



FACE THE DRAGON

Athlete Guide - Sunday 3rd September 2023



WELCOME WORDS



It brings me great pleasure to finally welcome you to the 11th Edition of IRONMAN Wales!

After two years of enforced absence IRONMAN Wales returned in spectacular fashion in 2022 and we are looking forward to growing the event still further this year.

At IRONMAN we are continually seeking to improve the race experience for our athletes, spectators and local communities alike and after listening to feedback we have made improvements to our Swim Course, on-course Aid Stations and post-race recovery area. These changes will hopefully lead to a better race experience for all our athletes across the weekend.

As ever, I am excited to see the renowned crowd support, from the spine-tingling starting ceremony on North Beach right the way through until our final athlete crosses the finish line. The atmosphere is truly what makes this event, one of the world's best.

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

Over the last decade, the race has seen all manner of weather so please make sure you are prepared for all conditions on race day. If you are a first timer or a seasoned IRONMAN athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, watch the online race briefing and follow any guidance at the event.

Take care of yourselves and fellow athletes, practice the run up the zig zags, brace yourself for heartbreak on St Bride's Hill and get ready to face the dragon!

See you at the Finish Line!

-Your IRONMAN Wales Race Director, Rebecca Sutherland

WELCOME WORDS



I'm proud to welcome this year's IRONMAN athletes, their families and friends to Pembrokeshire.

With our stunning coastline, charming seaside resorts, wonderful countryside trails and fascinating heritage, we're sure your visit to Pembrokeshire will be a memorable one.

IRONMAN is hugely popular here amongst both contestants and spectators, and we are very proud that our county provides such a spectacular and challenging backdrop to the event, as well as some of the most enthusiastic IRONMAN supporters in the world.

Pembrokeshire is a beautiful county and we would ask everyone to please support us by helping to keep our environment clean and tidy and we hope you will leave with a smile on your face!

We all wish you the very best of luck.

- Cllr Rhys Sinnott, Pembrokeshire County Council Cabinet Member for Residents' Services

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2023 IRONMAN WALES RACE SCHEDULE

Subject to change

Race Briefing will be announced one week prior to
Race Day

THURSDAY 31ST AUGUST

14:00 / 18:00	IRONKIDS Registration	De Valance Pavilion
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FRIDAY 1ST SEPTEMBER

08:00 / 17:00	Athlete Registration	Five Arches
08:00 / 17:00	EXPO & Official Merchandise Store	Five Arches
09:00 / 17:00	IRONKIDS Registration	De Valance Pavilion

SATURDAY 2ND SEPTEMBER

08:00 / 13:00	Athlete Registration	Five Arches
08:00 / 10:00	IRONKIDS Registration	De Vallance Pavilion
08:00 / 17:00	EXPO & Official Merchandise Store	Five Arches
08:30 / 15:00	Transition Opens - Bike/Bag Check-in	Seafront Car Park
11:30 / 17:30	IRONKIDS Help Desk	Fives Arches, South Parade
12:00 / 18:00	IRONKIDS	Five Arches
18:30 / 19:30	IRONPRAYER	Deer Park Baptist Church

SUNDAY 3RD SEPTEMBER

05:00 / 06:20	Transition Opens	Seafront Car Park
06:00	Rolling Swim Start Assembly	North Beach
06:55	IRONMAN Wales Female PRO Start	North Beach
07:00	IRONMAN Wales Self-seeded Rolling Start	North Beach
09:00 / 20:00	Official Merchandise Store	Five Arches
18:15 / 00:15	Transition Open - Bag/Bike Collection	Seafront Car Park
22:00 / 00:15	Finish Line Party	The Esplanade

MONDAY 4TH SEPTEMBER

09:00 / 13:00	Official Merchandise Store	Five Arches
11:00 / 13:00	Awards Presentation and Slot Allocation	De Valance Pavilion



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You came for Ironman. Now stay for everything else Pembrokeshire has to offer. Our coastline and countryside are made for adventure and activities, from kayaking to coasteering. Or why not relax on our beautiful blue flag beaches? We've plenty of great restaurants too. And loads to see and do.



Pembrokeshire

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2023 IRONMAN WALES SITE MAP



IMPORTANT LOCATIONS

IMPORTANT LOCATIONS TO NOTE

Athlete Registration - Fives Arches Car Park
EXPO and the Merchandise Store - Fives Arches Car Park
IRONKIDS Registration - De Valence Pavilion
IRONKIDS Start - Five Arches Car Park
Swim Start - North Beach, Tenby
Transition - Seafront Car Park
The Finish Line - Esplanade, Tenby
Park and Ride - Carew Airfield
Awards and Slot Allocation - De Valence Pavilion

DIRECTIONS

Registration & EXPO:

Five Arches Car Park, South Parade, Tenby, SA70 7DT

Swim Start:

North Beach, Tenby, SA70 7JD

We would advise those wanting to attend swim start to either take the Park and Ride into Tenby and complete the short walk or park at one of the car parks mentioned on the next page. Please note that the A478 and South Parade will be partially shut as this is part of the course so athletes will not be able to be dropped close to the swim start.

Transition:

Seafront Car Park, Tenby, SA70 7EA

Finish Line:

Esplanade, Tenby, SA70 7DU

By Train: The nearest mainline station is Tenby.

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

PARKING

TENBY TOWN

Below are the various car parking sites available in Tenby. These are all within walking distance of the Swim Start, Transition and the Finish Line.

Please note there is no parking in the immediate vicinity of the Five Arches or Seafront Car Park, please use the car parks listed in this guide, they are all a short walk from the venues.

Please ensure your spectators use the car parks indicated, cars parked on the road can affect the race course and will be moved if necessary.



PARKING

TENBY TOWN

Car parking is available from all normal facilities in Tenby on Thursday, Friday and Saturday and athletes can choose where to park at their own discretion.

1. North Beach Car Park, Gas Lane, Tenby, SA70 8AG

Spaces: 300

What 3 words: masks.loans.covertly

Restrictions: No height restrictions. No vehicle access to North Beach car park 11:00am - Midnight on race day

North Beach car park is the ideal location for athletes coming to Tenby wishing to leave car in one location and won't need their car on race day.

2. Multi-Storey, Upper Park Road, SA70 7LS

Spaces: 700 spaces

What 3 words: suiting.frog.whispers

Restrictions: 1.98m height barrier
Please consider this if you are travelling with a bike on top of your car. Disabled spaces available.
No access to Multi-Storey Car Park in or out Race day 07:00 – 09:30.

The largest car park in town and a short walk from the Race Village above South Beach.

3. Salterns, Tenby, SA70 8EQ

Spaces: 321 spaces (drop off point for the Carew Shuttle bus service).

What 3 words: valuables.used.shunts

Restrictions: No height restrictions. Standard parking charges will apply. No access in or out on Race day between 07:00 - 09:30.

Athletes arriving by car on race morning will be directed to the Salterns Car Park. This is located a 2-minute walk to The Green for the Carew Shuttle Bus service.

4. The Green, Tenby, SA70 8ES

Spaces: 135

What 3 words: silence.twisty.beads

Restrictions: No height restrictions. No access in or out on Race day between 07:00 - 09:30

5. South Beach Tenby, SA70 7EL

Spaces: 164

What 3 words: primed.volunteered.attending

Restrictions: No height restrictions. No restrictions at any time during the event.

Easy walk to the finish line area up along the beach path with disabled spaces available.

Parking Permit

This permit enables you to park in the long stay sections of a number of Pembrokeshire County Council car parks for as long as you need. See below for permitted car parks. Parking pass available for £25 from [HERE](#), or by requesting an application form from parking@pembrokeshire.gov.uk

Further information regarding our shuttle buses can be found on the next pages.

Please note, IRONMAN can not be held responsible for any parking fines incurred.

SHUTTLE BUSES

CAREW AIRFIELD BUSINESS PARK, TENBY, SA70 8SX

2023 IRONMAN Wales will operate a shuttle bus service on Saturday 2nd and Sunday 3rd September. We advise and encourage as many people to use this service as car parking space in Tenby and Saundersfoot is limited during the IRONMAN Wales weekend.

In addition, road closures are in place early on Race Day limiting the access routes.

The park and ride services are suitable for athletes & spectators staying throughout Pembrokeshire and the surrounding area, the park & ride is located at Carew Airfield and is easily accessible via the A477 throughout the entire weekend.

The car park is FREE, however you will need to buy a ticket to use the shuttle bus.

Please note that all athletes can travel the shuttle bus for free with their wristband they will receive in registration.

SATURDAY SHUTTLE BUS INFORMATION

CAREW - TENBY (PARK AND RIDE)

Who: Athletes, Spectators, IRONKIDS into Tenby for Registration, transition or IRONKIDS

What: Continuous loop from Carew Airfield to Salterns Car Park, Tenby

When: Saturday 09:30 - 18:00 (On a continuous loop)

Duration: 20 - 30 minutes

Parking: Free of charge at Carew

Bus Tickets: Adult (over 16) - £3 / Child (under 16) - free

W3W Carew Parking ///conveys.dignify.tipping

W3W Tenby Saturday Bus Stop ///hoping.flamed.mingles (Salterns Car Park)

There is an additional council run bus from Salterns Car Park to Upper Park Street (approx 400m from IRONMAN Wales registration).

CAREW TO TENBY		TENBY TO CAREW	
First Bus Depart	09:30	First Bus Depart	10:10
First Bus Arrive	10:00	First Bus Arrive	10:40
Last Bus Depart	17:30	Last Bus Depart	18:10
Last Bus Arrive	18:00	Last Bus Arrive	18:45

- Bikes are only permitted at quiet times. It is not advised to take your bike to T1 check in via bus
 - No dogs except Guide Dogs
 - No eating or hot drinks on the busses
- Individual day tickets are valid all day on any service for the specific day

SHUTTLE BUSES

SUNDAY SHUTTLE BUS INFORMATION

CAREW - TENBY (PARK AND RIDE)

Who: Transporting athletes and spectators into Tenby for the race

What: Continuous loop from Carew Airfield to Salterns Car Park, Tenby

When: Sunday 04:30 - 00:00 (Departure between 04:30 - 06:00 from Carew Airfield is priority for athletes)

Duration: 20 - 30 minutes

Parking: Free of charge at Carew

Bus Tickets: Adult (over 16/not an athlete) - £5 / Child (16 - 2 years old) - £3

Shuttle bus services are free to athletes on Sunday with proof of a valid athlete wristband

W3W Carew Parking ///conveys.dignify.tipping

W3W Tenby Sunday Bus Stop ///blink.cheeses.ringers (The Green)

CAREW TO TENBY*		TENBY TO CAREW*	
First Bus Depart	04:30	First Bus Depart	05:00
First Bus Arrive	04:55	First Bus Arrive	05:25
Last Bus Depart	23:30	Last Bus Depart	00:00
Last Bus Arrive	00:05	Last Bus Arrive	00:25

TENBY - SAUNDERSFOOT (SPECTATOR SHUTTLE)

Who: Transporting spectators from Tenby to Saundersfoot

What: Continuous loop from Tenby to Saundersfoot and back during the event

When: Sunday 09:00 - 18:00 departing both sites every 40 - 45 minutes

Duration: 30 - 40 mins (Traffic Dependant)

The bus will only drop off at the designated IRONMAN bus stops.

W3W Tenby Sunday Bus Stop \\blink.cheeses.ringers (The Green)

W3W Saundersfoot Bus Stop Sunday \\cake.diary.cashiers (Twycross Roundabout)

TENBY TO SAUNDERSFOOT		SAUNDERSFOOT TO TENBY	
First Bus Depart	09:00	First Bus Depart	09:45
First Bus Arrive	09:40	First Bus Arrive	10:25
Last Bus Depart	16:00	Last Bus Depart	16:45
Last Bus Arrive	16:40	Last Bus Arrive	17:25

[Purchase a shuttle bus ticket here!](#)

You can purchase a shuttle bus ticket through Additional Purchases on your Active account on the link to the left, at registration or at the bus stop (Card only)



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



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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 Fives Arches across the registrations days and at the below areas on Saturday afternoon and Sunday.

Saturday - IRONPRAYER at Deer Park Baptist Church

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

IRONPRAYER

Saturday 2nd September at 18:30

Deer Park Baptist Church, Tenby, SA70 7LN

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



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IRONMAN WALES FLAGS

IRONMAN WALES FLAGS

Your IRONMAN Wales keepsakes are back! Once again, IRONMAN Wales flags can be bought at the Athlete Services Help Desk in Registration. We also have a limited number of smaller 10 year anniversary flags for anyone who missed out - prices below:

Large IRONMAN Wales flags - £15

Small IRONMAN Wales 10 year anniversary flags - £5

IRONMAN 70.3 SWANSEA FLAGS

We appreciate that many of you who raced IRONMAN 70.3 Swansea will also be racing at IRONMAN Wales. Therefore, we've brought along some of our IRONMAN 70.3 Swansea flags in case you missed out!

Large IRONMAN 70.3 Swansea flags - £12.50

SPECIAL OFFER

In case you wanted to purchase both, we'll be offering the option to purchase both flags for a discounted price at the 2023 IRONMAN Wales weekend

Large IRONMAN Wales and Large IRONMAN 70.3 Swansea flags - £25



REGISTRATION ESSENTIALS

Registration will be in the Five Arches Car Park, you will need to pass through EXPO and the Merchandise Store to reach Registration

ATHLETE REGISTRATION TIMES

Friday 1st September / 08:00 - 17:00

Saturday 2nd September / 08:00 - 13:00

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.

IRONMAN

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


**BRITISH
TRIATHLON**

REGISTRATION

Registration will be in the Five Arches Car Park, you will need to pass through EXPO and the Merchandise Store to reach Registration

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 5

Transition Bags (white, blue and red)

Pink Bag (IRONMAN Wales specific)

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.



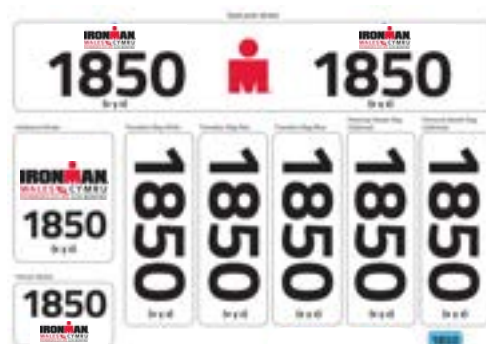
BIB Number

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, transition bags and your pink bag, 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 in Transition.



Pink Bag

These bags are to put shoes in for the run from swim to transition and your additional sticker should be used to number it. You rack these yourself on race morning on the way down to the beach. These are not compulsory to use. Please ensure you don't leave this bag on the peg during the race, as any bags left on the pegs will result in the athletes being DQ'd.



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 blue bag from 05:00 to 06:20, 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: in athlete village 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 and pink bag



Take out: running shoes, hat



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

BIKE AND BAG RACKING

TRANSITION - Seafront Car Park

Saturday 2nd September 08:30 - 15:00

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

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

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN will not be responsible for any bike failures. There will be bike mechanics at 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.

Timing chips should be handed back at the finish line when you complete the race.

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



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 pink swim hat with the race logo on and also one AWA swim hat. These will be given at registration



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

triclubemea@ironman.com

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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 wales@ironman.com with your name and bib number to confirm you will not be racing.

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

Withdrawal During The Race

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

Rules & Regulations

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

PLEASE NOTE THE FOLLOWING LOCAL RULES

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

General Rules

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

Penalties

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

Yellow Card – 60 second penalty

Blue Card – 5 Minute Penalty

Red Card – Disqualification

If you break a rule on the course, a referee will show you a card and report your race number to the penalty staff. You must serve your penalty in the Penalty Box located in transition – if you do not, this will be a disqualification for not serving a penalty. If you are unsure if you have been shown a card, we advise stopping and checking at the Penalty Tent to be sure. A red card will result in an immediate withdrawal from the race.

CUT OFFS



SWIM Cut off - 2 hours 20 minutes

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



BIKE Cut off - 10 hours 30 minutes

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

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

- The first cut off will be at *the end of lap one, The Green (mile 69.3)*
- The second cut off will be at *Crossing Point on B4318 (mile 82)*
- The third cut off will be *at Templeton (mile 95)*
- The fourth cut off will be *in Saundersfoot (mile 106)*

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

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



RUN - 17 hours

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

- This last lap cut off will be on *End of lap 3 at Picton Terrace (mile 19.7)*

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

RACE DAY

TRANSITION

We recommend you arrive a minimum of 90 minutes before the swim start. Please note the transition closing time of 06:20am. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: the route to the swim start is narrow and for athletes only. Spectators must stay in the designated spectator areas, and not accompany athletes on the walk down.

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

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.

Transition will close at 06:20. At 06:30 athletes must be lined-up on High Street above North Beach according to estimated swim finishing times. It is approximately 1km walk to the swim start line up on High Street.

The route from the swim exit to transition remains the same, via Upper Frog Street and along South Parade. To ease congestion athletes will be directed down Trafalgar Road, left onto South Parade, right onto White Lion Street and onto the High Street above swim start. The route from swim exit is the above in reverse.

Please remember that if you are using your shoe bag (Pink bag), you will need to hang it on your allocated numbered hook, shoe bag racks are situated on the zig zag path heading down to North Beach. Remember, this shoe bag **MUST** be collected on the way to transition after exiting the swim. Any bags left behind on the Zig Zag will result in a DQ.



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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.

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- Paul, Seattle, WA

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SWIMMER ON THE PLANET

SWIM

Swim start will be North Beach, Tenby, SA70 7JD

GPX Swim Course

The swim is a rolling start from the beach on a two-lap course swimming anti-clockwise.

Athletes will enter the water in a continuous rolling start through a controlled access point. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry.

There will be no warm up 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 beach 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. There is no advantage to starting earlier, the cut offs will still apply based on your individual start time.

Athletes have 2 hours 20 minutes to complete the swim course based on individual start times registered when you cross the timing mat at the swim start. The bike out will close 2 hour and 30 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

Athletes exit the water at the end of their first lap to run a short section on the beach, then enter the water again to start the second lap. On completing the second lap athletes will run up the zig zags to street level and through the town to transition.

If you have racked a shoe bag (Pink bag) you must take this bag to transition with you. If you leave this bag at the swim area, even if it is hung up on the racking, it is littering and carries a penalty of disqualification. Any items left at the swim start including shoes will be disposed of immediately after the swim has finished.

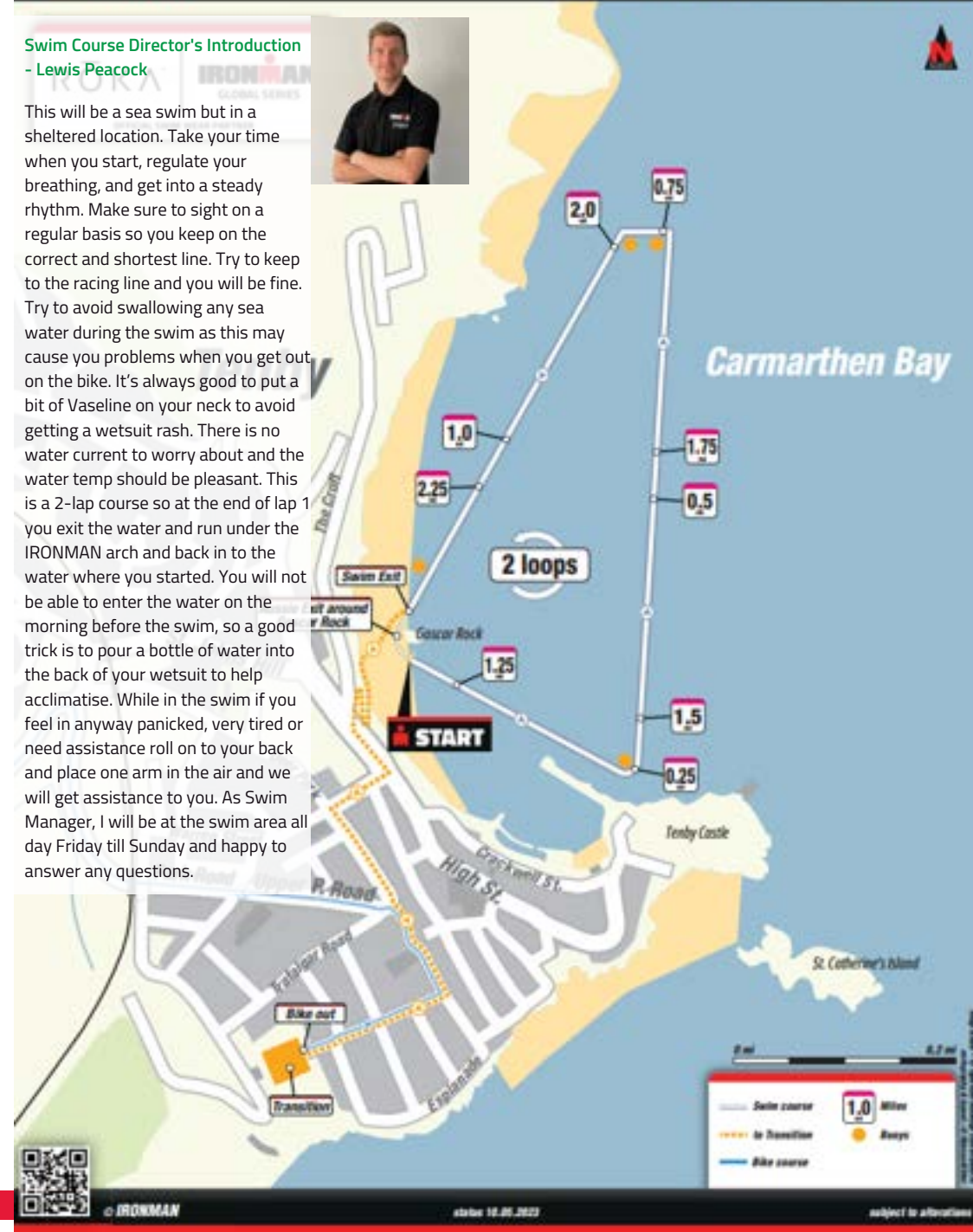
If you are not an experienced open water swimmer, we strongly recommend that you:

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

Swim Course Director's Introduction - Lewis Peacock



This will be a sea swim but in a 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. Try to 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. It's always good to put a bit of Vaseline on your neck to avoid getting a wetsuit rash. There is no water current to worry about and the water temp should be pleasant. This is a 2-lap course so at the end of lap 1 you exit the water and run under the IRONMAN arch and back in to the water where you started. You will not be able to enter the water on the morning before the swim, so a good trick is to pour a bottle of water into the back of your wetsuit to help acclimatise. While in the swim if you feel in anyway panicked, very tired or need assistance roll on to your back and place one arm in the air and we will get assistance to you. As Swim Manager, I will be at the swim area all day Friday till Sunday and happy to answer any questions.



SWIM COURSE RULES

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

SWIM TO BIKE TRANSITION

After the swim, you will follow the barriered route back to Transition. you will then collect your blue bag from the change tent and change inside into your bike clothing. If you need to fully change, Male and Female change tents are available. Nudity outside of these tents is not permitted.

After you have changed, place your wetsuit and swim equipment into the blue bag and place back on the hook for collection later. 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.

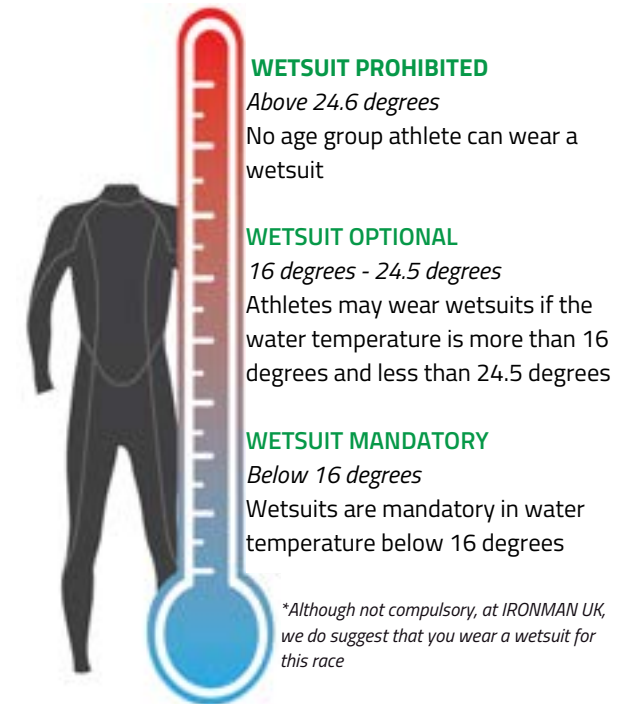
Prohibited Wetsuit: Wetsuits cannot measure more than 5 mm thick.

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

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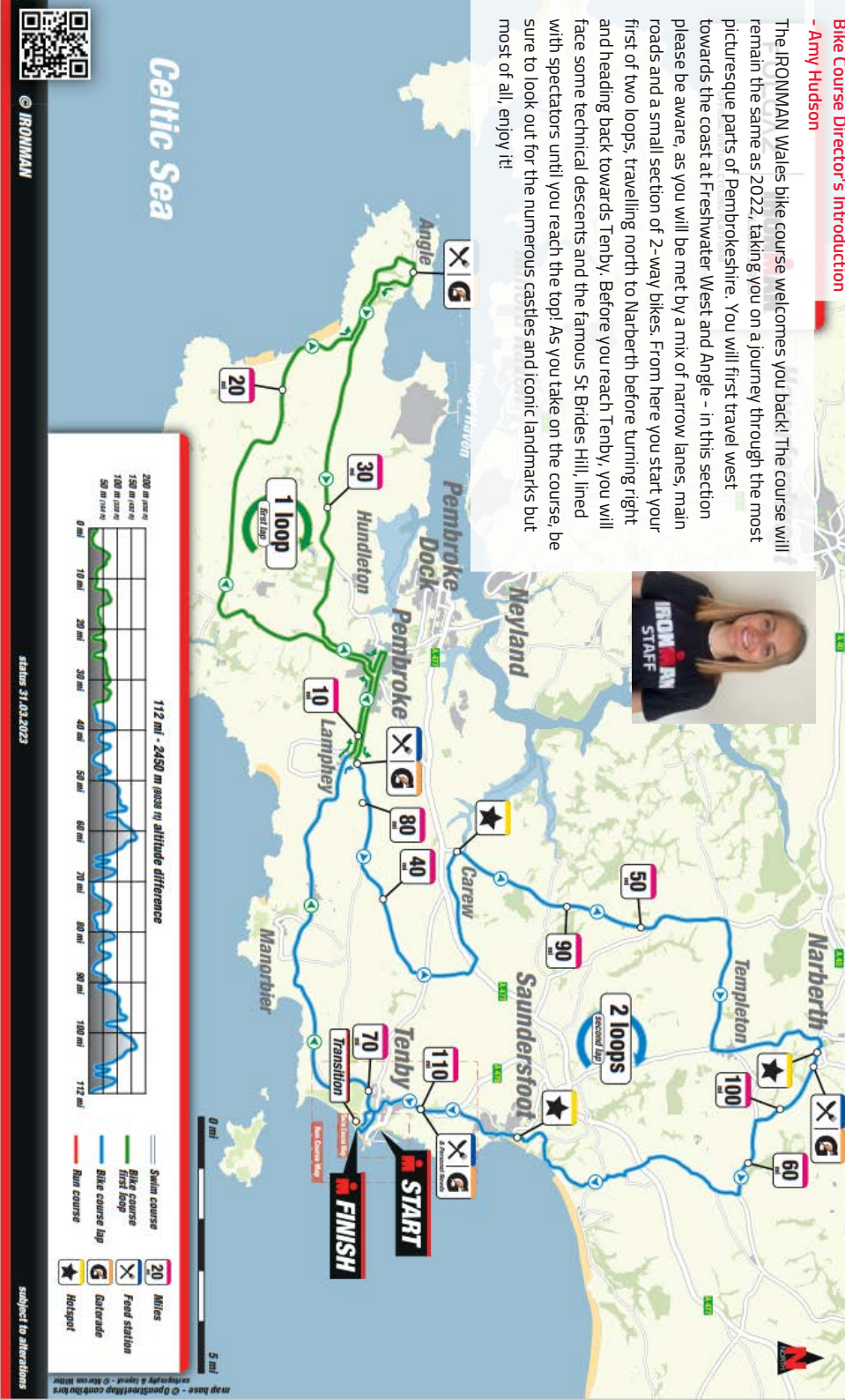
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Bike Course Director's Introduction

- Amy Hudson

The IRONMAN Wales bike course welcomes you back! The course will remain the same as 2022, taking you on a journey through the most picturesque parts of Pembrokeshire. You will first travel west towards the coast at Freshwater West and Angle - in this section please be aware, as you will be met by a mix of narrow lanes, main roads and a small section of 2-way bikes. From here you start your first of two loops, travelling north to Narberth before turning right and heading back towards Tenby. Before you reach Tenby, you will face some technical descents and the famous St Brides Hill, lined with spectators until you reach the top! As you take on the course, be sure to look out for the numerous castles and iconic landmarks but most of all, enjoy it!



BIKE

The bike course will start and end at the Seafront Car Park in Transition

GPX Bike Course

The bike course for IRONMAN Wales consists of one big loop and one small loop course. The first loop is longer, extending west from Lamphey to Angle peninsula and Pembroke, returning through Lamphey before turning north through Carew and Templeton to reach Narberth. From Narberth the course travels south through Saundersfoot to return to Tenby via St Brides Hill. On the second lap, cyclists turn east in Lamphey to repeat the same route through Narberth and Saundersfoot to reach the transition in Tenby.

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.

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RUN COURSE

The run course will start at the Seafront Car Park in Transition and finish on the Esplanade

GPX Run Course

The IRONMAN Wales run course takes place in and around the picturesque town of Tenby. Exiting transition along South Cliff Street, turning left onto South Parade skirting the town wall, travelling north towards New Hedges via Narberth Rd. It returns on the same route but continues into the heart of this historic town, taking in The Croft and the harbour.

With a spectacular route through Tenby town centre, athletes for each lap will turn left after from The Paragon under the arch and turn left onto the Esplanade. Athletes will continue onto the next lap by turning right at Picton Terrace then right at South Cliff Street and then back onto the course by turning left on South Parade. Athletes who have completed all required laps will run straight ahead to finish at the end of the Esplanade.

- Athletes have 17 hours after their individual start to complete the race
- No form of locomotion other than running, walking or crawling is allowed
- Lap bands will be handed out on the run laps, you need to have collected 4 bands before heading to the finish line

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.

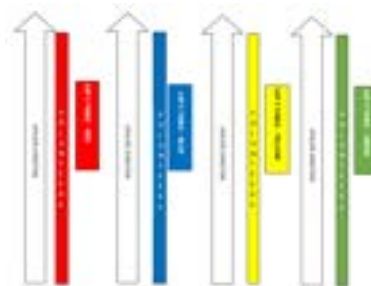
FINISH LINE POLICY

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).

LAP BANDS

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

New Hedges: Mile 3, 9.5, 16 and 22.6



Run Course Director's Introduction - Dean Smith

The IRONMAN Wales Run course can be pain and pleasure in equal measure. The climbs mean it has the most elevation of any of our Run courses in UK and Ireland, but the support through the narrow streets of the town will provide plenty of noise and motivation to keep you going. Just remember you have that ahead of you on the long climb out of town in the early part of each lap. Keep positive and take in the unique spectacle of the crowds in Tenby in full voice on IRONMAN day.



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. Bone conducting headphones are also prohibited.

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

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

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

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

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

9. The run course will officially close 17 hours after the last athlete enters the water

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2023 OFFICIAL SPORTS DRINK

ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the 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 0.9:1) 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 help rehydrate, 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;

Angle: Mile 24

Lamphey: Mile 37, 78

Narbeth: Mile 57, 98

Twycross Roundabout: Mile 67, 109

NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas (AS2 only)
- 226ers Bars (Dark Chocolate, White Chocolate and Strawberry, Apple and Cinnamon, Banana and Ginger)
- 226ers Gummy bars (Mango, Lime, Cherry and Cola) (AS1 only)
- Maurten Gel 100 (AS3 and AS4 only)

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.

You will also be able to access your Personal Needs bag if you choose to use this at mile 67.2 and 108.4

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 5 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.

You will also be able to access your Personal Needs bag if you choose to use this at mile 5.2, 11.7, 18.3 and 24.8 (on The Croft)

AID STATION BREAKDOWN

To give an overview of all the nutrition and products available to you on the course, we have broken down exactly what should be available to you at each aid station and the mile the aid station will be at. Please note that this is dependent on stock quantities available to the volunteers at the aid station and is subject to change.

AID STATION SUMMARY - IRONMAN WALES 2023



WATER



COLA



SWEETS



SALTED SNACKS



RED BULL



ENERGY BARS



BANANA



MAURTEN
ENERGY GEL

MARKER (MILES)

LOCATION

BIKE COURSE

24	ANGLE			X	X	X	X		X	X
37, 78	LAMPHEY			X	X	X	X			X
57, 98	NARBETH			X	X	X	X		X	X
67, 109	TWYXCROSS ROUNDABOUT			X	X	X	X		X	

RUN COURSE

1.2, 7.8, 14.3, 21	LADY PARK LAYBY (UPHILL)									
2.4, 8.9, 15.5, 22	REDBULL	X	X	X	X	X		X	X	X
3, 9.6, 16.1, 22.7	NEW HEDGES								X	
3.9, 10.5, 17, 23.6	LADY PARK LAYBY (DOWNHILL)									
6.5, 13.1, 19.8	PICTON TERRACE								X	

226ERS

IRONMAN EUROPEAN SERIES

2023 OFFICIAL NUTRITION BAR PARTNER

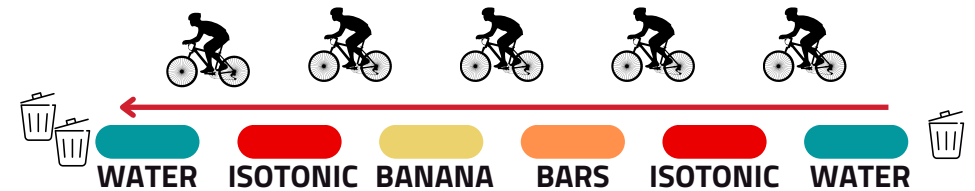


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ON COURSE NUTRITION

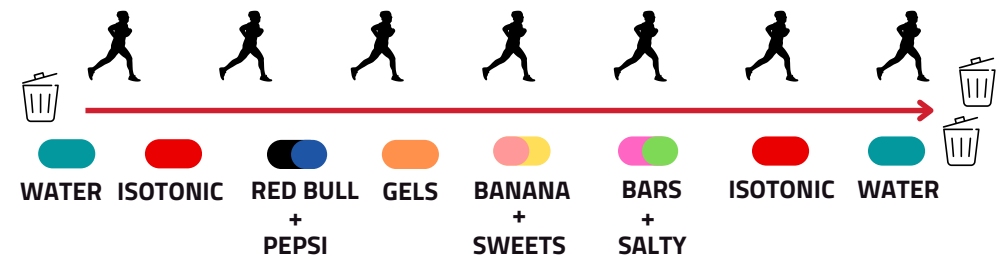
BIKE COURSE

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



RUN COURSE

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



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

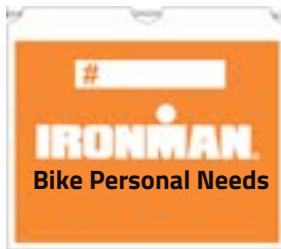
PERSONAL NEEDS BAGS

Optional additional nutrition and supplies

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

If you wish to use one of these bag, you will be required to request one in advance by adding this through your Additional Purchases via the link below (there is no additional cost for this). We only have a limited number available and these will be allocated on a first come, first served basis which you can then pick up in registration from the Help Desk. These will not be available to collect onsite if you have not pre-ordered.

PRE ORDER PERSONAL NEEDS



Bike Personal Needs

Located at: 67.2 and 108.4 miles



Run Personal Needs

Located at: 5.2, 1.7, 18.3, 24.8 miles

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

Don't try this on race day*



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

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman

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 1st September or Saturday 2nd September

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 wales@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 15:00 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)
- **PINK BAG** = old trainers (for the 1k run to transition from the swim)

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

- There is a shuttle bus from Carew Airfield and then a short walk to the swim start or plenty of car parks in Tenby which are accessible on race morning

9. What shall I arrive in on race morning?

- We advise that you come in your trisuit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

FIRST TIMER INFORMATION

10. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 06:20 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. What is Personal Needs and how do I use it?

- Personal needs bags must be requested via your Additional Purchases before coming onsite and then collected from the Help Desk. They can be used for any supplies you may need on the bike and run course ie nutrition, sun cream or blister patches. These will be on the course for you to pick up when you need but please note that you will not get them back unlike the white, red and blue bags.

16. Can my family run down the Finish Line with me?

- No, you will be disqualified if you bring anyone on to the course that is not participating in the race

17. Are there showers after the race?

- No, there are not showers in Athlete Village

18. Where will my white bag be after the race?

- Your white bag will be waiting for you in the post race area, shortly after the Finish Line

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



IRONMAN
WALES CYMRU
PEMBROKESHIRE SIR BENFRO

HYDRATING IRONMAN WALES


Princes Gate
Natural Mineral Water
from West Wales



TIME FOR TRANSITION

REFEREES WILL CHECK:

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

FIRST:

- Collect your timing chip before leaving Transition

AND THEN:

- Leave your bike at your rack number
- Leave your blue bag on the hanger
- 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
- Your pink bag with trainers in
- 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 Mon)
- Attend Awards and Slot Allocation

BEFORE TRAVELLING:

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



Travel to Tenby



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 via the BTF website [here](#))

AT REGISTRATION:

- BIB number
- Wristband
- Sticker set
- Swim cap
- Backpack
- Blue, white and red transition bags
- Pink bag for 1k run



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

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

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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 where massage is available. 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.

BIKE & BAG COLLECTION

Transition will open at 18:15 until 00:15 for the collection of bikes and bags. You will need to show your wristband with corresponding number with your bike and bags as well as return your timing chip to take your items from transition. It is recommended that you check you have all your items before you leave. 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 wales@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

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

We will provide you with our 'Foto-Flat' which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general. Order your images [here](#)

Help us take the best pictures of you by keeping your BIB number visible, notice our photo spots and smile for the camera and celebrate when you cross the Finish Line!

RESULTS

Results will be available live on www.ironman.com/wales the day after the event. If you have a query with your result after the race, please report it ASAP via email to wales@ironman.com. Queries after this time must be emailed to wales@ironman.com with full details. All queries are compiled and resolved with the timing company within 7 days of the event.



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WORLD CHAMPS SLOT ALLOCATION

Qualifying Slots: This event offers **50 Female** Age Group Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Nice, France on September 22, 2024, and **25 Male** Age Group Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 26, 2024. Please note, slot allocations are subject to change and may be verified, [here](#).

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

Date: Monday 4th September 2023

Time: 11:00

Location: De Valence Pavilion, Upper Frog Street,

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 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.

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



VOLUNTEERING AND SIDE EVENTS

Volunteering at 2023 IRONMAN Wales

We are very fortunate that University of Wales Trinity Saint David has once again partnered with us for 2023 IRONMAN Wales. This partnership includes invaluable support to both IRONKIDS Wales and IRONMAN Wales Volunteer programme which enables us to fully engage with the local community groups and sports clubs.

If you have any friends or family that would like to volunteer with us, they can register via the link here: [IRONMAN Wales Volunteer Roles](#)

IRONKIDS Wales 2023

Saturday sees IRONKIDS Wales return after 3 years. 2000 children, between 3 - 15 years old, will be taking on the 1.5km, 1k or 500m courses from 12:00 - 16:00.

You can expect the town to be filled with fun things to do for the children from treasure hunts to face painting.

It's set to be a weekend that the whole family can get involved with.

Do stop by, show your support and join the atmosphere building towards your own race day!



Chwiliwch
PCYDDS

Gyda dewis o bedwar lleoliad campws yn Ne Cymru a channoedd o gyrsiau yn barod i ysbrydoli, mae'n bryd dal gfael yn eich dyfodol â'ch dwy law.

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