




# SWIM BIKE RUN

Athlete Guide - Sunday 20th August 2023

**IRONMAN**  
IRELAND  CORK

PRESENTED BY  Comhairle Contae Chorcaí  
Cork County Council



## WELCOME WORDS

It gives me great pleasure to welcome you to the 3rd IRONMAN Ireland, Cork Festival Weekend where we will host three events: IRONKIDS Ireland, Cork on Friday evening, IRONMAN 70.3 Ireland, Cork on Saturday and IRONMAN Ireland, Cork on Sunday.



It's great to be back here in Youghal, following on from our previous two successful events in 2019 and 2022. It's going to be a massive festival weekend of racing and I hope many of you will stick around to cheer on your club mates the next day.

As you know IRONMAN 70.3 Ireland, Cork will take place on Saturday 19th August with the full distance on Sunday so there will be some differences to other events you have attended in the past. Please take time to read over this Athlete Guide as there is important information in it.

We are very grateful for the support we receive from Cork County Council, an Garda Síochána, and the local community, as without them this event would not be possible.

The hard training is done, now it's time to enjoy your IRONMAN journey. It's an achievement in itself just to get to the start, and we look forward to you all arriving on the red carpet at the finish line.

Please take the time to enjoy the race and the beautiful surroundings of East Cork on the bike route, and the special support you will receive from friends, family and the wider community of Youghal on the run course and at the finish line. Before you get there you will need to negotiate the now famous Windmill Hill where the crowds will be waiting to cheer you on.

We have World Championship slots for Kona for the men (2024) and women (2023) and also slots for the IRONMAN 70.3 World Championship in New Zealand (2024) so please take the time to attend the awards on Saturday evening and Monday morning, you never know, you just might get a slot for KONA!

On behalf of myself, the local team of John & Laura Innes and the IRONMAN team, we wish you all the best on race day and hope your race goes to plan and look forward to seeing you on the finish line.

**-Your IRONMAN Ireland Race Director, John Wallnutt**

## A MESSAGE FROM YOUR 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 DQ. 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 DQ.
- 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 or next to 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 behavior – there are hundreds of volunteers who have given up their time 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 marshalls, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets 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 Kona 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. Please click [HERE](#) to see the full IRONMAN set of rules, try and have a quick read through.

Remember the officials are there to make sure that all 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.

**-Your IRONMAN Ireland Race Referee, Paul Lester**

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## EVENT SCHEDULE

Please note the event schedule is subject to change



HOURS	DESCRIPTION	LOCATION
Thursday 17th August		
15:00 - 18:00	IRONMAN Athlete Registration	Dolphin Square
15:00 - 18:00	IRONKIDS Registration	Dolphin Square
14:00 - 20:00	EXPO & Official IRONMAN Merchandise Store	Dolphin Square
Released 1 week prior to the event	Race Briefing	Online
Friday 18th August		
09:00 - 18:00	IRONMAN Athlete Registration	Dolphin Square
09:00 - 18:00	Transition open for bike, blue and red bag check in	Dolphin Square
09:00 - 14:00	IRONKIDS Registration	Dolphin Square
09:00 - 18:00	EXPO & Official IRONMAN Merchandise Store	Town Hall
15:00 - 18:00	IRONKIDS Start	
Saturday 19th August		
04:30 - 20:30	Shuttle buses from Car Park to Front Strand	Ballyvergan/R634
08:00 - 14:00	IRONMAN Athlete Registration	Dolphin Square
08:00 - 18:00	EXPO & Official IRONMAN Merchandise Store	Dolphin Square
10:00 - 16:00	Transition open for bike, blue and red bag check in	Green Park
Sunday 20th August		
04:00	IRONMAN Athlete Car Park Open	Claycastle
04:30 - 00:00	Shuttle bus from Car Park to Front Strand (swim start)	Ballyvergan/R634
05:30 - 06:45	IRONMAN Transition Opens	Green Park
06:55	National Anthem	Front Strand
07:00	IRONMAN - Age group Start	Front Strand
09:00 - 19:00	Official IRONMAN Merchandise Store	Dolphin Square
18:00 - 00:30	Transition Open for Bike, Blue and Red Bag for collection	Green Park
15:55 - 00:20	First finisher to last finisher	Market Square
Monday 21st August		
09:00 - 13:00	Official IRONMAN Merchandise Store	Dolphin Square
10:00 - 12:00	Awards Ceremony and Slot Allocation	Dolphin Square

# TOP 5 THINGS TO DO IN YOUGHAL

## 1. Visit Youghal Clockgate Tower

Since 1777, this stunning landmark has loomed over the town of Youghal, making it automatically recognisable and iconic. Take a journey through time, led by an expert guide as you are fully immersed in a sensory, history-in-action tour!



## 2. Youghal Eco-Boardwalk

Ireland's longest seafront boardwalk, a 2-metre-wide and 7km accessibility friendly walkway between Youghal town centre and Redbarn beach. Stunning views over an unspoiled Blue Flag beach.



## 3. Blackwater River Cruise

Take in the elegant estuary beyond Youghal harbour with Captain Tony and explore hidden gems, unseen by any other means. On board the 'Maeve óg,' you'll see Temple Michael and Ballynatray House, with tails of monks and knights, nestled amongst a luscious tree lined landscape.



## 4. St. Mary's Collegiate Church

With its roots in the early Christian era of 13th century Ireland, St. Mary's Collegiate Church is one of the oldest churches in Ireland and one of the most beautiful and important medieval buildings in Youghal. Self-guided audio and guided tours available.



## 5. The Raleigh Quarter & College Gardens

St. Mary's College Gardens occupy an area of nearly five acres of publicly accessible lands. From here you can climb the town walls - the longest stretch of upstanding town walls in the Republic of Ireland.







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# IMPORTANT LOCATIONS AND DIRECTIONS

## TRAVEL INFORMATION - IMPORTANT LOCATIONS

The '///' is related to the *what3words* locations for each of our venues throughout race week, [click here to go straight to the what3words official page!](#)

Registration, Merchandise and Expo will be based in **Dolphin Square** (///goodly.shuts.name)

Swim Start will be at **Front Strand Beach** (///chive.galloping.auctioneer)

Transition will be based at **Green Park** (///worthy.reveal.comets)

Finish line will be based at **Market Square** (///finds.pitched.inflame)

The best way to reach Youghal is by car or bus.

There are 2 major airports close to Youghal:

- Dublin Airport
- Cork Airport

### Cork Airport to Youghal (40 minutes)

Exit the airport and turn left on the main roundabout.

Proceed to the Kinsale Road Roundabout and keep on the right-hand lane.

Take the 4th exit on the left which is signposted for N25.

This will take you through to the Jack Lynch Tunnel.

Follow signs for Rosslare/Waterford. Proceed along the N25 for 25 minutes, through Castlemartyr and Killeagh Villages.

The next town you will get to is Youghal. Turn off the N25 at the first exit and you will enter Youghal.

### From Dublin to Youghal (2 hours 15 minutes from the M50)

Take the N7 (junction 9 off the M50) onto the M7 in the direction of Cork. At junction 11 on the M7 take the exit to the M9 in direction of Waterford. At the end of M9 take the N25 following signs for Cork, via the toll bridge, passing Dungarvan and on into Youghal.

### By Bus:

You can reach Youghal from various locations via bus. For more information, real time service information and a Journey Planner please [HERE](#).



# PARKING AND SHUTTLE BUSES

There will be a regular shuttle bus service that will be running across the IRONMAN Ireland Festival Weekend on Saturday 19th August and Sunday 20th August 2023.

## Car park and shuttle bus pick up location (outside of main town):

Ballyvergan / R634, W3W: ///sunburned.lightbulb.limit

## Drop off location (near swim start):

Front Strand Beach, W3W: ///skiing.pumps.mailing

## Opening dates and times:

Saturday 19th August - 04:30 till 20:30

Sunday 20th August - 04:30 till 00:00

## Cost:

On the day booking: **€10** per car and driver and **€5** for any extra adults and 17 and under are free.

[Purchase shuttle bus tickets here!](#)

If you book online before **16th August** the cost is reduced to €8 per car & driver (plus €1 online fee) , €4 per extra adult and 17 and under are free.

## Useful instructions to note:

- The parking area is a field on the R634 just before the junction to join the N25
- It has 2 access points which can be accessed from the N25 in both directions see map for details of your route off N25
- The field will be supervised at all times and you will be shown where to park.
- The shuttle bus will drop Supporters & Athletes off at Front strand (Swim Start)
- The distance of the shuttle bus route is 3.5km and will take approx. 12 mins to drive
- The distance for athletes/supporters to walk from drop off to T1 is 750m
- The distance for athletes/supporters to walk from drop off to town centre & Finish line is 1.4km





## Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

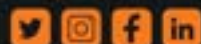
- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

## CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

[contactus@nirvanasportstravel.com](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)



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# REGISTRATION ESSENTIALS

**Location:** Dolphin square (///goodly.shuts.name)

## OPENING TIMES

Thursday 17th August 15:00 – 18:00

Friday 18th August 09:00 – 18:00

Saturday 19th August 08:00 – 14:00

It is compulsory that athletes register and collect their race packs within the times stated on the Event Week Schedule.

There will be **NO late registrations**, please take this into consideration when organising travel.




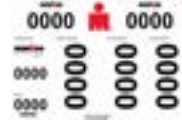

To register you will require:

- **Race Licence from an ITU-affiliated** national governing body or have purchased a **Triathlon Ireland Day Membership**
- **Photographic ID**
- Your **Registration QR code**; which will be sent during race week or in your original confirmation email.

If you do not own a Triathlon Licence, please purchase one prior to the event via the link [HERE!](#)

There will be **no option** to purchase this on the day therefore you must purchase this prior to coming to registration!

**Please note** if you race under a different athletes name, BIB number or registration you and the registered athlete will be banned from future IRONMAN races. This is for your safety - the medical details and emergency contact details we have on record will only match the registered athlete. You will also be reported to Triathlon Ireland and could be sanctioned by them.

ITEM	WHEN TO USE IT	EXAMPLE
BIB NUMBER	<p>You will receive a race number to wear on your back for the bike and front for the run. It is strongly recommended that you get a <b>race belt</b> to save you time in transition, and for ease of transition from bike to run. Your BIB number needs to be placed in your blue transition bag before you rack it.</p> <p>Please note this race does <b>not</b> 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).</p>	
ID Wristband	<p>Your wristband will be placed on your wrist in registration, this will be used to access athlete only areas. You must wear this wristband from this point until the awards ceremony and slot allocation.</p>	
Swim Cap	<p>You will be given a swim cap to wear for the race.</p>	
Race Stickers	<p>You will be issued a sheet of stickers; these are for you to number your kit with. There will be one for your bike, helmet and transition bags, which must all be used. There is also extra for your personal needs bags (if you choose to use these).</p>	
Athlete Backpack and Transition Bags	<p>The athlete backpack is yours to keep as a memory from the event and can easily be used for future swim training sessions!</p> <p>Transition bags - see next page.</p>	



# BUYING A ONE DAY LICENCE

To register you will require a:

**Race Licence from an ITU-affiliated national governing body or have purchased a Triathlon Ireland Day Membership**

If you do not have a race licence from an ITU-affiliated national governing body then you need to purchase a one day race licence, please see instructions of how to do this below:

## Buying a one day licence from Triathlon Ireland

Go onto the Triathlon Ireland Website:

- [Triathlon Ireland](#)

To purchase the ODM, log into your Triathlon Ireland account or register here as a site user (free).

Once logged in select 'Buy a One Day Membership (ODM)' under your account and follow the steps.

You will be able to select the race that you have registered for at this point.

Once purchased, the ODM will be added to your account and available for you to print or download ahead of your race.

You must bring this evidence to registration.

If you have any issues purchasing a one day licence or any other questions, please use the contact details below:

Email: [Reception@triathlonireland.com](mailto:Reception@triathlonireland.com)

Phone: 01 274 1032



# TRANSITION BAGS

WHAT IS EACH BAG FOR?

## TRANSITION BAGS

These will be found in your athlete backpack. You will be issued with three bags at registration. A blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue bag and red bag on race morning to make any last minute changes.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty. You cannot store bike pumps in any of the bags. There will be spare track pumps and on-site mechanics at each transition should you need their assistance.

### Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and race number on a race belt. After you have used your blue bike bag for your swim-to- bike transition, use this bag to pack your swim gear in. This bag is racked at transition in Green Park.

### Red Run Bag

Contains the kit you need for the run discipline. After you have used your red run bag for your bike-to- run transition, use this bag to pack your bike gear in, including your helmet. This bag is racked in transition at Green Park.

### White Gear Bag (streetwear)

This is your after-race bag, it is for you to put any additional clothing ("streetwear") you wear before the race and anything you may require after the race. This gets handed in at the race start on Sunday morning before you go to swim start and will be transported to the finish line for you. If you have spectators watching, you do not have to use this.

PLEASE NOTE: do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.



# TRANSITION BAGS

## WHAT IS EACH BAG FOR?

Please see below what you need to pack in each bag and what to do with them during the race.

If you choose to use a white bag, this will contain streetwear and needs to be handed in before you start the race on race morning but please note you don't have to use this. We do not advise leaving valuables in your white bag, nor track pumps and ask that you don't overfill it. Please note IRONMAN are not responsible for the contents of the bags.

### WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: clothes for after the race, towel, shoes

Drop off: on race morning

Collection: at the finish line after the race



Include: helmet, glasses, bike shoes, socks, bib number

Drop off: transition at Green Park with your bike

Collection: from Transition after the race in the dedicated time



Include: running shoes, hat

Drop off: at Transition on Friday and Saturday

Collection: from Transition after the race in the dedicated time

### WHAT TO DO DURING THE RACE



Take out: helmet, sunglasses, bike shoes, socks, bib number



Put back in: wetsuit, goggles, swim hat



Take out: running shoes, hat



Put back in: helmet, sunglasses, bike shoes, socks

# BIKE AND BAG RACKING

## TRANSITION

**LOCATION:** Green Park

**OPENING TIMES:**

This year transition will be open for full distance athletes on the Saturday and Friday! We hope the additional Friday day will mean you can calm the nerves early on, and allow you to enjoy a day of spectating your team mates, and other athletes on the Saturday!

Friday 18th August 09:00- 18:00

Saturday 19th August 10:00 - 16:00

You must rack your helmet, bike blue and red bag together on Friday or Saturday.

Your helmet and bags must have your race number stickers on them, and your corresponding wristband will be checked. Without these you will not gain access into transition.

Be ready before you get to the entrance of transition. You must have your helmet on with the strap fastened, your race number stickers on the seat post of your bike, and both transition bags. Your corresponding wristband will be checked against your items as you enter transition. Without all these items, you will not be able to rack your bike and bags.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN will not be responsible for any bike failures. There will be bike mechanics at EXPO on Thursday 17th August, and in transition on Friday 18th August, Saturday 19th August and Sunday 20th August to help with any minor alterations.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be IRONMAN staff and volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Friday, Saturday and on Sunday.

## TIMING

You will collect your timing chip at bike check in with the QR code on your wristband. The timing chip needs to be worn on your left ankle during the entire race.

Your timing chip is on loan to you, failure to return the chip will result in a 50.00 EUR fee being charged.

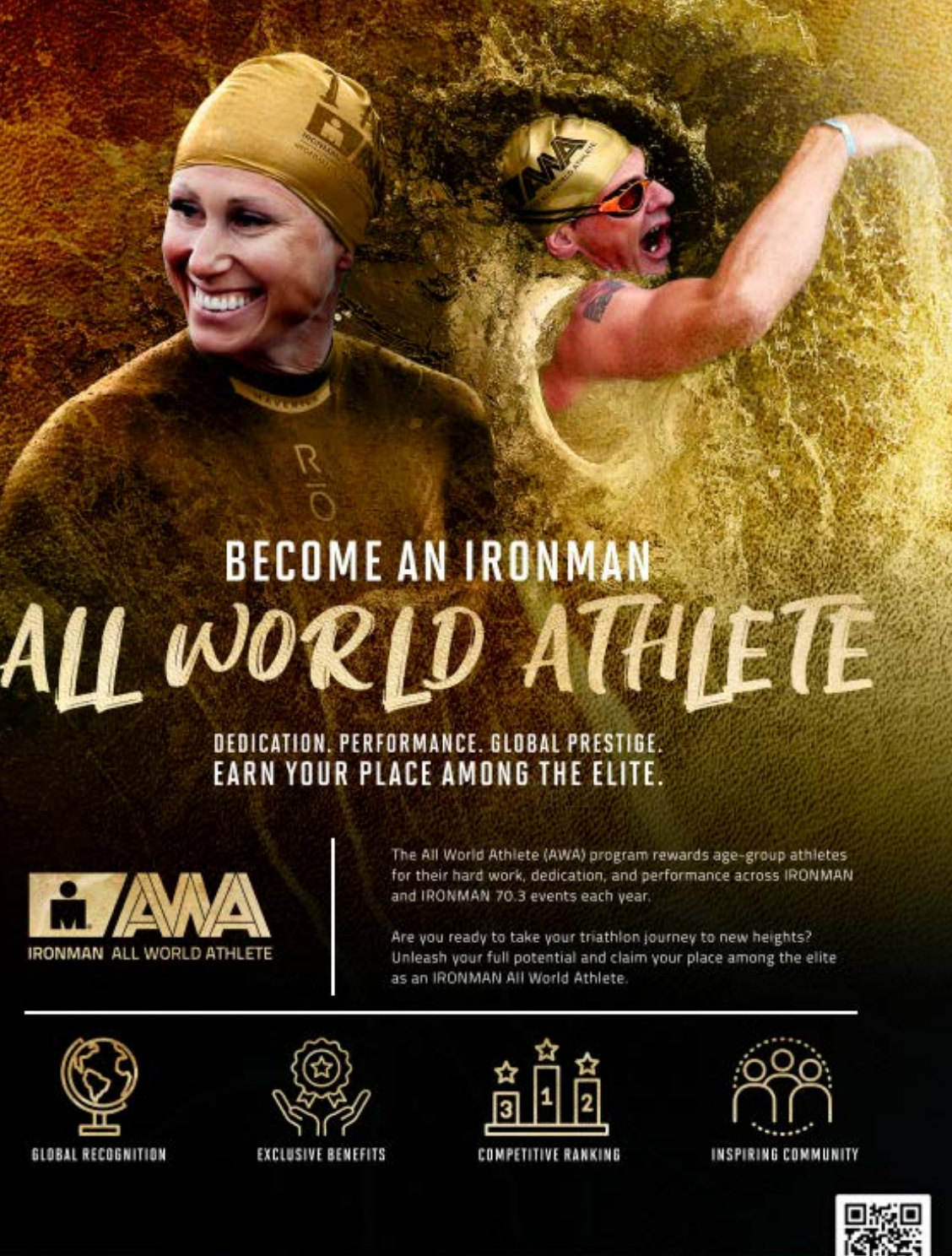
Timing results will show your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement, so you can continue.

Please make sure you hand your timing chip back to volunteers when you pass the finish line and enter athlete village.

**Important - Only athletes with verifiable electronic timing data will be eligible to accept a World Championship slot or receive an award in their Age Group.**





The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 events each year.

Are you ready to take your triathlon journey to new heights? Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.



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VIEW BENEFITS AND LEARN MORE AT: [HTTPS://WWW.IRONMAN.COM/ALL-WORLD-ATHLETE](https://www.ironman.com/all-world-athlete)

## ALL WORLD ATHLETES



AWA GOLD athletes will receive the following onsite benefits:

- Low BIB numbers
- AWA logo on BIB
- Priority bike racks
- Priority access at registration
- Priority access bike check-in
- AWA swim cap



AWA SILVER athletes will receive the following onsite benefits:

- Low BIB numbers
- AWA logo on BIB
- Priority bike racks
- Priority access at registration
- Priority access bike check-in
- AWA swim cap



AWA BRONZE athletes will receive the following onsite benefits:

- AWA logo on BIB
- Priority access at registration
- Priority access bike check-in
- AWA swim cap

All AWA athletes will receive a race specific swim hat with the race logo on and also one AWA swim hat. These will be given at registration



If you have any questions regarding your AWA status or any other queries surrounding AWA, please get in touch with our team on the email address below:

[awa@ironman.com](mailto:awa@ironman.com)



# IRONMAN. TRICLUB



## JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

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# CUT OFFS



## SWIM Cut off - 2 hours 20 minutes

Starts when YOU cross the timing mat. If you do not make the swim cut-off, you cannot start the bike leg.



## BIKE Cut off - 10 hours 30 minutes

There are also two intermediate cut-offs on the bike course, in accordance with the approved traffic plan that coincide with the opening of public roads to traffic. The overall cut off is based on when you crossed the timing mat.

These will only affect athletes who will not be able to make the overall cut-off, based on the average speed they have cycled to these points. Times are based on the last swimmer taking the full 2 hours 20 minutes for the swim and then maintaining the slowest average speed required to complete the course.

- The first cut off will be at the **90km, at the end of lap 1.**
- The second cut off will be at **139km at bike aid station 2 (Midleton)**
- The final cut off will be in transition

The times for these intermediate cut offs will be communicated in the Race Briefing which is available online from one week before the race. Please watch and make sure you are aware of cut off times.

Athletes who do not make these cut-offs may not remain on the course, they will be collected by the sweep vehicles. IRONMAN reserves the right to remove an athlete from the event at any stage if, in the view of the officials, they are unable to complete that leg of the event within the cut off. If you do not make the bike cut-off, you may not start the run leg.



## RUN - 17 hours

Besides the official overall run cut-off time, there will be an additional cut-off on the run course.

- The run cut off will be at **35.4km on lap 4.**

Cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results. If DNF'ed, you will not be eligible for awards or World Champs. Please be aware that you could cross the finish line and be DNF'ed after the race, based on the final timing verified by the timing company. This will be because you failed to complete the bike in the required time or the run **within 17 hours** from when you crossed the timing mat.

# RULES AND REGULATIONS

## Withdrawal Pre-Race

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged £50 for its replacement. If registration has closed, please email [ireland@ironman.com](mailto:ireland@ironman.com) with your name and bib number to confirm you will not be racing.

It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

## Withdrawal During The Race

Any athlete withdrawing from the race at any point must report to a staff member, please ask for the team leader of the area you are in. They will take your bib number and report them to race control. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who receive medical assistance from our medical team are exempt from this rule.

## Rules & Regulations

IRONMAN enforce a series of regulations to maintain safety, sustainability and a fair racing experience for all athletes. Every athlete should ensure that they are aware of the rules. Please see the full 2023 IRONMAN rules [here](#).

## PLEASE NOTE THE FOLLOWING LOCAL RULES


- Littering will result in a penalty
- Bib numbers must be worn on the back for bike and front for the run
- Any graffiti painted on the road will result in disqualification of the athlete (chalk can be used)


## General Rules


- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete
- No iPods, video recording, listening or recording devices are allowed
- Athletes who abuse Race Officials will be disqualified
- Athletes who fail to follow instructions of a Race Official will be disqualified
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately
- Disc brakes are now allowed globally

## Penalties

Penalties can be issued by referees, motorcycle marshals and other race officials using the following card system.

 Yellow Card – 60 second penalty

 Blue Card – 5 Minute Penalty

 Red Card – Disqualification

If you break a rule on the course, a referee will show you a card and report your race number to the penalty staff. You must serve your penalty in the penalty box located in transition. A red card will result in an immediate withdrawal from the race.

# RACE DAY

## TRANSITION

We recommend you arrive a minimum of 90 minutes before the swim start. Please note the transition closing time of **06:45**. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

You will have access to your bike, blue and red bag prior to the race start. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed.

You need to drop your white bag to the designated white bag drop area by transition first thing on race morning and prior to joining the swim walk down. We suggest you arrive with your base layer swimming gear already on.

Again, take this time to familiarise yourself with your surroundings, where your bike is located etc. Do not attempt to mark your bike or racking area. Any markings will be removed by race officials and you may be penalized.

If you discover you have forgotten anything in the morning, race number, timing chip or swim hat, please notify an IRONMAN official as soon as possible so there is time to obtain a replacement.

## WHITE BAG AND PERSONAL NEEDS DROP

Athletes wanting to hand in their white bags will need to drop these at the designated white bag area on the way to swim start. This area will be located just outside of transition. Athletes must drop their white bags by **06:45**.

White bags will be transported to the finish line, where you will be able to collect them upon completion of the race.

Please note if you choose to use Personal Needs Bags on the bike and the run course, you will also drop this on the way to swim start near White bag drop so be sure to bring these with you on race morning with any last minute bits you may need round the course!

# GET SOCIAL

Share your IRONMAN Ireland experience across your profiles with **#IMIreland**

Stay connected with IRONMAN Ireland across our social channels to be on top of all the latest news and exciting events:

**Facebook:** *IRONMAN Ireland*

**Instagram:** *ironmanireland*

## FOR FRIENDS AND FAMILY



TRACK YOUR **ATHLETE**

Live results and tracking available via the IRONMAN Tracker App!

## FEATURES INCLUDE:

**Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.

**Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

**Real-time Facebook Notifications:** Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook notifications. Your stats will post live as you pass each checkpoint.

**Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.

**Mobile App:** Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!





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- Paul, Seattle, WA



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ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET

*Swim start will be at Front Strand Beach, [///chive.galloping.auctioneer](#)  
Swim Exit will be next to Green Park, [///ducks.handprint.recite](#)*

Starting at Front Strand Beach, athletes will complete a **3.8 km single-lap swim** in the Celtic Sea. New and improved this year, athletes will swim past Youghal Lighthouse into Green Park, travelling only metres to transition before embarking on the cycle.

This event will incorporate a **20 minute rolling swim start** for age group athletes.

Age group athletes will enter the water in a continuous stream through a controlled access point from 07:00. The timing chip will register each athlete's start time when they cross the timing mat at the swim start. There will be no warmup in the water prior to the start, so make sure you prepare properly in the assembly area.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the assembly area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time.

Each athlete will be given a race start time when crossing the timing mat at the swim start, just before entering the water.

Athletes have 2 hours 20 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 2 hours 30 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

If you are not an experienced open water swimmer, we strongly recommend that you:

- Ensure that you place yourself at the back of the rolling start seeding
- Stay calm
- If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a kayak, which will come to you. You may hold onto the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if it is necessary a rescue boat will come to return you to land.

# SWIM COURSE

1 loop  
course distance - 3.8 km

**Swim Course Director's Introduction**  
- Rebecca Sutherland

The swim is a 1 lap, 3.8km course in the sea with an on land warm up. Make sure you know your estimated swim time as this will determine where in the rolling start you queue. If you're nervous it's always better to go for a slightly slower swim time so you can have a relaxed start in the water.

You'll cross the timing mat, walk down the steps and into the water before turning right on the first leg of the course along the shoreline. You'll then turn left and left again turning back towards swim start and transition on the longest leg of the course.

If you feel yourself getting tired, have a break and take your time. You'll be swimming adjacent to the shore, around the picturesque Youghal lighthouse before heading straight for swim exit and transition. Make sure you turn at the big orange buoys, use the yellows to help you stay on course and use the swim exit arch as your sighting point to get the best line into swim exit. You'll then be on your feet, up a ramp and then have a short run into transition to start your bike.

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status 30.03.2023

subject to alterations



## SWIM COURSE RULES

1. Athletes must wear the swim cap provided by race
2. No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
3. Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
4. When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted
5. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
6. Swim goggles and facemasks may be worn. Snorkels are prohibited
7. No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
8. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary
9. The swim course will close 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hours and 20 minutes to complete the 2.4 mile swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

To see the full 2023 IRONMAN Rules please click [HERE!](#)

## SWIM TO BIKE TRANSITION

After the swim, you will follow the barriered route back to Transition. You will then collect your blue bag from the bag tent and get changed next to your blue bag. If you need to fully change, change tents are available. Nudity outside of these tents is not permitted.

After you have changed, place your wetsuit and swim equipment into the blue bag and re-rack it on your numbered hook. You must be fully ready to cycle, with your helmet straps fastened before moving your bike.

## WETSUIT RULES

Wetsuits are recommend for all athletes in water temperatures between 16C and 24.5C. If the water temperature exceeds 24.5C, wetsuits will not be permitted. For water temperature below 16C, wetsuits are compulsory.

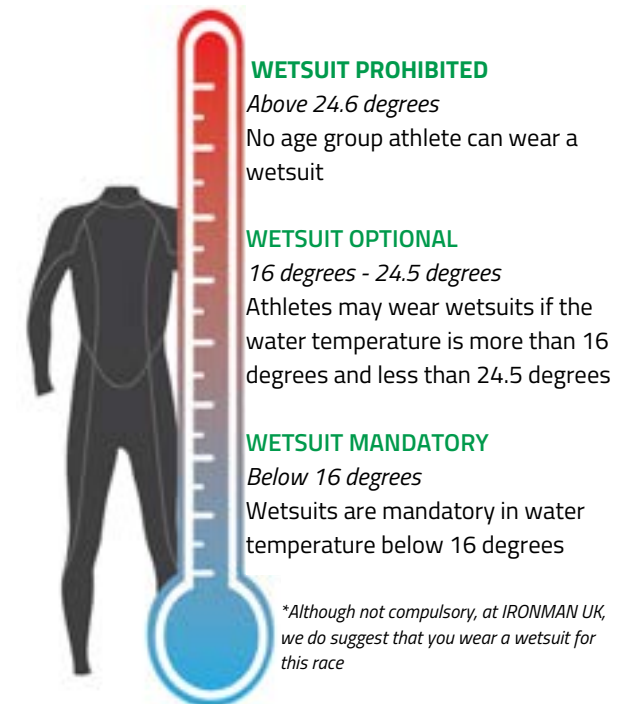
*Prohibited Wetsuit: Wetsuits cannot measure more than 5 mm thick.*

## SWIMWEAR POLICY (non-

wetsuit legal swims only)  
Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear. Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material and that material does not extend past the elbows or knees.

Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).





JESSE THOMAS  
2x IRONMAN CHAMPION

ROKA

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# BIKE

*The bike course will start and finish at Green Park, [///worthy.reveal.comets](http://worthy.reveal.comets)*

## GPX Bike Course

The two-lap 180.2 km bike course heads deep into the rolling Irish countryside, offering a combination of flat and undulating roads with magnificent Emerald Island views. The course takes athletes around the scenic East Ferry, through the buzzing town centre of Youghal, and up the infamously gruelling climb at Windmill Hill - not once, but twice!

## Medical Assistance on the Course

If you feel unwell or unable to continue the race, please let an official know. If you see a fellow athlete looking unwell and struggling to continue 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.

## Bike Mechanical Assistance on the Course

There will be mechanics on course to assist with serious mechanical issues. The mechanics and race officials will not assist with repairing punctures and you should be self-sufficient when it comes to minor mechanical issues.

While the Support Team may, at their discretion, provide spare parts to athletes, you will be required to visit the mechanics when you have completed the race to pay for these items. The mechanics will be following the course and are not on call, we cannot guarantee a response time, and this is dependent on demand and locations.

## Drafting

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 metres measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete - if you remain in this zone without overtaking, you will receive a blue card.

A 'pass' occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken.

It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur a drafting penalty. Athletes cannot block another athlete from passing.

**PLEASE NOTE:** Athletes must wear their IRONMAN issued bib number on their backs clearly visible at all times on the bike course. BIB numbers identify the official athletes in the race. Folding, cutting the BIB number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification.





# BIKE COURSE RULES

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition. Shoes and shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet.

9. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

10. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

Rules continued on next page.

11. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

13. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

16. Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.

For the IRONMAN 2023 full rules, please click [HERE!](#)

# wahoo WINDMILL HILL

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# RUN COURSE

The run course will start at Green Park, [///worthy.reveal.comets](#) and finish in Market Square [///finds.pitched.inflame](#)

## GPX Run Course

The four-loop 42.2km run course is the highlight of this event. Athletes run through the centre of the historical town of Youghal, taking in the Harbour and famous Clock Gate Tower. An ideal supporter hotspot, athletes will enjoy the cheers from their supporters all the way to the finish line at Youghal's buzzing Market Square.

The course is only marked during race week and uses barriers, tape and cones in some places to mark the route.

- Athletes have 17 hours after their individual start to complete the race.
- No form of locomotion other than running, walking or crawling is allowed.
- Athletes are encouraged to wear appropriate footwear due to the varied terrains.

Please be aware that you could be DNF'ed after the race based on final timing verified by timing company which shows that you failed to meet the cut off applicable to your start.

## LAP BANDS!

To ensure you complete the correct number of laps volunteers will hand out lap bands to you on each lap of the run. Please see the lap band location and distances below:

W3W: [///participant.nosh.licensed](#)  
Distances: 7.8km, 19.0km, 29.6km, 40.2km



## FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).





# RUN COURSE RULES

1. Athletes may run, walk, or crawl
2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification
3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event
4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities
6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

7. No individual Support Vehicles or pacers are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing
8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.
9. The run course will officially close 17 hours after the last athlete enters the water

For full 2023 IRONMAN Rules please click [HERE!](#)

## BORN IN THE LAB, PROVEN ON THE COURSE.

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2023 OFFICIAL SPORTS DRINK

# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUID5 to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels; a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

### 226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.

\*226ers Vegan Gummy Bar - Also available at aid station 1



## RUN COURSE

### Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

### Gatorade Powder

Gatorade products have the FLUID5 to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

### 226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



# AID STATIONS AND NUTRITION

## BIKE COURSE

The **three bike aid stations** will be located at:

- Bike Aid Station 1 – **Pre-Garryvoe Station** -  
///pitcher.fading.fuels (20.8km, 108.7km) -  
left hand side of the road

- Bike Aid Station 2 – **Midleton College**  
///mirror.antamoy.disown (50.7km, 138.8km)  
- right hand side of the road

- Bike Aid Station 3 – **Inch National School**  
///barcode.typhoon.silvery (74.5km, 162.4km)  
- left hand side of the road

Each aid station will have:

- Gatorade Thirst Quencher (blood orange)
- 226ers race day bars (all aid stations)
- 226ers gummy bars (aid station 1 only)
- Water
- Maurten Gels (aid station 3 only)
- Bananas (aid station 2 only)

Drinks from these aid stations will be handed out in 750ml bike specific drink bottles.

## RUN COURSE

The **three run stations** will be located at:

- Run Aid Station 1 – **Old Fuel station**  
///grossing.growing.memorandum (0.2km, 11.1km, 22km, 32.9km)

- Run Aid Station 2 – **Tesco**  
///happiest.detractors.reunion (2.1km, 13.0km, 23.9km, 34.8km)

- Run Aid Station 3 – **Copper Alley**  
///delayed.pusuer.behold (3a – 4.7km, 15.6km, 26.5km, 37.4km, Run 3b (Water Station) – 6.1km, 17.1km, 27.9km, 38.8km Run 3c – 7.9km, 18.8km, 29.8km, 40.7km)

Each aid station will have a variety of the below, check the page below for specifics of each station, :

- Gatorade Thirst Quencher (orange)
- Maurten GEL 100 & GEL100 CAF 100
- Water
- Cola
- Bananas
- Salted snacks
- Sweets

The drinks and nutrition will be handed out by volunteers. The volunteers will ensure that stock is continually replaced so you do not miss out.

There is also a **Red Bull Station** at the northern turn point, you will pass it at approximately 7.1km, 18.3km, 28.8km and 39.5km.




























































Cups and gels should be thrown in the bins provided – not on the ground.  
Athletes will be disqualified caught littering by a Race Official.





# AID STATION BREAKDOWN

AID STATION SUMMARY - IRONMAN IRELAND 2023										
 MARKER (KM)	LOCATION	 WATER	 GATORADE ISOTONIC	 COLA	 SWEETS	 SALTED SNACKS	 RED BULL	 ENERGY BARS	 BANANA	 MAURTEN ENERGY GEL
BIKE COURSE										
20.8, 108.7	PRE-GARRYVOE STATION			X	X	X	X		X	X
50.7, 138.8	MIDLETON COLLEGE			X	X	X	X			X
74.5, 162.4	INCH NATIONAL SCHOOL			X	X	X	X		X	
RUN COURSE										
0.2, 11.1, 22, 32.9	OLD FUEL STATION									
2.1, 13, 23.9, 34.8	TESCO								X	
7.1, 18.3, 28.8, 39.5	REDBULL	X	X	X	X	X		X	X	X
4.7, 15.6, 26.5, 37.4	COPPER ALLEY (A)									
6.1, 17.1, 27.9, 38.8	COPPER ALLEY (B)		X	X	X	X	X	X	X	X
7.9, 18.8, 29.8, 40.7	COPPER ALLEY (C)								X	

Please see a summary of the aid stations available at IRONMAN Ireland, if you go from the left hand side of the page you can read the miles and location of the aid station and then moving along what will be available there. The green box is what is available and the black X means this will not be available.

All supplies on the aid stations are subject to availability and change.

# 226ERS

# IRONMAN EUROPEAN SERIES

2023 OFFICIAL NUTRITION BAR PARTNER

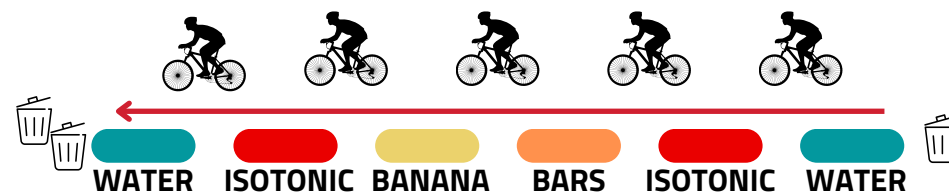


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## ON COURSE NUTRITION

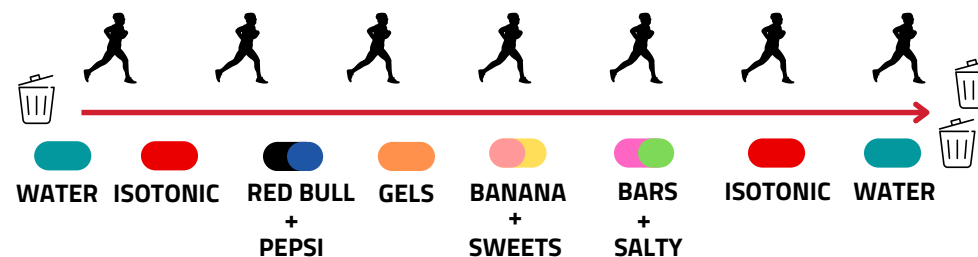
### BIKE COURSE

The aid stations layout will be as per the image below for the bike course (subject to alterations):



### RUN COURSE

The aid stations will be laid out as per the image below for the run course (subject to alterations):



*Please remember littering on the course will lead to disqualification. Therefore, please use the bins provided. The layout is subject to change.*



# PERSONAL NEEDS BAGS

## *Optional additional nutrition and supplies*

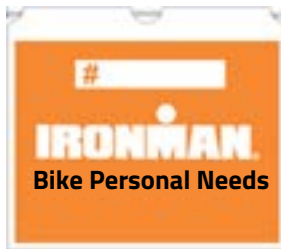
Personal needs bags are for IRONMAN athletes who would like additional equipment or nutrition whilst out on the bike and run course. This can include anything from inner tubes and clothing to sun cream and socks.

(Please note, that personal needs bags are not available for IRONMAN 70.3 Athletes).

If you wish to use one of these bag, you will be required to request one in advance by adding this through your Additional Purchases via the link below (there is no additional cost for this). You can then pick up in registration from the Help Desk.

You will drop your personal needs bag off on the morning of the race before you go to swim start - the same process as your white bag!

## PRE ORDER PERSONAL NEEDS



Located at: 20.8km and 108.7km at Bike Aid Station 1, Pre-Garryvoe Station  
([///pitcher.fading.fuels](http://pitcher.fading.fuels))



Located at: be located at 5km, 16km, 27km and 38km at Copperally Estate.  
([///snowdrift.plans.hugs](http://snowdrift.plans.hugs))

Please note: The contents of this bag will NOT be returned to you after the race, so do not add any valuables.

Don't try this on race day\*



\* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: [maurten.com/ironman](http://maurten.com/ironman)

# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 

## FIRST TIMER INFORMATION

We are here to support you every step of the way to have the best experience possible at your first IRONMAN event so have included some information below that may be useful to you if you haven't raced with us before. Have a great race!

### 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 (Triathlon Ireland day membership 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 Thursday 17th August, Friday 18th August or Saturday 19th August

### 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 [ireland@ironman.com](mailto:ireland@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 on Friday 18th August from 09:00 - 18:00 or Saturday 19th August between 10:00 - 16:00. 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)

### 8. How do I get to transition 1/race start on race morning?

- There is a shuttle bus from Ballyvergan/R634 or you can park at Claycastle car park and walk to swim start

### 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



# FIRST TIMER INFORMATION

## 10. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 06:45 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

## 11. 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 and you are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions)

## 12. 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

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

- Yes, there will be 10km markers on the bike course and 5km markers on the run

## 14. Can my family and friends hand me things?

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

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

- Personal needs bags must be requested via your Additional Purchases before coming onsite and then collected from the Help Desk. They 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.

## 16. 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

## 17. Are there showers after the race?

- No, there are not showers in Athlete Village

## 18. 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

## 19. Where and when do I collect my bike, blue and red bag from?

- You will pick your bike, blue and red bag from transition (green park) between 18:00 - 00:30.

# FIRST TIMER INFORMATION

## Top tips from our team:



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 transition, bike out and bike into transition and then the run out of transition. 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!

# FIRST TIMER INFORMATION

## Quick Puncture Repair

We 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 and here are some pointers. We recommend you practice this before racing and carry at least three repair kits in case you are unlucky to have several.

## Your puncture 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)
- 2 x CO2 canisters OR an inflator/pump

## To mend your puncture, you will need to:

- Remove the wheel. If it's the back wheel, 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 tyre outside 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. 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 TIMER CHECKLIST

### BEFORE TRAVELLING:

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



### 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 buy a one day membership through the Triathlon Ireland [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

### 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 items in)

#### FIRST:

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

#### AND THEN:

- Collect your timing chip



Sleep Well

### IT'S RACE DAY! DON'T FORGET:

- Your timing chip (put it on your left ankle)
- Your white bag
- Your wetsuit
- 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
- Drop off your white bag and personal needs bag if using
- 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
- Attend Awards and Slot Allocation



## SUSTAINABILITY

REDUCING OUR EVENT IMPACT



At our IRONMAN UK and Ireland events we are striving towards reducing our negative environmental impact through the careful planning process to prioritise waste management and to re-use and upcycle materials.

**Below are some of the initiatives in place at our events:**

- **Excess bags** from the 2021 edition of our UK and Ireland events have been **upcycled** and are being made into the **2023 Athlete backpacks**
- Backpacks unable to be **recycled** were **redistributed to past participants**
- **80,400** Plastic bottles from the event have been collected and upcycled into our Volunteer bags
- **Excess food** and clothes **donated** to local charities and foodbanks
- **Over 1 tonne** of **medals recycled** at the end of the season
- **Finisher T-shirts** recycled at the end of the event
- **Transition bags** are made from **recycled sea plastic** and are **recyclable**
- **Rain Ponchos** made from **grain**
- **On-site bib printing** - since 2021, we have saved over 283KG worth of printed materials

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# POST RACE INFORMATION

## FINISH LINE

The moment we have all been waiting for, the last meters after 3.8 km swimming, 180.2 km bike ride and 42.2km km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras – it could be you in the headlines of the evening's television news or on the front cover of the Athlete Guide next year!

Please note spectators cannot cross the finish line with you. If you come down the finish line with a spectator, you will be disqualified. Please ensure your spectators are aware of this, as it is for safety as well as fairness to other athletes.

## POST FINISH (Medal, finisher tee, recovery, streetwear bag)

- 1.The medal will be given to you just after the Finish Arch.  
Medal engraving is available in the post race athlete area.
- 2.Then, pick up your Finisher T-shirt.
- 3.Help yourself yourself to food and drink, refuel after your achievement!
- 4.Take time to recover, chat to fellow athletes, and let your achievement sink in, in the athlete only zone!
- 5.Get back your STREET WEAR bag at the post race athlete area.

Please make sure you respect your fellow athletes at this time with space when necessary! You have just completed a major achievement and may be tired!

## BIKE & BAG COLLECTION

Transition will open at 18:00 for the collection of bikes and transition bags. You will need to show your wristband with corresponding number to your bike and bags to collect your items from transition. It is recommended you check you have all your items before you leave. All equipment must be collected by 00:30 no exceptions.

## RESULTS

Results will be available live on the IRONMAN Tracker App during event day and [www.ironman.com/im-ireland](http://www.ironman.com/im-ireland) the day after the event.

If you have a query with your result after the race, please report it ASAP to the Athlete Services team in the registration/awards marquee before 08:00 on Monday 21st August. Queries after this time must be emailed to [ireland@ironman.com](mailto:ireland@ironman.com) with full details.

All queries are compiled and resolved with the timing company within 30 days of the event.

# POST RACE INFORMATION

## AWARDS

Location: Dolphin Square (registration marquee)

Date and Time: Monday 21st August at 10:00 - 12:00

Awards Available:

- Windmill Hill Challenge
- Tri Nations
- Top 3 male and female athletes in each age group

***Awards will not be posted, it is your responsibility to check the results and attend the Awards Ceremony if you would like to receive your award.***

## LOST PROPERTY

Lost property will be held in corresponding areas, around the transition areas. Please ask the transition manager or member of staff in the finish line area. If you are missing an item, please check with lost property before or after the Award Ceremony on race day. If you find an item, please take it to lost property so its owner can retrieve it.

Items will not be posted after the event so check all your belongings before you go home.

## RACE PHOTOGRAPHY

Sportograf is proud to be the official athlete photo service at IRONMAN Ireland, Cork.

We will provide you with our "Foto-Flat" which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here: [www.sportograf.com](http://www.sportograf.com)

Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT of your BIKE HELMET to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

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# SUPPORTER BIKE AND BAG COLLECTION

We will be providing a Supporter Bike and Transition Bag Collection Option for Athletes!

The Supporter Bike and Transition Bag Collection option will give you as the Athlete the option for a member of your family, a friend or even a tri club member who is also racing to collect your bike, blue and red transition bags with your race items in, whilst you are still out on the run course or once you have completed your race, to reduce any stress here!

If you wish to use this option please read the following instructions carefully!

You must come to registration WITH your designated supporter, family member or friend that will be collecting your bike, and transition bags for you, at any time during the registration opening hours.

You must register for the event first to receive your athlete backpack, BIB number and registration materials.

You must then come to the Athlete Services help desk where we will require you to:

- Fill out a form with your Spectator providing details such as name, date of birth, BIB number etc.
- Sign a Supporter Bike and Transition Bag Collection Waiver

We will then provide your supporter with a race specific wristband to put on immediately to ensure they can collect your items on race with ease!

Please note your designated supporter must be over the age of 18 to use this option and a supporter can pick up a maximum of two athlete bikes/transition bags!

Your supporter can then collect your bike and transition bags only at the transition opening times stated in the event schedule. They must have the wristband on their wrist not damaged or tampered with, and the QR code from the confirmation email they will receive and photo ID ready for checking and scanning at bike checkout.

The grey bag is not included and is picked up by the athlete at the finish line.

***Please note there is a limited number of spaces and this will be completed on a first come first serve basis! We also want this to be as smooth as possible for you and your supporter so please kindly follow the process above and ask any questions when you check in with us at the Athlete Services Help Desk!***







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# WORLD CHAMPS SLOT ALLOCATION

## IRONMAN WORLD CHAMPIONSHIP AND SLOT ALLOCATION

**Location:** Dolphin Square (registration marquee)

**Time:** 10:00 - 12:00 (post awards ceremony)

### SLOT ALLOCATION

This event offers 50 Female Age Group Qualifying slots to the 2023 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 14, 2023, and 20 Male Age Group Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 26, 2024. Please note, slot allocations are subject to change and may be verified, [here](#).

### RULES

To accept a slot to the 2023 VinFast IRONMAN World Championship and 2024 VinFast IRONMAN World Championship qualified athletes must claim their slot in-person at the Rolldown Ceremony at 10:00 after the awards ceremony, and must be checked in at the entrance to the awards/slot roll down ceremony.

Photo ID is required to be presented and payment must be made at this point in time. Once payment is completed, athletes will receive a registration invite for the relevant world championship event in the following days, and this must be completed to be registered for the event.

**The price is \$1,400 USD + Hawai'i GE tax (\$65.94) & Active processing fees (\$62.16), total \$1528.10 for the 2023 IRONMAN World Championship, Kona.**

**The price for the 2024 IRONMAN World Championships is TBC.**

If you achieve and provide payment for your slot, in the days following, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

*Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN World Championship. It is your responsibility to check travel requirements before accepting the slot.*

# WORLD CHAMPS SLOT ALLOCATION

## How does the Age Group Slot Allocation Work?

"Age Group" refers to a grouping of athlete peers based on their gender and age range. For example, 'Male 25-29' is one Age Group, and 'Female 25-29' is another. Your Age Group is determined by your age as of December 31 of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

### The Slot Allocation Process:

**The following Slot Allocation Process will be conducted for each gender separately:**

#### Before Race Day:

Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot")

All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day

#### On Race Day:

If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot

The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive

#### After the Race:

##### Before Roll Down:

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

##### During Roll Down:

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

### Other Information:

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.



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# SIDE EVENTS

## IRONKIDS Ireland 2023

**Date:** Friday 18th August 2023

**Time:** 15:00 - 18:00

**Location:** Town Hall

The IRONKIDS will see 2,000 kids run from 500m to 1.5km through the IRONMAN finishline arch, to kick off our IRONMAN Ireland Festival Weekend!

Registered participants with their parent/guardian will need to pick up their event pack and t-shirt from Dolphin Square on Thursday 17th August from 15:00 - 18:00 or Friday 18th August from 09:00 - 14:00.

The event is **sold out** and there will be no registrations onsite.



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