IRONMAN 70.3® port macquarie
OCEANIA TRICLUB CHAMPIONSHIP

5 May 2019

ATHLETE INFORMATION GUIDE
Whether you’re into sport, music, food and wine, action or adventure, you’ll find many exciting events for all ages, in amazing locations throughout Regional NSW.

**NORTH COAST**

**AUSTRALIAN LITTLE LEAGUE BASEBALL CHAMPIONSHIP**
5 - 10 June
A highly regarded underage baseball event. The winner gains entry to the Little League World Series, the most prestigious junior baseball tournament in the world.
Lismore

**HUNTER REGION**

**SNOW TIME IN THE GARDENS – HUNTER VALLEY GARDENS**
29 June - 21 July
Enjoy a fun, family experience with ice-skating, tobogganing, snow play and more.
Pokolbin

**COUNTRY NSW**

**BATHURST WINTER FESTIVAL**
6 - 21 July
Featuring an open-air ice rink, Illumination, Winter Playground, and 4 feature events boasting quality food and beverage.
Bathurst

**SOUTHERN NSW**

**PEAK MUSIC FESTIVAL**
7 - 10 June
Celebrate the opening of the winter snow season with great music.
Perisher

**PIE FEST**
29 - 30 June
A celebration of everything ‘pie’. The perfect 2-day event for pie lovers and connoisseurs alike.
Bowral

**THE RIVERINA**

**SPRING JAM**
28 September
Spring Jam is a kid’s outdoor festival combining circus acts, adventure play and interactive fun.
Wagga Wagga

If it’s on in NSW, it’s on visitnsw.com

Please note that events are subject to change or cancellation (check relevant website for further details prior to the event). Destination NSW acknowledges and appreciates all photographic images supplied by each event owner for use in this advertisement.
Welcome to IRONMAN Australia and IRONMAN 70.3 Port Macquarie and to the spectacular Greater Port Macquarie region, an outstanding event destination and a favourite of the IRONMAN Oceania team. We thank Destination New South Wales and Port Macquarie-Hastings Council for their continued support of this great event that allows us to return to this spectacular location each year.

The 2019 edition of IRONMAN Australia will continue to include both a full distance IRONMAN, and a half distance IRONMAN 70.3 on the same day, to complete an exciting race day schedule.

Port Macquarie-Hastings Council continues to provide incredible support to our event and over the past few years have completed an overhaul of the Town Green finish line area, made significant improvements to paths and lighting through Westport Park and have begun to make improvements to some of the road surfaces and other pathed areas to ensure we have a great course available for our athletes. We thank Port Macquarie-Hastings Council for their continued support.

We’ve kept the venue and courses very much the same for 2019 and following the success of 2018s minor change we’ve kept the Swim Start at the Westport Boat Ramp. We are looking forward to delivering another safe and successful race. Port Macquarie provides an ideal set up for a free-flowing event that athletes from all over the world can come to enjoy.

The IRONMAN Oceania team work hard to make this event happen, and we are lucky to have the support of the Local Organising Committee to put this event on each year. They provide amazing support in not only helping to deliver the event, but also recruiting and managing over 2000 Volunteers which is an outstanding achievement. Please make sure to take the chance to thank as many volunteers as you can throughout the event.

I wish you all the best of luck with your final training and preparation, and please feel free to stop me for a chat during race weekend, any feedback athletes can give regarding the race is most welcome. Enjoy your race day, and I look forward to seeing you all cross that finish line.

Cheers,

Jake Eaton,
Race Director
On behalf of the Port Macquarie-Hastings community I’m honoured to once again welcome all IRONMAN competitors, families and supporters from across the globe to our beautiful piece of paradise.

This year’s event is shaping up to be the biggest one yet with more than 4,000 competitors expected to take part in a jam packed weekend of Bright Night Runs, IRONKIDS and IRONMAN events.

It never fails to amaze me just how talented and driven IRONMAN athletes are. It can be hard to imagine anyone, no matter how much preparation they have done, being able to overcome such an intense test of physical and mental ability.

It takes someone very special with a burning desire to compete in this race that requires an incredible focus, unwavering determination and much sacrifice – you are all simply amazing!

We love IRONMAN in Port Macquarie, and we look forward to you all visiting our beautiful region, and taking the chance when the racing is said and done, to enjoy our beautiful place.

From relaxing in your hotel pool, taking a drive up to Comboyne through our region’s stunning hinterland or treating yourself to a few cheat meals in our popular café’s and bars—I encourage you all to take some time out with family and friends, kick back and enjoy.

Whether this is your first race or you’re a sucker for punishment returning once again, all the best and good luck. Though you won’t need luck – you’re prepared, you’re ready and now’s your time to shine!

Welcome from the NSW Government

On behalf of the NSW Government, welcome to Port Macquarie for the 2019 IRONMAN Australia and IRONMAN 70.3, one of the Oceania region’s leading and most enduring, triathlon events.

A highlight on the NSW events calendar, the inspirational race is set to impress, attracting participants from all over the world who will compete in one of the most spectacular and scenic courses in Australia.

Attracting visitors to regional NSW is a key priority for the NSW Government, and that’s why we’ve set the State’s first regional tourism target so that all communities reap the benefits from the record dollars being invested.

The NSW Government is proud to support this event via its tourism and major events agency, Destination NSW, and is committed to supporting a variety of events to help achieve our goal of reaching $55 billion in overnight visitor expenditure by 2030.

While you’re here enjoying the race, be sure to make the most of your time in this beautiful region by exploring the wonderful beaches, waterways, national parks, and restaurants.

I wish all participants the best of luck.

Peta Pinson
Port Macquarie-Hastings Mayor

The Hon. Stuart Ayres MP
Minister for Jobs, Investment, Tourism and Western Sydney
To minimise the possibility of infringing the rules on race day and avoiding a visit to the Penalty Box, please observe the following:

- Ride on the left side of the bike lane
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official’s ruling is final in the case of Drafting, Blocking, and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal. Following are the most common rule infringements:

**Blue Card 5-minute Penalties include:**

- Drafting – Following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing –
- Illegal Pass – Passing on the left
- Littering – Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except within designated litter zones near aid stations.

A Technical Official will advise you of any time Penalty by calling your number, advising you of the nature of the infringement and showing you a BLUE Card. It will be then your responsibility to serve the 5-minute time Penalty(s) at the next Penalty Box.

**Yellow Card Stop Start Penalties to be served at the next Penalty Box include:**

- Blocking – Riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes.

**Yellow Card Stop Start and Correct Penalties include:**

- Helmet – Failing to have your chin strap securely fastened when moving with your bike.

**NOTE:** that any 3 infringements across the course during the event may result in a Disqualification. Other infringements which may result in Disqualification include:

- Offensive and unsportsmanlike behaviour,
- Public personal toilet,
- Outside assistance (from anyone other than a race official),
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Sue Horsburgh
Race Referee
IRONMAN 70.3 Port Macquarie
ATHLETE CHECK LIST

Whether you are returning, or it is your first time at IRONMAN 70.3 Port Macquarie, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Book flights and accommodation ensuring you arrive in time for Athlete Check-In from:
  - Thursday 2 May 10.00am – 6.00pm
  - Friday 3 May 10.00am – 6.00pm
  - Saturday 4 May 9.00am – 3.00pm
  You will only need to attend Check-In once.
- Ensure you have photo identification (driver’s licence, passport etc) and bring to Athlete Check-In. You will not be able to Check-In without photo ID.
- Pre book massage— Bookings are essential and can be made by contacting Bob Crombie on 0401 149 858 or by emailing ironmanportmac@gmail.com
- Pre-book your physio appointment including strapping on 02 6584 5005 or booking via here.

- Check the athlete list online (available from Thursday 11 April) and ensure your name, country, TriClub and age group are correct (if incorrect please contact australia@ironman.com)
- Confirm that your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided
- Confirm your Medicare/health insurance details are current
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and race day road closures
- Familiarise yourself with the course—it is your responsibility to know this on race day
- In case you are successful in securing a World Championship slot, ensure you have the following items ready for the 2019 IRONMAN 70.3 World Championship in Nice, France Rolldown:
  - Bring photo identification
  - Bring valid credit card (Visa & MasterCard). Diners Club, AMEX & cash are not accepted for payments.
JOIN NOW
Annual Membership
triathlon.org.au

THE BENEFITS
Save on race entry fees.
Family Memberships available.

INSURANCE
You are covered under Triathlon Australia policy for personal accident and third party public liability while training and participating in TA Sanctioned events.

TRIATHLON CLUBS
Connect with one of the 220 affiliated Triathlon Clubs who provide great training and social environments.

DISCOUNTS & OFFERS
From Training Peaks, Flight Centre, $100 SCODY voucher to Australian Triathlete Magazine.

BECOME A CHAMPION
Members are eligible to compete for State and National Championships across all distances as well as the chance to represent at World Championships.

GET SOCIAL WITH US
40k of the tri community have!
News, Clips, Tips, Training & Events
@triaustralia
TriathlonAustralia
@triaustralia
# EVENT SCHEDULE

*Event Schedule is up to date as at 25 March 2019. Please check the event schedule on the website as times are subject to change.*

## Thursday 2 May

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.00am - 6.00pm</td>
<td>Massage &amp; Physio Open – Pre Booked Appointments</td>
<td>Sunset Pde, Town Green</td>
</tr>
<tr>
<td></td>
<td>Glasshouse Information &amp; Drop Out Clerk Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>10.00am - 6.00pm</td>
<td>Athlete Check-In Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>Bright Night Run Check-In Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONKIDS Check-In Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONMAN Official Merchandise Store Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONMAN Sport &amp; Lifestyle Expo Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
</tbody>
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## Friday 3 May

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.30am - 8.30am</td>
<td>Practice Swim</td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>8.00am - 6.00pm</td>
<td>Massage &amp; Physio Open – Pre Booked Appointments</td>
<td>Sunset Pde, Town Green</td>
</tr>
<tr>
<td></td>
<td>Glasshouse Information &amp; Drop Out Clerk Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>10.00am - 6.00pm</td>
<td>Athlete Check-In Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONKIDS Check-In Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONMAN Official Merchandise Store Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td></td>
<td>IRONMAN Sport &amp; Lifestyle Expo Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>10.00am - 7.00pm</td>
<td>IRONMAN Sport &amp; Lifestyle Expo Open</td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>10.00am - 3.00pm</td>
<td>Bright Night Run Check-In Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>11.30am</td>
<td>First Timers Q &amp; A with Pete Murray</td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>12.30pm - 2.30pm</td>
<td>Legends Lunch <em>Invite Only</em></td>
<td>VIP Tent, Finish Precinct, Town Green</td>
</tr>
<tr>
<td>1.30pm</td>
<td>Pro Panel Q &amp; A</td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>2.30pm</td>
<td>Pro Athlete Briefing</td>
<td>Town Green Inn</td>
</tr>
<tr>
<td>3pm</td>
<td>IRONMAN Oceania TriClub Parade</td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>3.30pm</td>
<td>Friday Afternoon Entertainment</td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>4.00pm - 5.00pm</td>
<td>Bright Night Run Check-In Open</td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>5.40pm</td>
<td>Bright Night Run Start</td>
<td>Short St Carpark</td>
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## Saturday 4 May

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.30am - 8.30am</td>
<td>Practice Swim</td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>7.30am - 8.45am</td>
<td>IRONKIDS Port Macquarie Check-In Open</td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>8.00am - 6.00pm</td>
<td>Massage &amp; Physio Open – Pre Booked Appointments</td>
<td>Sunset Pde, Town Green</td>
</tr>
<tr>
<td>8.00am - 5.00pm</td>
<td>IRONMAN Sport &amp; Lifestyle Expo Open</td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>9.00am</td>
<td>IRONKIDS Port Macquarie Race Start</td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>9.00am - 3.00pm</td>
<td>Athlete Check-In Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 3.00pm</td>
<td>IRONMAN Official Merchandise Store Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 3.00pm</td>
<td>IRONMAN Sport &amp; Lifestyle Expo Open</td>
<td>Level 3, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 3.00pm</td>
<td>Glasshouse Information &amp; Drop Out Clerk Open</td>
<td>Ground Floor, Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.30am (Approx.)</td>
<td>IRONKIDS Port Macquarie Random Prize Draw Presentation</td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>10.30am - 4.00pm</td>
<td>Compulsory Bike Racking &amp; Gear Bag Check-In - IRONMAN Australia Athletes</td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>10.30am - 4.00pm</td>
<td>Compulsory Bike Racking - IRONMAN 70.3 Port Macquarie Athletes</td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>11.30am - 12.00pm</td>
<td>Transition Information &amp; Drop Out Clerk Open</td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>IRONMAN Tour Times:</td>
<td>Information Session and Q&amp;A with your Race Director</td>
<td>Glasshouse Theatre, Clarence St</td>
</tr>
<tr>
<td>11.00am, 1.00pm, 3.00pm</td>
<td>IRONMAN Australia Transition Tour</td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>70.3 Tour Times:</td>
<td>IRONMAN 70.3 Port Macquarie Transition Tour</td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>12.00pm, 2.00pm, 3.30pm</td>
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</tbody>
</table>
## EVENT SCHEDULE

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.22am</td>
<td><strong>Rolling Race Start - IRONMAN 70.3 Port Macquarie</strong></td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>7.10am</td>
<td><strong>Pro Male Race Start - IRONMAN Australia</strong></td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>7.11am</td>
<td><strong>Pro Female Start - IRONMAN Australia</strong></td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>7.15am</td>
<td><strong>Age Group Rolling Start - IRONMAN Australia</strong></td>
<td>Westport Park Boat Ramp, Hastings River</td>
</tr>
<tr>
<td>8.30am - 12.00am</td>
<td><strong>Town Square Information &amp; Drop Out Clerk Open</strong></td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>9.00am - 6.00pm</td>
<td><strong>IRONMAN Official Merchandise Store Open</strong></td>
<td>Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 6.00pm</td>
<td><strong>IRONMAN Sport &amp; Lifestyle Expo Open</strong></td>
<td>Town Square, Horton St</td>
</tr>
<tr>
<td>9.00am - 12.35am</td>
<td><strong>Street Gear Tent Open</strong></td>
<td>IRONMAN Finish Line, Town Green</td>
</tr>
<tr>
<td>Approx. 10.28am</td>
<td><strong>First IRONMAN 70.3 Finisher</strong></td>
<td>IRONMAN Finish Line, Town Green</td>
</tr>
<tr>
<td>Approx. 3.32pm</td>
<td><strong>First Pro Male Finisher &amp; Presentations</strong></td>
<td>IRONMAN Finish Line, Town Green</td>
</tr>
<tr>
<td>Approx. 4.43pm</td>
<td><strong>First Pro Female Finisher &amp; Presentations</strong></td>
<td>IRONMAN Finish Line, Town Green</td>
</tr>
<tr>
<td>12.30pm - 5.30pm</td>
<td><strong>Bike Check-Out - IRONMAN 70.3 Port Macquarie Athletes</strong></td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>6.30pm - 11.00pm</td>
<td><strong>Bike and Gear Bag Check-Out - IRONMAN Australia</strong></td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>4.30pm</td>
<td><strong>Presentations - IRONMAN 70.3 Port Macquarie</strong></td>
<td>Glasshouse Theatre, Clarence St</td>
</tr>
<tr>
<td>5.00pm</td>
<td><strong>2019IRONMAN 70.3 World Championship Rolldown Ceremony</strong></td>
<td>Glasshouse Theatre, Clarence St</td>
</tr>
<tr>
<td>12.35am</td>
<td><strong>Last Finisher Expected (17 hours)</strong></td>
<td>IRONMAN Finish Line, Town Green</td>
</tr>
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### Monday 6 May

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am - 12noon</td>
<td><strong>Glasshouse Information &amp; Lost Property Collection Open</strong></td>
<td>Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 2.00pm</td>
<td><strong>IRONMAN Official Merchandise Store - IRONMAN Finishers Range Open</strong></td>
<td>Glasshouse, Clarence St</td>
</tr>
<tr>
<td>9.00am - 11.00am</td>
<td><strong>Transition Bike, Gear Bags &amp; Special Needs Check Out - IRONMAN Australia Athletes Only</strong></td>
<td>Transition, Westport Park</td>
</tr>
<tr>
<td>9.00am - 3.00pm</td>
<td><strong>Massage &amp; Physio Open - Pre Booked Appointments</strong></td>
<td>Sunset Pde, Town Green</td>
</tr>
<tr>
<td>11.30am</td>
<td><strong>Official Results &amp; 2019 IRONMAN World Championship Kona Qualifying Slots Posting</strong></td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>12.00pm - 1.00pm</td>
<td><strong>2019 IRONMAN World Championship Kona Rolldown Ceremony</strong></td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>1.30pm - 2.30pm</td>
<td><strong>Awards Ceremony - IRONMAN Australia Athletes</strong></td>
<td>Finish Precinct, Town Green</td>
</tr>
<tr>
<td>2.30pm - 5.00pm</td>
<td><strong>After Party - IRONMAN Australia Athletes</strong></td>
<td>Finish Precinct, Town Green</td>
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</tbody>
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*Website: www.Ironmanaustralia.com  Ph:1300 761 384*
VENUE –
GLASSHOUSE & TOWN GREEN/TOWN SQUARE

TOWN GREEN/TOWN SQUARE
- Finish Line
- Expo
- VIP
- Information (Sunday Only)
- Massage (located within Recovery area)
- Recovery
- Volunteer Tent
- IM Rolldown/ Awards/ After Party
- Pro Panel Q & A
- Bright Night Run Check-In (Fri afternoon)
- IRONKIDS Check-In (Saturday morning)

GLASSHOUSE
- Check-In
- Merchandise
- Expo
- Bright Night Run Check-In (Thurs & Fri)
- IRONKIDS Check-In (Thurs & Fri)
- Information
- 70.3 Rolldown and Awards
- Special Needs Bag Purchase (applicable for IRONMAN distance only)
- Race Director Q&A

VENUE MAP
Click here to view map larger
**WESTPORT PARK**

- Transition (Bike Check-In/Bike Check-Out)
- Transition Tours
- Information (Saturday and Sunday)
- Volunteers
- Street Gear Bag Drop Off
- Practice Swim (Friday & Saturday)
- Swim Start/Swim Exit

**VENUE MAP**

[Click here to view map larger]
CHECK-IN

When
Thursday 2 May  10.00am - 6.00pm
Friday 3 May    10.00am - 6.00pm
Saturday 4 May  9.00am - 3.00pm

All Race Kits must be picked up by 3.00pm Saturday 4 May. If you do not Check-In during these times you will not be eligible to race. Port Macquarie is a 4hr 30min drive from Sydney (airport) alternatively 10 min Drive from Port Macquarie Airport to the Town Centre.

Where
Glasshouse, Clarence St. Please do NOT bring your bike or wear your bike cleats into the Glasshouse. Bike racks will be available outside the Glasshouse.

What you will need
Photo Identification (Driver’s Licence or Passport). You will not be able to pick up your race pack without ID.

Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else’s name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

RELAY TEAM CHECK-IN

Same Check-In and location will apply to Relay Teams.

All Relay Team members will be required to Check-In during Check-In hours. Its preferable that all members check-in at once, however if unable can check-in separately.

INDIVIDUAL RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number</td>
<td><img src="image" alt="Race Bib" /></td>
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<tr>
<td>Sticker Sheet</td>
<td><img src="image" alt="Sticker Sheet" /></td>
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<tr>
<td>Bike Seat Post Number Sticker</td>
<td><img src="image" alt="Bike Seat Post Number Sticker" /></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td><img src="image" alt="Bike Pump Sticker" /></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td><img src="image" alt="Street Gear Bag Sticker" /></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td><img src="image" alt="Helmet Sticker" /></td>
</tr>
<tr>
<td>Tattoos</td>
<td><img src="image" alt="Tattoos" /></td>
</tr>
<tr>
<td>Race Number Tattoo (right arm)</td>
<td><img src="image" alt="Race Number Tattoo" /></td>
</tr>
<tr>
<td>Category Tattoo (left leg)</td>
<td><img src="image" alt="Category Tattoo" /></td>
</tr>
<tr>
<td>ID Wristband</td>
<td><img src="image" alt="ID Wristband" /></td>
</tr>
<tr>
<td>Bike Collection Card</td>
<td><img src="image" alt="Bike Collection Card" /></td>
</tr>
<tr>
<td>Coloured Swim Cap</td>
<td><img src="image" alt="Coloured Swim Cap" /></td>
</tr>
<tr>
<td>Street Gear Bag (39cm x 49cmL)</td>
<td><img src="image" alt="Street Gear Bag" /></td>
</tr>
<tr>
<td>Athlete T-Shirt</td>
<td>We didn’t want to ruin your surprise.</td>
</tr>
</tbody>
</table>
# RELAY TEAM RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number x 1 (Runner only)</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Sticker Sheet x 1 (One sticker sheet for team)</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td><strong>ID Wristband</strong></td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Your ID wristband must be worn at all times as this will</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>be your entry to ‘athlete only restricted areas.’ Your ID</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>wristband will be secured to your wrist prior to leaving</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>Check-In. This is your only means of entry to Transition</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>to rack your bike pre-race and to collect your bike after</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>the race. IRONMAN will not allow access into these areas</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
<tr>
<td>without athletes wearing their wristband.</td>
<td><img src="1234.png" alt="Image" /></td>
</tr>
</tbody>
</table>

No Wristband = No Access. Individuals – Green  Teams – Light Green

## BIKE COLLECTION CARD

The Bike Collection Card is located within your race pack. This card can be used for a friend or family member to collect your Bike and Gear Bags from Transition during Bike/Bag collection times, should you not want to do so yourself. Please ensure you sign the card prior.

## INDIVIDUAL & RELAY TEAM CHANGES

All changes to Individual’s registrations will need to be made prior to 5pm, 26 April. Please ensure that when the athlete list becomes available online several weeks prior, if any details are incorrect to contact the race office [australia@ironman.com](mailto:australia@ironman.com) or 1300 761 384. After this time all changes can be made onsite at the Help Desk located within Athlete Check-In.

## BIKE RACKING

**When:** Saturday 4 May  
**Time:** 10.30am – 4.00pm  
**Where:** Transition, Westport Park.  
You must have already Checked-In and picked up your Race Kit prior to racking your bike.

No bikes will be able to be Checked-In after 4.00pm on Saturday 4 May. Please ensure you plan your travel to pick up your Race Kit prior to 3pm and Check-In your bike prior to 4pm.

### What you will need

**Bike Racking**  
You must have your bike seat post sticker attached to your bike and be wearing corresponding numbered ID wristband to enter Transition. Your bike seat post sticker will be found in your Race Kit.

Competitors are responsible for ensuring that their bike is in a safe working order, prior to presenting the bike at Bike Check-In. See the Triathlon Australia

**RALLY THE TROOPS COMPETITION**

Who will be crowned Oceania TriClub Champion?
**TIMING**

You will collect your Timing Chip and confirm your identity with the timing personnel at the exit of Bike Check-In. At this stage you will re-confirm your information and ensure that your race number matches your timing chip. Please ensure you put your Timing Chip in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle.
- On race morning, your timing chip must be on to enter Transition. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason you are to return the Timing Chip to one of the Drop Out Clerks located at Information or if unable to reach this location to Event Personnel.
- If your Timing Chip is not returned or is lost you will be charged $150AUD for a replacement.
- Timing results will include swim split, bike split, run split and finish time– overall and category results.

If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a timing chip is lost during the race, you will need to inform Event Personnel in transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the Timing Chip, using an alternative puts you at risk of losing the chip during the race. Lack of timing data may affect validity of category results & World Championship qualifications.

**BIKE MECHANIC**

The Official Bike Mechanic for this event is SRAM and they will be available during the IRONMAN Sport & Lifestyle Expo located at Town Square on Thursday and Friday (paid service).

On Saturday and Sunday, the Bike Mechanics will be in Transition, Westport Park.
Saturday – 10.30am – 4.00pm (paid service)
Sunday – 4.30am – 6.45am (and then available on course).

**TRANSITION TOURS**

- **When:** Saturday 4 May
- **Where:** Transition, Westport Park
- **Time:**
  - Transition Tour 1: 12.00pm
  - Transition Tour 2: 2:00pm
  - Transition Tour 3: 3:30pm

Tours will take approximately 30 minutes and will cover the flow of Transition including the start and finish points of the swim/bike and run functionality. These tours are also a great opportunity to clarify any Transition specific questions.

**PRE-RACE TRAINING**

All roads will remain open until Race Day, therefore, remember: obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists.

Wearing your helmet whilst cycling is compulsory in New South Wales and Police can issue on the spot fines for breach of this law.

**Make sure you lock your bike whenever you leave it.**
RACE INFORMATION

TRANSITION AREA

Time:
Transition will be open from 4.30am – 6.00am.

Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6.00am.

RELAY TEAM TRANSITION

All Relay Team members must exit Transition by 6.00am. At the discretion of the Transition Manager, cyclists will be able to re-enter Transition (approx. 6.15am) via the Team Entry (Park St Side of Transition).

Relay Team Members (cyclist and runner) will be required to stand at their numbered transition rack and await their team member. Your timing chip is your relay baton which you will be required to take off and pass onto your team member prior to starting their designated relay leg.

RACE DAY HELMET CHECKS

Triathlon Australia officials will be conducting your compulsory helmet and bike checks as you enter the Transition area, please ensure you have your helmet on (with your helmet sticker on the front of your helmet) prior to entering Transition.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition Opening (Sunday). See the Triathlon Australia Rules for equipment standards at http://www.triathlon.org.au.

BIKE PUMPS

Bike Pump Drop Off will be available on Race Morning within Transition and can be collected post event during Bike Check-Out.

All bike pumps which aren’t collected during Bike Check-Out times will be donated.

STREET GEAR BAG DROP

Location: Street Gear Truck is located at the exit of Transition. All bags will then be transported to Street Gear Tent located at the Finish Line.

Time: 4.30am – 6.20am

What to include in your Street Gear Bag?
Your Street Gear Bag will consist of any clothes you require post-race.

Important: Only the Street Gear Bag provided will be accepted. No bike pumps will be accepted in the Street Gear Truck.

Please ensure that you have the gear bag sticker (located in your Race Kit) clearly stuck to the bottom of the handle.

RACE DAY SERVICES

Medical
Basic first aid is available throughout event week. If you require medical attention, we recommend that you visit Information or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:
  - Swim Start
  - Swim Exit
  - Transition
  - Roaming Bike & Run Course
  - Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

Sag Wagon

The Sag Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported to the closest Aid Station or back to Transition/Finish Line. Continued >
Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you.

ATHLETE RACE BIB NUMBER

Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible.

Upon entering the finish line, turn your bib to the front. This will ensure manual timers at the Finish Line can clearly see your number. You must not fold, cut or manipulate your race number in any way.

ATHLETE TATTOOS

Race Number Tattoo
Wearing your race number tattoo is compulsory.
- **Where:** Your race number must be displayed on your right bicep with the MDot logo at the top.
- If you are wearing a long sleeve or short sleeve Tri-Suit, place the race number tattoo on your right forearm.

Category Letter Tattoo
- Your category letter tattoo must be displayed on your left calf.

Best way to apply your tattoos
The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

I still managed to ‘mangle’ my tattoo
In the case your tattoo becomes faulty please see the Information staff who will be able to assist by writing your number/letter on with a permanent marker.

Any athlete who registers online after 11.59pm, 7 April unfortunately will not receive a Category Letter in their Race Kit. Please see Information on Race Morning as we can write the Category Letter on with a permanent marker.

RELAY TEAM TATTOOS

Relay Teams will receive one Race Number Tattoo and one Category Tattoo. The Run Leg athlete will be required to wear the Tattoos. Other Relay Team Members can write the Race Number and Category Letter on with a permanent marker if they wish or see one of our Information staff as we will have permanent markers available.

CUT OFF TIMES

**Swim** – At Swim Exit; 1 Hours 10 Minutes from Athlete’s Individual Start Time

**Bike** – At Bike Exit; 5 Hours 30 Minutes from Athlete’s Individual Start Time

**Run** – Finish Line; 8 Hours from Athlete’s Individual Start Time

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via Sag Wagons.

In addition to the above cut off times, athletes may be cut off at any time based on the Race Director’s discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

All cut off times for the rolling start are measured off each individual’s starting time. All times listed here are measured from the last swimmer in the water.

If you believe these cut off times may be a problem, please call us on 1300 761 384 to discuss.

CONTINGENCY PLAN

If/when a contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the Event App or by the commentator.
**FINISH LINE**

Friends and family members, including children are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes’ finish line experience.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with your Finishers Medal and Towel and your Timing Chip will be removed. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical tent for treatment. If you do not require any treatment you will be able to proceed to the Recovery facilities.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember the volunteers and the medical team are there to help you at any time should you require.

**RECOVERY AREA**

Recovery & Medical

After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This area is an athlete only area. Located within the Post Finish area will be;

- The Post Finish Recovery Area
- Male & Female Change Tents
- Access to your Street Gear Bags
- Medical & Massage support
- Official Finisher Photo by FinisherPix

Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

The Post Finish Recovery area will offer:

- Water
- PURE Electrolyte Hydration – Lemon & Superfruits
- Red Bull
- Coca Cola
- Ice Cream
- Banana and Watermelon
- Fruit Salad

**MASSAGE**

Sports and Remedial professional Massage is available pre and post event.

Please visit our [Massage webpage](#) for more information.

**STREET GEAR CHECK-OUT**

Black Street Gear Bags will be available from the Recovery Area on Sunday till 12.00am. In the case that you are unable to collect your Street Gear Bag on Sunday, it will be available for collection on Monday at Information.

**RESULTS**

All results will be available online at [www.ironmanportmacquarie.com](http://www.ironmanportmacquarie.com)

**BIKE CHECK-OUT**

**Date:** Sunday 5 May  
**Location:** Transition, Westport Park  
**Time:** 12.30pm to 5.30pm

It is the responsibility of the athlete to collect, hand in and pick up their bike and bike pump from the appropriate locations and times, as well as ensure they are marked correctly.
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix
FINISH LINE PHOTO

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at IRONMAN 70.3 Port Macquarie. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24-48 hours after the race.

How to get your best photos:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet, so we can identify your biking photos.
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos.
- Smile and 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.
- Visit http://www.finisherpix.com/ within 24-48 hours after the race to view, order, and share your photos from your IRONMAN 70.3 Port Macquarie event!

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Information at the Glasshouse (Thurs – Sat & Mon) and the Town Square (Sun). Please view the times and locations Information will be open on the Event Schedule. Please note that no responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or australia@ironman.com.
ROKA SWIM COURSE 1.9KM

Cut off time – 1 Hour and 10min after individual start time.

COURSE SUMMARY

<table>
<thead>
<tr>
<th>Notes</th>
<th>Approx Distance (KM)</th>
<th>Direction</th>
<th>Location</th>
<th>Compass</th>
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</thead>
<tbody>
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<td>Right</td>
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<td></td>
<td>0.36</td>
<td>Left</td>
<td>Turn 2</td>
<td>N</td>
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<td></td>
<td>0.46</td>
<td>Left</td>
<td>Turn 3</td>
<td>NW</td>
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<td></td>
<td>1.25</td>
<td>Left</td>
<td>Turn 4</td>
<td>W</td>
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<tr>
<td></td>
<td>1.35</td>
<td>Left</td>
<td>Turn 5</td>
<td>S</td>
</tr>
<tr>
<td></td>
<td>1.9</td>
<td>Right</td>
<td>Swim Exit</td>
<td>W</td>
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<td></td>
<td>1.9</td>
<td>Total distance course leg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

START TIME

Age Group Rolling Race Start from - 6.22am

LOCATION

Westport Park Boat Ramp (same as 2018).

ROLLING ROKA SWIM START

The Swim Start will be a Rolling Swim Start format, allowing Age Group athletes to self-seed themselves into Start Zones prior to the race start.

Each Start Zone will align to a different expected swim time with all Start Zones located on the beach at the swim start.

There will be four different Start Zones to choose from depending on an athlete’s expected swim time. These zones include:

- Zone 1. Under 30 minutes
- Zone 2. 30 minutes < 35 minutes
- Zone 3. 35 minutes < 45 minutes
- Zone 4. 45 minutes < 1hr 10minutes

To access the Start Zones, athletes will need to follow the directional signage and instructions of event staff.

At 6.22am the Age Group Rolling Start will begin. This will involve athletes being released in intervals of pairs across the start line and timing mat. As an individual cross the start line and timing mat, their individual time will start. The Rolling Start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and began the race.

SWIM SAFETY

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Surf Skis, Jet Skis and IRBs. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decides to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete’s responsibility to walk back to the Information located in front of Transition and hand in their timing chip to the Drop Out Clerk located at Information.
R1

THE MISSION NEVER STOPS

THE WORLD’S MOST ADVANCED OPTICS,
NOW WITH THE WORLD’S MOST ADVANCED ANTI-FOG

Now featuring an all-new anti-fog coating, the fastest goggle on the market just got even better. Designed specifically for open water, the R1’s forward-looking lens angle gives you unparalleled visibility in the direction you’re swimming. Stay on course with less effort, whether you’re following fast or sighting at the front of the pack.

#FINDFASTER

ROKA.COM

PATENTED
PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING
WETSUITS

Wetsuits will be optional if the water temperature is below 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius.

The wetsuit thickness must not exceed 5mm for all competitors.

A provisional wetsuit ruling will be posted at the Check-In Tent and Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

If you have any questions around your wetsuit please visit www.triathlon.org.au or speak with a Technical Official at the event.

WARM UP SWIM

Unfortunately, no Athlete will be offered a practice swim due to there being no safe entry outside of the official swim start area.

Water Safety personnel will not be in the water before the race start.

SWIM CAP COLOURS & CATEGORIES

All ROKA swim caps provided will be a latex based swim cap. In the case you are allergic, please contact us via email australia@ironman.com or via phone 1300 761 384.
SWIM RULES SUMMARY

- All competitors must wear official ROKA swim cap provided
- The use of snorkels, fins, gloves, paddles, or flotation devices of any kind are prohibited

Full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

TRANSITION AID STATION (SWIM TO BIKE)

Transition Aid Stations will offer:

- Water
- PURE Electrolyte Hydration
- Vaseline
- Sunscreen
- Toilets

COURSE MAP

[Click here to view map larger](#)
**BIKE COURSE 90KM**

**COURSE SUMMARY**

<table>
<thead>
<tr>
<th>Notes</th>
<th>Approx Distance (KM)</th>
<th>Direction</th>
<th>Location</th>
<th>Compass</th>
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<td></td>
<td>88.9</td>
<td>Right</td>
<td>Stewart St</td>
<td>E</td>
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<td></td>
<td>89.5</td>
<td>Right</td>
<td>Williams St</td>
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<td></td>
<td>90.4</td>
<td>Left</td>
<td>Short St</td>
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<td></td>
<td>90.6</td>
<td>Right</td>
<td>Buller St</td>
<td>W</td>
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<tr>
<td></td>
<td>91.8</td>
<td>Total distance course leg</td>
<td></td>
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</tr>
</tbody>
</table>

**AID STATIONS**

**Bike Aid Stations**
The Bike course has 5 Aid Stations located approximately 22km apart.

**Bike Aid Stations Locations:**
- B1 Golf Club 11.3km
- B2 North Haven Boat ramp 34.4km
- B3 North Haven Seagulls Club 56.6km
- B4 Middle Rock Road 68.4km
- B5 Matthew Flinders Dr 82.5km

**Bike Aid Stations will offer:**
- Water
- PURE Electrolyte Hydration – Lemon & Superfruits
- IRONMAN Energy Gels – Lemon Lime, X-Press-O (70mg caffeine), Berry Blast & Blood Orange
- IRONMAN Energy Bars – Cherry Cranberry, Rich Chocolate, Banana Cinnamon & Salted Caramel
- Banana
- Vaseline
- Sunscreen
- Insect repellent
- Toilets

**Bike Aid Station Layout**

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Bike Aid Station, please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the Volunteers help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will result in a penalty.

**BIKE RULES SUMMARY**

- It is the sole responsibility of each athlete to know and follow the prescribed cycling course.
- All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.
- Athletes must wear a bike helmet number on the front of their helmet
- The athlete's bike frame sticker must be securely attached to the bike and must be visible from both sides
- Headsets or headphones are prohibited during the Race.
Own the Official Bike of IRONMAN®

2018 OFFICIAL BIKE PARTNER

ventumracing.com
If you do receive a penalty, the officials will:

- show you a blue, yellow or red card and advise you of your infringement
- tell you to stop at the next Penalty Tent if applicable
- note your athlete number and other information

Penalty Box locations:
- Cnr of Castle & Lake St, Laurieton approx. 54km
- Stewart St, approx. 89km

Full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

**TRANSITION AID STATION (BIKE TO RUN)**

Transition Aid Stations will offer:
- Water
- PURE Electrolyte Hydration
- Vaseline
- Sunscreen
- Toilets
RUN COURSE 21.1KM

Cut off time – 8 hours after individual’s start time.

COURSE SUMMARY

<table>
<thead>
<tr>
<th>Notes</th>
<th>Approx Distance (KM)</th>
<th>Direction</th>
<th>Location</th>
<th>Compass</th>
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<tr>
<td>2 Lap Course Route Notes</td>
<td></td>
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<tr>
<td>0.00</td>
<td>Right</td>
<td>Transition Exit</td>
<td>SE</td>
<td></td>
</tr>
<tr>
<td>0.34</td>
<td>Straight</td>
<td>Marine Rescue</td>
<td>SE</td>
<td></td>
</tr>
<tr>
<td>0.65</td>
<td>Left</td>
<td>Short St Carpark</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>1.15</td>
<td>Straight</td>
<td>Town Green</td>
<td>E</td>
<td></td>
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<tr>
<td>1.34</td>
<td>Left</td>
<td>Sunset Pde Path</td>
<td>E</td>
<td></td>
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<tr>
<td>1.53</td>
<td>Right</td>
<td>Munster St</td>
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<td>1.62</td>
<td>Left</td>
<td>Clarence St</td>
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</tr>
<tr>
<td>1.83</td>
<td>Straight</td>
<td>Special Needs</td>
<td>E</td>
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<tr>
<td>1.86</td>
<td>Right</td>
<td>Grant St</td>
<td>S</td>
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<tr>
<td>1.90</td>
<td>Left</td>
<td>Stewart St</td>
<td>E</td>
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</tr>
<tr>
<td>2.31</td>
<td>Left</td>
<td>Town Beach Carpark</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>2.62</td>
<td>Straight</td>
<td>Town Beach AS 2</td>
<td>SW</td>
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<td>Left</td>
<td>Town Beach Breakwall</td>
<td>W</td>
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<tr>
<td>3.63</td>
<td>Straight</td>
<td>Town Green</td>
<td>W</td>
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<tr>
<td>4.09</td>
<td>Right</td>
<td>Munster St Bridge</td>
<td>W</td>
<td></td>
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<td>4.2</td>
<td>Right</td>
<td>Hollingsworth St</td>
<td>N</td>
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<td>4.75</td>
<td>Straight</td>
<td>Pass Transition</td>
<td>NW</td>
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<tr>
<td>4.94</td>
<td>Right</td>
<td>Park St</td>
<td>NW</td>
<td></td>
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<td>5.9</td>
<td>Straight</td>
<td>R3– Park St</td>
<td>N</td>
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<tr>
<td>6.67</td>
<td>Right</td>
<td>Settlement Point Rd</td>
<td>N</td>
<td></td>
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<tr>
<td>7.4</td>
<td>U-Turn</td>
<td>Settlement Point Rd</td>
<td>N</td>
<td></td>
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<td>8.3</td>
<td>Left</td>
<td>Park St</td>
<td>SE</td>
<td></td>
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<tr>
<td>9.1</td>
<td>Straight</td>
<td>Park St AS</td>
<td>S</td>
<td></td>
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<tr>
<td>10.22</td>
<td>Straight</td>
<td>Transition Exit</td>
<td>SE</td>
<td></td>
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<tr>
<td>Repeat for Lap 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.44</td>
<td>End of Lap 2</td>
<td>Transition</td>
<td>SE</td>
<td></td>
</tr>
<tr>
<td>21.7</td>
<td>Finish</td>
<td>Finish Line</td>
<td>E</td>
<td></td>
</tr>
</tbody>
</table>

Run Aid Stations
The Run Course has 4 Aid Stations; located approximately 2km apart.

Run Aid Station Locations:
- R1 Food For Less Car Park (Inbound) 0.8km / 4.1km / 11km / 14.3km / 21km
- R2 Town Beach 2.5km / 12.7km
- R3 Park St 6km / 9km / 16.2km / 19.3km
- R4 Cnr Settlement Point Rd / Steven St 7.3km / 17.5km

Run Aid Stations will offer:
- Water
- Cola
- PURE Electrolyte Hydration – Lemon & Superfruits
- IRONMAN Energy Gels – Lemon Lime, X-Press-0 (70mg caffeine), Berry Blast & Blood Orange
- IRONMAN Energy Bars – Cherry Cranberry, Rich Chocolate, Banana Cinnamon & Salted Caramel
- Bananas
- Watermelon
- Red Bull will be supplied on course at Aid Station 2 only and served in a diluted formula of 50% Red Bull and 50% water
- Lollies
- Vegemite
- Pretzels
- Vaseline
- Ice
- Sunscreen
- Insect Repellent
- Toilets

Run Aid Station Layout

Same conditions as per the Bike Aid Stations apply when entering the Run Aid Stations.

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Run Aid Station, please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the Volunteers, help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will result in a penalty.

IRONMAN 70.3 Port Macquarie
COME VISIT US AT THE OFFICIAL

TIME TO FLY™

EXPO STAND

BONDI 6  CARBON ROCKET  ARAHI 3  CLIFTON 5
ELEVON  EVO REHI  MACH 2

EXPERIENCE OUR RANGE • MEET THE CREW • TRY ON A PAIR

HOKAONEONE.COM.AU
LAPBANDS

On each lap of the run course, athletes will be required to go through a “lap band collection point”.

At this point athletes will collect a different coloured lap band based on what number lap they are currently on. The colour of lap band you’re required to grab will be displayed on a sign. i.e. "First lap = Red".

When you pass the finish line for the final time, you will need to have the required number of lap bands on to run down the finish chute.

RUN RULES SUMMARY

If an athlete is shown a Yellow Card they may be directed by the Technical Official to perform a stop/start penalty.

3 infringements = DQ

If you receive a Red Card from a Technical Official, you must report to the Race Referee once you have completed your race. Avoid all infringements by being fair and safe

Full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

COURSE MAP

[Click here to view map larger](http://www.triathlon.org.au)
BRIEFINGS & PRESENTATIONS

RACE DIRECTOR Q&A
Date: Saturday 4 May
Time: 11.30am – 12.00pm
Location: Glasshouse Theatre, Clarence St

There is no onsite Video Race Briefings.

Instead your official Race Director update will be available online or come along to the Race Director Q&A. Pete Murray and your Race Director Jake Eaton will be there to provide you an overview and also answer any questions you may have.

FRIDAY AFTERNOON WELCOME
Location: Finish Precinct, Town Green

Come down to the Finish Line Precinct from 1.30pm to enjoy an Aussie BBQ.
Time: 1.30pm – 4.00pm
Enjoy the afternoon festivities, meet fellow first timers or catch up with old mates. The Friday Afternoon at Town Green is going to be pumping.

Pro Q&A
Time: 1.30pm

Hear from a panel of the Professional athletes racing.

IRONMAN Oceania TriClub Parade
Time: 3.00pm
The 2019 Oceania TriClub Championship Parade is your clubs’ chance to walk down the finish line as a team and bond with other clubs before the big race. A fun, celebratory parade involving all TriClubs participating at IRONMAN Australia will take place as part of the Official Welcome Function.

Afternoon with Pete Murray
Time: 3.30pm
Surround yourself with fellow athletes, friends/family, get motivated & inspired for the weekend ahead.

AWARDS PRESENTATIONS
Date: Sunday 5 May
Time: 4.30pm
Location: Glasshouse, Clarence St

1st – 3rd will be awarded to the top Age Group Athletes and Relay Teams.

SPECIAL EVENT OFFER
BUY ANY 2
PRODUCTS FOR $25
SAVE UP TO 37%

Available on course during the event at the IRONMAN OFFICIAL MERCHANDISE STORE

Josh Amberger
Professional Triathlete & Bexters Ambassador

ANYTHING IS POSSIBLE
ROLLODOWN CEREMONY

Date: Sunday 5 May
Time: 5.00pm
Location: Glasshouse, Clarence St

Forty (40) Age Group qualifying slots for the 2019 IRONMAN 70.3 World Championship in Nice, France on September 7-8, 2019 will be awarded to the top Age Group finishers.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on Sunday 5 May from 5.00pm. Please bring a valid form of Photo ID with you and be prepared to pay the full entry fee EUR €425.00 (+8% Active Fee) with Credit Card only (No AMEX or Diners). No cheque or cash payments will be accepted.

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU 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 have 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 Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.

To ensure that you don’t miss out on your Qualifying Slot, please ensure are seated prior to 4.30pm as Rolldown will start on time.

Final Slot Allocation will be determined on race day based on the number of official starters.
MAKE WATER WORK HARDER

PREPD IS A REVOLUTIONARY HYDRATION ENHANCER THAT WILL TRANSFORM THE WAY YOU TRAIN AND COMPETE. BACKED BY OVER 20 YEARS OF RESEARCH AND TESTING, PREPD IS A TWO-STEP SYSTEM PROVEN TO BOOST HYDRATION WHEN YOU NEED IT MOST, HELPING YOU PERFORM AT YOUR PEAK LONGER AND RECOVER SOONER.

PREPDPHYDRATION.COM.AU
The 2019 IRONMAN Australia & IRONMAN 70.3 Port Macquarie requires the support of over 2000 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 10,000 Hours to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANKYOU to the Volunteers whenever possible! Without the Volunteers, we simply would not be able to run any IRONMAN events.

IRONMAN also would like you to thank the Port Macquarie Local Organizing Committee for their continued effort and support.

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Adam Holbrow</td>
<td>Run Director</td>
</tr>
<tr>
<td>Bob Crombie</td>
<td>Massage Director</td>
</tr>
<tr>
<td>Dave Gainsford</td>
<td>Bike Aid Station</td>
</tr>
<tr>
<td>Debbie &amp; Stuart Ward</td>
<td>Volunteer Directors</td>
</tr>
<tr>
<td>Dr Dawn Martin</td>
<td>Medical Director</td>
</tr>
<tr>
<td>Eileen Gainsford</td>
<td>Bike Aid Station</td>
</tr>
<tr>
<td>Greg Laws</td>
<td>LOC Deputy Chairman</td>
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<tr>
<td>Hazel Kirby &amp; Steve Thomas</td>
<td>Bright Night Run Director</td>
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<tr>
<td>Jan Clinglefeffer</td>
<td>LOC Secretary</td>
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<tr>
<td>Jan Crombie</td>
<td>Massage Director</td>
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<tr>
<td>Janine Buesnel</td>
<td>2IC Registration Director</td>
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<tr>
<td>Kate Baker</td>
<td>Media Director</td>
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<tr>
<td>Kelly Mapleston</td>
<td>PMHC Contact</td>
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<tr>
<td>Louise Brown</td>
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<td>Louise Fellows</td>
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<tr>
<td>Lyn Gentle</td>
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<tr>
<td>Marty Brown</td>
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<tr>
<td>Melinda Cockshutt</td>
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<tr>
<td>Michael Reid</td>
<td>Chairman</td>
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<tr>
<td>Nelly &amp; Jason Hilton</td>
<td>Bike Course Directors</td>
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<tr>
<td>Paul Jones</td>
<td>Construction Director</td>
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<tr>
<td>Peter Gerathy</td>
<td>Transition Director</td>
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<tr>
<td>Rob Harris</td>
<td>Finance Director</td>
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<tr>
<td>Shae Glanville</td>
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<td>Simon Ross</td>
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<td>Sue Reid</td>
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<tr>
<td>Vanessa Gray</td>
<td>Environmental Director</td>
</tr>
</tbody>
</table>
With IRONMAN Australia & Europcar

Book with Europcar to receive your exclusive rates. Whether you’re running, cycling, riding, swimming, planning a short break or hitting the open road, Europcar gives you access to the right vehicle at the best price.

With over 150 locations across Australia and New Zealand, Europcar offers a reliable service at competitive rates for all your sporting and travel needs.

Book now at europcar.com.au/ironman
INFORMATION

Glasshouse
The main Information will be located at The Glasshouse and will be open during the following hours:

Thursday 2 May 10.00am – 6.00pm
Friday 3 May 10.00am – 6.00pm
Saturday 4 May 9.00am – 3.00pm
Monday 6 May 9.00am – 12.00pm

Town Green
Town Green Information will be open during the following hours:

Sunday 5 May 8.30am – 12.00am

Westport Park
Another Information will be located at Transition on Saturday and Sunday between the following times:

Saturday 4 May 10.30am – 4.00pm
Sunday 5 May 4.30am – 5.30pm

Information will have maps, event schedule, app information, changed traffic condition information etc. It will also have all material regarding the medical tent on the day so if loved ones are concerned about a competitor, please have them check with Information – not the announcer or medical tent.

IRONMAN OFFICIAL MERCHANDISE & EXPO
Come and grab your IRONMAN Merchandise and take home a keepsake from your IRONMAN experience.

Merchandise Trading Hours:
Thursday 2 May 10.00am – 6.00pm
Friday 3 May 10.00am – 6.00pm
Saturday 4 May 10.00am – 4.00pm
Sunday 5 May 9.00am – 6.00pm
Monday 6 May 9.00am – 2.00pm
(Finishers Range)

Be sure to check out the Expo stalls within the Glasshouse for some great tips and deals.

Expo Glasshouse Trading Hours:
Thursday 2 May 10.00am – 6.00pm
Friday 3 May 10.00am – 6.00pm
Saturday 4 May 9.00am – 3.00pm

Expo Town Green Trading Hours:
Thursday 2 May 10.00am – 6.00pm
Friday 3 May 10.00am – 6.00pm
Saturday 4 May 10.00am – 5.00pm
Sunday 5 May 9.00am – 6.00pm

EVENT APP
IRONMAN 70.3 Port Macquarie is available on the Oceania App and has everything you need to know about the event as an Athlete or a spectator:

Live athlete tracking, race leaderboard, race results, course maps and event schedule and info.

• Track the athletes live throughout the course, including their time splits.
• Live leaderboards keep you up front with who’s in the lead. And you can filter by age group.
• Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
• Check out the post-race final results.
• Always know where you are and where you want to be with interactive maps.
• Event info and clear schedules ensure you know what’s going on, where and when.

IRONMAN Oceania App is available for Apple and Android. Search for ‘IRONMAN Oceania’ in the Apple App or Google Play Stores.

GET SOCIAL
See, like and share all the excitement of IRONMAN 70.3 Port Macquarie.
Facebook: @IRONMANAustralia
Instagram: @IRONMANOceania

Don’t forget to tag us in your photos! #IMAUS #IM703PortMac
Check out all the new event merchandise, supporter tees and lifestyle wear at the Official IRONMAN Merchandise Store.

OPEN ALL WEEK

Thu 2 May 10am - 6pm
Fri 3 May 10am - 6pm
Sat 4 May 9am - 3pm
Sun 5 May 9am - 6pm
Mon 6 May 9am - 2pm

Ground Floor, Glasshouse, Clarence Street
IRONMAN LIVE / ATHLETE TRACKING
IRONMAN Live will feature live and exclusive coverage of the IRONMAN 70.3 Port Macquarie. With live race updates, photo, athlete tracking and video—IRONMAN Live will have the event covered. Tune into www.ironman.com or https://twitter.com/IRONMANLive on Sunday 5 May for all the latest.

You can find IRONMAN Live on the top left hand corner of the webpage the event name will appear. Alternatively you can visit Information onsite if you need assistance. Remember you can also track athletes through the Event App.

WOMEN FOR TRI PRACTICE SWIM
Date: Saturday 4 May
Time: 7.00am
Location: Westport Park Boat Ramp, Hastings River

Come down and experience a great vibe with your fellow athletes. We'll have a pro athlete sharing her tips and tricks to overcome any open water swim fears. Meet at 7am at the practice swim designated zone 7:15am start. Look out for the Women for Tri flag.

PARKING
Parking will be on surrounding local streets (please ensure that you are aware of the changed traffic conditions)

CHANGED TRAFFIC CONDITIONS
Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.
Changed Traffic Conditions

Tri something different. Recovering after a race or relaxing with mates, Holsten 0.0 is the ideal way to enjoy a great beer without hampering your training. Its full German Pilsener flavour and zero alcohol lets you stay refreshed, stay social, and stay on track as you go from zero to hero.

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EVENT CONTACT DETAILS

Police
Port Macquarie Police Station
2 Hay Street, Port Macquarie
Phone: (02) 6583 0199

Medical
Port Macquarie GP Super Clinic
38 Clifton Drive, Port Macquarie
Phone: (02) 6584 4544

Port Macquarie Base Hospital
Wrights Road, Port Macquarie
Phone: (02) 5524 2000

LOCAL SERVICES
Rescue & Road Services
NRMA (24 Hours)
13 11 11
Port Macquarie Taxi Cab
(02) 6581 0081

GENERAL CONTACTS
Tourist Information
Visitor Information Centre – The Glasshouse
Corner Clarence Street & Hay Street
(02) 6581 8000

Transport Services
Busways
Phone: (02) 6583 2499

Post Offices
19 Horton Street, Port Macquarie
Phone: (02) 6588 3100

Goodluck,
IRONMAN 70.3 Port Macquarie Team
#IMOZ#IM703PortMac