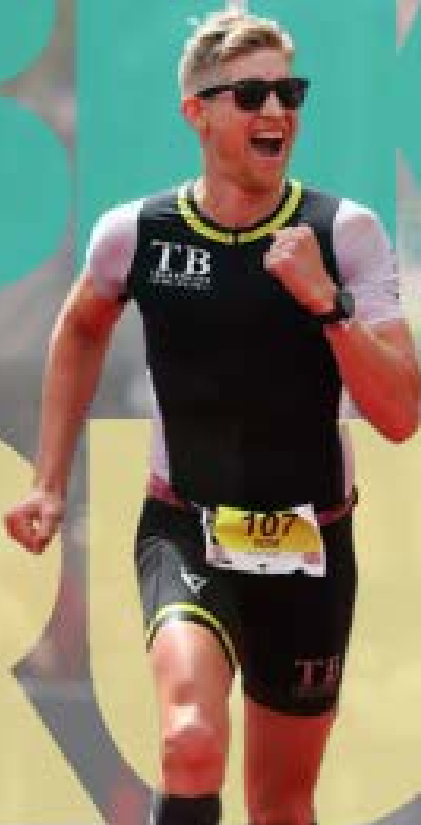


IRONMAN
70.3  **ABERTAWE**
ENTRU WALES
SWANSEA

SWIM BIKE RUN



Athlete Guide - Sunday 7th August 2022

WELCOME WORDS



It brings me great pleasure to welcome you to the inaugural edition of IRONMAN 70.3 Swansea. IRONMAN has had a strong presence in the country since the 2011 launch of IRONMAN Wales, Tenby, and the South Wales region has rapidly become a popular place for triathlon. Therefore, given this and the challenging but stunning courses plus expected exceptional crowd support, we are confident that Swansea 70.3 will quickly become a prominent feature of the European IRONMAN 70.3 race calendar over the coming years.

At IRONMAN we are continually seeking to improve the race-experience for our athletes, spectators and local communities alike. By design, all event venues (Swim Start, Registration, Transition, Finish Line and Awards) are within half a mile of each other which should make the event easier logistically for athletes and spectators alike. We have thankfully removed the majority of the COVID mitigations we had in place at other UK events last year to fall in line with government guidance but will continue to release the mandatory race briefing online one week before the event and provide sanitising stations at key locations.

It is also important to recognise that without our strong partnerships with Swansea City Council, Welsh Government, communities along the courses, generous local and European sponsors, and our dedicated volunteers, hosting an event of this scale simply would not be possible. Without forgetting to thank our IRONMAN volunteers and staff who have worked tirelessly to deliver this event.

Over the last few years, UK races have seen all manner of weather so please make sure you are prepared for all conditions on race day. If you are a first timer or a seasoned IRONMAN athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, watch the online race briefing and follow any guidance at the event. Take care of yourselves and fellow athletes but most of all enjoy the experience!

See you at the Finish Line!

-Your IRONMAN 70.3 Swansea Race Director, Rebecca Sutherland

WELCOME WORDS



- Deputy Minister for Arts and Sport, Dawn Bowden

I'm delighted that the Welsh Government has been able to support IRONMAN 70.3 Swansea.

Wales has a long relationship with IRONMAN – with the success of IRONMAN Wales being a catalyst for the growth of the sport in the area.

This event will further raise Wales' profile as an events host – and provide an economic boost to the region. I'd like to extend a warm welcome to all the competitors and their supporters to Wales and Swansea and wish them all well with the event.

Pob lwc / Good luck!

On behalf of Swansea Council, I am delighted to extend a warm welcome to all the athletes, their families and friends to Swansea this August for the first IRONMAN 70.3 Swansea event.

It's a fabulous challenging route starting with the swim at the historic dockside, before the bike route which takes you through the beautiful Gower Peninsula, boasting a number of award winning stunning coastal beaches and finishing with the run along the 5 mile majestic sweep of Swansea Bay.



We hope that you all enjoy your stay and that your race strategy and preparation goes according to plan.

Swansea wishes you all a fantastic stay and the very best of luck!

- Councillor Robert Francis-Davies, Cabinet Member, Investment, Regeneration and Tourism

WELCOME WORDS

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 behavior – 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 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. 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.



**- Head Referee for IRONMAN UK and Ireland,
Paul Lester**

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water filtered by
the hills of Wales

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RACE SCHEDULE

HOURS

DESCRIPTION

LOCATION

**The Athlete Race Briefing will be uploaded to the website one week prior to Race Day*

FRIDAY 5th August

09:00 / 17:00	Athlete Registration	Museum Gardens
09:00 / 17:00	EXPO & Official IRONMAN Merchandise Store	Museum Gardens

SATURDAY 6th August

08:00 / 15:00	Athlete Registration	Museum Gardens
08:00 / 17:00	EXPO & Official IRONMAN Merchandise Store	Museum Gardens
08:00 / 17:00	Transition Opens for Bike and Blue/Red Bag Check-in	East Burrows Car Park, SA1 1RR
16:00 / 17:00	IRONPRAYER	The Potter's House, SA1 3LZ

SUNDAY 7th August

05:00 / 07:00	Transition Opens	East Burrows Car Park
07:00	IRONMAN 70.3 Swansea PRO Men Start	Prince of Wales Dock
07:02	IRONMAN 70.3 Swansea PRO Women Start	Prince of Wales Dock
07:10	IRONMAN 70.3 Swansea Age Group Rolling Self-seeded Start	Prince of Wales Dock
09:00 / 18:00	EXPO & Official IRONMAN Merchandise Store	Museum Gardens
14:30 / 18:00	Transition Opens for Bike and Blue/Red Bag Collection	East Burrows Car Park, SA1 1RR
18:00 / 19:30	Awards Ceremony and Slot Allocation	Museum Gardens

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TOP 5 THINGS TO DO IN SWANSEA

DYLAN THOMAS EXHIBITION

Explore the life and work of Swansea's most famous son (and Grammar School Mile Race winner!) through manuscripts, recordings, interactives, and art. Our free family friendly Dylan Thomas Exhibition is great for all ages, and includes a trail and creative activities for children.



THREE CLIFFS BAY

Three Cliffs Bay beach offers spectacular shoreline of sand dunes, salt marsh and the signature three-limestone cliffs. It's one of our most beautiful beaches on Gower and one that your four-legged friend can enjoy too. No wonder it has just been awarded 'The Best Beach in Wales 2022' by The Sunday Times



GLYNN VIVIAN ART GALLERY

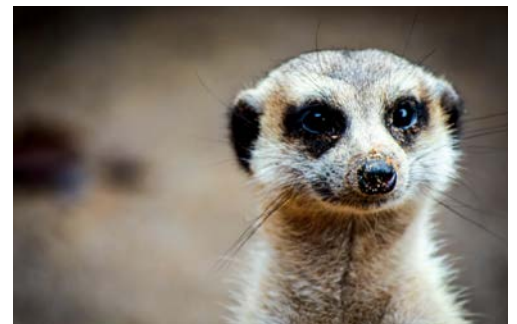
Our city gallery is a vibrant and inspiring free art space for everyone and offers an exciting programme of contemporary exhibitions, from local to international artists, historical and 20th century collection displays and free, family fun activities all year round.

Image credit: Thinking Green, Owen Griffiths. Photo, Polly Thomas 2022



PLANTASIA TROPICAL ZOO

Grow your imagination at Plantasia Tropical Zoo as you explore a living rainforest in the heart of Swansea City centre. Set within a giant glass pyramid, you'll discover over 40 species of animals including crocodiles, meerkats, monkeys, leopard cats, and many more on a fantastical adventure through the jungle zones.



A GREAT DAY OUT ALONG SWANSEA'S 5 MILE PROMENADE

Whether you decide to walk, cycle or hop on the Swansea Bay Landtrain, you'll have spectacular views all the way from the city centre to Mumbles. Along the route you could stop at two of our beautiful parks Singleton and Clyne; enjoy a round of crazy golf or have a go on the pedalo at Singleton Boating Lake; and once in Mumbles treat yourself to an ice-cream, delicious food and drink from the many parlours and restaurants





Rydym yn dymuno 'Pob Lwc!'

i chi yn IRONMAN 70.3 Abertawe ac edrychwn ymlaen at eich croesawu chi, eich teulu a'ch ffrindiau i Fae Abertawe yr haf hwn

P'un a fyddwch yn ymweld am ychydig ddyddiau, wythnos neu fwy, mae digon i'w fwynhau ym Mae Abertawe.

Mae gennym draethau arobryn, cestyll hanesyddol, dros 50 o barciau a gerddi, y farchnad dan do fwyaf yng Nghymru a digon o ddigwyddiadau i chi eu mwynhau hefyd.

Gwnewch yn siŵr eich bod yn cynllunio'ch arhosiad heddiw drwy fynd i joiobaeabertawe.com



We wish you loads of 'Pob Lwc!'

in IRONMAN 70.3 Swansea and are looking forward to welcoming you, your family and friends to Swansea Bay this Summer

Whether you will be visiting for a few days, a week or longer; there's plenty to enjoy in Swansea Bay.

We have award winning beaches, historic castles, over 50 parks and gardens, the largest indoor market in Wales and plenty pf events for you to enjoy too.

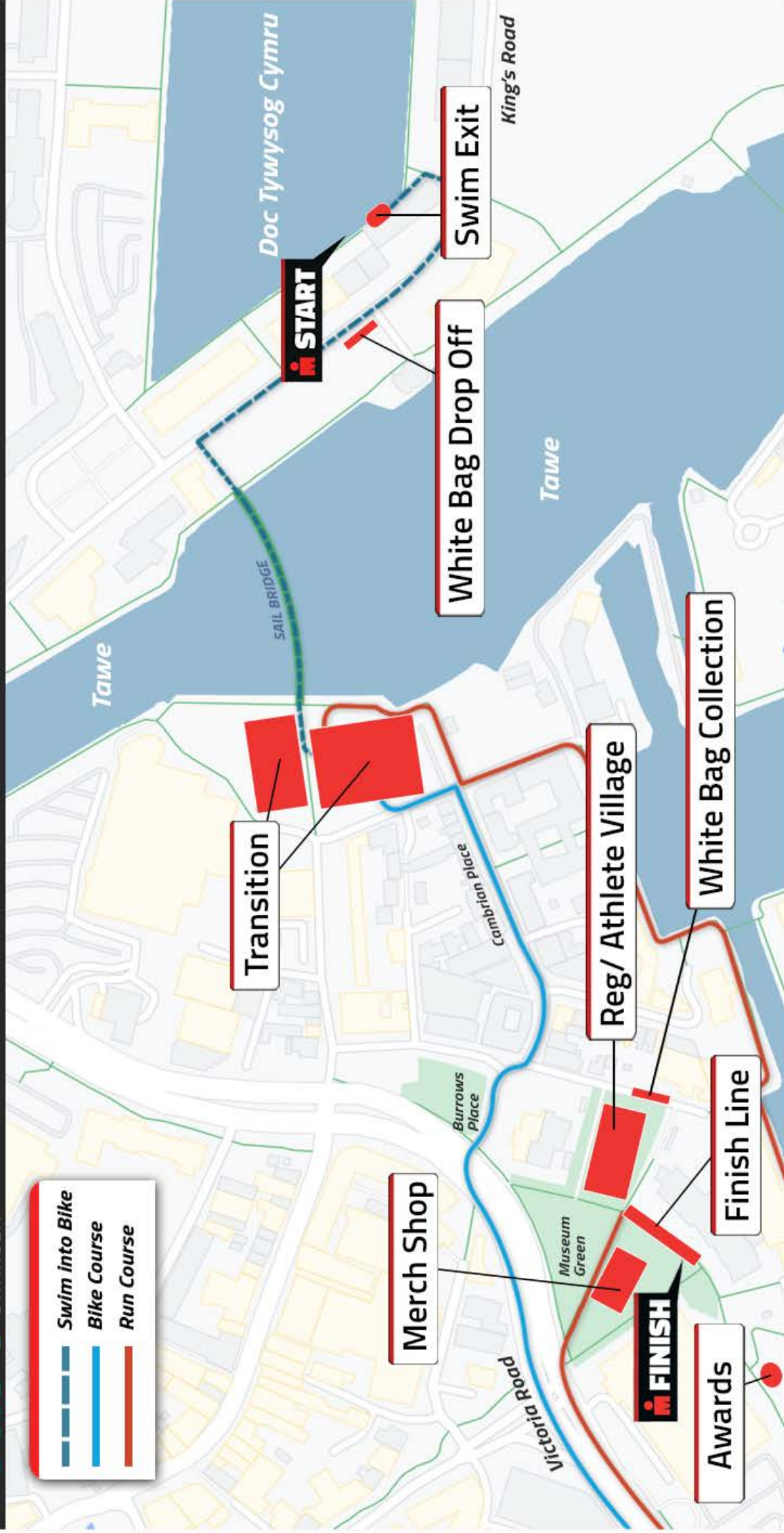
Make sure you plan your stay today by visiting enjoyswanseabay.com



IRONMAN 70.3 SWANSEA SITE MAP



IRONMAN 70.3 SWANSEA SITE MAP



DIRECTIONS

IMPORTANT LOCATIONS TO NOTE

Registration - Museum Gardens

EXPO and the Merchandise Store - Museum Gardens

Swim Start - Prince of Wales Docks

Transition - East Burrows Car Park, SA1 1RR

The Finish Line - Museum Gardens

Awards - Museum Gardens

DIRECTIONS

Registration & EXPO:

Museum Gardens, Maritime Quarter, Swansea, SA1 1SN

///remedy.fame.agrees

Swim Start:

Prince of Wales Dock, Swansea, SA1 8AG

///hired.worker.dirt

Transition:

East Burrows Car Park, Swansea, SA1 1RR

///pitch.hike.closer

Finish Line:

Museum Gardens, Maritime Quarter, Swansea, SA1 1SN

///tree.danger.pink

Awards:

Museum Gardens, Maritime Quarter, Swansea, SA1 1SN

///grand.stick.unfair

By Train: The nearest mainline station is Swansea which is a 15 minute walk to Museum Gardens

By Bus: There are various buses to Swansea town centre depending on where you are coming from. [Please see here for bus routes.](#)

PARKING

SWANSEA CITY CENTRE

Car parking is available from all normal facilities (except East Burrows Car Park) in Swansea City centre on Friday and Saturday and athletes can choose where to park at their own discretion. You can see other alternatives [here](#). Please note that there will be some road closures in place on Saturday due to the WPS event - you can see the road closures for that event [here](#).

The four main long stay car parks with capacity on Friday, Saturday and Sunday are:

1. St David's MSCP, SA1 3LQ

What 3 Words – ///pine.oddly.crazy

Max Height – 1.83m

No time restrictions

Disabled spaces available

More information regarding costs etc can be found [here](#)

2. The Quadrant, SA1 3QR

What 3 Words – ///orbit.staple.living

Max Height – 2.08m

No time restrictions

Disabled spaces available

More information regarding costs etc can be found [here](#)

3. Paxton Street, SA1 3SA

What 3 Words – ///spider.goad,prep

Disabled spaces available

No time restrictions

More information regarding costs can be found [here](#)

4. The Strand Car Park, SA1 2AE

What 3 Words – ///dream.winner.split

Disabled spaces available

No time restrictions

More information regarding costs can be found [here](#)

REGISTRATION – Thursday to Saturday

For registration, we would suggest parking in St David's MSCP which is a 5 minute walk or The Quadrant which is a 10 minute walk.

TRANSITION - Saturday

Transition itself is in East Burrows Car Park so you will not be able to park here to rack your bags and bike. We would suggest parking in The Strand Car Park or St David's MSCP which are both a 10 minute walk.

IRONPRAYER - SATURDAY

St David's MSCP will be the closest car park for IRONPRAYER as it is just a 5 minute walk to The Potter's House, SA1 3LZ.

RACE DAY - SUNDAY

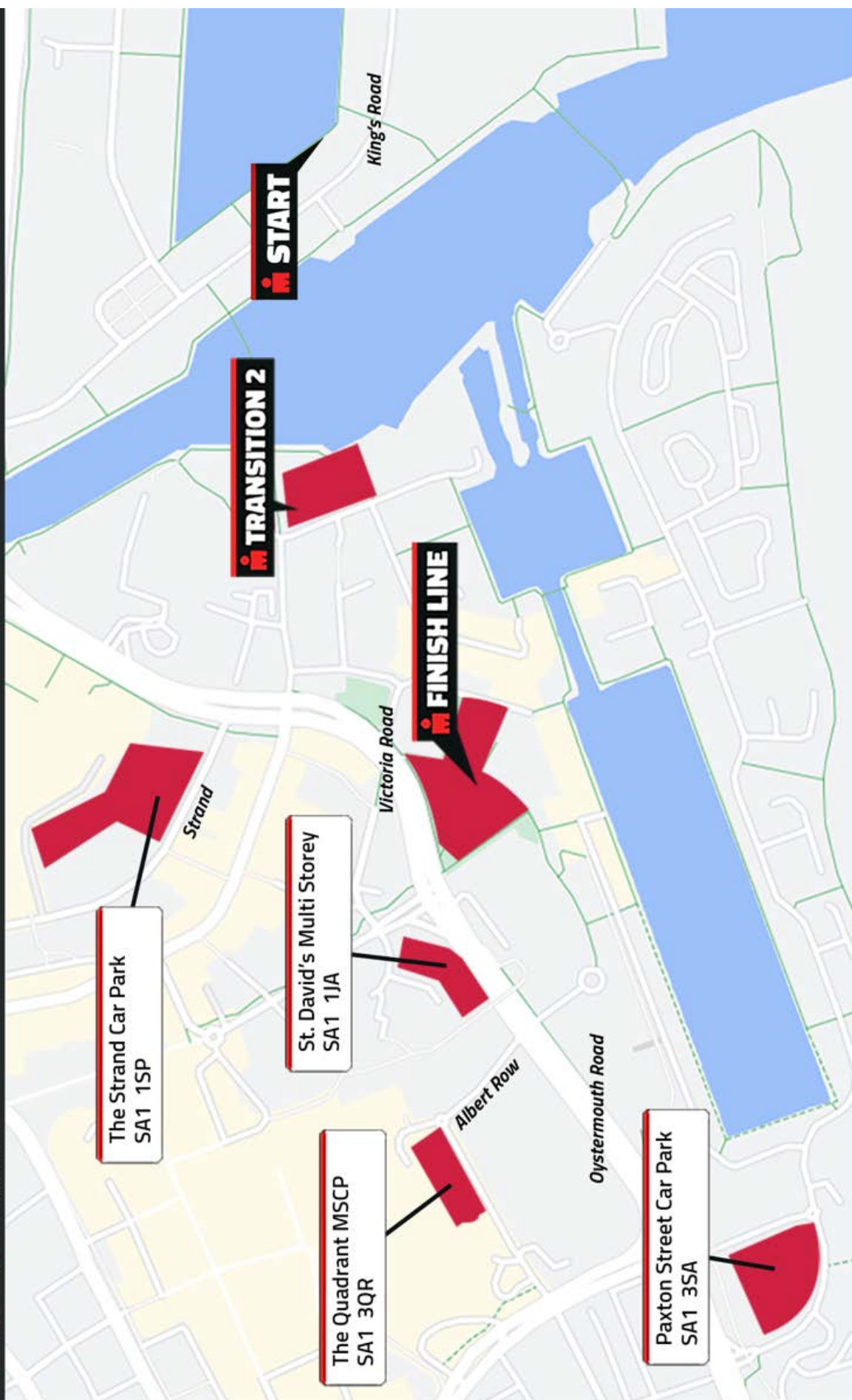
We advise parking in any of the car parks listed on the left. Please take into consideration that there will be road closures in place so if you park somewhere in the morning, you may not be able to get your car out until much later in the evening once road closures have lifted.

AWARDS - SUNDAY

As awards is in the same area that registration and the Finish Line area - we suggest parking in St David's MSCP or The Quadrant for ease.

PARKING

IRONMAN 70.3 SWANSEA CAR PARKING



© IRONMAN

SWIM 1.2 MILES / BIKE 56 MILES / RUN 13.1 MILES

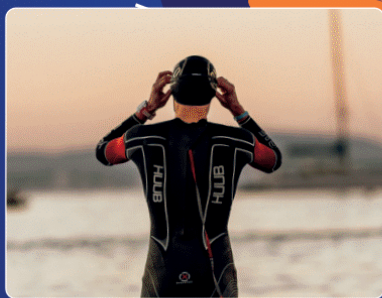
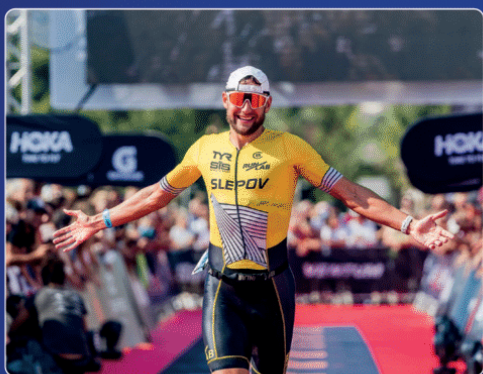
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IRONPRAYER

Race Chaplains

The IRONMAN race chaplains are available over race weekend for confidential, non-judgemental support. If you want a confidential chat, help, encouragement or just to see a friendly face then come and find us at the race village, or message us on 07884181033.

On Friday we will be at Registration, on Saturday we will be in Transition, at Registration and at IRONPRAYER And on Race Day we will be at Swim Start, in Transition and at the Finish Line!

Friday - Registration

Saturday - Transition, Registration and IRONPRAYER

Race Day – at Swim Start, in Transition and at the Finish Line!

IRONPRAYER

Saturday 6th August, 16:00 - 17:00

The Potter's House, York Place Baptist Church (Schoolroom), York Street, Swansea SA1 3LZ (opposite Museum Gardens)

This is an opportunity to meet for an informal short service of reflection and encouragement before race day. Athletes, families, supporters, volunteers and the local community are welcome to join us. We will pray for the event and for any concerns surrounding it, and share some of our race experiences and our hopes and fears for race day.



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Endurance Pro Watch
for IRONMAN Finishers



 BREITLING

 IRONMAN

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REGISTRATION

Registration will be at the back of Museum Gardens, SA1 1SN

ATHLETE REGISTRATION TIMES

Friday 5th August / 09:00 - 17:00

Saturday 6th August / 08:00 - 15:00

Athlete Check-In will NOT be open after these hours. If you do not check-in during the designated Athlete Check-In hours you will not be able to race.

WHAT YOU'LL NEED TO BRING

- A valid photographic ID
- Your Registration QR Code which will be sent during race week
- Race Licence from an ITU-affiliated national governing body or have purchased a British Triathlon Day Licence

If you do not own a Triathlon Licence, please **purchase one prior to the event** via the link below for £6.

BUY YOUR RACE LICENCE IN ADVANCE HERE

Once purchased, please bring the confirmation email to site with you as this will be requested at registration. If you require further information regarding a Race Licence, please see the next page.



STOP ARE YOU RACE READY?

This is a British Triathlon permitted event. British Triathlon and IRONMAN Competition Rules require you to become a member of the sport and obtain a race licence in order to race.

TAKE ACTION NOW

1

I am already a British Triathlon Home Nation member.

No action. Show proof of membership at registration.



2

I am not a British Triathlon Home Nation member and live in Britain.

Buy a day membership and show proof at registration.

BUY NOW ► bit.ly/BritTriIRONMAN



3

I am not a British Triathlon Home Nation member and live outside of Britain.

FIND OUT MORE NOW ▼

bit.ly/BritTriIRONMAN



For further information please email events@britishtriathlon.org



REGISTRATION

Registration will be at the back of Museum Gardens, SA1 1SN

WHAT YOU'LL RECEIVE AT REGISTRATION

Upon registering, athletes will receive a backpack containing the following:

BIB Number (please note; your race number will be assigned on-site)

Wristband

Swim Cap

Helmet Sticker

Bike Sticker

Bag Sticker x 3

Transition Bags (white, blue and red)

WHEN TO USE

ID Wristband

Your wristband will be placed on your wrist in registration. You must wear this from this point until the awards collection as this is essential for access into the athlete only areas.



Event Swim Cap

You will be given a swim cap to wear for the race. It is compulsory that this is worn on Race Day.



BIB Number

Your BIB number and stickers will be printed on site. You must wear this on your back for the bike and front for the run (it is compulsory for all athletes to wear). It is strongly recommended that you get a race belt to save you time in transition, and for ease of transition from bike to run.



Race Stickers

You will be issued a sheet of 6 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. The smallest sticker will be placed on your wristband by a volunteer.



TRANSITION BAGS

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. Please ensure that you stick the numbered stickers firmly on the bags before you put your gear in them. You will have access to both your blue and red bags in transition on race morning from 05:00 to 07:00 to make any final changes!

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by referees and may result in a penalty.

You cannot store bike pumps in any of the bags. There will be track pumps in transition that you can use when you rack your bike and on race morning. There will be on-site mechanics at transition should you need their assistance.

Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and race number. After you have used your blue bag for the swim-to-bike transition, use this bag to pack your swim gear in.



Red Run Bag

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



White Bag

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. You will need to drop this at the designated area at swim start on King's Road and it will be transported to the finish line for you.



You do not have to have use the white bag.

Do not put valuables in or overfill the bags. IRONMAN are not responsible for the contents of the bags

TRANSITION BAGS

We appreciate that the different colour bags can be confusing and trying to remember what goes in and comes out of each. To help, we have put together the diagram below.

Going from the start of the race to the end, you may start in two different ways, depending on whether you choose to use your white bag or not. If you choose to use a white bag, this will contain street wear and need to be handed in before you start the race on race morning.

If you choose not to use a white bag, you'll start by taking your bike gear out of your blue bag and putting into this bag your wetsuits, goggles etc once you have completed the swim.

Once you complete bike leg, you'll return to transition and take your run gear out of your red bag. Your bike gear will go back into this red bag.

When you finish the race, you will be able to collect your white bag (if you decided to use this) where you can get changed into your comfy clothes.





I WANT MORE

ALL WORLD ATHLETE PROGRAM



IRONMAN ALL WORLD ATHLETE

ALL WORLD ATHLETE



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 green 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:

triclubemea@ironman.com

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BENEFITS FOR TRICLUB MEMBERS



RACE FOR THE TRICLUB PODIUM



**RACE WITH YOUR CLUB NAME
ON YOUR BIB AND EARN
POINTS FOR THE CLUB**

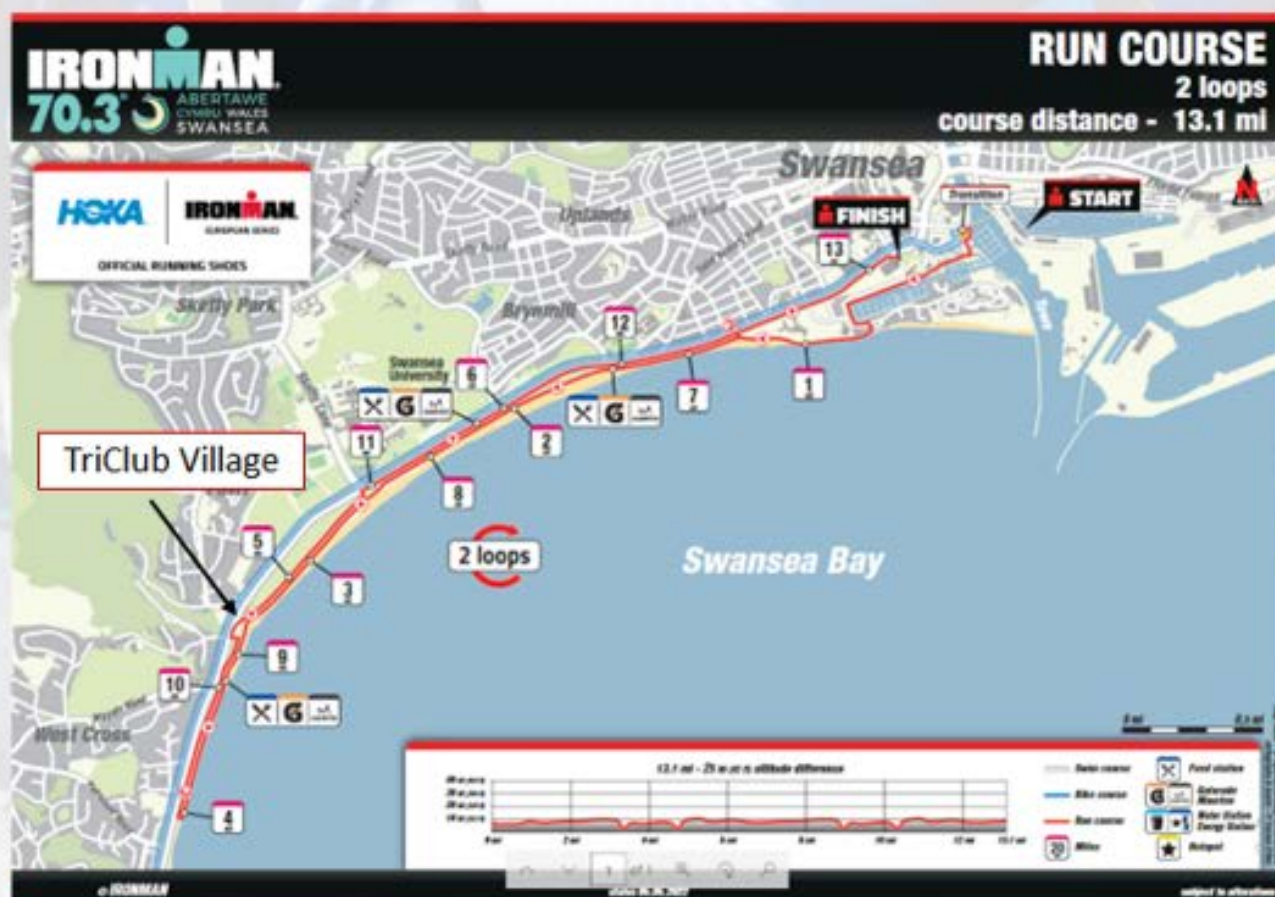


THE 3 BIGGEST CUBS WILL GET LOW BIB NUMBERS AND GROUP BIKE RACKING



**PARTICIPATE IN THE TRICLUB
VILLAGE AND HAVE A FRONT
SEAT FOR YOUR CLUB SUPPORTERS**

**INTERESTED IN JOINING THE TRICLUB VILLAGE?
REACH OUT TO TRICLUBEMEA@IRONMAN.COM FOR MORE INFO**



BIKE AND BAG RACKING

TRANSITION

East Burrows Car Park, SA1 1RR
Saturday 6th August 08:00 - 17:00
(Please note, this is a single transition race)

BIKE RACKING

You must rack your helmet, bike and bags together on 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 your 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 or 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 bike check in on Saturday to help with any minor alterations and Sunday morning. When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers and staff in transition to answer any questions, ask them then, don't wait until race day. Security will be onsite overnight on Saturday and on Sunday morning.

TIMING

You will collect your timing chip as you exit transition with the QR code on your wristband. The timing strap 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 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 an IRONMAN official in transition who can issue you with a replacement so you can continue.

Your timing chip will need to be returned to Transition and exchanged when you check your bike out - not at the Finish Line.

Important - Only athletes with verifiable electronic timing data will be eligible to accept a 70.3 World Championship slot or receive an award in their Age Group.

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 swansea70.3@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 details and report them to the race office. 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 NOTE THE FOLLOWING LOCAL RULES

- Littering will result in a penalty
- Race 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 will be issued by referees, as well as a team of motorcycle marshals on the bike course using the following card system.



Yellow Card – 30 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.

CUT OFF TIMES

SWIM

The cut-off time for the swim is **1 hour 10 minutes** from your start time (when YOU cross the start mat). If you do not make the swim cut-off, you cannot start the bike leg.

BIKE

Besides the official overall bike cut-off time, there will be three intermediate cut-offs on the bike course. These are in accordance with the approved traffic plan that coincide with the opening of public roads to traffic. These will only affect athletes who will not be able to make the **5 hours 30 minute** cut-off, based on the average speed they have cycled to these points. The times are based on the last swimmer taking the full 1 hour 10 minutes for the swim and then maintaining the slowest average speed required to complete the course.

- The first cut off will be at **just before the left turn into the two way section (mile 10.4)**
- The second cut off will be at **Aid station 2 - Blencoed (mile 30)**
- The third cut off will be **at Aid Station 3 - Swansea FC (mile 46)**

The times for these intermediate cutoffs 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 all cutoff 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. The cut-off time for the bike is **5 hours and 30 minutes** from your individual start time. If you do not make the bike cut-off, you may not start the run leg.

RUN

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

- This last lap cut off will be **shortly after Castle Archway Aid Station (6.8 miles)**

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 8 hours 30 minutes** from when you crossed the timing mat.

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RACE DAY

TRANSITION

We recommend you arrive a minimum of 90 minutes before the swim start. Please note the transition closing time of 07:00am. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: Spectators must stay in the designated spectator areas, and not accompany athletes on the walk down

You will have access to your bike and bags in transition. That 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.

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 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 at the trucks outside swim start on Kings Road. Athletes must drop their white bags by 06:50am.

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

RELAY TEAMS

RELAY INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

REGISTRATION

Registration for all athletes will take place on Friday and Saturday. It is compulsory for all relay members to attend site together to collect the race pack (please note we kindly ask for you to attend at the same time as your team captain).

You will need to bring your ID and race licence. All members will need to have signed the relay waiver on Active prior to registration. Each team member will have to provide a Race Licence from an ITU-affiliated national governing body or have purchased a Day Licence and £6.

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. PLEASE MAKE CHANGES AT THE HELP DESK BEFORE COLLECTING YOUR RACE PACK.

Please note, any changes to team members must be made no later than **10 days** before race day. Any changes after this date will not be accepted

RACE PACK

As a relay team you will receive three athlete backpacks as well as:

2 x Race BIBs – one for the bike, one for the run

3 x ID Wristbands – one for each team member

1 x Swim Hat

1 x Sticker Sheet – for the bike and transition bags

Transition bags



RELAY TEAMS CONT.

TRANSITION POINT

In Transition there will be a large purple flag marked 'RELAYS' as shown to the right. This is the area where you may exchange your timing chip. Please make sure all team members are aware of this area when racking on Saturday.



For example:

The swimmer will run to Transition where the Relay Meeting Point will be at the Transition tent - they will then exchange the timing chip with the cyclist who will then run to their bike and start their bike leg.

Once the cyclist has completed the bike leg, they will re-rack their bike and run back towards the same Relay Meeting Point. The cyclist will give the timing chip to the runner who will run out on to the run course.

RULES AND REGULATIONS

Please make sure that you are familiar with the general rules for IRONMAN and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this athlete guide.

It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish.



THE FINISH LINE

You have all earned the achievement of finish an IRONMAN 70.3 distance so we think you should all get the opportunity to run down the Finish Line together, as a team.

There will be a purple flag on the approach to the Finish Line which you will be able to meet the rest of your team members at. Don't forget that it is still a race so make sure you're in time to meet your runner!

GET SOCIAL

Share your IRONMAN 70.3 Swansea experience across your profiles with
#IM703SWANSEA

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

Facebook: *IRONMAN Wales*

Instagram: *IRONMAN_UK*

FOR FRIENDS AND FAMILY



TRACK YOUR **ATHLETE**

The 2022 IRONMAN 70.3 Swansea features real-time information while providing Live Results 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 Leader board. Top runners in each category will be displayed in real-time as they lead the way through the course.

Real-time Facebook / Twitter 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 or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter 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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SWIMMER ON THE PLANET

GPX Swim Course

The one lap course, at Prince of Wales Dock will host the start and the swim of IRONMAN 70.3 Swansea . The lap with a total distance 1.2 miles will begin and finish in the dock with athletes doing a relatively clockwise loop.

There will be a one-minute warning before the start horn goes off, there will not be a countdown. PRO males will first enter the water with PRO females following after them. After the PRO's have started, there will then be a rolling swim start for age group athletes for 40 minutes.

Age group athletes will enter the water in a continuous stream through a controlled access point at 07:10 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp. 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 staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

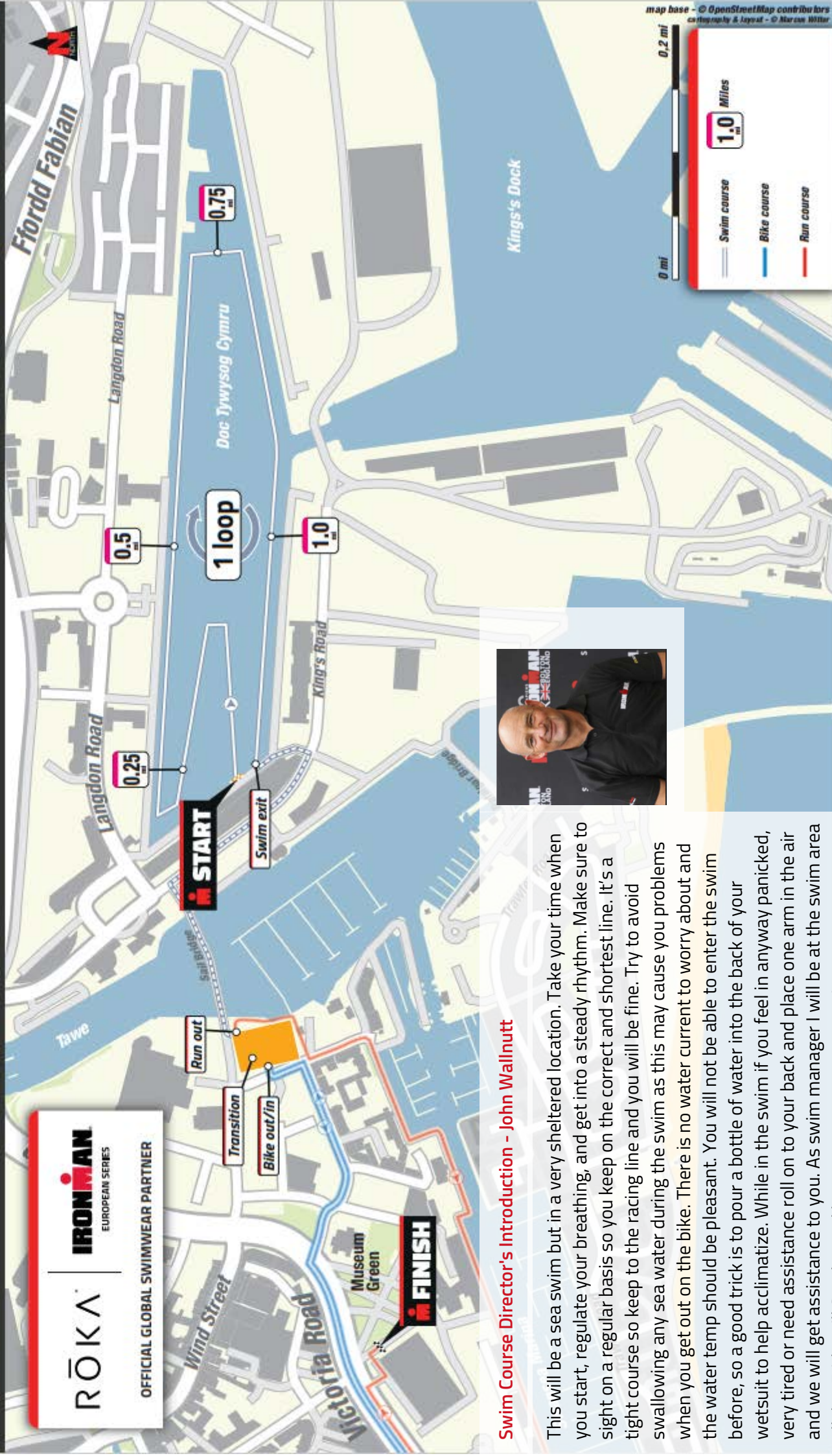
We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time.

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 1 hour 10 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 1 hour 20 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 Director's Introduction - John Wallnutt

This will be a sea swim but in a very sheltered location. Take your time when you start, regulate your breathing, and get into a steady rhythm. Make sure to sight on a regular basis so you keep on the correct and shortest line. It's a tight course so keep to the racing line and you will be fine. Try to avoid swallowing any sea water during the swim as this may cause you problems when you get out on the bike. There is no water current to worry about and the water temp should be pleasant. You will not be able to enter the swim before, so a good trick is to pour a bottle of water into the back of your wetsuit to help acclimatize. While in the swim if you feel in anyway panicked, very tired or need assistance roll on to your back and place one arm in the air and we will get assistance to you. As swim manager I will be at the swim area all day Friday till Sunday and happy to answer any questions.



SWIM COURSE RULES

- Athletes must wear the swim cap provided by race
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
- Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
- 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. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
- Swim goggles may be worn. Snorkels are prohibited
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
- 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
- The swim course will close 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes who take longer than 1 hour and 10 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

SWIM TO BIKE TRANSITION

After the swim, you will follow the barriered route back to Transition which is approx 450m run from swim exit to transition (included in your transition time). Please note that no shoe bags will be provided. You will then collect your blue bag from the bag tent and proceed outside to the tent to change into your bike clothing. If you need to fully change, Male and Female 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 your bag. You must be fully ready to cycle, with your helmet straps fastened before moving your bike.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

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).

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BIKE

The bike course will start at Transition in East Burrows Car Park and end at Transition in East Burrows Car Park

GPX Bike Course

The one-loop 56 mile bike course runs in a primarily anti-clockwise direction. Athletes will travel from Swansea city centre, down along Swansea Bay before joining the rest of the route in the Gower. The course then continues along country roads before finishing in Swansea city centre.

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. There will be medical assistance at each aid station.

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.

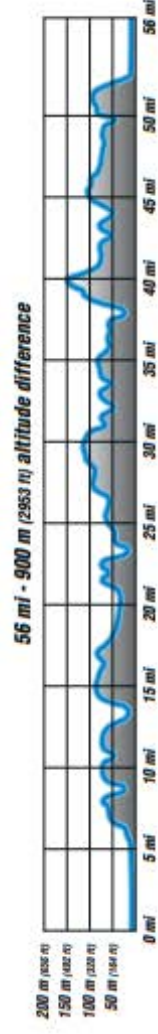
It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur a drafting penalty. Athletes cannot block another athlete from passing.



Bike Course Director's Introduction - Lewis Peacock



With 940m+ climbing it's not the hilliest course but it certainly isn't flat. There are some challenging climbs, notably the ascent up into Reynoldston but there are some equally fast descents. Watch out for the one into Caswell Bay as there is a tight bend at the bottom plus you're straight into a steep climb, so make sure you drop down the gears. The course takes in a variety of breath-taking coastal roads, quaint country lanes and wide open fast flat sections. There is a range of wildlife including horses and cattle dotted around the route so watch out for the cattle grids and enjoy the views..



56 mi - 900 m (2953 ft) altitude difference



BIKE COURSE RULES

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.

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 but cleats can be attached to the pedals. A 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 and their BIB on their back for the bike section.

9. A bicycle helmet must be worn and fastened during the entire bike section. It must be securely fastened before the bike is removed from the rack and remain in place and fastened until the bike is re-racked.

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, or receive anything from the 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.

BIKE COURSE RULES

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 with their 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.



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HOKA

RUN

The run will start at Transition in East Burrows Car Park and end at the Finish Line in Museum Gardens

GPX Run Course

The two-lap run course is a Swansea Bay out and back which takes in beautiful views of the bay and is an ideal place for spectator support. Athletes will pass numerous spectator hotspots before finishing down the red carpet in Museum Gardens.

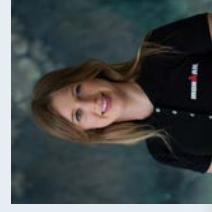
The course is only marked during race week and uses barriers, tape and cones in some places to mark the route.

- Athletes have 8 hours 30 minutes 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.

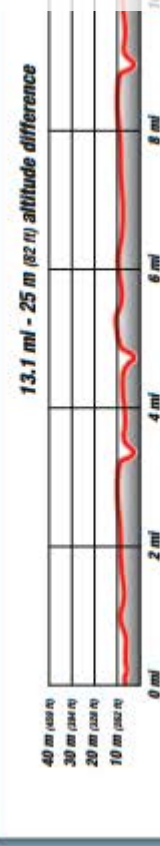
FINISH LINE POLICY

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 Director's Introduction - Polly O'Gorman

This new IRONMAN 70.3 Swansea event brings an exciting opportunity to run along the picturesque coastline of the Gower Peninsular. The two loop course begins in the bustling Swansea marina and heads out along the seafront following the coastline. Volunteers and spectators will be cheering you on all the way! The course is a flat and fast if you get the right wind direction along the seafront. There will be several aid stations to support your race and you'll be entertained by bustling and spectators lining the beach. The home straight brings you into Museum gardens for a warm IRONMAN welcome!



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 of any type 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 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, or receive anything from the 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.
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 8 and a half hours after the last athlete enters the water



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2022 OFFICIAL SPORTS DRINK

AID STATIONS AND NUTRITION

BIKE COURSE

LOCATION

Aid stations on the bike course will be located at the miles and locations below;

Nicholston: Mile 16

Blencoed: Mile 30.3

Swansea FC: Mile 46

NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas
- 226ers Bars (various flavours)

Water from these feed stations will be handed out in 750ml bike specific drink bottles.

Gatorade will be handed out in Gatorade Endurance Plastic bottles with sport cap that fit in bike cages.

RUN COURSE

LOCATION

There will be three stations on the run course, approximately 2 miles apart.

NUTRITION AVAILABLE

Each feed station will contain the below:

- Gatorade Thirst Quencher
- Maurten
- Water
- Cola
- Bananas

The drinks and nutrition will be handed out by volunteers so you are able to collect nutrition as you go past.

There will also be a Red Bull 'Energy Station' at mile 5.5 and mile 11.

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

ON-COURSE NUTRITION PRODUCTS

Gatorade Powder RUN COURSE

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

Gatorade Ready To Drink BIKE COURSE

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

RUN COURSE

GEL 100 CAF 100

The GEL 100 CAF 100 contains 100 mg of caffeine – that's the equivalent of 1,5 espressos – or one cup of brewed coffee. That's a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:1). It packs a high weight to energy ratio and doesn't contain any added flavours, preservatives or colourants. Just like all of our products, it's vegan-friendly.

Red Bull Energy Drink RUN COURSE

Red Bull Energy Drink is a lightly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.



GEL 100 RUN COURSE

This is the GEL. It's a bold statement. But nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrups, often containing added flavors and preservatives. The GEL 100 is completely different. It's a biopolymer matrix, filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptakes of up to 100 grams of carbohydrates per hour.

BIKE COURSE

Vegan Gummy Bar

30-g energy bars with a gelatine texture, formulated with a high-quality, organically sourced carbohydrate mix and with pectin, gluten-free, and suitable for vegans. They are easy to chew, digest, and carry. Perfect in both training and competitions, as they help us to keep up blood glucose, giving our body the energy it needs while maintaining a high level of physical performance.

Race Day Bar BIKE COURSE

40-g energy bars, gluten-free and suitable for vegans. Rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins, +10 vitamins. They are easy to chew. We increased the amount of figs and reduced dates to control the glycemic index. This means that they provide energy but insulin peaks are reduced. Available in different flavours, with or without BCAAs.




















































AID STATION BREAKDOWN

To give an overview of all the nutrition and products available to you on the course, we have broken down exactly what should be available to you at each aid station and the mile the aid station will be at.

Please note that this is dependent on stock quantities available to the volunteers at the aid station and is subject to change.

As well as Aid Stations, there will also be a Red Bull Activation - this aid station is solely for Red Bull and will not have any other nutrition.

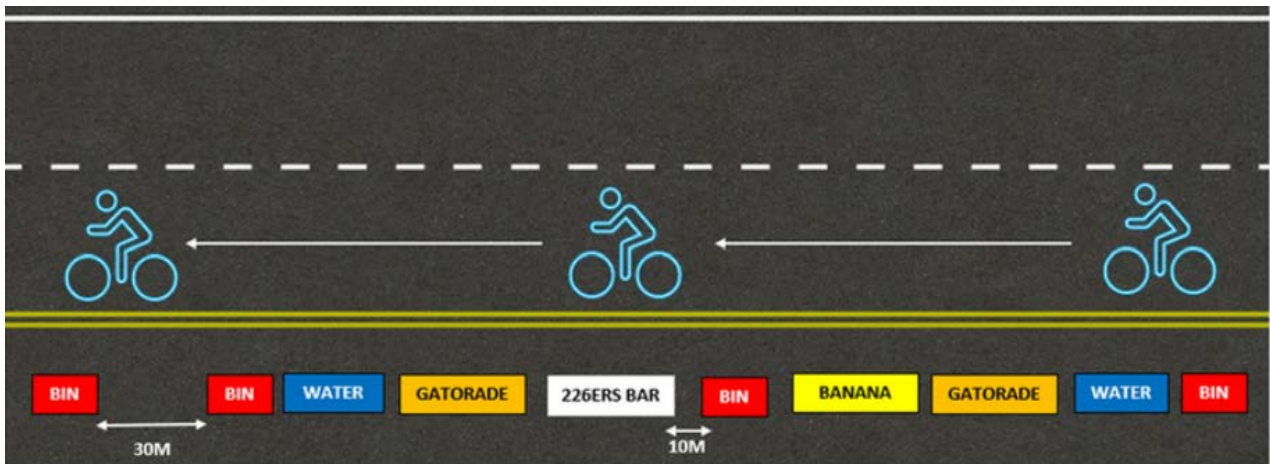
AID STATION SUMMARY – IRONMAN 70.3 SWANSEA 2022

MARKER (mi)	LOCATION	 WATER	 ISOTONIC	 COLA	 RED BULL	 ENERGY BAR	 BANANA	 MAURTEN ENERGY GEL
BIKE COURSE								
16 – LAP 1	NICHOLSTON ///defrost.hogs.rejoin			X	X			X
30.3	BLENCOE ///legal.painting.venturing			X	X			X
46	SWANSEA FC ///stores.hang.reclining			X	X			X
RUN COURSE								
1.7 – LAP 1	THE SECRET CAFÉ ///pulled.layers.battle				X	X		
3.6	TEXACO ///warns.mint.motion				X	X		
5.5	RED BULL ACTIVATION ///arrive.freed.just	X	X	X		X		
5.9	CASTLE ARCHWAYS BUS STOP ///ashes.baked.faced				X	X	X	X
7.3 – LAP 2	THE SECRET CAFÉ ///pulled.layers.battle				X	X		
9.1	TEXACO ///warns.mint.motion				X	X		
11	RED BULL ACTIVATION ///arrive.freed.just	X	X	X		X	X	X
11.5	CASTLE ARCHWAYS BUS STOP ///ashes.baked.faced				X	X		

ON COURSE NUTRITION

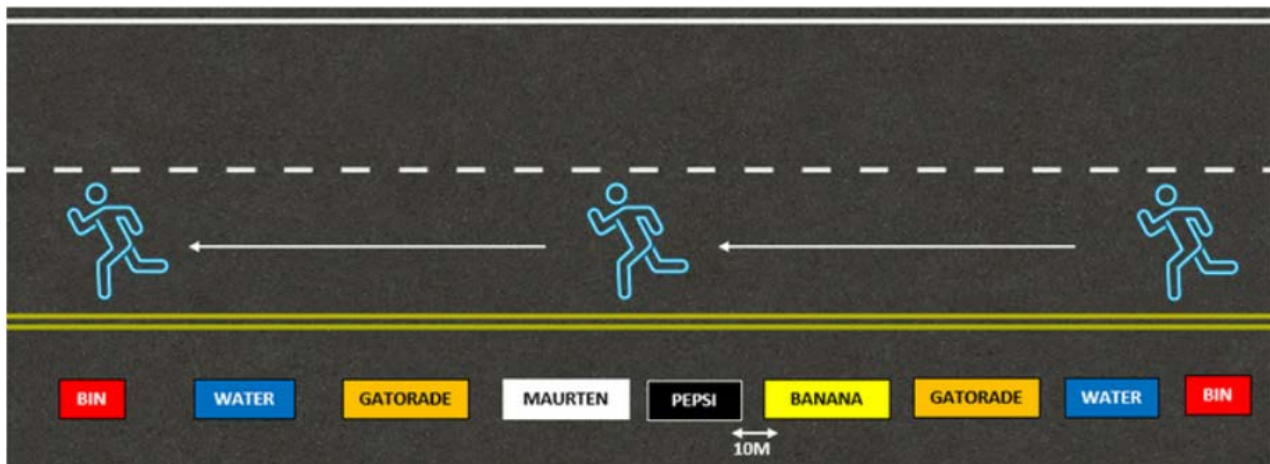
BIKE COURSE

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



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



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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

FIRST TIMERS

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 (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 5th August or Saturday 6th 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 swansea70.3@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 08:00 and 17:00 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)

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

- We are not offering any athlete transport to the race start so athletes are expected to make their own way there and use one of the local car parks or be dropped-off

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. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 07:00 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 strongly advise you to wear a wetsuit between 16 and 24.5 degrees in Swansea (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

13. 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

14. Can my family and friends hand me things?

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

15. 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

16. Are there showers after the race?

- No, there are no showers in Athlete Village

17. 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

FIRST TIMERS CONT.

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!

Some useful words from our Head Referee:

All IRONMAN events have time limit 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 marshalls 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 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 07:00 and ends at 07:30, there will be 30 minutes from 08:10 to 08:40 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 athletes 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 athletes 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.

FIRST TIMERS CONT.

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 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)
- 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



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ATHLETE CHECK LIST

With the excitement of the race, it's easy to forget the small things. We've put together an athlete check list of things that may be useful to bring. Please note that those in bold are compulsory.

Pre Race

- Directions to hotel
- Directions to athlete check-in
- Directions to Race Start
- Directions to Race Finish
- Photo ID
- Valid triathlon licence or day licence
- Registration QR code
- Attend athlete check-in
- View online Race Briefing
- Study the race and plan your nutrition

Race Day - Swim

- Timing chip and strap
- Swimsuit/Wetsuit
- Goggles (consider a spare pair as well)
- Race swim hat (provided at check-in)
- Ear plugs/nose plugs (optional)
- Long-sleeved shirt and shoes which can be discarded before the race or place in your White Bag

Race Day - Bike

- Extra nutrition
- Extra water bottles
- Bike repair kit
- Race belt or safety pins
- BIB number
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike shoes and socks
- GPS watch or bike computer

Race Day - Run

- Race belt
- Fuel belt
- Hat/visor
- Running shoes and socks
- Sunglasses
- Water bottle

Miscellaneous

- Body glide
- Antibacterial gel
- Contacts or Rx glasses
- Heart rate monitor and chest strap
- Towel
- Hair ties
- Blister plasters
- Lip balm
- Post race clothing

SUSTAINABILITY

REDUCING OUR EVENT IMPACT

At our IRONMAN UK 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 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-** reducing printing excess materials

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 

POST RACE INFORMATION

FINISH LINE & ATHLETE RECOVERY

IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete comes down the finish line with a spectator, they will be disqualified. Please ensure your spectators are aware of this, as it is for safety as well as fairness to other athletes.

After you have finished the race you will receive your medal, and then enter the recovery area. Here you can help yourself to some food and drink. Your white bags and finisher t shirts will also be in this area. The recovery area is an athlete only area.

Please respect your fellow athletes and finishers during this time by allowing others space - you have just completed a major achievement and some may be tired and overwhelmed!

BIKE & BAG COLLECTION

Transition will open at 14:30 until 18:00 for the collection of bikes and bags. You will need to show your wristband with corresponding number with your bike and bags as well as return your timing chip to take your items from transition. It is recommended that you check you have all your items before you leave as well as checking your BIB numbers all match. Under no circumstances will finishers be allowed to take their property before this time. All bike and bags must be collected on race day before 18:00.

MEDAL ENGRAVING

Medal engraving will be located in the Athlete Village area post race. Medal engraving is £20 and can either be bought in the registration platform or onsite.

LOST & FOUND

During race week, Lost & Found will be available at the help desk in registration and awards after race. Once the event is over, please contact swansea70.3@ironman.com to locate any missing items and schedule returns. Shipping fees will apply. If you find an item, please hand it in to the nearest member of staff.

*All unclaimed items will be donated after 30 days

AWARDS

There will be awards for the top 3 male and female athletes in each age group.

There will be awards for the top 3 male, female and mixed relay teams.

There will also be three prizes for the top Tri Clubs racing.

Awards will not be posted so if you would like your award please be present at the Award Ceremony at 18:00 on race day at the amphitheatre next to the Finish Line in Museum Gardens.

POST RACE INFORMATION

RACE PHOTOGRAPHY

Sportograf is proud to be the official athlete photo service at IRONMAN 70.3 Swansea.

They will provide you with their "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

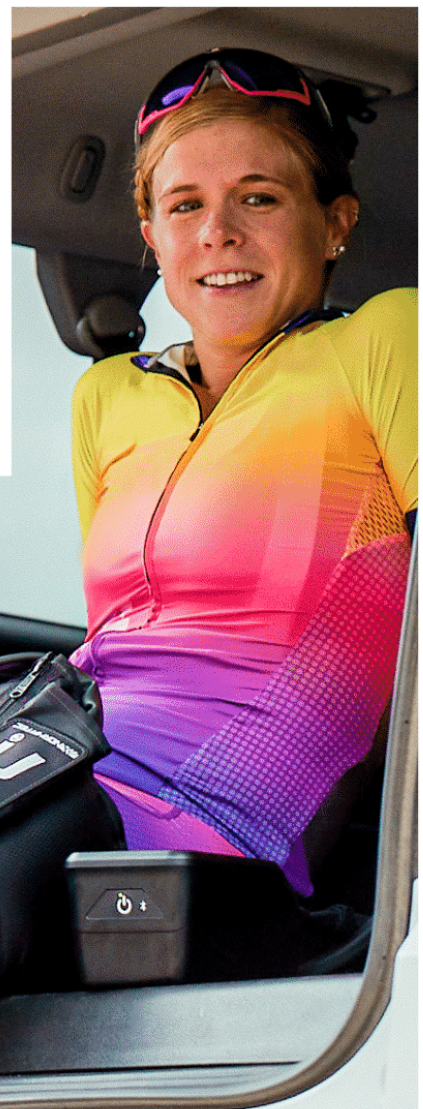
Help them take the best pictures of you:

- Please be sure to keep your BIB number visible in FRONT of your BIKE HELMET to help them identify more photos of you!
- Notice their 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.

Stay up to date and follow Sportograf on Facebook and Instagram.

RESULTS

Results will be available live on www.ironman.com/swansea70.3 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 venue before 17:00. Queries after this time must be emailed to swansea70.3@ironman.com with full details. All queries are compiled and resolved with the timing company within 14 days of the event.



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F O T O
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F L A T

WORLD CHAMPS SLOT ALLOCATION

The 2023 IRONMAN 70.3 World Championship will be held in Lahti, Finland on Saturday 26th - Sunday 27th August 2023. 2022 IRONMAN 70.3 Swansea will be offering 45 slots to age group athletes for the 70.3 World Championships. You can find out more information about slots [here](#).

Each age group that has a starter will be allocated one slot. The remaining slots are allocated to each age group based on the number of athletes who start the race. If no athletes finish the race in a particular age group, then that slot will be moved to the age group with the largest athlete-to-slot ratio in the same gender.

Athletes must be present at slot allocation in order to accept their slot. If athletes are not present, the slot will be forfeited and will roll down to the next person within the same category.

The IRONMAN 70.3 World Championship entry fee needs to be paid onsite if you wish to accept your slot. You will also need to bring photographic ID with you.

Price for 2023 IRONMAN 70.3 World Championship Lahti, Finland is **650.00 EUR plus 9.25% Active processing fee** at the time of qualification. Only age group athletes are eligible to receive age group World Championship qualifying slots.

Please ensure that you check all visa and entry requirements needed to travel to the 2023 IRONMAN 70.3 World Championships in Lahti, Finland. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.

Athletes holding current professional or elite status with any ITU member national triathlon governing body, WTC's Pro Membership programme or 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 be at the time of the event, nor at the time of the World Championship event day they have qualified for, hold professional or elite status.

Any change in an athlete's status prior to any event participation must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from the event and may result in sanctions for WTC events.

Please note, Russian athletes are currently not eligible for World Championship slots.



— MORE THAN JUST MEDALS —



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