

**IRONMAN**  
**WALES CYMRU**  
**PEMBROKE SHIRE SIR BENFRO**

# AIR STATION GUIDE

**Nutrition Guide for 2023 IRONMAN Wales**



# 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-sized Nutrition Guide to give you all the information you need about the on course nutrition and aid station layout at this year's IRONMAN Wales. Our volunteers will be on hand to replenish the aid stations with product to ensure you can grab some as you go by.

We would suggest trying out the nutrition we provide and train with them if you are hoping to use them on the day.

## 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 (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.

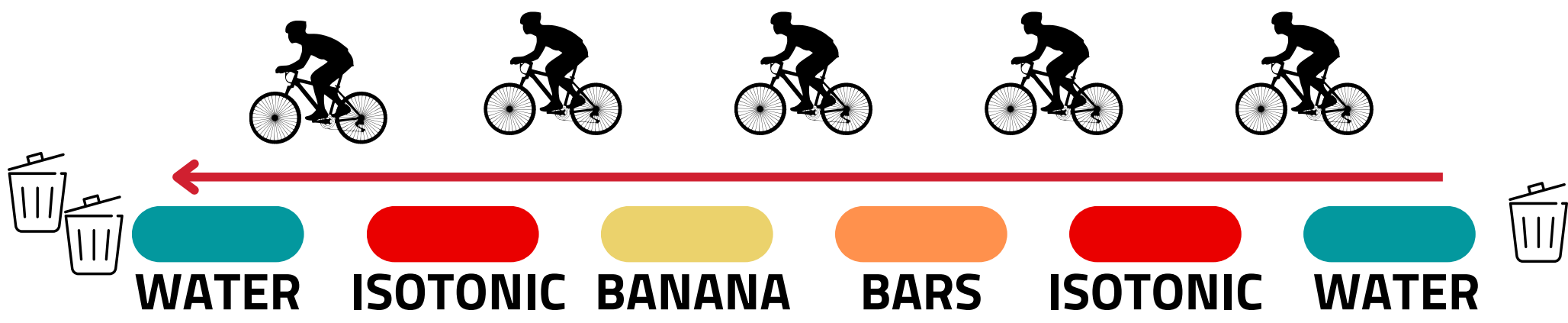
Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

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 LAYOUT

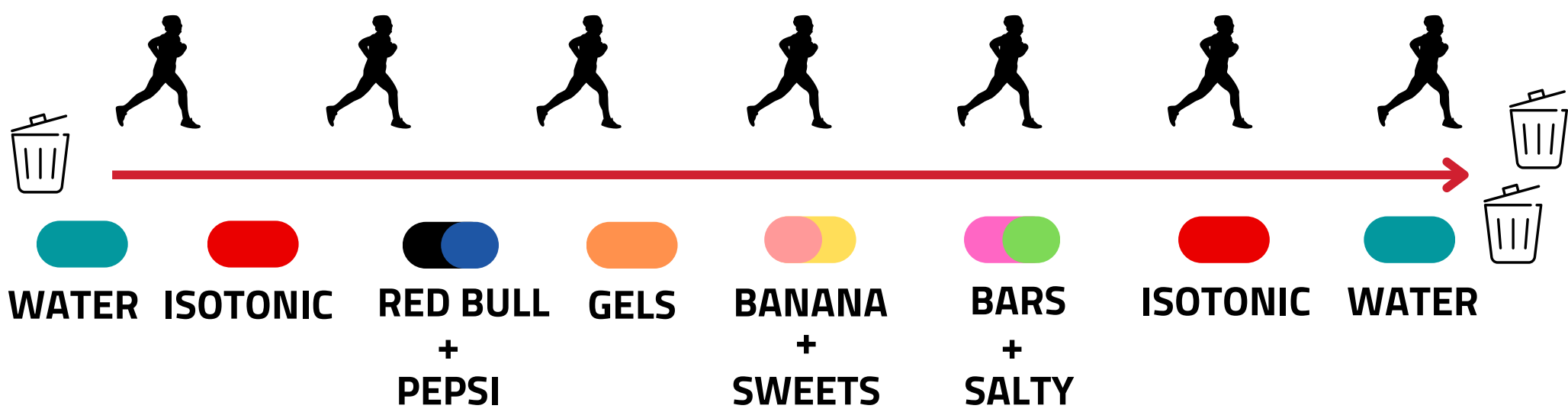
## BIKE COURSE

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 2023 IRONMAN WALES

AID STATION SUMMARY - IRONMAN WALES 2023											
<div>IRONMAN®</div> <div>WALES CYMRU</div> <div>PEMBROKESHIRE SIR BENFRO</div>		LOCATION	<div></div> WATER	<div></div> GATORADE® ISOTONIC	<div></div> COLA	<div></div> SWEETS	<div></div> SALTED SNACKS	<div></div> RED BULL	<div></div> 226ERS® ENERGY BARS	<div></div> BANANA	<div></div> MAURTEN ENERGY GEL
MARKER (MILES)											
BIKE COURSE											
24		ANGLE	<div></div>	<div></div>	X	X	X	X	<div></div>	X	X
37, 78		LAMPHEY	<div></div>	<div></div>	X	X	X	X	<div></div>	<div></div>	X
57, 98		NARBETH	<div></div>	<div></div>	X	X	X	X	<div></div>	X	X
67, 109		TWYXCROSS ROUNDABOUT	<div></div>	<div></div>	X	X	X	X	<div></div>	X	<div></div>
RUN COURSE											
1.2, 7.8, 14.3, 21		LADY PARK LAYBY (UPHILL)	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
2.4, 8.9, 15.5, 22		REDBULL	X	X	X	X	X	<div></div>	X	X	X
3, 9.6, 16.1, 22.7		NEW HEDGES	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	X	<div></div>
3.9, 10.5, 17, 23.6		LADY PARK LAYBY (DOWNHILL)	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
6.5, 13.1, 19.8		PICTON TERRACE	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	X	<div></div>

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.



# 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.





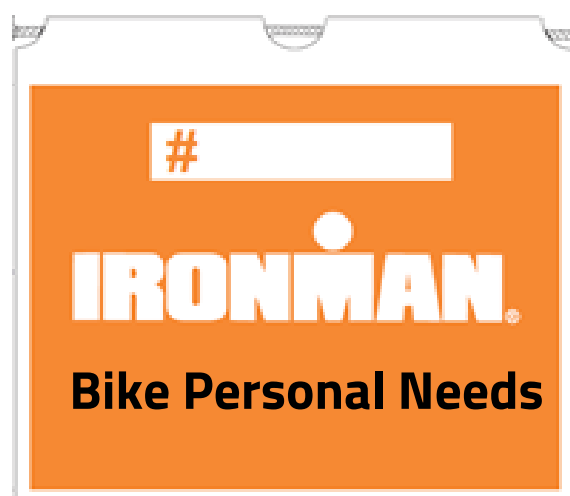
# ***PERSONAL NEEDS BAGS***

## ***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, 11.7, 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.