



IRONMAN®

70.3®



ABERTAWE
CYMRU WALES
SWANSEA



AID



STATION



GUIDE

Nutrition Guide for IRONMAN 70.3 Swansea

2023

NUTRITION GUIDE BREAKDOWN

We appreciate that sometimes the Athlete Guide can be a lot of information to take in at once. Due to this, we have created a bite size Nutrition Guide to give you all the information you need about the on course nutrition and aid station layouts at this year's IRONMAN 70.3 Swansea. Our volunteers will be on hand to replenish the aid stations with product to ensure you can grab your nutrition as you go by, please note this is subject to availability.

We would suggest trying out the nutrition we provide and train with them if you are hoping to use them on the day but you don't have to use the nutrition you provide, this is your choice.

If you have any questions regarding nutrition on the course, you can get in touch with our Athlete Services team on the email address below:

swansea70.3@ironman.com

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).

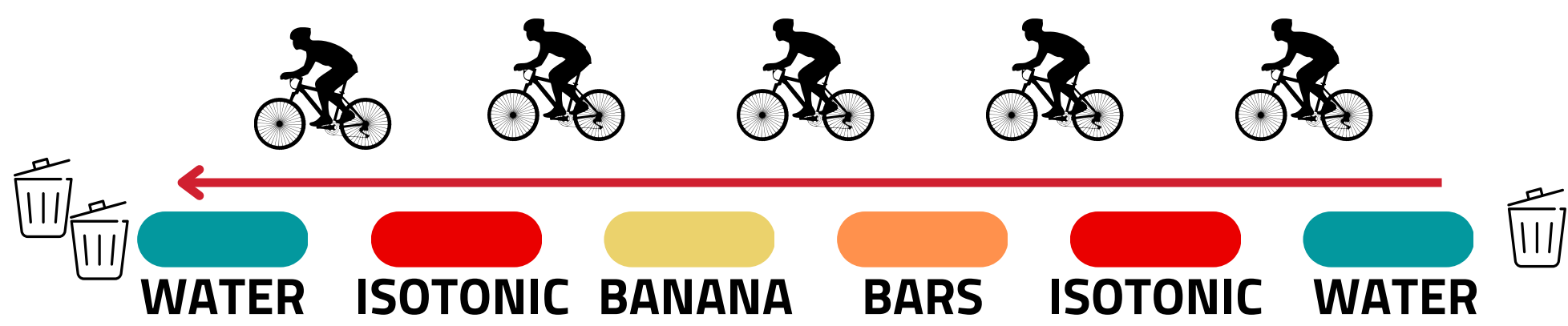
There will also be a Red Bull 'Energy Station' which will be passed 2 times.

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 LAYOUT

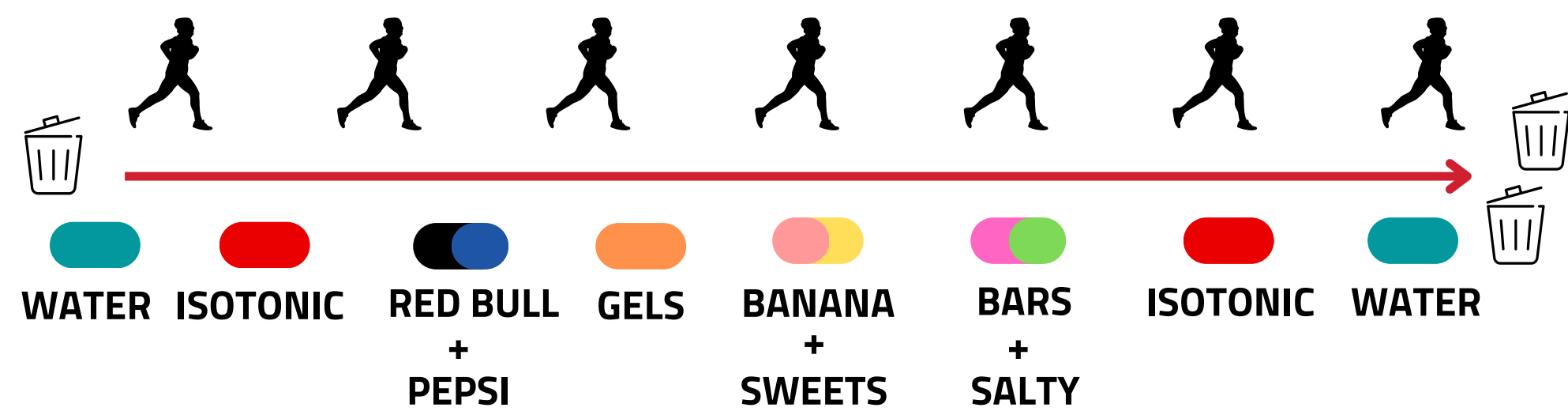
BIKE COURSE

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

AID STATION SUMMARY FOR IRONMAN 70.3 SWANSEA 2023

AID STATION SUMMARY - IRONMAN 70.3 SWANSEA 2023											
<div><div><div>IRONMAN</div><div>70.3</div></div><div>ABERTAWWE CYMRU WALES SWANSEA</div></div> <div>MARKER (MILES)</div>		LOCATION									
BIKE COURSE											
17.4		PENNARD									
29 & 44.6		THREE CROSSES									
RUN COURSE											
1.7 & 7.3		THE SECRET CAFÉ									
3.6 & 9.1		TEXACO									
5.5 & 11		REDBULL									
5.9 & 11.5		CASTLE ARCHWAYS BUS STOP									

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.

