

RACE DAY SCHEDULE

19/08/2023

06:55	IRONMAN 70.3 MPRO Start - Front Strand
06:56	IRONMAN 70.3 FPRO Start - Front Strand
07:00	IRONMAN 70.3 Ireland Start - Front Strand
07:25	First athlete expected on the bike course
09:50	First athlete expected on the run course
11:12	First athlete expected to finish, Market Square
14:30 - 17:00	Transition Open for Bike and Bag Collection
08:00 - 18:00	Merchandise Store, Dolphin Square
18:00 - 20:00	70.3 Awards Ceremony and Slot Allocation

WHAT IS IRONMAN?

IRONMAN is a triathlon comprising of a 2.4 mile swim, a 112 mile bike ride and then a full 26.2 mile marathon, all to be completed consecutively within 17 hours.

IRONMAN was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One suggested that they combine the three existing long distance events on the island to settle the debate.

13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

An IRONMAN 70.3 event is half of these distances, a 1.2 mile swim, 56 mile cycle and 13.1 mile run, completed in 8 hours and 30 minutes.

IRONMAN 70.3 WORLD CHAMPIONSHIP 2024

The 2023 IRONMAN 70.3 World Championship will be held in Taupō, New Zealand on December 14th and 15th, 2024. IRONMAN 70.3 Ireland, Cork will have **40 slots for age group athletes**. Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds. Any changes to slots will be available [here](#)

These slots will be allocated at the Awards and Slot Allocation Ceremony following the event. Athletes must be present to accept their slot.

ACCESS, PARKING & SHUTTLE BUSES

There will be a regular shuttle bus service that will be running across the IRONMAN Ireland Festival Weekend on Saturday 19th August and Sunday 20th August 2023.

Car park and shuttle bus pick up location (outside of main town):

Ballyvergan / R634, W3W: [///sunburned.lightbulb.limit](#)

Drop off location (near swim start):

Front Strand Beach, W3W: [///skiing.pumps.mailing](#)

Opening dates and times:

Saturday 19th August - 04:30 till 20:30
Sunday 20th August - 04:30 till 00:00

Cost:

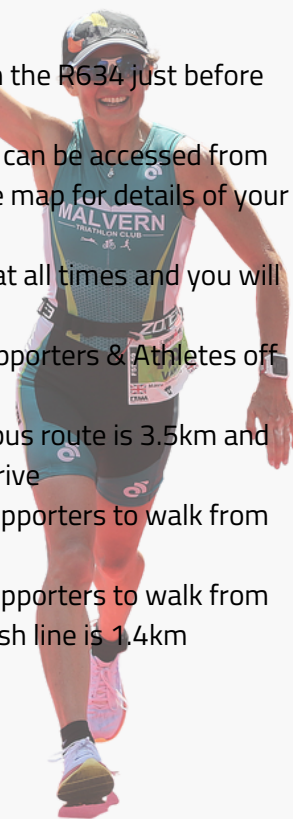
On the day booking: **€10** per car and driver and **€5** for any extra adults and 17 and under are free.

If you book on line before **16th August** the cost is reduced to €8 per car & driver (plus €1 online fee) , €4 per extra adult and 17 and under are free.

To purchase shuttle bus tickets, please click [here](#)

Useful instructions to note:

- The parking area is a field on the R634 just before the junction to join the N25
- It has 2 access points which can be accessed from the N25 in both directions see map for details of your route off N25
- The field will be supervised at all times and you will be shown where to park.
- The shuttle bus will drop Supporters & Athletes off at Front strand (Swim Start)
- The distance of the shuttle bus route is 3.5km and will take approx. 12 mins to drive
- The distance for athletes/supporters to walk from drop off to T1 is 750m
- The distance for athletes/supporters to walk from drop off to town centre & Finish line is 1.4km



THE COURSES

SWIM

Starting at Front Strand Beach, athletes will complete a 1.2 mile single-lap swim in the Celtic Irish Sea. New and improved this year, athletes will swim past Youghal Lighthouse into Green Park, travelling only metres to transition before embarking on the cycle.

BIKE

The single-lap 56 mile bike course heads deep into the rolling Irish countryside, offering a combination of flat and undulating roads with magnificent Emerald Isle views. The course takes athletes around the scenic East Ferry, through the buzzing town centre of Youghal, and up the famously gruelling climb at Windmill Hill..

RUN

The two-lap 13.1 mile run course is the highlight of this event. Athletes run through the centre of the historical town of Youghal, taking in the Harbour and famous Clock Gate Tower. An ideal supporter hotspot, athletes will enjoy the cheers from their supporters all the way to the finish line at Youghal's buzzing Market Square.

SPECTATOR HOTSPOTS

Swim

Front Strand is a key spot for spectators to see the swim start. There may not be much beach available to spectate on so get down early to secure your spot. You'll be immersed in the atmosphere, nervous energy and see your athletes start their IRONMAN journey. It's just a 10 minute walk to the second spectator hotspot which is at Green Park (Transition). There is a viewing platform around the transition area which looks down onto swim exit so is a great vantage point to see your athlete transition from the swim to the bike.

Bike

As the IRONMAN 70.3 Ireland covers 56 mile of scenic cycling through East Cork, there are ample opportunities to spectate your athletes. The cyclists will drop down into Garryvoe passing the hotel and beachfront, a perfect stretch of road where the cyclists will slow due to the nature of the road. Spectators can line the streets of bustling East-Cork towns; Cloyne and Midleton which draw hundreds of eager supporters from across Cork. You can even visit the Jameson distillery whilst in the area. If coming by boat, moor up at East Ferrys' idyllic location outside The Tavern or park up for a pint whilst athletes pass-by. If you'd rather spectate from Youghal, there is always the infamous Windmill Hill which gathers similar scenes to the Tour de France.

Run

The Run course is designed to take in as much of Youghal town centre as possible. The town really comes to life on raceday with thousands of spectators around the course. There are plenty of pubs on the course which will provide a warm welcome and great spot to watch. Another tip to maximise the number of times you see your athlete is to move along one of the side streets (such as Dolphin Square or O'Neill Crowley Street) between the sections of the course on North Main Street and Catherine street – this would allow you to see them twice per lap, so 8 times in total.

Instagram - @IRONMANIRELAND FB - IRONMAN Ireland

#IM703Ireland

Download our IRONMAN Tracker App which will give regular updates on the progress of your athlete

Write your words of support...

3,000

athletes racing
IRONMAN Ireland
Festival Weekend



3,000 plastic bottles
will be recycled to make
our volunteer bags

4,000

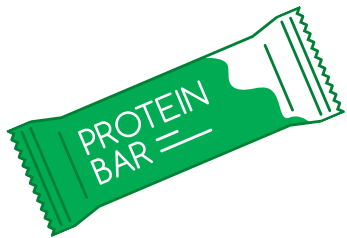
banana halves
handed out



6800
gels and gummies
handed out

3000

bars handed
out



76%
men

24%
women



youngest athlete

18



oldest athlete

70

7000 litres

of isotonic given out

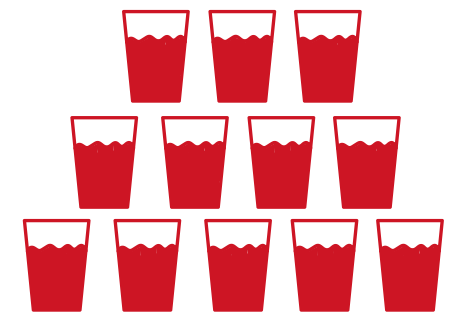


1200 volunteers
who we couldn't put on the
race without



30
countries
represented

1510
representing IRL



**22,000 sustainable
bamboo cups**
in total will be used on race day

GOOD LUCK TO ALL OUR ATHLETES!

IRONMAN
70.3 IRELAND
CORK

Presented By  Comhairle Contae Chorcaí
Cork County Council