



SWIM BIKE RUN

Athlete Guide - Sunday 16th July 2023

WELCOME WORDS



It gives me tremendous pleasure to welcome you to the second edition of IRONMAN 70.3 Swansea. Last year's inaugural event was a roaring success. The combination of beautiful weather, exceptional crowd support and phenomenal performances from our athletes resulted in a truly memorable experience for all involved.

We are therefore very excited to see the event return in 2023 and build upon the success of last year. Building upon survey results in 2022, we have made improvements to the Swim Start set-up, Bike Course, Awards venue, and our post-race food offering. These changes will hopefully lead to a better race experience for all our athletes across the weekend.

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, British IRONMAN races have seen all manner of weather so please make sure you are prepared for all conditions on race day. Whether 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 on the day.

Take care of yourselves and fellow athletes but most of all enjoy the experience!

**-Your IRONMAN 70.3 Swansea Race Director,
Rebecca Sutherland**



TABLE OF CONTENTS

Race Schedule

Top 5 Things to do in Swansea

Swansea Town Centre Map

Directions and Parking

Registration Information

AWA & TriClub Benefits

Bike and Bag Racking

Rules, Regulations & Cut Off Times

Information for Relay Teams

Swim, Bike & Run

Aid Stations and Nutrition

First Timer Information

Post-Race Information

IRONMAN 70.3 World Championship Slot Allocation



2023 IRONMAN 70.3 SWANSEA RACE SCHEDULE

Subject to change

Race Briefing will be announced one week prior
to Race Day

FRIDAY 14TH JULY

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

SATURDAY 15TH JULY

08:00 / 15:00	Athlete Registration	Museum Gardens
08:00 / 17:00	EXPO & Official Merchandise Store	Museum Gardens
08:30 / 17:00	Transition Opens - Bag and Bike Check-in	East Burrows Car Park
17:00 / 17:45	IRONPRAYER	National Waterfront Museum

SUNDAY 16TH JULY

05:00 / 07:00	Transition Opens	East Burrows Car Park
07:00	IRONMAN 70.3 Swansea PRO Men Start	Price of Wales Dock
07:02	IRONMAN 70.3 Swansea PRO Women Start	Prince of Wales Dock
07:05	Age Group Self-seeded Rolling Start	Prince of Wales Dock
09:00 / 17:00	Official Merchandise Store	Museum Gardens
14:30 / 18:00	Transition Opens - Bag and Bike Collection	East Burrows Car Park
18:00 / 19:30	Awards Ceremony and Slot Allocation	National Waterfront Museum



future of mobility



DISCOVER VF 8 AND VF 9,
COMING TO THE US, EUROPE
AND CANADA IN Q4 2022
www.vinfastauto.us



Fly to IRONMAN® events worldwide with Qatar Airways

As Official Airline Partner of the Global IRONMAN® Series and IRONMAN® 70.3® Series, until 2025, Qatar Airways is proud to connect athletes, officials and fans worldwide. Athletes travelling to and from events will benefit from additional offers, including promotional fares and special offers.



Save up to **10%**
as a registered athlete



Earn **2,000**
Avios in Economy Class and
4,000 bonus Avios in
Business or First Class



Enjoy enhanced flexibility
with one complimentary
date change



Carry your race bike as
checked baggage at no
additional cost*

qatarairways.com/IRONMAN

*Only for athletes.

QATAR
AIRWAYS

IRONMAN
GLOBAL SERIES

2023 OFFICIAL AIRLINE PARTNER

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

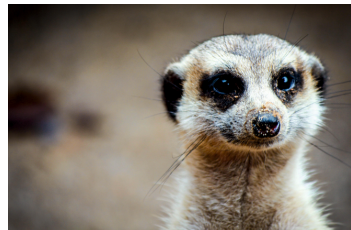
Our city gallery is a vibrant and inspiring free art space for everyone and offers an exciting programme of contemporary exhibitions, from local to international artists, historical and 20th century collection displays and free, family fun activities all year round.

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 joioabertawe.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 of events for you to enjoy too.

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





IMPORTANT LOCATIONS

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 - The National Waterfront Museum

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:

The National Waterfront Museum

///brass.luck.squad

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 – Friday rdayaturday

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 over the road to The National Waterfront Museum

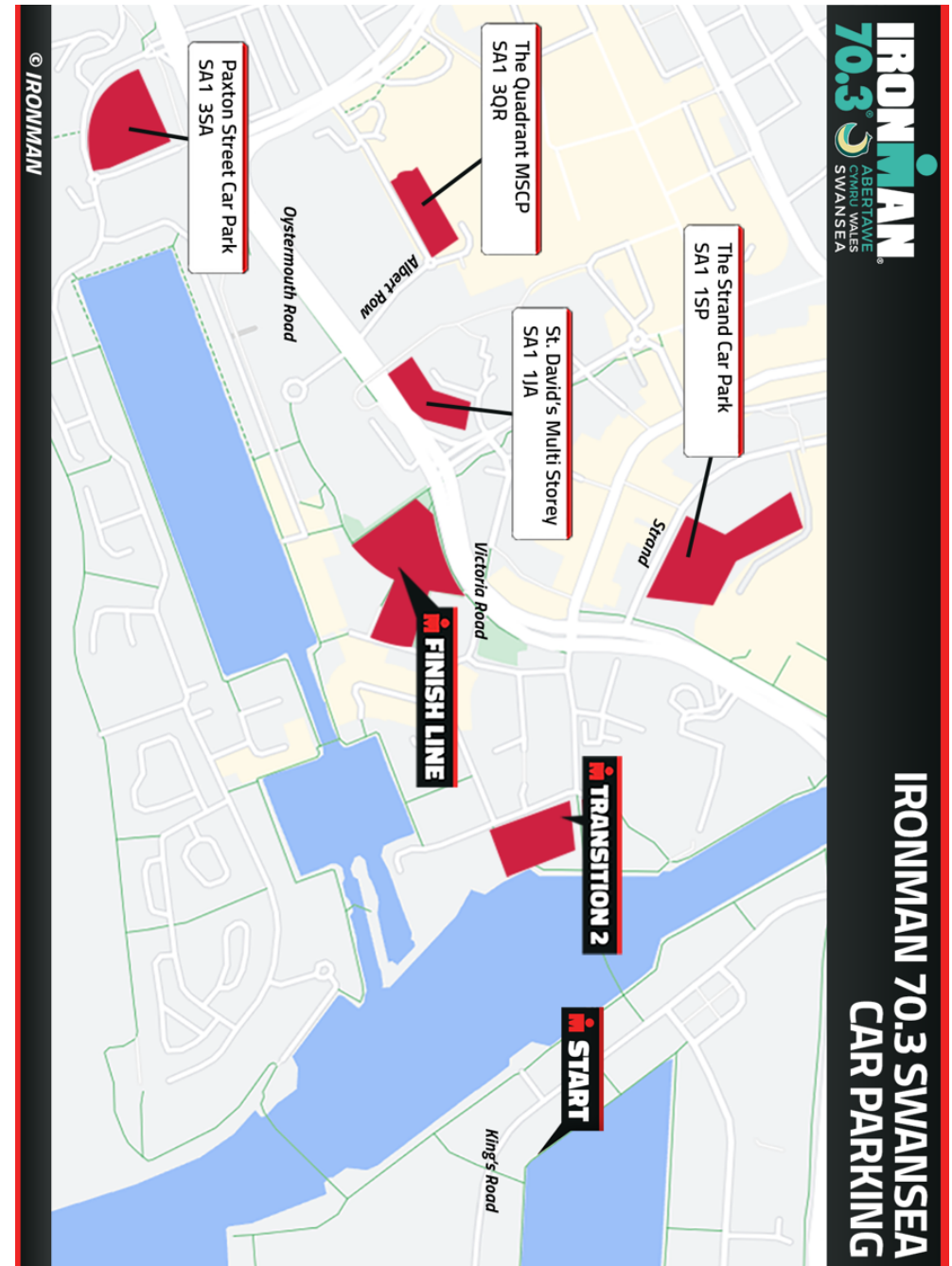
RACE DAY - SUNDAY

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 is - we suggest parking in St David's MSCP or The Quadrant for ease.

PARKING





wahoofitness.com/rival



NEVER. LOSE. FOCUS.

ELEMNT RIVAL Multisport Watch keeps your focus locked on your performance, not your equipment. Unique multisport features like Touchless Transition, Multisport Handover, and Perfect View Zoom create a seamless performance advantage.

ELEMNT RIVAL

wahoo



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

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

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

CONTACT US

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

contactus@nirvanasportstravel.com

nirvanasportstravel.com



ZAFIRO HOTELS



One island, three sports.
One goal: to enjoy them all here



A paradise for first-class triathletes from all over the world. At Zafiro Hotels we take sport and your well-being really seriously, just the way you do. Don't miss your chance to visit this beautiful island and also enjoy your favourite sport.

Zafiro Tropic **** RENOVATED

- New, heated semi-Olympic pool
- Refurbished gym
- Improved cycling-friendly area

From €40 per person



Zafiro Palace Alcúdia *****

- Spacious and comfortable suites
- Heated outdoor swimming pool
- Gym, cycling area, spa

From €58 per person



SPECIAL BENEFITS

Use the promocode **ZAFIROTRI** to get a very special discount and your gift. Only at www.zafirohotels.com



IRONPRAYER

Race Chaplains

The IRONMAN Race Chaplains are available over race weekend for confidential, non-judgmental support. If you want a confidential chat, help, encouragement or just to see a friendly face then you can find them at the Race Village, or message them on 07884 181033.

They will be floating onsite at Museum Gardens across the registrations days and at the below areas on Saturday afternoon and Sunday.

Saturday - IRONPRAYER at The National Waterfront Museum

Race Day – at Swim Start, in T1, T2 and at the Finish Line!

IRONPRAYER

Saturday 15th July at 17:00

The National Waterfront Museum

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.



ACTIVE



✓ 10k
✓ Marathon
✓ Cycling race
Triathlon

Explore your next race on [ACTIVE.com](https://www.active.com)

REGISTRATION ESSENTIALS

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

ATHLETE REGISTRATION TIMES

Friday 14th July / 09:00 - 17:00

Saturday 15th July / 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](#), from your confirmation email and it will be re-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 coming to registration](#) 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.

If you bought a Race Licence through Active when registering, confirmation will be included in your Race Week email.



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.



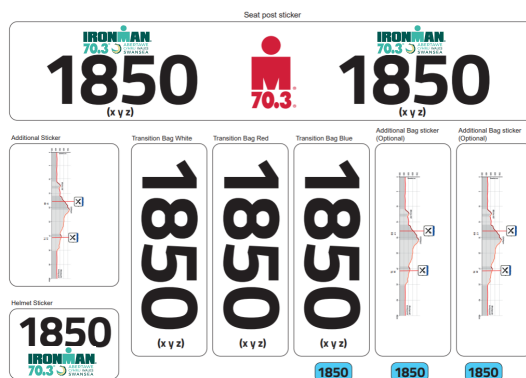
BIB Number

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.



Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and BIB 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 and it will be transported to the finish line for you.



TRANSITION BAGS

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

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 on-site mechanics at each transition should you need their assistance.

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.

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

WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: clothes for after the race, towel, shoes

Drop off: on race morning

Collection: at the finish line after the race



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

Drop off: at Transition with your bike on Saturday

Collection: from Transition after the race



Include: running shoes, hat

Drop off: at Transition on Saturday

Collection: from Transition after the race

WHAT TO DO DURING THE RACE



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



Put back in: wetsuit, goggles, swim hat



Take out: running shoes, hat



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

BIKE AND BAG RACKING

TRANSITION

East Burrows Car Park, SA1 1RR
Saturday 6th August 08:30 - 17:00
(Please note, this is a single transition race)

BIKE RACKING

You must rack your helmet, bike and bags together on Saturday. Your corresponding wristband will be checked upon entering transition. 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 and sticker on the front, your race number stickers on the seat post of your bike and your blue transition bag with the sticker in the space provided. Without all these items, you will not be able to rack your bike and bag.

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.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, 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 a timing official in transition who can issue you with a replacement, so you can continue.

Your timing chip should be returned to the Finish Line upon completion of the race.

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.



I WANT MORE

ALL WORLD ATHLETE PROGRAM



ALL WORLD ATHLETES



AWA GOLD athletes will receive the following onsite benefits:

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



AWA SILVER athletes will receive the following onsite benefits:

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



AWA BRONZE athletes will receive the following onsite benefits:

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

All AWA athletes will receive a neon 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

IRONMAN[®] TRICLUB

JOIN THE PROGRAM

WWW.IRONMAN.COM/TRICLUBS

Instagram icon @IRONMANTRICLUB

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 bib number and report them to race control. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who receive medical assistance from our medical team are exempt from this rule.

Rules & Regulations

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

PLEASE NOTE THE FOLLOWING LOCAL RULES

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

General Rules

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

Penalties

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

Yellow Card – 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 OFFS



SWIM Cut off - 1 hour 10 minutes

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



BIKE Cut off - 5 hours 30 minutes

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

These will only affect athletes who will not be able to make the overall cut-off, based on the average speed they have cycled to these points. Times are based on the last swimmer taking the full 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 *Kittle (mile 10.4)*
- The second cut off will be at *the End of Lap 1 (mile 32.6)*

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

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



RUN - 8 hours 30 minutes

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 on *at the End of Lap 1 (mile 6.8)*

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.

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.

GET SOCIAL

Share your IRONMAN UK experience across your profiles with **#IM70SWANSEA**

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**

Live results and tracking available via the IRONMAN Tracker App!

FEATURES INCLUDE:

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

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

Real-time Facebook / 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!



ROKA

MAVERICK X2

THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET

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.

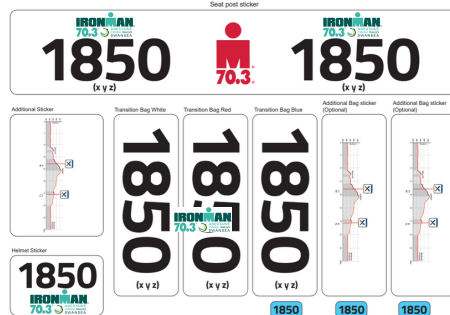
Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. PLEASE MAKE CHANGES AT THE HELP DESK BEFORE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

RÖKÄ
OFFICIAL GLOBAL SWIMWEAR PARTNER
IRONMAN
EUROPEAN SERIES

Swim Course Director's Introduction - Amy Hudson

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.

© IRONMAN

status 01.05.2022

subject to alterations



SWIM

Swim start will be at Prince of Wales Docks, SA1 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 07:05 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 RULES

1. Athletes must wear the swim cap provided by race
2. No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
3. Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
4. When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted
5. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
6. Swim goggles and facemasks may be worn. Snorkels are prohibited
7. No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
8. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary
9. The swim course will close 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hours 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 change into your bike clothing inside the tent. 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 are recommend for all athletes in water temperatures between 16C and 24.5C. If the water temperature exceeds 24.5C, wetsuits will not be permitted. For water temperature below 16C, wetsuits are compulsory.

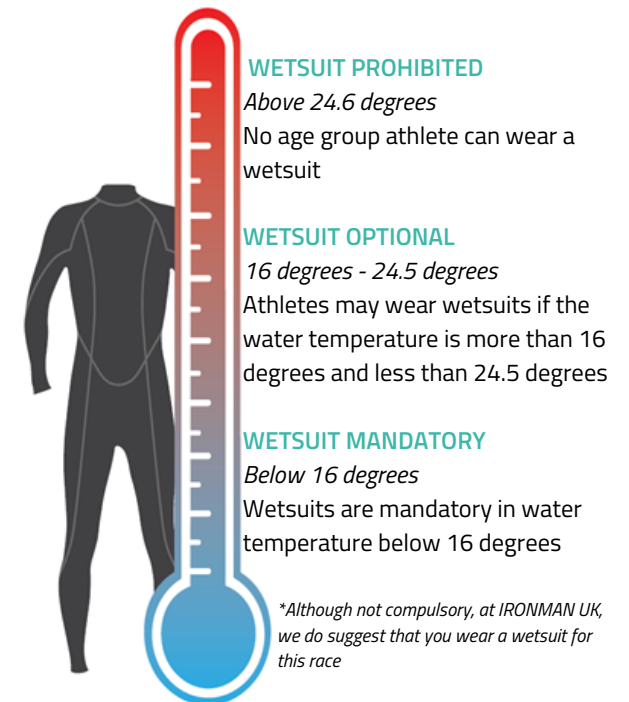
Prohibited Wetsuit: Wetsuits cannot measure more than 5 mm thick.

SWIMWEAR POLICY (non-wetsuit legal swims only)

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

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

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





JESSE THOMAS
2x IRONMAN CHAMPION

ROKA

UPGRADE YOUR EYEWEAR

ULTRA-PREMIUM OPTICS. ZERO SLIP.
INSANELY LIGHTWEIGHT.

GEKO

Patented Fit &
Retention System

C³

C3™ Unmatched Optics
& Premium Lens Coatings



Ultra-Lightweight
Materials



IRONMAN
EUROPEAN SERIES

2023 OFFICIAL BIKE RENTAL PARTNER



Rent and Ride

Let us take care of the rest!

www.francebikerentals.com



OFFICIAL TRAINING PLATFORM OF
IRONMAN

OVER 100 OFFICIAL IRONMAN COURSES NOW AVAILABLE

- ✓ Train on REAL roads for REAL results
- ✓ Ride solo, with your club mates and your coach
- ✓ Get the FulGaz advantage when you line up on race day

[DOWNLOAD NOW](#)

CALLING ALL COACHES AND CLUB LEADS

Apply now to be part of our industry leading Clubs program. Experience your very own virtual clubroom, a dedicated space to host hasslefree group rides, workouts and events, all year round and only on FulGaz. Visit fulgaz.com/clubs to find out more and apply today.

AVAILABLE ON



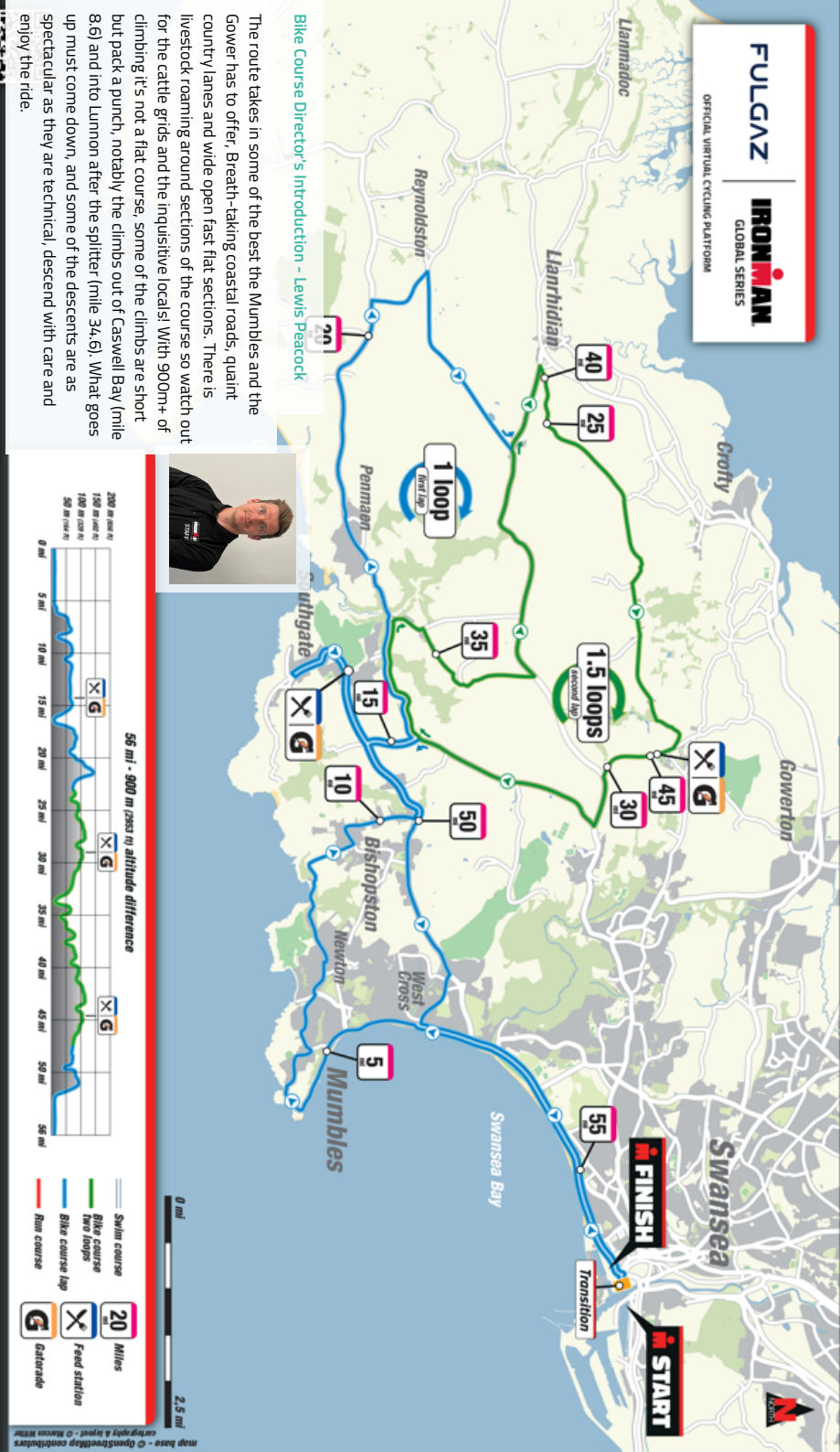
EKOI

IRONMAN
GLOBAL SERIES

2023 OFFICIAL BICYCLE HELMET

EKOI.COM

FIND US AT EVERY IRONMAN EVENT OR ONLINE



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 56 mile bike course runs in a clockwise direction. Athletes will travel from Swansea town centre out to The Mumbles for the first few miles, before taking on the looped bike course. The course then continues through the Gower countryside before finishing back in Swansea town 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.

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 RULES

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

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

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

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

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

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

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

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

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

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

Rules continued on next page.

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

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

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

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

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

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

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

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

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

VIPER TRISUIT,
A WORLD CHAMPION TRISUIT



Santini

WWW.SANTINICYCLING.COM



ENTER RUNNING BLISS

CLIFTON 9

The perfect balance of soft and light,
for the ultimate smooth ride



HOKA FLY
HUMAN
FLY

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 RULES

1. Athletes may run, walk, or crawl

2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification

3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event

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

5. Athletes are expected to follow the directions and instructions of all race officials and public authorities

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

7. No individual Support Vehicles or pacers are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing

8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

9. The run course will officially close 8 hours 30 minutes after the last athlete enters the water

BORN IN THE LAB, PROVEN ON THE COURSE.

With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.



2023 OFFICIAL SPORTS DRINK

ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

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 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

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

226ers Race Day Bar

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



RUN COURSE

Red Bull Energy Drink

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

Gatorade Powder

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

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

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



AID STATIONS AND NUTRITION

BIKE COURSE

LOCATION

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

Pennard: Mile 17.4

Three Crosses: Mile 29 and 44.6

NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas
- 226ers Bars (Dark Chocolate, White Chocolate and Strawberry, Apple and Cinnamon, Banana and Ginger)
- 226ers Gummy bars (Mango, Lime, Cherry and Cola)
- Maurten Gel 100

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 four stations on the run course, approximately 1.5 miles apart.

NUTRITION AVAILABLE

Each feed station will contain the below:

- Gatorade Thirst Quencher
- Maurten Gel 100
- Water
- Cola
- Bananas
- Salted snacks
- Jelly babies
- 226ers Gummy bars (Mango, Lime, Cherry and Cola)
- Red Bull

The drinks and nutrition will be handed out by volunteers who will ensure that stock is continually replaced so you are able to collect nutrition as you go past (subject to availability).

There will also be a Red Bull 'Energy Station' which will be passed 4 times (out and back)

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.

AID STATION SUMMARY - IRONMAN 70.3 SWANSEA 2023



WATER



GATORADE
ISOTONIC



COLA



SWEETS



SALTED SNACKS



RED BULL



ENERGY BARS



BANANA



ENERGY GEL

BIKE COURSE

17.4	PENNARD			X	X	X	X		X	X
29 & 44.6	THREE CROSSES			X	X	X	X			

RUN COURSE

1.7 & 7.3	THE SECRET CAFÉ								
3.6 & 9.1	TEXACO								
5.5 & 11	REDBULL	X	X	X	X	X		X	X
5.9 & 11.5	CASTLE ARCHWAYS BUS STOP								



226ERS

IRONMAN EUROPEAN SERIES

2023 OFFICIAL NUTRITION BAR PARTNER

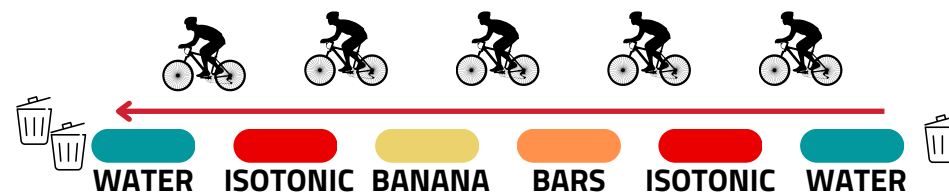


BUY AND TEST - 20% OFF VOUCHER: **IRONMAN23**
Voucher valid on WWW.226ERS.COM

ON COURSE NUTRITION

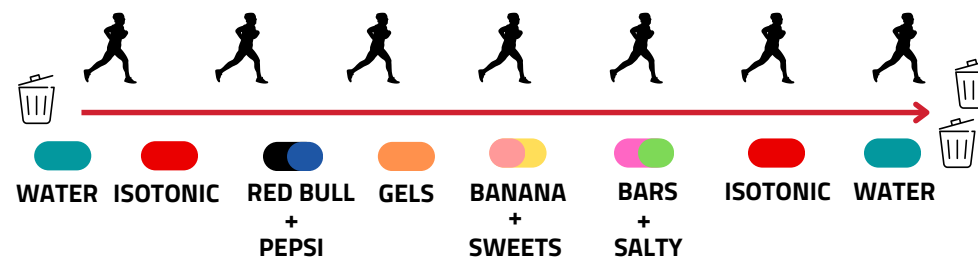
BIKE COURSE

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



RUN COURSE

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



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



R2^{3.0}

CALF SLEEVES



Compression Grid Pattern

Targeted high level muscle support.

Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



www.compressport.com

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

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 

FIRST TIMER INFORMATION

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

1. What do I need to bring to registration?

- ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (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 14th July or Saturday 15th July

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 08:30 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

FIRST TIMER INFORMATION

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 encourage you to wear a wetsuit between 16 and 24.5 degrees and you are not allowed to wear a wetsuit above 24.5 degrees (unless informed otherwise on race week due to specific racing conditions)

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

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

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

- Yes, there will be 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. However, LC Swansea have opened their doors and will allow athletes to shower and use their changing facilities should you want to use them

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 TIMER INFORMATION

Top tips from our team:



Look after each other



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



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



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



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



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



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



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

FIRST TIMER INFORMATION

Some useful words from our Head Referee:

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

- The roads are only closed for a fixed length of time and we have to allow the local residents and businesses back onto the roads at the agreed time
- The volunteers and marshals need to be released from their duties at the agreed time, we can't expect them to stay for an indefinite period

- This is an IRONMAN event. Part of being able to say that you have completed a 70.3 or a full IRONMAN is that you completed it within the cut offs. You must complete each discipline within an allotted time from the start of your race ie from when you go over the start timing mat at the beginning of the swim. As all the UK events now have a rolling start, this will be a different time of day for each athlete

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

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

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

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

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

FIRST TIMER INFORMATION

Quick Puncture Repair

We like to see everyone get to the finish line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself and here are some pointers. We recommend you practice this before racing and carry at least three repair kits in case you are unlucky to have several.

Your puncture repair kit will need the following:

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

To mend your puncture, you will need to:

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

FIRST TIME CHECKLIST



www.ironman.com/im703-ireland



IRONMAN
70.3  **IRELAND CORK**

Presented By  Comhairle Contae Chorcaí
Cork County Council

19. AUGUST 2023

LIMITED ENTRIES REMAIN FOR IRONMAN 70.3 IRELAND, CORK.
GET ONE WHILST YOU STILL CAN...

ENTER NOW

BEFORE TRAVELLING:

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

(ensure your age group, country and information is correct
- email swansea70.3@ironman.com if any changes need to be made)



FOR REGISTRATION:

- Bring your valid Photo ID
- Be sure to have your QR code ready
- Bring your Annual Race Licence (if you have one)

(if you don't have an annual licence, you should have bought one when registering. You can also buy this onsite for £6)

AT REGISTRATION:

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

Preparation is key 

PREPARATION FOR TRANSITION:

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

You will need to place everything listed above in transition

TIME FOR TRANSITION

REFEREES WILL CHECK:

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

FIRST:

- Collect your timing chip before entering transition

AND THEN:

- Leave your bike at your rack number
- Leave your blue bag on the hanger (inc helmet)
- Leave your red bag at the hanger



Sleep Well

IT'S RACE DAY!

DON'T FORGET:

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

BEFORE SWIM START:

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



Race Safe

CONGRATULATIONS ON YOUR RACE!

- Collect your finisher items
- Collect your white bag from the finish
- Go to transition to check out your bike and bags
- Check your results (appeals must be made before 17:30)
- Attend Awards and Slot Allocation

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** - since 2021, we have saved over 283KG worth of printed materials



2023 OFFICIAL ALCOHOL-FREE BEER PARTNER

BEER, FIT FOR ALL TIMES

AWARD-WINNING • GREAT TASTE • ALCOHOL-FREE (<0.5% ABV)



UK.ATHLETICBREWING.COM | @ATHLETICBREWINGEU



Get race-ready with Hyperice

Our suite of products help to relieve tension, unlock sore muscles, and prime your body and mind to be at their best, so you can recover faster and train harder.

Swim. Bike. Run. Recover.



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. Timing chips will be collected at the Finish Line.

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 to take your items from transition. It is recommended that you check you have all your items before you leave. Under no circumstances will athletes be allowed to take their property before this time. All bike and bags must be collected on race day.

If you would like a supporter to collect your bag and bikes on your behalf during the opening times, you must bring them to registration so they can be registered to do so.

MEDAL ENGRAVING

Medal engraving will be located in the Athlete Village area post race. Medal engraving is £20 and can be pre-purchased in the registration platform.

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

RACE PHOTOGRAPHY

Your race is in safe hands! Sportograf will be at IRONMAN UK to cover your race. 24 – 48 hours after the end of the race your personal race photos will be available.

A selection of your personal race images will be automatically and free posted to your Facebook timeline as soon as the photos are available. Simply click on the link, type in your BIB number and accept the installation of the app to your profile.

RESULTS

Results will be available live on www.ironman.com/uk the day after the event. If you have a query with your result after the race, please report it ASAP via email to swansea70.3@ironman.com. 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 7 days of the event.



**ALWAYS
ADVANCING**

— MORE THAN JUST MEDALS —
YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS



The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series

www.AlwaysAdvancing.net | info@alwaysadvancing.net



F O T O
S P O R T O G R A F . C O M
F L A T



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



WORLD CHAMPS SLOT ALLOCATION

Qualifying Slots: This event offers **40** Age Group Qualifying Slots to the 2024 VinFast IRONMAN 70.3 World Championship in Taupō, New Zealand on 14th - 15th December. Please note, slot allocations are subject to change and may be verified, [here](#).

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location. We recommend being at least 15 minutes early as you must be present to accept the slot. Please be prepared to pay the entry fee by credit/debit card only - no cheques or cash accepted.

Date: Sunday 16th July

Time: 18:00

Location: Upstairs in the National Waterfront Museum

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

Other Information:

Only Age Group Athletes are eligible to receive Age Group 70.3 World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

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

DISCOVER THE
BREITLING ENDURANCE
PRO IRONMAN
COLLECTION.

 BREITLING

 IRONMAN

Visit: www.ironmanstore.com

WORLD CHAMPS SLOT ALLOCATION

How does the Age Group Slot Allocation work?

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

The Slot Allocation Process

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

Before Race Day

- Each Age Group with registered athletes is tentatively allocated one slot each (an "Initially Allocated Slot")
- All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day

On Race Day

- If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot
- The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive

After the Race

Before Roll Down:

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

During Roll Down:

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

