

# RACE DAY SCHEDULE

## 11/06/2023

- 07:00 PRO Start
- 07:05 Age Group Rolling Start
- 07:25 First athlete expected on the bike course
- 09:00 Final Swim Cut Off
- 09:40 First athlete expected on the run course
- 10:55 First athlete expected to finish, Market Square
- 13:20 Final Bike Cut Off
- 18:00 - 20:00 Awards Ceremony
- 09:00 - 18:00 Merchandise Store, Evans Park, Riverway

### WHAT IS A 70.3 IRONMAN?

IRONMAN 70.3 is a triathlon comprising of a 1.2 mile swim, a 56 mile bike ride and then a half marathon (13.1 mile), all to be completed consecutively within 8 hours 30 minutes.

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 150 races worldwide.

### IRONMAN 70.3 WORLD CHAMPIONSHIP 2023

For the IRONMAN 70.3 World Championship the location changes each year - this year being held in Lahti, Finland. Each IRONMAN 70.3 race in the first half of the 2023 season is a qualifying event for Lahti, Finland, in August, not only for PRO athletes but for every age group. Five year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds.

At IRONMAN 70.3 Staffordshire, there are 45 age group slots and 50 'Women for Tri' slots available for the World Championships in Lahti, Finland, that will be allocated after the Awards Ceremony, post race.

### ACCESS ON RACE WEEKEND & PARKING

There will be a number of road closures in and around Staffordshire on the day of the event. Marshalls will be present to allow access for emergency services, residents, and businesses. For a full list of road closures, visit [Course - IRONMAN 70.3 Staffordshire](#) and scroll down to TRAFFIC IMPACT.

#### MAIN EVENT SITES:

Town Centre (///lions.memo.sing) - Finish Line  
Evans Park, Riverway (///logic.term.slice)- Registration, Transition 2, EXPO, Merch and Awards Ceremony

The following multi-storey car park can be used:  
Waterfront, ST16 2HQ

Please see other car parks in Staffordshire [HERE](#).

#### SWIM START - Chasewater Country Park

There is no access to Chasewater Country Park on Race Day. The below car parks and shuttle buses can be used instead.

### SPECTATOR SHUTTLE BUSES

#### HOLLAND PARK – CHASEWATER

Saturday 09:00 – 17:30  
Sunday 05:00 – 10:45  
Post Code - WS8 7LW  
What 3 Words \\satin.sediment.wager

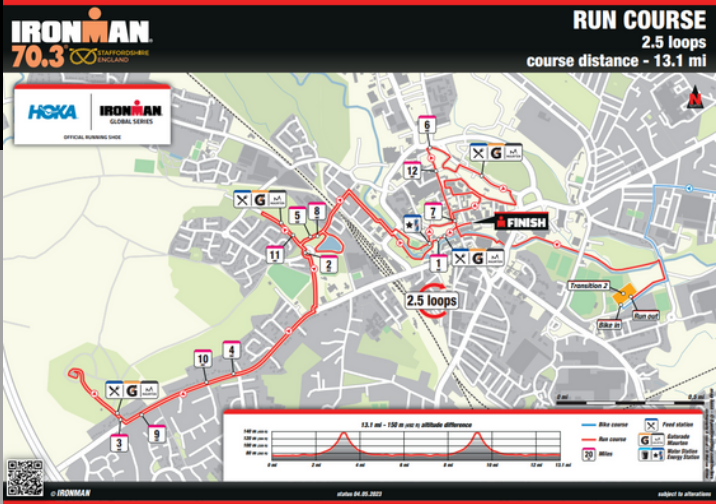
#### DOXEY ROAD SAINBSURYS - CHASEWATER

Sunday 04:15 – 11:00  
Postcode – ST16 2TF  
What 3 Words \\smoke.fuels.tooth

PLEASE NOTE: All tickets for spectators must be purchased online via the MyEvents page by adding an additional purchase to your registration or at registration prior to Sunday 11th June for the Doxey Road service.

#### BEACONSIDE CONFERENCE & EVENTS CENTRE - STAFFORD (PRIMARK)

Sunday 09:00 – 18:00  
Postcode – ST18 0AA  
Parking + Shuttle Bus Stop - What 3 Words  
///flip.island.able  
Shuttle Bus Stop (Stafford - Primark) What 3 Words  
-///villa.yappy.copies



## THE COURSES

#### SWIM

1.2 miles - 1 lap anti-clockwise lake swim with a 45 min rolling start. Athletes exit from the water at the far end of Chasewater Country Park.

It then continues towards Stafford town centre through Milford.

#### BIKE

The IRONMAN 70.3 Staffordshire bike course meanders through the heart of the Staffordshire countryside and the Cannock Chase area.

#### RUN

The 2.5 loop 13.1 mile (21.1 km) run course takes athletes alongside the River Sow, into the Stafford town centre and towards Stafford Castle. Family and friends will be able to see their athletes multiple times before heading to the finish line.



## HOTSPOTS

#### DAM AT CHASEWATER

Best accessed by parking at Holland Park Car Park (WS8 7LW) and walking 10/15minutes to Chasewater on race morning - just as your athletes will do! From here you will get a great view of the swim course and the start of the bike course!

#### STAFFORD CASTLE HOTSPOT

This will be a great spot to take the family on the run course to see your athletes at around 3 and 9 miles of their half marathon. This location offers a great view over Stafford and a chance to see the famous knights of Stafford Castle in full voice. Plus it's a challenging climb so your athlete will appreciate the support!

#### THE LIQUOR TANK - STAFFORD TOWN CENTRE

The run course loops around Stafford Town Centre so you can see your athletes' multiple times with ease. Take a wander over to the beautiful Victoria park which provides a green space and the perfect viewing location before heading over to the finish area on S Walls. The Liquor Tank is located directly next to the finish line and is the perfect place to grab a pizza or a refreshing drink whilst waiting for your friends and family to step onto that red carpet. With 2 Classic Cocktails for £12, it's also a great place to celebrate post-race and watch other athletes' complete IRONMAN 70.3 Staffordshire. Stafford Town Centre can be accessed from the spectator Park-and-Ride service operating from New Beacon Sports Centre or from town centre car parks.

Instagram - @Ironman\_UK FB - IRONMAN England #IRONMANUK

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

Write your words of support...

1,900

Athletes racing  
IRONMAN 70.3  
Staffordshire



7,000 plastic bottles  
will be recycled to make  
our volunteer bags

4,000

banana halves  
handed out



8,200  
gels handed  
out

4,000

bars handed  
out



78%  
men

22%  
women



youngest athlete

18



oldest athlete

80



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



47% of Athletes  
are first timer IRONMAN 70.3  
athletes so make sure you  
give them  
an extra cheer!



49

countries  
represented

89%

representing GBR



38,000 sustainable  
bamboo cups

in total will be used on race day

6,100 litres  
of isotonic given out



GOOD LUCK TO ALL OUR ATHLETES!

**IRONMAN**  
70.3® STAFFORDSHIRE  
ENGLAND