlete Services Team

Important information to note:

- Please make sure to write your Emergency contact details on the back of your BIB - this should not be someone who is racing but someone who is there on Race Day
- If you have collected your race materials but then decide not to race, please email the Athlete Services team at wales@ironman.com with your BIB number in the subject line. This is so we know you are safe and not racing
- If you DNF or are cut-off during the race, you will be looked after by the Athlete Services team and Race Chaplains in Transition. The process around collecting your bags and contacting your family so they know you are safe will be explained by one of the team here



FRIENDLY FACES

Taking on an IRONMAN is no mean feat and understandably, you may have some nerves. If this is the case, the IRONMAN team always have time for any questions and are happy to calm any last minute worries onsite. You'll be able to find our staff in IRONMAN branded high vis jackets, or in branded black polo shirts. To give you an idea of who is best to talk to in each area, please see below:

General

Leading the IRONMAN Wales team is Rebecca Sutherland. Also Race Director of IRONMAN 70.3 Swansea, Rebecca is no stranger to putting on brilliant Welsh events. She works tirelessly over the year to ensure you have a fantastic racing experience. Being Race Director means that Rebecca is rarely in one place for long, but she is always happy to answer any questions you might have or listen to any feedback. If you can't find her in person, our Athlete Services team can pass on questions and messages to Rebecca throughout the event.

Registration

Here you'll be able to find Athlete Services team whose job it is to look after you. The Athlete Services lead of IRONMAN Wales is Freya but Sarah, Fran or Holly will all be able to answer any questions just as well. They will be in registration from when this opens on Friday, until it closes on Saturday. You'll then be able to find them in Transition on Race Day where they run the Welfare tent.

IRONPRAYER

We are fortunate to have two Race Chaplains, Pat and Jo, who have worked on IRONMAN events for years. Pat is a fellow IRONMAN athlete and has even attended the World Championships in Kona a few times and the pair of them have worked this event for years so have all the knowledge of past years. You can find both of them floating around the event site or attend their IRONPRAYER at 18:00 on Saturday 2nd September in the Deer Park Baptist Church where they take a moment to reflect on what the next day has in store for all our athletes.

Swim Course

At swim, you'll find Lewis who is our Swim Course Director. As an IRONMAN athlete himself, he's always on hand for good advice - whether it's how often to sight, tricks to stop your goggles fogging up or where to stand in the starting pens.

Transition

Here you can find Ross and Aidan, our Venue Managers for Transition. They are both very friendly and always happy to have a chat about anything Transition related - whether it's the run to Transition, the flow into Transition on Race Day or simply where to rack your bike. They continue working long after the race has finished, helping athletes to be reunited with their bike and bags so please make sure to say a big thank you as it is a long day for everyone.

Bike Course

Directing our Bike Course is our very own source of energy, Amy Hudson. Amy and her co-pilot Neil have worked the IRONMAN Wales course together previously and their knowledge of each ascent, descent, corner and flat is incredible. The team tend to be out on the course during the lead up to the race but should you have any questions, the Athlete Services team can get you answers from Amy and Neil.

Run Course

Directing our Run Course is Operations Director and IRONMAN UK Race Director, Dean Smith. Having worked in the Sports Events industry for years, Dean is the perfect man to have on the final stretch of your journey so he and the Run Course team will be there to power you through the last 26.2 miles of your first IRONMAN. This team are usually out on the course preparing so if you have any questions about the run, please ask the Athlete Services team who can find out for you.

KEY LOCATIONS

Registration - Five Arches Car Park
EXPO and the Merchandise Store - Five Arches Car Park
Transition - Seafront Car Park
Swim Start - North Beach, Tenby
The Finish Line - Esplanade, Tenby

WHAT3WORDS

///banquets.volume.grudging
///done.cheesy.bulldoz
///spurring.proven.anode
///value.outlast.realm
///like.overlaid.slows

FREQUENTLY ASKED QUESTIONS

1. What do I need to bring to registration?

- ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (BTF or Triathlon Federation approved)

2. When do I receive my timing chip?

- At bike check in

3. Do I receive a race pack prior to the race?

- No, all race materials will be given to you at onsite registration on Friday 1st September or Saturday 2nd September

4. What's my BIB number?

- This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges).

5. I've registered on site but now don't want to race, what should I do?

- Please send an email to wales@ironman.com as soon as possible to let us know that you won't be racing, this is really important so we know you're safe before the race starts

6. Can I rack my bike on race morning?

- No, you must attend bike check in between 08:30 and 15:00 on Saturday. No exceptions can be made

7. What goes in the transition bags?

- **WHITE BAG** = streetwear (any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet)
- **RED BAG** = run gear (trainers, cap, sun cream)
- **PINK BAG** = old trainers (for the 1k run to transition from the swim)

8. How do I get to Transition/race start on race morning?

- There is a shuttle bus from Carew Airfield and then a short walk to the swim start or plenty of car parks in Tenby which are accessible on race morning

9. What shall I arrive in on race morning?

- We advise that you come in your trisuit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

10. What should I do with my timing chip after the race?

- You should have handed this in at the Finish Line. If not, please hand it in at Transition when you check your bike out

11. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 06:20 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

12. Do I need to wear a wetsuit?

- A wetsuit is mandatory for water below 16 degrees. We encourage you to wear a wetsuit between 16 and 24.5 degrees. You are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions)

13. Can anyone collect my bike and bags for me?

- Yes. If you bring your nominated family member to registration with you, we can register them so they can collect your items

14. Do I have to use a triathlon specific or TT bike?

- No, this is your choice but the bike must be a road bike with drop handle bars, flat-bar bikes are not permitted

15. Will there be mile markers on the bike and run course?

- Yes, there will be 10 mile markers on the bike course and mile markers on the run

16. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race

17. What is Personal Needs and how do I use it?

- Personal needs bags must be requested via Additional Purchases in your Active profile and can be used for any supplies you may need on the bike and run course ie nutrition, sun cream or blister patches. These will be on the course for you to pick up when you need but please note that you will not get them back unlike the white, red and blue bags.

18. Can my family run down the Finish Line with me?

- No, you will be disqualified if you bring anyone on to the course that is not participating in the race

19. Are there showers after the race?

- No, there are no showers in Athlete Village

20. Where will my white bag be after the race?

- Your white bag will be waiting for you in the post race area, shortly after the Finish Line

TIPS AND TRICKS



Look after each other



Make sure emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is on the back of your BIB



If you raced the bike, you'll walk the run - don't push yourself too hard



Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!



Never try anything new on race day - stick to what you know! For both kit and nutrition



Familiarise yourself with the walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker



There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course



Enjoy your red carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

QUICK PUNCTURE REPAIR

We at IRONMAN like to see everyone get to the Finish Line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself so we thought we would give you a few pointers on how to. We also recommend you practice this before racing. We suggest that you carry at least 3 repair kits incase you are unlucky to have several.

YOUR REPAIR KIT WILL NEED THE FOLLOWING:

- New inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- CO2 canisters x 2 OR an inflator/pump

TO MEND YOUR PUNCTURE, YOU WILL NEED TO:

- Remove the wheel. If it's the back wheel change, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on
- Check the outside of the tyre to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove
- Use the tyre levers to remove the tyre. This is the hardest part of changing a tyre. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim
- Remove the existing inner tube. Remember to unscrew the ring from the valve
- Run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check
- Take out your new inner tube and open the valve, blowing a small amount of air into the tube -this will help it sit correctly under the tyre-Insert the valve into the wheel rim hole and push the inner tube into place
- Starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched
- Push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve
- Moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever
- For the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place
- Place the wheel back on your bike, making sure to tighten it before inflating
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister - keep this in case you need to top up or are unlucky enough to get another puncture

FIRST TIME CHECKLIST

BEFORE TRAVELLING:

- Check the schedule and plan accordingly
- Read the Athlete Guide
- Watch the Online Race Briefing



Travel to Tenby

FOR REGISTRATION:

- Bring your valid Photo ID
- Be sure to have your QR code ready
- Bring your Annual Race Licence (if you have one)
(if you don't have an annual licence, you should have bought one when registering. You can also buy this on the website [here](#))

AT REGISTRATION:

- BIB number
- Wristband
- Sticker set
- Swim cap
- Backpack
- Blue, white and red transition bags

Preparation is key

PREPARATION FOR TRANSITION:

- Place the stickers on your bike, helmet and bags
- Prepare your blue bag with your bike clothes
- Prepare your red bag with your run clothes
- Check your bike over

You will need to place everything listed above in transition

TIME FOR TRANSITION

REFEREES WILL CHECK:

- Your helmet with the sticker (put your helmet on)
- Your bike is also stickered correctly (under seat)
- Your brakes work
- You have your blue bag and red bag (with clothes in)

FIRST:

- Collect your timing chip before entering Transition

AND THEN:

- Leave your bike at your rack number
- Leave your blue bag on the hanger
- Leave your red bag at the hanger



Sleep Well

IT'S RACE DAY!

DON'T FORGET:

- Your timing chip (put it on your left ankle)
- Your white bag
- Your wetsuit
- Your pink bag with trainers in
- Any nutrition you want to use

BEFORE SWIM START:

- Go to transition to check your bike, add nutrition and fill your water bottles
- Put your wetsuit on
- Leave your white bag in the white bag area
- Self-seed yourself in your estimated swim time



Race Safe

CONGRATULATIONS ON YOUR RACE!

- Collect your finisher items
- Collect your white bag from the finish
- Go to transition to check out your bike and bags
- Check your results (appeals must be made before Mon)
- Attend Awards and Slot Allocation

ADVICE FROM OUR HEAD REFEREE

You have invested a lot of time, money and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible.

However, every IRONMAN event is a World Championship qualifying event and because this applies to every age group taking a range of times to complete the course, the rules will be applied throughout the event.

To avoid having a bad day, here are some of the most common causes of athletes being disqualified:

Littering – deliberate littering is a non-appealable DSQ

Outside assistance – athletes should not take anything or give anything to anyone who is not a race official

Nudity – the only place you can strip off completely is in the screened off areas in the transition tents. If you cannot make it to the loo at the next aid station, please make sure you maintain public decency and be as discrete as possible

Abusive behaviour – there are hundreds of volunteers who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated

Electronic devices – we want your attention to be on the road, the marshals, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets, bone conducting headphones etc

Finish line – you cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for a special IRONMAN finish line photo. Imagine the two athletes behind you sprinting for a WC slot and having to try and avoid the athlete in front with a child on each hand

Please make sure you read the event athlete guide and watch the event briefing. The event website has a link to the full IRONMAN set of rules, try and have a quick read through.

Remember the officials are there to make sure that all 2000 plus athletes have a safe and fair day, and we know that 99% of you want the same. There are always a few athletes who think they can break the rules to gain an unfair advantage and I'm sure you will support us in trying to stop them.

It is a great achievement to complete an IRONMAN event, wear your medal and t-shirt proudly, knowing you finished the event safely, fairly and honourably.

If you have any questions about the rules, please contact athlete services at the event registration area and we will be happy to try to answer your questions.

All IRONMAN events have time limits for completing each element of the event and these are rigorously enforced. There are several reasons for this:

- The roads are only closed for a fixed length of time and we have to allow the local residents and businesses back onto the roads at the agreed time
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period
- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed it within the cut offs. You must complete each discipline within an allotted time from the start of your race ie from when you go over the start timing mat at the beginning of the swim. As all the UK events now have a rolling start, this will be a different time of day for each athlete.

If the rolling start begins at 06:00 and ends at 06:30, there will be 30 minutes from 08:20 to 08:50 when some athletes could be over the cut off and some within, depending on where they started in the rolling start. Officials can see each athlete's individual swim times and will stop any that have not made the cut. The same process happens at the end of the bike section.

In addition to these cut off times there are intermediate cut off points on the bike and run course. These are fixed time of day cut offs and are not dependent on the athlete's start time. They are carefully calculated to ensure that if you are stopped at one of these points you would not have been able to get to the end of the bike or run section within the rolling cut off. In a multi lap swim there may also be an end of first lap cut off.

These intermediate cut off times and distances will be in the event information and the race briefing for each event.

The only fair way we can apply the cut offs is to use the times that we advertise, so an athlete will be stopped if they are 1 second or 1 hour over the allowed time.

If you have any questions about cut offs, please ask the team at the Athlete Services Desk in Registration.