

MEDIA GUIDE

IRONMAN[®] 70.3[®] WORLD CHAMPIONSHIP



WELCOME TO:



WORLD CHAMPIONSHIP

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THE BEGINNING

1978

Participants gather on the beach before the start of the inaugural 'Hawaiian IRONMAN Triathlon."

“Swim 2.4 miles, Bike 112 miles, Run 26.2 miles—Brag for the rest of your life.”
—John Collins, IRONMAN Founder

From unlikely challenge to international sensation

While stationed near San Diego in the mid-1970s, John Collins and wife, Judy, participated in multi-sport workouts designed to break up the monotony of constant run training.

During an awards banquet in 1977 for a Hawai'i running race, a lively discussion about the creation of a major endurance event in Hawai'i occurred. To challenge athletes who had already seen success at a local biathlon (swim/run), the first 'Hawaiian IRONMAN Triathlon' was born.

As the conversation continued, Collins began playing with the idea of combining the three toughest endurance races on the island into one race. He decided to issue a challenge. He proposed combining the 2.4-mile Waikiki Roughwater Swim with 112 miles of the Around-O'ahu Bike Race (originally a two-day event and 114 miles), followed by a 26.2-mile run on the same course as the Honolulu Marathon. The event was unveiled at the Waikiki Swim Club Awards Banquet in late 1977. 'The gun will go off about 7 a.m., the clock will keep running

continuation from page 4

and whoever finishes first we'll call the IRONMAN," Collins recalls.

On Feb. 18, 1978, 15 competitors, including Collins, came to the shores of Waikiki to take on the IRONMAN challenge. Prior to racing, each received three sheets of paper listing a few rules and a course description. Handwritten on the last page was this exhortation: 'Swim 2.4 miles! Bike 112 miles! Run 26.2 miles! Brag for the rest of your life!'

Who would have predicted this exchange of bravado would be the foundation for what is now the world's most recognized endurance event and the global benchmark for testing one's personal limits?

Judy Collins, who originally planned to participate in the inaugural event, was forced to withdraw just days before. John Collins and 11 others finished the entire course. Gordon Haller, a taxi cab driver and fitness enthusiast, crossed the finish line first in 11 hours, 46 minutes and 40 seconds to become the 'original' IRONMAN. Collins finished the race in a little over 17 hours.

Having lost only \$25 on that first race, Collins agreed to organize a second event in 1979. Unfortunately, bad weather postponed the race one day, and more than half of the race-field dropped out; this left only 15 to race for the second straight year. Among the remaining 15 athletes was Lyn Lemaire, a cyclist from Boston, Mass.

The first female finisher maintained second place for much of the race before finishing fifth overall. The winning time of 11:15:46, posted by Californian Tom Warren, improved upon Haller's first-year mark, and Warren became a minor celebrity when he and the race received exposure in *Sports Illustrated*.

This larger-than-life depiction of the race in *Sports Illustrated* generated

what Collins remembers as a 'shoebox full of hundreds of letters from athletes around the world who wanted to do the race.' ABC Sports called Collins asking his permission to film the 1980 event. Collins agreed as long as ABC brought its own crew and the filming bore him no expense.

Ironically, Collins transferred out of Hawai'i just as his baby hit the big time in 1980. He turned the event over to the owners of a local health club. No money changed hands, but Collins did receive assurance that he or his family could race for free any year that they wanted, and that 'they would save a few racing spots for the 'ordinary athlete,' because these were the type of individuals who created the race."

In 1981, Valerie Silk took over supervision of the race and made the key decision to move the IRONMAN from the tranquil shores of Waikiki to the barren lava fields of Kona on the Big Island of Hawai'i.

Along the Kona Coast, black lava rock dominates the panorama. Against this backdrop, athletes would cover 140.6 miles by sea, bike and foot while battling 'ho'omumuku' crosswinds of 45 mph, 95 degree temperatures and a scorching sun. The IRONMAN Triathlon became the benchmark against which all extreme sporting challenges would be measured.

ABC's broadcasts on 'Wide World of Sports' in 1980 and 1981 continued to generate interest from athletes, but IRONMAN's signature moment would come the following year.

With the men's championship title already claimed, ABC's cameras zeroed in on the women's leader. A college student from San Diego, Julie Moss' lifeguarding background helped her stay among the early women's leaders. After a strong bike, she found herself with a sizeable lead in the run. Her energy levels started to dip in the last five miles, however, and another San Diego competitor, Kathleen

McCartney, began to cut into Moss' lead. Moss managed to hang on, sometimes appearing like a punch-drunk fighter as she moved toward the finish line. But with a little more than 20 yards to go, her legs gave out and she fell to the ground. She attempted to get up, but her legs wouldn't hold her. Rather than give up, she crawled. Race officials and spectators gathered around her, visibly concerned for her well being, as well as amazed by her courage. Although McCartney passed her, Moss won the hearts of those on-hand and millions who later saw her determined effort on television. ABC's Jim McKay, among the most experienced sports broadcasters in history, called it the most inspiring sports moment he had ever witnessed.

Instantly, competing in the IRONMAN became such a hot ticket that organizers instituted a qualifying system to keep the race field more manageable.

By any measure, the IRONMAN presents the ultimate test of body, mind and spirit for professional and amateur athletes. And as the IRONMAN Triathlon has emerged into the mainstream, the IRONMAN experience continually transcends pure sport. It centers on the dedication, courage and perseverance exhibited by athletes who demonstrate the IRONMAN mantra that 'ANYTHING IS POSSIBLE®.'



THE IRONMAN 70.3 SERIES

In 2006, IRONMAN announced the launch of a new event brand: IRONMAN 70.3. While the Half-IRONMAN, consisting of a 1.2-mile swim, a 56-mile bike and a 13.1-mile run, had been around for years, the IRONMAN 70.3 Event Series would now offer athletes a consistent experience at races around the globe and for the first time ever, the opportunity to qualify for a World Championship event at that distance.

IRONMAN's Managing Director of Global Race Operations Steve Meckfessel stated, 'The IRONMAN 70.3 name distinguishes our events in quality and level of competition. We believe IRONMAN 70.3 further energizes the sport and fully recognizes the distance accomplished by our athletes.'

The excitement among the triathlon community continues to expand, with new and seasoned athletes lining up to participate. When IRONMAN 70.3 was launched in 2006, there were 17 events worldwide. That figure grew to 22 in 2007 and in 2008, athletes had a total of 29 races that served as qualifiers for the 2008 Foster Grant IRONMAN 70.3 World Championship, Presented by Ford. Due to overwhelming demand, the 2009 Event Series grew to include 34 events. The global IRONMAN 70.3 Series has expanded significantly over the past three years to now include more than 60 IRONMAN 70.3 events worldwide. In 2011, the IRONMAN 70.3 World Championship moved to Lake Las Vegas in Henderson, Nev., located near the Las Vegas Strip. Starting in 2014, the IRONMAN 70.3 World Championship will rotate globally on an annual basis.

The accomplishment of crossing an IRONMAN 70.3 finish line, coupled with the variety of unique and beautiful venues at which the events are held, makes for truly unforgettable experiences. Whether athletes race just one or several IRONMAN 70.3 events each year, they all embody spirit, passion and determination.



HENDERSON

Information

The City of Henderson was named the fastest growing large city in America by the U.S. Census Bureau and is recognized as the gateway community into the Las Vegas region. Having a close proximity to the Las Vegas Strip and many natural wonders, including Lake Las Vegas, Henderson offers unique tranquility in the middle of the Mojave Desert. As the second largest city in Nevada, Henderson is just minutes from the glamorous Las Vegas Strip, engineering marvel of the Hoover Dam and the tranquil beauty of Lake Mead.

History

The City of Henderson, Nevada was 'born in America's defense' with the building of the Basic Magnesium Plant during World War II. It wasn't until 10 years later, that it became fully incorporated on April 16, 1953. It has grown substantially ever since and held true to President John F. Kennedy's premonition that it is 'the city of destiny.' Henderson's destiny, has come to include a thriving tourist industry, which has given new and consistent life to the once small desert town. Lake Las Vegas, just 20 minutes to the northeast of the Las Vegas Strip, has complimented its neighbor by offering premier get-away attractions, recreation opportunities and consistently introducing new amenities and entertainment.

Location

Lake Las Vegas is bordered by Henderson's historic Water Street District and the Las Vegas Strip to the southwest and Lake Mead National Recreation Area to the east. Lake Las Vegas' geographic location is 36.10 N longitude and 114.93 W latitude..

Awards

Henderson was ranked as one of America's top 20 city's by MONEY Magazine US

Census Bureau named Henderson one of the fastest growing cities in the nation

Prevention Magazine ranked Henderson as the 6th best walking city
Ranked in Top 100 Best Places to Live by MONEY Magazine

- Henderson named Sports Illustrated Sportstown for the state of Nevada by Sports Illustrated and the National Recreation and Park Association
- Honored as one of Forbes Top 25 suburbs for retirement
- Named Playful City USA by Kaboom!
- Best Low-Tax Place to Retire by U.S. News and World Report
- MONEY Magazine rated Henderson among the top 50 'Safest Cities' in the United States
- Henderson was also rated among the top 50 'Kid Friendly' cities in the United States by Zero Population Growth, a Washington-based group.

Attractions

An oasis in the middle of the Mojave Desert, the City of Henderson and Lake Las Vegas have a variety of attractions and outdoor activities to choose from. Both are minutes away from three of the most renowned man-made attractions, including the neon of the Las Vegas Strip, the engineering marvel of the Hoover Dam, and the tranquil beauty of Lake Mead. Lake Las Vegas itself is a pristine 3,600-acre residential and recreational community that offers some of the best resort amenities in the Las Vegas region.

The world famous Las Vegas Strip is just 20 minutes from Lake Las Vegas. It is synonymous with world-class resorts, animated nightlife and exquisite dining opportunities. Its easy access from Lake Las Vegas and Henderson's historic Water Street District offering visitors the opportunity to get a taste of the

energy that Las Vegas is known for while still being able to escape to peace and tranquility.

The Hoover Dam is considered one of the Top 10 Modern Marvels of the 20th Century. Completed in 1935, the dam draws more than a million visitors a year. It is located in Black Canyon, approximately 30 minutes from Lake Las Vegas and Henderson's historic Water Street District. Part of a system that provides water to over 25 million people in the southwest United States, the Hoover Dam has 17 generators that can produce over 2,000 megawatts of electricity. The dam is open daily from 9 a.m. - 6 p.m. In addition, an incredible vantage point of the Hoover Dam is now available to visitors via a walking trail along the newly constructed Mike O'Callahan - Pat Tillman Memorial Bridge, the highest concrete arch bridge in the world, providing a convenient bypass from Nevada to Arizona.

Lake Mead National Recreation Area offers year-round recreational opportunities. The biggest reservoir in the United States, the lake consists of 550 miles of shoreline and six marinas and caters to campers, boaters, sailors, swimmers, fisherman, hikers and more.

Other nearby attractions include the Red Rock Canyon where visitors can take a scenic drive or bike ride of the 13-mile loop within the recreational area and enjoy the view of the breathtaking mountains and desert landscape, hike or rock climb along many trails and rock formations or even discover treasures left behind by Native Americans over 10,000 years ago including petroglyphs, as well as fire pits. Additionally, the natural wonder of Grand Canyon National Park is just a short drive, approximately 300 miles, and offers hiking, biking and mule rides for traveling down into the beautiful canyon.

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HENDERSON

Information

Weather

Hot and sometimes extreme temperatures can occur. The area boasts an average yearly temperature of 66° F (18° C). Average daily temperatures and average water temperatures are determined by season.

AVERAGE DAILY TEMPERATURES

Season	Maximum	Minimum
Spring	69.5° F	47.0° F
Summer	98.9° F	72.3° F
Fall	93.8° F	68.8° F
Winter	57.3° F	36.6° F

Sports

The Las Vegas area is noted for hosting some of the biggest sporting events in the country from around the world. Whether it be major title fights, an NBA AllStar game, a NASCAR race, the Las Vegas Marathon or the IRONMAN 70.3 World Championship, the residents of Southern Nevada are proud and knowledgeable of their sports. Aside from its participatory sporting activities, the area offers unique recreational sporting opportunities in Lake Las Vegas, Lake Mead, as well as the many state parks surrounding the Henderson area.

In addition to hosting the IRONMAN 70.3 World Championship, Henderson alone is home to the annual FLW Bass Fishing Tournament in April, the 2012 U.S. Open Synchronized Swimming Championships and the 2013 WTBA World Championships happening over several days in the month of August.

Emergency Operations Center

The Emergency Operation Center will be operating on race day. The City of Henderson Police, Henderson Fire and Rescue, Lake Mead National Recreational Park, City of Henderson Cultural Arts and Tourism, City of Henderson Parks and Recreation, City of Henderson Public Works, St Rose Medical Center, Highway Technologies, River Mountain Loops Trail, Bureau of Land Management, NV Dept of Transportation, HAMM Operators of Las Vegas will be among those present on race day.

For more information about Henderson, visit www.visithenderson.com.

LAKE LAS VEGAS VALLEY

Information

The Lake Las Vegas Valley is home to a unique combination of man-made attractions and natural playgrounds. Visitors can choose from world-class entertainment, dining and shopping on the Las Vegas Strip, or can spend the day outdoors in the land of the sun at popular destinations like Lake Las Vegas, Lake Mead National Recreational Area or Red Rock Canyon.

The destination offers the hospitality of a small town and the excitement of a big city, complete with numerous championship golf courses, culturally-infused special events and concerts, elegant dining options and luxurious spas. Additionally, visitors will discover great weather, friendly people, and array of recreational opportunities.

Culture

Henderson provides a broad range of cultural and artistic opportunities for visitors with a variety of concerts, performances, visual arts exhibits, festivals and special events year-around. The Ho'olaule'a Pacific Islands Festival celebrates the sights and sounds of Hawaii, while Super Run attracts thousands for a true car culture experience for Southern Nevada's largest classic car show. Additionally, many eclectic concerts and performances take place at the Henderson Pavilion, the largest outdoor theatre in Nevada, and a weekly performing arts series, ArtBeat Presented by Target, is scheduled during spring and fall season months

History

Once predicted as the 'city of destiny' by President John F. Kennedy, Henderson played a major role in World War II, supplying magnesium for munitions and airplane parts from the Basic Magnesium Plant housed in the city. A number of historical attractions explain the story of Henderson and Southern Nevada including the Clark County Heritage Museum, as well as the legendary Hoover Dam.

Dining and Nightlife

Many fabulous restaurants are located in a number of our resort properties, including a AAA Four-Diamond recipient, Hank's Fine Steaks inside Green Valley Ranch, or Sonoma Cellar Steakhouse at Sunset Station. The Las Vegas Strip offers the ultimate nightlife experience with a number of dance clubs, world-class production shows and headlining entertainment.

Golf

Henderson is a golfers' paradise and home to some of the West's best-known championship golf courses. A wide variety of course conditions and green fees suitable for both the novice and professional golfer are available, from The Revere at Anthem, designed by Casper & Nash and situated amongst rugged desert canyons and valleys with amazing views of the city below and mountains beyond, to Rio Secco Golf Club, designed by Rees Jones and voted the #1 public access course in Nevada by the Las Vegas PGA membership poll.

Water Recreation

Henderson is just minutes from Lake Mead, allowing easy access to such water sport activities as boating, jet skiing, fishing and more. Additionally, the beautiful resort community of Lake Las Vegas is home to its own 320-acre private lake and offers such water recreation as pedal-boating, canoeing and stand-up paddle boarding.

Outdoor Adventure

Henderson is conveniently located near some of the most spectacular nature destinations, including Lake Mead, Bootleg Canyon Mountain Bike Park, the River Mountains Loop Trail, the Colorado River and Hoover Dam. Whether biking, hiking, camping, fishing, river rafting, kayaking, boating or jetskiing, Henderson can accommodate the experienced or novice adventure traveler.

Museums & Galleries

Henderson and its surrounding areas within the Las Vegas Valley, are home to a variety of historic and educational museums and attractions. The Clark

County Heritage Museum, a Smithsonian affiliate, offers a unique collection of Southern Nevada history, while visitors will discover the secrets of the Mars family's chocolate-making tradition by visiting Ethel M Chocolates. Additional family-friendly attractions found on the Las Vegas Strip include Adventuredome Theme Park at Circus Circus, Lied Discovery Children's Museum and Siegfried & Roy's Secret Garden and Dolphin Habitat at The Mirage.

Shopping

A number of name-brand retailers, boutique shops and outlet stores are available in Henderson and beyond. The District at Green Valley Ranch offers more than 60 brand name stores and unique boutiques along a pedestrian-friendly Main Street, while Henderson's only enclosed mall, the Galleria at Sunset, features over 130 retailers with department stores such as Dillard's and Macy's. Shoppers will find Old Navy, Aeropostale and a number of other name-brand stores at the outdoor shopping center known as Town Square. Discounted retailers can be found at the outlet stores located at Las Vegas Premium Outlets South.

Spas

Henderson boasts a number of full-service spas located inside various resort properties, all of which offer world-class services and amenities. They include Spa Mio inside M Resort, Spa Moulay at Loews Lake Las Vegas, The Ravella Spa and The Spa at Green Valley Ranch.

Spectator Sports

Every year, a number of sporting events take place in the Las Vegas Valley from Big League Weekend, a two-day Major League Baseball extravaganza featuring such teams as the Cubs and the Dodgers, to National Finals Rodeo to Ultimate Fighting Championship bouts. The Las Vegas Motor Speedway offers high-speed NASCAR action for racing fans, while Cashman Field is home to the minor league baseball team, Las Vegas 51s, and The Orleans Arena hosts a professional ice hockey team, the Las Vegas Wranglers.



ALMANAC

Weather

AVERAGE DAILY TEMPERATURES

Month	Maximum	Minimum
September	94° F (34°C)	69°F (21°C)

Depth of Water:

145 feet

Lake Las Vegas Elevation:

1,400 feet above sea level

Average Windspeed for September:

8 mph, with average gusts of 21-24 mph

Average Rainfall for September:

2.37 inches

Average Sunshine:

Henderson has an average of 361 days of sunshine each year.

Averages and Records on Sept. 9:

Sunrise: 6:51 a.m.

Sunset: 5:39 p.m.

Record High: 113° F (45° C) (1950)

Record Low: 38° F (3° C) (1907)

QUICK FACTS

When

Sunday Sept. 8, 2013, beginning at 6:30 a.m. with the professional athlete start. Age group athletes start at 6:40 a.m.

What

A 1.2-mile swim, 56-mile bike and a 13.1-mile run. Competitors have 8 hours to cross the finish line; cutoff times are applied to each segment of the race.

Where

Lake Las Vegas and Henderson, Nevada, one of the world's top tourist destinations.

Who

Approximately 2,200 athletes from around the globe.

Prize Purse

A total of \$200,000 is split among the top 10 professional men and women.

2012 IRONMAN 70.3 World Champions

Sebastian Kienle (GER), 3:54:35
Leanda Cave (GBR), 4:28:05

Training

The average IRONMAN 70.3 triathlete spends 10 to 30-plus hours each week training for this event. Many competitors also cross-train with weight training, stretching and yoga, among other activities. Most athletes have competed in an average of four triathlons in preparation for this event.

Weather

Average temperatures on race day range from 74 to 94 degrees Fahrenheit.

IRONMANLive

Catch every stroke, spin and stride live during the IRONMAN 70.3 World Championship. IRONMANLive coverage can be easily accessed by logging on to www.ironman.com on Sunday, Sept. 8, beginning at 6:15 a.m. PT.

MEDIA

Logistics & Contacts

SURVIVING RACE WEEK

The IRONMAN 70.3 Media team will assist you in capturing the myriad of stories taking place at the IRONMAN 70.3 World Championship. Even so, the vastness of the race course and difficult access in some areas makes covering the event somewhat challenging. Like an IRONMAN 70.3 athlete, the key to your journalistic success lies in pre-race preparation and on-site cooperation.

Beginning Thursday, Sept. 5, media may obtain race day credentials at the IRONMAN 70.3 Media Center, located at the Henderson Multigenerational Center. The deadline for obtaining media credentials is 2 p.m. on Saturday, Sept. 7. We will not issue media credentials on race day. The IRONMAN 70.3 Media team will be conducting walk throughs (by request on an as-needed basis) of access areas on Friday, Sept. 7 and Saturday, Sept. 8.

You are required to wear your media wristband on race day to access the IRONMAN 70.3 Media Center, media viewing areas throughout the course and the finish-line area.

In most areas, photography access is available on a first-come, first-served basis. We recommend you arrive early for a good spot. Only specially accredited photographers and television camera crews will be granted access to the course. These media representatives are notified prior to race day and will be given official course passes.

Media members who do not receive official course access or media credentials and are seen shooting in an unauthorized capacity will be banned from future IRONMAN and IRONMAN 70.3 event coverage. All media are to use good judgment and sportsmanlike conduct when interfacing with volunteers, athletes, fellow journalists, IRONMAN 70.3 staff, local authorities, etc. throughout event week and on race day.

Television - World Triathlon Corporation (WTC)/IRONMAN owns the exclusive worldwide broadcast rights to the IRONMAN 70.3 World Championship. Worldwide broadcast rights to the event are licensed domestically and internationally by WTC/IRONMAN. Camera crews without proper accreditation will not be granted access to the IRONMAN 70.3 course or its environs. By applying for and receiving broadcast/media credentials, the licensee agrees that all footage of the 2013 IRONMAN 70.3 World Championship will be utilized solely by the licensee for the purpose of legitimate news/sports broadcasting at or around the time of the event. Further, all licensees shall agree that said footage will not be used for any commercial purpose or in any other medium outlet, other than specified on this application, without the written consent of World Triathlon Corporation (WTC)/IRONMAN.

Photographers - Credentials for the 2013 IRONMAN 70.3 World Championship will be issued for editorial purposes only. All commercial photography for this event is covered by WTC/IRONMAN's federally registered trademarks. Prior to commercial usage of such photography, you agree to secure written permission from WTC/IRONMAN. We do this solely to protect against commercial misuse of the IRONMAN/IRONMAN 70.3 imagery and infringement of WTC/IRONMAN's trademarks. Your adherence to this requirement will protect you against liability should such photography be used improperly. Noncompliance with this requirement may prevent you from receiving media credentials at future events, as well as create legal liability for the unauthorized use of IRONMAN/IRONMAN 70.3 imagery and trademarks.

Online Publications/Coverage - WTC/IRONMAN holds the exclusive online broadcast rights to the event, including any online transmissions of video or audio from the event. Internet coverage of the 2013 IRONMAN 70.3 World Championship is limited to text and photos. No final race results should be posted until noon PST on Monday, Sept. 9, 2013. Further, no outlet may mimic the 'live update' reporting style of WTC/IRONMAN as seen on www.ironman.com.

We thank you for your coverage of the 2013 IRONMAN 70.3 World Championship and hope you enjoy your experience. If you require additional assistance, please contact the following:

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SCHEDULE OF EVENTS

2013 Schedule

THURSDAY, September 6

START	END	EVENT	LOCATION
9 a.m.	4 p.m.	Athlete Check-In	Henderson Pavilion
9 a.m.	4 p.m.	Official IRONMAN Store	Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Village	Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Bike Store & Tech Service	Henderson Pavilion
9 a.m.	4 p.m.	Information Booth	Henderson Pavilion
9 a.m.	4 p.m.	VIP Guest Services	Henderson Pavilion
1 p.m.	4 p.m.	Media Center	Henderson Pavilion

FRIDAY, September 7

START	END	EVENT	LOCATION
9 a.m.	4 p.m.	Athlete Check-In	Henderson Pavilion
9 a.m.	4 p.m.	Official IRONMAN Store	Store Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Village	Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Bike Store & Tech Service	Henderson Pavilion
9 a.m.	4 p.m.	Information Booth	Henderson Pavilion
9 a.m.	4 p.m.	VIP Guest Services	Henderson Pavilion
1 p.m.	4 p.m.	Media Center	Henderson Pavilion
5:30 p.m.	7:30 p.m.	Welcome Dinner	The Westin Lake Las Vegas Resort
7p.m.	8 p.m.	Mandatory Athlete Race Briefing	The Westin Lake Las Vegas Resort

SATURDAY, September 8

START	END	EVENT	LOCATION
6:30 a.m.	8:30 a.m.	Practice Swim	Transition1/ Swim Start
8:45 a.m.	9:45 a.m.	United Healthcare IRONKIDS Las Vegas Fun Run Registration	Henderson Pavilion
9 a.m.	4 p.m.	VIP Guest Services	Henderson Pavilion
9 a.m.	4 p.m.	Official IRONMAN Store	Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Village	Henderson Pavilion
9 a.m.	4 p.m.	IRONMAN Bike Store & Tech Service	Henderson Pavilion
9 a.m.	4 p.m.	Race Information	Henderson Pavilion
10 a.m.		United Healthcare IRONKIDS Las Vegas Fun Run	Henderson Pavilion
10 a.m.	4 p.m.	Mandatory Run Gear Check-In Transition2/	T2/Henderson Pavilion
10 a.m.	4 p.m.	Media Center	Henderson Pavilion
11 a.m.	12 p.m.	Pro Panel	Henderson Pavilion
11 a.m.	6 p.m.	Mandatory Bike & Gear Bag Check-In	Transition Area 1 at LLV Resort

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SCHEDULE OF EVENTS

2013 Schedule

continuation from page 13

SUNDAY, September 9			RACE DAY
START	END	EVENT	LOCATION
4:30 a.m.	6 a.m.	Athlete Body Making: Transition Open	Transition1/Lake Las Vegas Resort
4:30 a.m.	5 p.m.	Media Center Open	Henderson Pavilion
5 a.m.	4 p.m.	Race Information	Henderson Pavilion
6:30 a.m.		Pro Start	Transition1/Lake Las Vegas Resort
6:40 a.m.		Age Group Start	Transition1/Lake Las Vegas Resort
8 a.m.	3 p.m.	Official IRONMAN Store	Henderson Pavilion
8 a.m.	4 p.m.	IRONMAN Village	Henderson Pavilion
9 a.m.	3:30 p.m.	VIP Guest Services	Henderson Pavilion
11 a.m.	4 p.m.	IRONMAN Bike Store & Tech Service	Henderson Pavilion
12 p.m.	4 p.m.	Bike & Gear Recovery	Transition 2
6 p.m.	8 p.m.	Award Banquet	The Westin Lake Las Vegas Resort
MONDAY, September 10			
START	END	EVENT	LOCATION
9 a.m.	12 p.m.	Race Information Tent/Lost & Found	Henderson Pavilion

THE RACE COURSE - SWIM

Swim Course - 1.2 Miles/1.9 KM

The freshwater lake swim finishes on the southwest side of Lake Las Vegas, just beyond the starting line, located adjacent to the Lake Las Vegas bridge. The swim course consists of one loop that goes out and back in clockwise fashion. Yellow buoys will mark the course; red buoys will mark the turns. The normal water temperature for this time of the year is between 78-82 degrees and clear.

All athletes must complete the swim within one hour and ten minutes in order to continue the race.

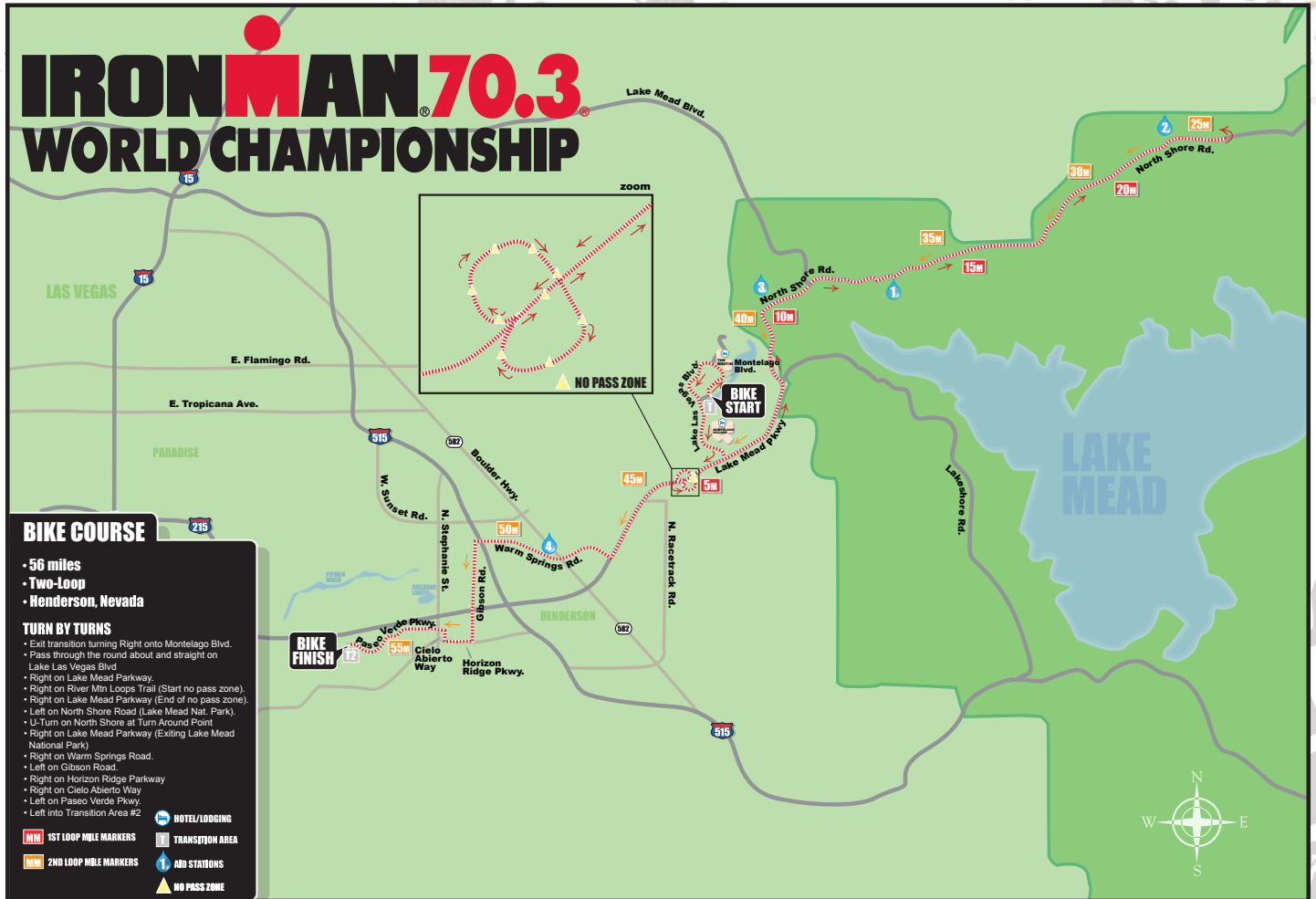


SWIM WAVES

Wave #	Time	Cap Color	Division
1	6:30am	Pro men	POWDER BLUE
2	6:34am	Pro women, PC/ HC, XC	FL. PINK/YELLOW/ RED
3	6:38am	F50+	ORANGE
4	6:42am	m60+	BLUE
5	6:46am	m55-59	FL. YELLOW
6	6:50am	m50-54	FL. GREEN
7	6:54am	F45-49	FL. ORANGE
8	6:58am	m30-34 (a-L)	WHITE
9	7:02am	m30-34 (m-Z)	PURPLE
10	7:06am	F40-44	YELLOW
11	7:10am	m35-39 (a-L)	ORANGE
12	7:14am	m35-39 (m-Z)	RED
13	7:18am	F30-34	BLUE
14	7:22am	M40-44 (A-L)	FL. YELLOW
15	7:26am	M40-44 (M-Z)	FL. GREEN
16	7:30am	F35-39	FL. ORANGE
17	7:34am	M45-49 (A-L)	WHITE
18	7:38am	M45-49 (M-Z)	PURPLE
19	7:42am	F18-29	YELLOW
20	7:46am	M25-29	RED
21	7:50am	M18-24	POWDER BLUE

Wave Starts and Times are subject to change. Please allow plenty of time on race morning in case there are any changes

Bike Course - 56 Miles/90.1 KM



After exiting T1 at Lake Las Vegas, athletes head west on to Montelago Boulevard and bike toward the city of Henderson. The bike course covers a variety of terrain as it passes through the Lake Mead National Recreation Area. Four (4) aid stations will keep the athletes well-fueled during the bike portion.

THE RACE COURSE - RUN

Run Course - 13.1 Miles/21.1 KM



The run course consists of three laps that will go through some of Henderson's beautiful residential areas. The course will consist of rolling hills and challenging climbs as athletes make their final push toward the finish line, located at Henderson Pavilion.

THE QUALIFIER SCHEDULE

Process

All athletes competing at the 2013 IRONMAN 70.3 World Championship gained entry by earning a slot at one of nearly 60 qualifying events held worldwide throughout the season.

Maytag IRONMAN 70.3 Steelhead
August 19, 2012
Benton Harbor, Michigan
SLOT 40

IRONMAN 70.3 Timberman
August 19, 2012
Gilford, New Hampshire
SLOT 40

IRONMAN 70.3 Yeppoon
August 19, 2012
Yeppoon, Australia
SLOT 25

IRONMAN 70.3 Brazil
August 25, 2012
Distrito Federal, Brazil
SLOT 50

IRONMAN 70.3 Zell Am See-Kaprun
August 26, 2012
Zell Am See-Kaprun, Austria
SLOT 30

IRONMAN 70.3 Ireland
September 2, 2012
Galway, Ireland
SLOT 35

SUBARU IRONMAN 70.3 Muskoka
September 9, 2012
Ontario, Canada
SLOT 40

MetLife IRONMAN 70.3 Cozumel
September 23, 2012
Cozumel, Mexico
SLOT 50

IRONMAN 70.3 Branson
September 23, 2012
Branson, Missouri
SLOT 40

IRONMAN 70.3 Pays D'Aix
September 23, 2012
Provence, France
SLOT 35

intermedix IRONMAN 70.3 Augusta
September 30, 2012
Augusta, Georgia
SLOT 40

IRONMAN 70.3 Pocono Mountains
September 30, 2012
Stroudsburg, Pennsylvania
SLOT 30

SunSmart IRONMAN 70.3 Mandurah
Australian Pro Championship
October 21, 2012
Mandurah, Australia
SLOT 40

IRONMAN 70.3 Austin
October 28, 2012
Austin, Texas
SLOT 44

City Bikes IRONMAN 70.3 Miami
October 28, 2012
Miami, Florida
SLOT 40

IRONMAN 70.3 Port Macquarie Australian Age Group Championship
October 28, 2012
Port Macquarie, Australia
SLOT 25

IRONMAN 70.3 Taiwan
November 4, 2012
Kenting, Taiwan
SLOT 30

IRONMAN 70.3 Lanzarote
November 10, 2012
Canary Islands, Spain
SLOT 30

Campbell's IRONMAN 70.3 Shepparton
November 11, 2012
Shepparton, Australia
SLOT 25

IRONMAN 70.3 Laguna Phuket
December 2, 2012
Laguna Phuket, Thailand
SLOT 35

IRONMAN 70.3 Canberra
December 9, 2012
Canberra, Australia
SLOT 30

Agrosuper IRONMAN 70.3 Pucon
January 13, 2013
Pucon, Chile
3 SLOT 0

IRONMAN 70.3 Asia-Pacific Championship Auckland
January 20, 2013
Auckland, New Zealand
SLOT 50

Spec-Savers IRONMAN 70.3 South Africa
January 20, 2013
East London, South Africa
SLOT 30

IRONMAN 70.3 Panama Latin American Pro Championship
February 3, 2013
Panama City, Panama
SLOT 40

Geelong Long Course Triathlon
February 10, 2013
Geelong, Australia
SLOT 30

Jeep IRONMAN 70.3 San Juan Puerto Rico
March 17, 2013
San Juan, Puerto Rico
SLOT 40

Accenture IRONMAN 70.3 California
March 30, 2013
Oceanside, California
SLOT 50

Memorial Hermann IRONMAN 70.3 Texas
April 7, 2013
Galveston, Texas
SLOT 50

COUNTRIES REPRESENTED:

53

- ARGENTINA
- AUSTRALIA
- AUSTRIA
- BAHAMAS
- BELGIUM
- BRAZIL
- CANADA
- CHILE
- CHINA
- COLOMBIA
- COSTA RICA
- CROATIA
- CZECH REPUBLIC
- DENMARK
- DOMINICAN REPUBLIC
- ECUADOR
- FAROE ISLANDS
- FINLAND
- FRANCE (INCLUDES GUADELOUPE AND REUNION)
- FRENCH POLYNESIA
- GERMANY
- GUATEMALA
- HONDURAS
- HONG KONG*
- HUNGARY
- INDIA
- IRELAND
- ITALY
- JAPAN
- LUXEMBOURG
- MEXICO
- NETHERLANDS
- NEW ZEALAND
- NORWAY
- PANAMA
- PERU
- POLAND
- PORTUGAL
- ROMANIA
- RUSSIA
- SINGAPORE
- SLOVAKIA
- SOUTH AFRICA
- SPAIN
- SWEDEN
- SWITZERLAND
- TAIWAN
- TUNISIA
- TURKEY
- UNITED ARAB EMIRATES
- UNITED KINGDOM
- UNITED STATES OF AMERICA (INCLUDES GUAM, PUERTO RICO AND U.S. VIRGIN ISLANDS)
- VENEZUELA

*Special Administrative Region of China

STATES REPRESENTED:

50

- ALABAMA
- ALASKA
- ARIZONA
- ARKANSAS
- CALIFORNIA
- COLORADO
- CONNECTICUT
- DELAWARE
- FLORIDA
- GEORGIA
- HAWAII
- IDAHO
- IOWA
- ILLINOIS
- INDIANA
- KANSAS
- KENTUCKY
- LOUISIANA
- MAINE
- MARYLAND
- MASSACHUSETTS
- MICHIGAN
- MINNESOTA
- MISSISSIPPI
- MISSOURI
- MONTANA
- NEBRASKA
- NEVADA
- NEW HAMPSHIRE
- NEW JERSEY
- NEW MEXICO
- NEW YORK
- NORTH CAROLINA
- NORTH DAKOTA
- OHIO
- OKLAHOMA
- OREGON
- PENNSYLVANIA
- RHODE ISLAND
- SOUTH CAROLINA
- SOUTH DAKOTA
- TENNESSEE
- TEXAS
- UTAH
- VERMONT
- VIRGINIA
- WASHINGTON
- WEST VIRGINIA
- WISCONSIN
- WYOMING

THE "AVERAGE" IRONMAN 70.3 ATHLETE

'Average' is a word not typically associated with an IRONMAN 70.3 athlete. Considering the accomplishments and abilities of professional athletes ranging from Craig Alexander and Melissa Hauschildt to Age Group and Physically Challenged athletes such as Dominique Benassi and Hector Picard, it will take quite a fitness explosion for the media to refer to IRONMAN 70.3 athletes as, well ... 'Average Joes.' With this interest on extraordinary feats, it is easy to overlook the fact that most competitors hold more in common with the general population than one might expect. They are professors, attorneys and firemen. The three most common occupations seen among athletes lining up in Vegas are Engineer, Business Owner and Management.

IRONMAN 70.3 Athlete Demographic:	
Average Age:	39
Gender Ratio:	73% male, 27% female
Education (Post Secondary):	95 percent
Occupation (Professional; Executive):	72 percent
Access to Internet:	97 percent
Daily Internet Use:	60 percent
Household Income:	More than \$100K

You could be thinking, "I could do that, but what does it take to train?" Never fear, there are average times for this, too. The average hours per week devoted to training for IRONMAN 70.3 generally fall between 10 and 30-plus hours. Many competitors also cross-train with weight training, stretching and yoga, among other activities.

Average training distances for the three disciplines:

- 1) Miles per week swimming: 7 to 8
- 2) Miles per week biking: 150 to 175
- 3) Miles per week running: 30 to 40

PHYSICALLY CHALLENGED DIVISION

Meeting The IRONMAN Challenge

The finest athletes from around the world will test themselves at the IRONMAN 70.3 World Championship. A supreme test of physical and mental toughness, events in the IRONMAN and IRONMAN 70.3 Series require both courage and determination, in addition to physical preparation. While each athlete overcomes his or her own personal challenges on the road to becoming an IRONMAN or an IRONMAN 70.3 finisher, some must overcome not only the challenges that IRONMAN offers, but the physical challenges life has imposed on them as well.

Since 1982, several physically challenged athletes have seen success in IRONMAN. Among the physically challenged participants, heroes have emerged including Joseph Raineri, a blind athlete from Delaware who became the first physically challenged athlete to finish the race, and the race's first deaf competitor, Michael Russo of New York, who competed in 1984. In 1991, Jim MacLaren, a former Division I football player from California who had lost the lower part of his left leg in a motorcycle accident, received worldwide attention when he completed the race biking and running with a custom-designed prosthesis.

In 1994, Dr. Jon Franks, a paraplegic athlete from Venice Beach, Calif., petitioned the organization to allow him to compete in the race using a handcycle for the bike portion of the event and a racing wheelchair for the marathon. The possibility of his participation stirred debate in the triathlon community. Some felt that Franks' not actually running the marathon portion of the race would compromise the nature of the challenge.

Although Franks did not finish the event, millions watching NBC's race coverage saw his determination to climb the last hill of the bike course and counted him among the race's true winners. His efforts, as well as the growth in the number of physically challenged individuals involved in athletics, generated a groundswell of interest.

The physically challenged division was given a 'test run' in 1994, 1995 and 1996 with demonstration participation by wheelchair athletes.

In 1996, John MacLean from Australia completed the event within the overall time of 17 hours and, in 1997, became the first athlete to use a hand-cranked bicycle to finish the event within the allotted cutoff times for each discipline. In

all, eight athletes competed in the newly formalized PC Division. Among them was Clarinda Brueck, a 43-year-old teacher from New Jersey. Brueck, who was born without the lower portion of her left arm, eloquently summed up the significance of this competition. 'I want physically challenged children to feel what I felt when I first completed a triathlon,' she said. 'For the first time in my life, I felt I was competing with and even excelling above able-bodied individuals. That's an empowering, life-changing experience. And competing in the IRONMAN Triathlon World Championship emphatically allows you to say, 'If I can complete this race, there's nothing in life that I can't do.'"

A formal division was established for the IRONMAN World Championship in 1997 after years of careful research and planning. In 2006, a formal division was also established at the inaugural IRONMAN 70.3 World Championship.

There are two different categories within the Physically Challenged Division: handcycle and physically challenged. The handcycle division is comprised of athletes who will use a handcranked cycle on the bike segment and a racing chair on the run. Due to the level of interest from handcycle athletes, qualifying races were established. Athletes now must compete for starting slots at IRONMAN 70.3 Buffalo Springs Lake or IRONMAN 70.3 Antwerp, held in Antwerp, Belgium.

Two physically challenged athletes gained entry through the Physically Challenged Lottery, to compete at this year's IRONMAN 70.3 World Championship.



VOLUNTEERS

The IRONMAN 70.3 World Championship relies heavily on the support of the local community for nearly 1,000 volunteers. The excitement and support for this event has surpassed all expectations in its third year, as the community has responded overwhelmingly to the call for volunteers.

Many volunteers for the event are triathletes who want to give back to the sport they love, especially when it gives them the opportunity to witness world-class athletes compete. Others have only heard about the race and want to be part of the experience.

The IRONMAN 70.3 World Championship has recruited nearly 100 race committee members who contribute their valuable experience and knowledge to the event. They have assisted with recruiting and training volunteers for many different areas, including aid stations, body marking, banquet greeting and athlete check-in.

Volunteer opportunities exist for all ages and abilities. Schools, churches, civic groups and clubs are among the groups that use the event as a team-building experience by volunteering together. Groups and individuals alike provide first-class hospitality to athletes and spectators from around the world and are part of an Internationally recognized event.





IRONMANLIVE

The only place to view every athlete as they cross the finish line!

IRONMAN.COM:

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 World Championship. This exclusive coverage can be easily accessed via computer, smartphone or tablet by logging on to www.ironman.com on Sunday, Sept. 8, 2013, beginning at 6 a.m. PT.

The Ironman 70.3 World Championship coverage, which includes some of the sport's greats such as Greg Welch, Matt Lieto and Michael Lovato, will offer unrivaled updates from the swim start to the very last finisher crossing the line. Shots of the pro men and women from the motorcycles to the ever-popular helicopter camera, coverage will lead you through the entire race day. Also included are Athlete Tracker and the live blog, ensuring viewers a comprehensive and exciting multimedia experience.

From start to finish, viewers can look forward to exclusive coverage that includes an interactive multimedia audience experience with the live video, live blog, athlete tracking, social platforms and ironman.com editorial content, all overlapping to provide one of a kind access to the IRONMAN 70.3 World Championship.

SOCIAL MEDIA:

www.facebook.com/Ironman70.3WorldChampionship

www.instagram.com/Ironmantri

#IM703WC #Vegas

The logo features the word "IRONMAN" in a bold, black, sans-serif font. The letter "M" is stylized with a red dot above it and a red vertical bar on its right side. Below "IRONMAN" is the word "FOUNDATION" in a smaller, black, sans-serif font. The background of the entire page is a faded, high-contrast image of a triathlete running.

IRONMAN[®] FOUNDATION

The IRONMAN Foundation:

Established in 2003, The IRONMAN Foundation enables IRONMAN to leave its legacy behind in communities where events are held. To date, through the global support of IRONMAN athletes, The Foundation has given back over \$20 million to non-profit causes around the world. The mission of The Foundation is: 'to leave IRONMAN's legacy through philanthropy, voluntarism and grant making; by supporting various athletic, community, education, health, human services and public benefit non-profit organizations around the world.' Today, The Foundation provides funding to nonprofit groups globally through four distinct programs:

IRONMAN Community Foundation Program
Your Journey, Your Cause: Athlete Beneficiary Program
Race For Free IRONMAN World Championship - Kona eBay Charitable Auction

IRONMAN Community Foundation Program:

In an effort to enhance the well being of those living in the communities where IRONMAN Triathlons are held, The IRONMAN Foundation provides charitable support to a variety of local non-profit organizations that recognize citizens in need and support The Foundation's mission. Within those communities, IRONMAN gives back to groups who volunteer their time through a grant process, while also working with community leaders to identify non-profit organizations in the community who have a need and provide funding to support these various initiatives.

As the sport of triathlon and the number of IRONMAN and IRONMAN 70.3 events continues to grow, The IRONMAN Foundation recognizes the importance of the volunteers in each event community. In an effort to give back to those who support the event and athletes in Lake Las Vegas, Henderson and surrounding areas, donations will be made to a number of local groups.



IRONMAN 70.3

2012/2013 Series Champions

Maytag IRONMAN 70.3 Steelhead
August 19, 2012

Daniel Bretscher	3:57:17
Jessica Jacobs	4:24:43

IRONMAN 70.3 Timberman
August 19, 2012

Joe Gambles	3:48:30
Heather Wrutele	4:20:48

IRONMAN 70.3 Yeppoon
August 19, 2012

Tim Reed	3:49:42
Lisa Marangon	4:17:27

IRONMAN 70.3 Brazil
August 25, 2012

Terenzo Bozzone	3:52:53
Valentina Prieto	4:37:20

IRONMAN 70.3 Zell Am See-Kaprun
August 26, 2012

Alessandro Degasperri	3:46:06
Gina Crawford	4:13:24

IRONMAN 70.3 Ireland
September 2, 2012

Jan Van Berkel	3:54:35
Terenzo Bozzone	3:54:36

SUBARU IRONMAN 70.3 Muskoka
September 9, 2012

Tom Lowe	4:08:54
Rachel Joyce	4:34:47

MetLife IRONMAN 70.3 Cozumel
September 23, 2012

Andi Boecherer	3:53:45
Liz Blatchford	4:14:31

IRONMAN 70.3 Branson
September 23, 2012

Andy Potts	4:04:22
Jenny Fletcher	4:57:03

IRONMAN 70.3 Pays D'Aix
September 23, 2012

Cyril Viennot	4:01:00
Mary Ellis	4:25:17

intermedix IRONMAN 70.3 Augusta
September 30, 2012

Maxim Kriat	3:49:14
Melissa Hauschildt	4:06:56

IRONMAN 70.3 Pocono Mountains
September 30, 2012

Jesse Thomas	3:49:41
Tenille Hoogland	4:23:52

SunSmart IRONMAN 70.3 Mandurah Australian
Pro Championship October 21, 2012

Tim Berkel	3:39:59
Melissa Hauschildt	4:03:55

IRONMAN 70.3 Austin
October 28, 2012

Andy Potts	3:51:29
Rachel McBride	4:20:53

City Bikes IRONMAN 70.3 Miami
October 28, 2012

Terenzo Bozzone	3:42:17
Leanda Cave	4:07:27

IRONMAN 70.3 Port Macquarie Australian Age Group Cham-
pionship
October 28, 2012

Clayton Fetterll	3:53:29
Carrie Lester	4:28:25

IRONMAN 70.3 Taiwan
November 4, 2012

Terenzo Bozzone	3:54:18
Keiko Tanaka	4:29:10

IRONMAN 70.3 Lanzarote
November 10, 2012

Ivan Rana Fuentes	4:07:35
Danne Boterenbrood	4:40:05

Campbell's IRONMAN 70.3 Shepparton
November 11, 2012

Terenzo Bozzone	3:46:59
Rebekah Keat	4:16:17

IRONMAN 70.3 Laguna Phuket
December 2, 2012

Chris McCormack	4:04:40
Melissa Hauschildt	4:23:30

IRONMAN 70.3 Canberra
December 9, 2012

Tim Reed	3:40:13
Annabel Luxford	4:04:25

Agrosuper IRONMAN 70.3 Pucon
January 13, 2013

Terenzo Bozzone	3:52:53
Valentina Prieto	4:37:20



IRONMAN 70.3

2012/2013 Series Champions

IRONMAN 70.3 Asia-Pacific Championship Auckland
January 20, 2013

Christian Kemp	3:56:03
Annabel Luxford	4:19:19

Spec-Savers IRONMAN 70.3 South Africa
January 20, 2013

Bart Aernouts	4:03:53
Jodie Swallow	4:34:30

IRONMAN 70.3 Panama Latin American Pro Championship
February 3, 2013

Oscar Galindez	3:58:31
Heather Wurtele	4:21:22

Geelong Long Course Triathlon
February 10, 2013

Christian Kemp	3:47:21
Melissa Hauschildt	4:11:20

Jeep IRONMAN 70.3 San Juan Puerto Rico
March 17, 2013

Andrew StaryKowicz	3:50:12
Helle Frederiksen	4:11:35

Accenture IRONMAN 70.3 California
March 30, 2013

Andy Potts	3:49:45
Heather Jackson	4:13:48

Memorial Hermann IRONMAN 70.3 Texas
April 7, 2013

Richie Cunningham	3:48:24
Emma-Kate Lidbury	4:13:52

Ochsner IRONMAN 70.3 New Orleans
April 21, 2013

Andreas Raelert	3:46:54
Sheena Braulick	3:54:04

IRONMAN 70.3 St. George U.S. Pro Championship - Presented by X2 PERFORMANCE
May 4, 2013

Brent McMahon	3:51:10
Meredith Kessler	4:17:11

Captain Morgan IRONMAN 70.3 St. Croix
May 5, 2013

Richie Cunningham	4:10:29
Catriona Morrison	4:38:56

SunSmart IRONMAN 70.3 Busselton
May 11, 2013

Brad Kahlefeld	3:45:39
Rachael Smith	4:17:54

Thomas Cook IRONMAN 70.3 Mallorca
May 11, 2013

Eneko Llanos	3:52:36
Lisa Hütthaler	4:24:25

IRONMAN 70.3 Florida
May 19, 2013

Terenzo Bozzone	3:45:51
Mary Beth Ellis	4:14:03

IRONMAN 70.3 Austria
May 26, 2013

Bart Aernouts	3:22:35
Lisa Hütthaler	3:49:55

IRONMAN 70.3 Hawaii
June 1, 2013

Craig Alexander	4:05:43
Belinda Granger	4:44:36

IRONMAN 70.3 Raleigh
June 2, 2013

Greg Bennett	3:51:24
Laura Bennett	4:17:18

IRONMAN 70.3 Switzerland Powered by BMC
June 2, 2013

CANCELLED (due to weather and landslide on bike course)

IRONMAN 70.3 Boise
June 8, 2013

Bevan Docherty	3:52:55
Liz Lyles	4:28:37

LIXIL IRONMAN 70.3 Centrair Chita Tokoname Japan
June 9, 2013

James Hodge	3:50:58
Ai Ueda	4:18:26

EnduraFit IRONMAN 70.3 EagleMan
June 9, 2013

Andy Potts	3:47:46
Angela Naeth	4:14:06

IRONMAN 70.3 Cairns
June 9, 2013

Courtney Atkinson	3:56:34
Kim Jaenke	4:38:28

IRONMAN 70.3 Italy
June 9, 2013

Horst Reichel	4:02:04
Erika Csomor	4:33:18



IRONMAN 70.3

2012/2013 Series Champions

The Oread IRONMAN 70.3 Kansas
June 9, 2013

Craig Alexander	3:51:26
Emma-Kate Lidbury	4:15:49

IRONMAN 70.3 Berlin
June 16, 2013

Michael Raelert	3:46:56
Barbara Riveros	4:16:10

IRONMAN 70.3 U.K.
June 16, 2013

Ritchie Nicholls	4:15:04
Eimear Mullan	4:56:59

SUBARU IRONMAN 70.3 Mont-Tremblant
June 23, 2013

Terenzo Bozzone	3:53:12
Linsey Corbin	4:26:05

IRONMAN 70.3 Syracuse
June 23, 2013

Joe Gambles	4:02:58
Lisa Norden	4:24:37

IRONMAN 70.3 Buffalo Springs Lake
June 30, 2013

Greg Bennett	3:48:58
Angela Naeth	4:16:08

IRONMAN 70.3 Norway
July 7, 2013

Filip Ospaly	3:46:10
Lisa Hütthaler	4:12:11

affresh IRONMAN 70.3 Muncie
July 13, 2013

Andrew Starykowicz	3:46:25
Magali Tisseyre	4:12:59

IRONMAN 70.3 Vineman
July 14, 2013

Bevan Docherty	3:45:10
Meredith Kessler	4:13:18

IRONMAN 70.3 Lake Stevens
July 21, 2013

Craig Alexander	3:55:23
Meredith Kessler	4:18:05

IRONMAN 70.3 Racine
July 21, 2013

Martin Jensen	3:47:05
Angela Naeth	4:15:00

IRONMAN 70.3 Calgary
July 28, 2013

Tim Don	3:42:21
Heather Wurtele	4:11:42

IRONMAN 70.3 Boulder
August 4, 2013

Joe Gambles	3:44:41
Melissa Hauschildt	4:04:36

Cobra IRONMAN 70.3 Philippines
August 4, 2013

Courtney Atkinson	3:58:07
Caroline Steffen	4:16:12

Maytag IRONMAN 70.3 Steelhead
August 4, 2013

David Kahn	3:55:57
Caitlin Snow	4:13:53

IRONMAN 70.3 European Championship Weisbaden
August 11, 2013

Ritchie Nicholls	3:56:55
Danielle Ryf	4:31:34



WORLD CHAMPION

Sebastian Kienle



Birthdate: July 6, 1984
COUNTRY: GERMANY

CAREER HIGHLIGHTS:

- Burst onto the IRONMAN scene in recent years, as he was crowned champion at the 2012 IRONMAN 70.3 World Championship.
- He also earned a fourth place finish in his IRONMAN World Championship debut (2012), despite leading the race and then suffering a flat.
- Finished second at the 2012 IRONMAN Frankfurt.
- In addition, he won the 2011 IRONMAN 70.3 Miami, 2010 IRONMAN 70.3 New Orleans and the 2009 IRONMAN 70.3 European Championship - Wiesbaden.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2012

1st IRONMAN 70.3 World Championship -- 3:54
4th IRONMAN World Championship -- 8:27
2nd IRONMAN European Championship Frankfurt -- 8:09
2nd IRONMAN 70.3 U.S. Championship Galveston -- 3:48

2011

1st IRONMAN 70.3 New Orleans -- 3:18
1st IRONMAN 70.3 Miami -- 3:47

2010

2nd IRONMAN 70.3 European Championship Wiesbaden -- 4:05

2009

1st IRONMAN 70.3 Wiesbaden -- 4:04

2008

3rd IRONMAN 70.3 Monaco
3rd IRONMAN 70.3 Switzerland
11th IRONMAN 70.3 World Championship Clearwater



SECOND PLACE

Craig Alexander



Birthdate: June 22, 1973
COUNTRY: Australia

CAREER HIGHLIGHTS:

- When you think of Craig Alexander the word 'first' comes to mind. That's because he is a three-time IRONMAN World Champion and claimed the crown in Vegas in 2011.
- He's one of the few athletes who can consistently execute a perfect race when it matters. This year he enters Vegas with something to prove after being runner-up last year to Sebastian Kienle.
- In 2011, 'Crowie,' as he is affectionately known, caused quite a stir when he showed that not only can he can run—he went 1:11:50 for the half marathon, nearly two minutes faster than anyone else—but can ride too.
- He saw a mixed bag of placements in 2012, ranging from first with a sub-eight hour finish at the IRONMAN Asia-Pacific Championship to a 12th place in Kailua-Kona.
- This year he has seen three IRONMAN 70.3 wins and chances are he's ready to add one more to the roster come race day in Vegas.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2012

2nd IRONMAN 70.3 World Championship -- 3:55:36
12th IRONMAN World Championship -- 8:40:49
12th IRONMAN 70.3 Racine -- 4:16:32
1st IRONMAN 70.3 Eagleman -- 3:44:57
1st IRONMAN Asia-Pacific Championships -- 7:57:44

2011

1st IRONMAN World Championship -- 8:03:56
1st IRONMAN 70.3 World Championship -- 3:54:48
1st IRONMAN Coeur d'Alene -- 8:19:48

2010

4th IRONMAN World Championship -- 8:16:53
1st IRONMAN 70.3 Muskoka -- 3:58:33
1st IRONMAN 70.3 Singapore -- 3:53:31
1st IRONMAN 70.3 Boise -- 4:02:11
1st IRONMAN 70.3 Racine -- 3:48:56

2009

1st IRONMAN World Championship -- 8:20:21
1st IRONMAN 70.3 Muskoka -- 3:58:04
1st IRONMAN 70.3 Boise -- 3:51:46
1st IRONMAN 70.3 Hawai'i -- 4:02:52

2008

1st IRONMAN World Championship -- 8:17:45
1st IRONMAN 70.3 Muskoka -- 4:10:31



THIRD PLACE

Bevan Docherty



Bevan Docherty

Birthdate: March 29, 1977
Country: New Zealand

CAREER HIGHLIGHTS:

- Bevan Docherty is a two-time Olympic medalist (2004 and 2008 in triathlon), ITU World Champion and four-time New Zealand National Champion.
- While he is fairly new to the IRONMAN and IRONMAN 70.3 circuit, he has established some impressive results already. Docherty completed his first IRONMAN race this year in New Zealand, capturing the title and setting a course record in his home country.
- He also claimed wins at IRONMAN 70.3 Vineman and IRONMAN 70.3 Boise, with respective times of 3:45:10 and 3:52:55.
- Docherty raced IRONMAN 70.3 Auckland and placed second and due to an unfortunate illness, was forced to cut his race day short at IRONMAN St. George earlier this year.
- With the IRONMAN World Championship as a main focus and strong wins to date, Docherty enters this race with confidence and the necessary training to improve last year's placement.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2013

1st IRONMAN New Zealand -- 8:15:35
1st IRONMAN 70.3 Vineman -- 3:45:10
1st IRONMAN 70.3 Boise -- 3:52:55
2nd IRONMAN 70.3 Auckland -- 3:56:37

2012

3rd IRONMAN 70.3 World Championship -- 3:56:25



WORLD CHAMPION

Leanda Cave



Birthdate: March 9, 1978
Country: England

CAREER HIGHLIGHTS:

- Leanda Cave started her triathlon career in 1994 and is one of few athletes to hold the ITU Short and Long-course women's titles.
- Cave has multiple Escape from Alcatraz titles as well as IRONMAN and IRONMAN 70.3 wins under her belt.
- Last year was an exciting year as she captured the titles in both Kona and Vegas, sporting dual World Championship crowns.
- While she has taken a well-deserved break, she was struck with injury this year via a torn hamstring.
- Fortunately, her tenacity has been seen again, as she placed 2nd at IRONMAN 70.3 Boulder. Its likely that performance primed her for a win or podium finish again in Vegas.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2012

4th IRONMAN 70.3 Panama -- 4:21:42
5th 5150 Columbia -- 2:07:17
5th IRONMAN 70.3 Vineman -- 4:17:42
3rd IRONMAN 70.3 Boulder -- 4:10:55
15th Hy-vee 5150 Championship -- 2:09:13
1st IRONMAN World Championship -- 9:15:54
1st IRONMAN 70.3 Miami -- 4:07:27
6th IRONMAN Arizona -- 9:24:51

2011

1st IRONMAN Arizona -- 8:49:00
1st IRONMAN 70.3 Miami -- 4:13:35
3rd IRONMAN World Championship -- 9:03:29
6th IRONMAN 70.3 World Championship -- 4:33:57
2nd IRONMAN 70.3 Vineman -- 4:15:14
2nd IRONMAN 70.3 Kansas -- 4:15:13
3rd IRONMAN 70.3 Muncie -- 4:12:35

2010

1st IRONMAN 70.3 Miami -- 4:21:21
2nd IRONMAN 70.3 World Championship -- 4:12:34
3rd IRONMAN Arizona -- 9:13:50
10th IRONMAN World Championship -- 9:27:42
1st IRONMAN 70.3 Florida -- 4:14:22
2nd IRONMAN Vineman -- 4:22:04
4th IRONMAN California -- 4:29:56



SECOND PLACE

Kelly Williamson



Kelly Williamson

Birthdate: December 5, 1976
Country: United States

CAREER HIGHLIGHTS:

- Kelly got her start as a swimmer at a young age and swam her way through high school and college.
- Upon graduation, she became interested in racing, trying her hand at shorter triathlons and marathons. She made the transition to longer distances and lined up to race IRONMAN Coeur d'Alene in 2010.
- Since then, she has claimed multiple IRONMAN 70.3 titles and demonstrates dynamic running skills, seen by the gap she closed in Vegas last year; six minutes faster than any other female.
- With three IRONMAN 70.3 titles under her belt just this year, she comes to this Championship ready to claim a win.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2012

2nd IRONMAN 70.3 Panama -- 4:19:11
1st IRONMAN 70.3 San Juan -- 4:14:06
1st IRONMAN 70.3 Texas -- 4:13:27
1st IRONMAN Muncie -- 2:10:53 (due to a shortened course)
2nd IRONMAN 70.3 World Championship -- 4:29:24
15th IRONMAN World Championship -- 9:46:51

2011

1st IRONMAN 70.3 San Juan -- 4:15:38
5th IRONMAN 70.3 California -- 4:29:27
5th IRONMAN 70.3 Texas -- 4:14:53
2nd IRONMAN Texas -- 9:07:54
1st IRONMAN 70.3 Buffalo Springs -- 4:26:09
2nd IRONMAN 70.3 Muncie -- 4:12:19
2nd IRONMAN 70.3 Boulder -- 4:12:42
13th IRONMAN World Championship -- 9:29:08
6th IRONMAN Arizona -- 9:12:18

2010

1st IRONMAN Steelhead -- 4:15:41
1st IRONMAN 70.3 Branson -- 4:25:47
3rd IRONMAN Coeur d'Alene -- 9:39:23
3rd IRONMAN 70.3 Lone Star -- 4:19:02
6th IRONMAN 70.3 California -- 4:30:35
15th IRONMAN World Championship -- 9:36:11

2009

2nd IRONMAN 70.3 Augusta -- 4:18:42
2nd IRONMAN 70.3 Buffalo Springs -- 4:35:04
4th IRONMAN 70.3 Steelhead -- 4:27:10
4th IRONMAN 70.3 Longhorn -- 4:21:45
12th IRONMAN 70.3 World Championship -- 4:19:08



THIRD PLACE

Heather Jackson



Heather Jackson

Birthdate: April 24, 1984
Country: United States

CAREER HIGHLIGHTS:

- Originally from New Hampshire, Heather Jackson grew up playing hockey with the boys and played on Princeton's Division 1 women's team in college.
- After summers spent in Lake Placid, NY for hockey, she decided to shift her athletic focus to triathlon.
- She retired from teaching history and turned pro in 2009 after winning her age group at the IRONMAN World Championship in Hawaii the previous year.
- Jackson has made a splash in the sport with her contagious smile and impressive podium placements to date.
- This year's IRONMAN 70.3 World Championship is a top priority for her so she'll be ready to compete alongside the best come race day.

IRONMAN/IRONMAN 70.3 HIGHLIGHTS:

2012

2nd IRONMAN 70.3 California -- 4:21:57
2nd IRONMAN 70.3 Calgary -- 4:18:12
3rd IRONMAN 70.3 World Championship -- 4:32:32
4th IRONMAN 70.3 Vineman -- 4:15:07

2011

2nd IRONMAN 70.3 California -- 4:26:28
2nd IRONMAN 70.3 Steelhead -- 3:39:58
3rd IRONMAN 70.3 Augusta -- 4:28:30
4th IRONMAN 70.3 World Championship -- 4:30:21
4th IRONMAN 70.3 Boise -- 4:26:06
6th IRONMAN 70.3 New Orleans -- 3:48:32

2010

2nd IRONMAN 70.3 Steelhead -- 4:18:51
3rd IRONMAN 70.3 Timberman -- 4:26:08
3rd IRONMAN 70.3 Boise -- 4:34:58
5th IRONMAN 70.3 World Championship -- 4:17:08
5th IRONMAN 70.3 Mooseman -- 4:38:22
5th IRONMAN 70.3 Rhode Island -- 4:34:12
6th IRONMAN 70.3 New Orleans -- 4:29:36

2009

2nd IRONMAN 70.3 Austin -- 4:17:14
3rd IRONMAN 70.3 Rhode Island -- 4:33:38
5th IRONMAN 70.3 Monaco -- 4:58:10

PROFESSIONAL PRIZE PURSE

2012/2013

The 2012 IRONMAN 70.3 World Championship, professional prize purse consisted of \$200,000 that was distributed among the top ten male and female finishers.

***The 2013 professional prize purse for the IRONMAN 70.3 World Championship will be 200,000.

2012 Professional Prize Purse:		
First	Sebastian Kienle	\$18,000
	Leanda Cave	\$18,000
Second	Craig Alexander	\$9,000
	Kelly Williamson	\$9,000
Third	Bevan Docherty	\$5,400
	Heather Jackson	\$5,400
Fourth	Timothy O'Donnell	\$3,150
	Melissa Hauschildt	\$3,150
Fifth	Andy Potts	\$2,475
	Joanna Lawn	\$2,475
Sixth	Bart Aernouts	\$2,025
	Heather Wurtele	\$2,025
Seventh	Josh Amberger	\$1,575
	Magali Tisseyre	\$1,575
Eighth	Michael Raelert	\$1,350
	Julia Gajer	\$1,350
Ninth	Faris Al-Sultan	\$1,125
	Margaret Shapiro	\$1,125
Tenth	Richie Cunningham	\$900
	Jeanne Collonge	\$900

AGE GROUP STATISTICS

2012 Age Group Champions

Men's Division

Men

Age Group	Time	Name	Age
18-24	4:27:43	Nicholas Baldwin	24
25-29	4:24:43	Timothy Van Houtem	26
30-34	4:24:00	Rob Lea	31
35-39	4:22:31	Daniel Stubleski	36
40-44	4:32:05	Christopher Thomas	40
45-49	4:44:17	Darren De Reuck	47
50-54	4:48:33	Patrick High	50
55-59	4:51:06	Gregory Taylor	58
60-64	5:20:40	Patrick Vigneu	60
65-69	5:51:37	Bradley Price	65
70-74	6:17:17	Milos Kostic	71
75-79	7:21:49	Jon Adamson	75
80+	7:57:47	Bob Scott	81


Women's Division

Women

Age Group	Time	Name	Age
18-24	5:07:24	Svenja Thoes	21
25-29	4:44:53	Danielle Kehoe	25
30-34	4:52:27	Christina Jackson	30
35-39	4:51:39	Parys Edwards	36
40-44	5:02:34	Peggy Yetman	44
45-49	5:13:08	Christine Heidemann	49
50-54	5:03:15	Ellen Hart	54
55-59	5:26:46	Laura Sophiea	57
60-64	5:56:57	Carol Peters	62
65-69	6:20:37	Cherie Gruenfeld	68
70-74	8:48:09	Susan Norman	72

AGE GROUP STATISTICS

2012 Top Five Men Results



Place	Name	Swim	Bike	Run	Total
Men 18-24					
1st	Nicholas Baldwin	28:44	2:25:18	1:29:11	4:27:43
2nd	Michael Van Clevan	28:43	2:26:18	1:32:16	4:31:53
3rd	Sten Goetstouwers	26:42	02:28:55	01:36:52	04:37:13
4th	Paul Eicher	28:49	2:30:08	1:35:17	4:39:44
5th	Christian Glibert	32:13	2:37:36	1:25:59	4:40:58
Men 25-29					
1st	Timothy Van Houtem	32:29	2:24:04	1:23:32	4:24:43
2nd	Ben Adam	27:10	2:29:05	1:28:59	4:30:45
3rd	Steven Zawaski	30:40	2:23:10	1:32:38	4:32:03
4th	Manuel Serrano	27:49	2:25:22	1:34:35	4:33:08
5th	Karl Kildea	28:06	2:36:25	1:34:45	4:33:08
Men 30-34					
1st	Rob Lea	25:17	2:23:50	1:30:26	4:24:00
2nd	Charles Pennington	28:13	2:25:12	1:26:05	4:24:16
3rd	Rinalds Sluckis	31:54	2:19:01	1:30:39	4:25:58
4th	Andrew Drobeck	34:07	2:20:29	1:27:23	4:26:31
5th	Frederic Limousin	29:55	2:23:48	1:28:15	4:26:50
Men 35-39					
1st	Daniel Stubleski	30:23	2:21:29	1:25:50	4:22:31
2nd	Matthias Buxhofer	32:20	2:19:29	1:28:43	4:24:33
3rd	Reto Stutz	31:29	2:18:52	1:35:10	4:32:11
4th	Patrick Wallimann	29:46	2:28:33	1:28:22	4:32:30
5th	Sami Inkenen	30:30	2:20:52	1:38:57	4:34:36
Men 40-44					
1st	Christopher Thomas	29:02	2:31:05	1:27:28	4:32:05
2nd	Lauren Jalabert	35:13	2:18:10	1:34:23	4:33:08
3rd	Tommy J. Vonach	30:23	2:31:19	1:29:31	4:35:41
4th	Giuseppe Baldelli	23:20	2:22:07	1:43:48	4:35:42
5th	Patrick Schuster	33:34	2:23:55	1:34:10	4:36:55
Men 45-49					
1st	Darren De Reuck	34:01	2:36:13	1:28:37	4:44:17
2nd	Luiz Topan	26:30	2:33:20	1:40:47	4:44:45
3rd	Grzegorz Zgliczynski	27:47	2:32:34	1:29:57	4:45:45
4th	Jean-Marc Dunand	29:32	2:35:34	1:36:51	4:47:08
5th	Brad Cooper	30:55	2:35:34	1:35:58	4:49:01
Men 50-54					
1st	Patrick High	32:10	2:35:49	1:35:24	4:48:33
2nd	Marc Louis	34:46	2:34:34	1:36:46	4:51:14
3rd	Dave Irion	31:47	2:34:36	1:41:14	4:53:33
4th	Steven Maves	40:45	2:39:16	1:28:16	4:53:59
5th	Mark Newman	28:41	2:37:48	1:44:32	4:57:18

AGE GROUP STATISTICS

2012 Top Five Men Results

Place	Name	Swim	Bike	Run	Total
Men 55-59					
1st	Gregory Taylor	32:51	2:33:21	1:38:31	4:51:06
2nd	Joachim Doeding	36:33	2:31:49	1:38:17	4:52:23
3rd	Alan Nicholls	37:23	2:31:45	1:44:00	5:00:31
4th	Herb Spicer	31:56	2:41:09	1:48:32	5:07:02
5th	Alex Vennevault	34:31	2:44:08	1:47:23	5:12:09
Men 60-64					
1st	Patrick Vineu	41:05	2:51:35	1:41:44	5:20:40
2nd	Murray Macpherson	44:34	2:50:17	1:41:18	5:24:07
3rd	Raimondo Vecchi Fossa	42:18	2:47:22	1:49:12	5:26:11
4th	Pat Peppler	38:18	2:55:34	1:54:15	5:34:29
5th	Harold Frobisher	43:15	2:59:29	1:51:42	5:40:53
Men 65-69					
1st	Bradley Price	38:04	2:55:56	2:09:56	5:51:37
2nd	Ron Dent	40:44	3:14:17	2:21:27	6:24:41
3rd	Jacque Harvey	44:24	3:09:45	2:26:40	6:27:26
4th	Timothy Mason	49:27	3:17:31	2:08:53	6:27:40
5th	Harry Barnes	42:00	3:09:54	2:32:29	6:32:26
Men 70-74					
1st	Milos Kostic	59:41	3:07:38	1:57:42	6:17:17
2nd	Fidel Rotondaro	37:18	3:14:21	2:52:59	6:53:00
3rd	Roger Little	49:05	3:21:01	2:38:39	6:57:58
4th	Dean Paxson	48:43	3:16:39	2:48:14	7:04:17
5th	George Hulse	44:21	3:19:12	2:49:07	7:07:52
Men 75-79					
1st	Jon Adamson	51:04	3:38:14	2:38:40	7:21:49
2nd	Peter Norman	1:04:18	4:05:05	3:18:09	8:42:44

AGE GROUP STATISTICS

2012 Top Five Women Results



PLACE	NAME	SWIM	BIKE	RUN	TOTAL
Women 18-24					
1st	Svenja Thoes	35:14	2:47:40	1:39:11	5:07:24
2nd	Brittany Braden	32:11	2:44:52	1:45:16	5:07:45
3rd	Allison Kindig	33:33	2:54:16	1:39:04	5:12:15
4th	Carolyn Lehnrieder	30:59	2:52:16	1:50:54	5:18:39
5th	Maria Cecilia Carvalho	37:48	2:51:28	1:44:19	5:19:56
Women 25-29					
1st	Danielle Kehoe	31:58	2:33:37	1:34:45	4:44:53
2nd	Emma Kilham	28:49	2:43:01	1:35:32	4:52:02
3rd	Haley Chura	25:16	2:41:29	1:41:28	4:53:12
4th	Bianca Steurer	32:20	2:42:43	1:37:03	4:57:00
5th	Rhiannon Snipe	31:15	2:45:10	1:35:15	4:57:07
Women 30-34					
1st	Christina Jackson	27:20	2:40:55	1:38:57	4:52:27
2nd	Molly Roohi	32:18	2:40:48	1:34:31	4:53:03
3rd	Sarah Jarvis	31:59	2:43:52	1:40:47	5:01:41
4th	Kamila Polak	31:34	2:44:51	1:43:02	5:04:19
5th	Kristyn Robinson	37:01	2:42:16	1:42:21	5:06:48
Women 35-39					
1st	Parys Edwards	33:21	2:37:54	1:35:21	4:51:39
2nd	Ali Black	34:02	2:37:45	1:37:50	4:54:28
3rd	Sheila Croft	33:24	2:37:55	1:39:37	4:56:54
4th	Amy Farrell	32:57	2:51:11	1:38:59	5:07:37
5th	Charo Egan	35:22	2:48:35	1:45:54	5:15:33
Women 40-44					
1st	Peggy Yetman	33:40	2:47:24	1:36:24	5:02:34
2nd	Kiki Silver	36:20	2:44:26	1:40:39	5:07:17
3rd	Deanna Newman	32:22	2:48:32	1:42:25	5:08:51
4th	Rebecca Carpenter	28:45	2:49:49	1:45:02	5:09:11
5th	Becky Paige	29:49	2:50:37	1:47:15	5:12:44
Women 45-49					
1st	Christine Heidemann	32:55	2:49:27	1:45:26	5:13:08
2nd	Claudia Hille	35:25	2:48:54	1:45:18	5:14:46
3rd	Jeanne Debonis	29:50	3:04:37	1:44:39	5:24:42
4th	Bodil Arlander	38:55	2:47:38	1:54:34	5:28:03
5th	Pam Maxwell	31:50	2:59:30	1:52:31	5:28:57
Women 50-54					
1st	Ellen Hart	38:33	2:46:42	1:32:21	5:03:15
2nd	Sarah Crewe	34:12	2:57:36	1:56:11	5:35:10
3rd	Judy Andrew Piel	34:30	3:06:00	1:49:04	5:37:48
4th	Debi Bernardes	34:51	3:11:24	1:52:50	5:46:14
5th	Solveig Gysland	37:20	3:09:10	1:54:04	5:47:35

AGE GROUP STATISTICS

2012 Top Five Women Results

Place	Name	Swim	Bike	Run	Total
Women 55-59					
1st	Laura Sophiea	36:30	2:50:10	1:53:32	5:26:46
2nd	Kimberlee Rouse	38:43	3:00:17	1:56:31	5:43:23
3rd	Ann Barnes	34:48	3:00:54	2:10:52	5:54:35
4th	Laurelee Nelson	43:36	3:14:58	1:53:28	6:01:04
5th	Cheryl Ogden	44:04	2:57:51	2:14:41	6:03:55
Women 60-64					
1st	Carol Peters	51:20	3:04:47	1:50:36	5:56:57
2nd	Lyndda Best-Wiss	41:40	3:22:28	2:12:17	6:24:40
3rd	Cullen Goodyear	39:29	3:15:08	2:23:19	6:27:47
4th	Beryl Wilson	39:23	3:26:58	2:14:51	6:30:28
5th	Viola Burke	41:35	3:16:01	2:26:58	6:34:26
Women 65-69					
1st	Cherie Gruenfeld	40:56	3:12:02	2:20:34	6:20:37
2nd	Marge Burley	39:44	3:18:56	2:53:25	7:00:47
3rd	Karla McKinlay	49:23	3:27:26	2:39:00	7:08:15
4th	Sharon Morey	47:30	3:29:32	2:48:26	7:17:24
5th	Lesley Tuggle	51:26	3:51:50	2:37:37	7:30:40
Women 70-74					
1st	Susan Norman	1:08:36	4:04:21	3:20:30	8:48:09



PHYSICALLY CHALLENGED

2012 Physically Challenged Division Results

PLACE	NAME	SWIM	BIKE	RUN	TOTAL
Physically Challenged Division					
1	Aaron Sheidies	30:07	2:33:43	1:47:48	4:56:43
2	Dominique Benassi	39:08	3:33:14	1:54:36	6:14:08
3	Michael Murray	37:35	3:19:02	3:08:26	7:19:01
Hand cycle Division					
1	Jason Fowler	43:23	4:32:51	1:25:45	6:51:42
2	Marc Aten	49:02	5:03:11	1:44:03	7:45:42



RESULT HIGHLIGHTS

2012

2012 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Sebastian Kienle	DEU	26:32	2:07:54	1:16:45	3:54:35
Leanda Cave	GBR	26:07	2:28:17	1:29:53	4:28:05

2012 Fastest Course Times

	Name	Country	Time
Swim	Swen Sundberg	DEU	21:33
Bike	Sebastian Kienle	DEU	2:07:55
Run	Craig Alexander	AUS	1:14:59

2012 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1164	1077	629	599	1793	1676

2012 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Sebastian Kienle	26:32	2:07:54	1:16:45	3:54:35	Leanda Cave	26:07	2:28:17	1:29:53	4:28:05
Craig Alexander	23:54	2:13:23	1:14:58	3:55:36	Kelly Williamson	26:05	2:36:26	1:23:19	4:29:24
Bevan Docherty	23:51	2:13:41	1:15:35	3:56:25	Heather Jackson	28:54	2:27:45	1:32:13	4:32:32
Timothy O'Donnell	23:28	2:14:02	1:15:51	3:56:35	Melissa Hauschildt	28:44	2:29:32	1:33:05	4:35:13
Andy Potts	23:20	2:13:54	1:16:16	3:56:54	Joanna Lawn	28:39	2:33:44	1:29:22	4:36:08
Bart Aernouts	26:30	2:13:02	1:18:10	4:01:17	Heather Wurtele	28:17	2:34:49	1:29:47	4:36:56
Josh Amberger	23:16	2:13:47	1:21:52	4:02:30	Magali Tisseyre	28:34	2:34:45	1:29:28	4:37:03
Michael Raelert	23:30	2:19:30	1:17:05	4:03:11	Julia Gajer	28:35	2:34:30	1:30:15	4:37:15
Faris Al-Sultan	24:09	2:13:05	1:22:16	4:03:27	Margaret Shapiro	28:00	2:33:04	1:33:04	4:37:40
Richie Cunningham	25:11	2:15:16	1:20:09	4:03:59	Jeanne Collonge	28:57	2:35:09	1:31:40	4:39:59

RESULT HIGHLIGHTS

2011

2011 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Craig Alexander	AUS	24:45	2:14:47	1:11:51	3:54:48
Melissa Hauschildt	AUS	28:27	2:27:58	1:21:14	4:20:55

2011 Fastest Course Times

	Name	Country	Time
Swim	Andy Potts	USA	23:19
	Joanna Lawn	NZL	25:40
Bike	Chris Lieto	USA	2:10:36
	Karin Thuerig	CHE	2:24:05
Run	Craig Alexander	AUS	3:54:48
	Melissa Hauschildt	AUS	1:21:14

2011 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1009	981	506	490	1515	1471

2011 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Craig Alexander	24:45	2:14:47	1:11:51	3:54:48	Melissa Hauschildt	28:27	2:27:58	1:21:14	4:20:55
Chris Lieto	24:51	2:10:36	1:18:56	3:58:03	Karin Thuerig	33:01	2:24:05	1:25:15	4:26:52
Jeff Symonds	24:47	2:16:55	1:13:33	3:58:42	Linsey Corbin	29:19	2:31:08	1:25:24	4:29:25
Michael Weiss	27:57	2:12:58	1:14:10	3:59:11	Heather Jackson	29:31	2:33:06	1:24:27	4:30:21
Joe Gambles	24:45	2:15:09	1:16:50	4:00:00	Joanna Lawn	27:59	2:33:52	1:27:22	4:33:08
Paul Matthews	24:27	2:15:45	1:17:13	4:00:26	Leanda Cave	25:40	2:36:29	1:28:22	4:33:57
Raynard Tissink	24:57	2:17:32	1:14:51	4:00:53	Heather Wurtele	27:28	2:33:47	1:30:26	4:35:36
Tim Berkel	26:33	2:14:44	1:17:04	4:02:01	Emma-Kate Lidbury	26:29	2:38:57	1:27:01	4:36:14
Luke Bell	24:53	2:15:15	1:20:19	4:04:03	Christie Sym	29:17	2:32:19	1:31:48	4:36:52
Alessandro Degasper	25:23	2:16:29	1:19:59	4:05:09	Michelle Wu	28:04	2:38:15	1:26:56	4:37:03

RESULT HIGHLIGHTS

2010

2010 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Michael Raelert	DEU	24:16	2:03:58	1:09:57	3:41:19
Jodie Swallow	GBR	24:20	2:16:37	1:21:59	4:06:28

2010 Fastest Course Times

	Name	Country	Time
Swim	Kyle Leto	USA	23:06
	Jodie Swallow	GBR	24:20
Bike	Joe Gambles	Aus	2:02:24
	Heather Jackson	USA	2:16:03
Run	Michael Raelert	DEU	1:09:57
	Jodie Swallow	GBR	1:21:59

2010 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1,060	1,038	504	487	1,564	1,528

2010 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Michael Raelert	24:16	2:03:58	1:09:57	3:41:19	Jodie Swallow	24:20	2:16:37	1:21:59	4:06:28
Filip Ospaly	23:19	2:04:56	1:11:24	3:42:56	Leanda Cave	25:56	2:18:57	1:23:15	4:12:34
Tim O'Donnell	23:20	2:04:52	1:12:43	3:44:18	Magali Tisseyre	27:22	2:19:25	1:22:28	4:13:04
Joe Gambles	24:18	2:02:24	1:14:39	3:44:48	Amanda Stevens	25:13	2:19:43	1:24:47	4:13:32
Richie Cunningham	23:54	2:04:17	1:13:58	3:45:33	Heather Jackson	31:51	2:16:03	1:25:02	4:17:08
Igor Amorelli	24:14	2:03:58	1:13:58	3:45:46	Lesley Paterson	30:23	2:18:19	1:25:07	4:18:01
Daniel Fontana	23:19	2:08:12	1:12:24	3:47:15	Angela Naeth	30:30	2:17:41	1:26:22	4:18:40
Kevin Collington	24:16	2:07:03	1:12:32	3:47:32	Julie Dibens	25:16	2:16:19	1:35:03	4:20:55
Matty Reed	23:25	2:04:24	1:16:37	3:48:13	Nina Kraft	26:33	2:26:20	1:23:57	4:21:18
Christopher Legh	25:37	2:05:45	1:13:33	3:48:33	Emma-Kate Lidbury	27:21	2:20:10	1:31:04	4:22:55

RESULT HIGHLIGHTS

2009

2009 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Michael Raelert	DEU	21:58	1:59:35	1:09:05	3:34:04
Julie Dibens	GBR	23:48	2:07:15	1:24:37	3:59:33

2009 Fastest Course Times

	Name	Country	Time
Swim	Marco Albert	EST	21:35
	Sarah Groff	USA	23:41
Bike	Andrew Starykowicz	USA	1:58:49
	Julie Dibens	GBR	2:07:15
Run	Michael Raelert	DEU	1:09:06
	Magali Tisseyre	CAN	1:20:32

2009 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
997	967	441	425	1,438	1,392

2009 Top Ten Race Results

Men					Women				
Name	Swim	Bike	Run	Total	Name	Swim	Bike	Run	Total
Michael Raelert	21:58	1:59:35	1:09:05	3:34:04	Julie Dibens	23:48	2:07:15	1:24:37	3:59:33
Daniel Fontana	21:55	1:59:30	1:12:00	3:36:44	Mary Beth Ellis	24:05	2:10:58	1:24:42	4:03:49
Matthew Reed	21:59	1:59:09	1:13:11	3:37:50	Magali Tisseyre	25:34	2:15:17	1:20:32	4:05:27
Sylvain Sudrie	21:57	1:59:41	1:12:47	3:38:02	Caroline Steffen	25:18	2:08:30	1:26:48	4:05:33
Joe Gambles	22:19	1:58:58	1:13:24	3:38:19	Laura Bennett	24:03	2:17:06	1:22:43	4:07:39
Kevin Collington	22:10	1:59:24	1:13:32	3:40:16	Michellie Jones	25:35	2:15:22	1:23:17	4:08:17
Luke Bell	22:01	1:15:15	1:15:15	3:40:16	Sarah Groff	23:41	2:16:08	1:25:56	4:09:34
Alberto Casadei	22:05	1:59:13	1:15:03	3:40:19	Amanda Stevens	23:45	2:13:30	1:32:03	4:13:16
Leon Griffin	22:22	1:59:09	1:12:26	3:40:31	Karin Thürig	30:51	2:10:39	1:28:08	4:15:04
Brian Fleischmann	21:38	2:01:06	1:15:20	3:41:37	Vanessa Gianinni	25:40	2:24:27	1:23:29	4:17:57

RESULT HIGHLIGHTS

2008

2008 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Terenzo Bozzone	NZL	22:17	2:01:29	1:12:57	3:40:10
Joanna Zeiger	USA	23:06	2:13:44	1:21:59	4:02:49

2008 Fastest Course Times

	Name	Country	Time
Swim	Andy Potts	USA	21:44
	Becky Lavelle	USA	23:03
Bike	Oscar Galindez	ARG	1:59:55
	Mary Beth Ellis	USA	2:13:19
Run	Andreas Raelert	DEU	1:10:54
	Joanna Zeiger	USA	1:21:59

2008 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
882	865	400	387	1,282	1,252

2008 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Terenzo Bozzone	22:17	2:01:29	1:12:57	3:40:10
Andreas Raelert	22:22	2:03:37	1:10:54	3:40:42
Richie Cunningham	22:29	2:02:08	1:13:50	3:41:47
Oscar Galindez	23:47	1:59:55	1:14:48	3:42:28
Reinaldo Colucci	23:03	2:00:34	1:15:48	3:43:22
Andy Potts	21:44	2:02:59	1:16:17	3:44:30
Luke McKenzie	22:22	2:02:01	1:17:17	3:45:11
Brent McMahon	22:20	2:03:57	1:11:36	3:45:43
Joe Gambles	23:47	2:01:25	1:18:06	3:46:23
Fraser Cartmell	22:09	2:02:24	1:18:21	3:46:34

Women				
Name	Swim	Bike	Run	Total
Joanna Zeiger	23:06	2:13:44	1:21:59	4:02:49
Mary Beth Ellis	23:32	2:13:19	1:23:19	4:04:07
Becky Lavelle	23:03	2:13:50	1:26:46	4:07:32
Julie Dibens	23:18	2:13:22	1:28:31	4:09:10
Nina Kraft	23:35	2:24:28	1:23:22	4:15:32
Erika Csomor	27:42	2:20:08	1:23:48	4:16:00
Catriona Morrison	28:05	2:18:42	1:24:59	4:16:28
Angela Naeth	28:32	2:17:35	1:26:33	4:16:50
Leanda Cave	23:24	2:22:33	1:28:11	4:18:50
Amanda Stevens	23:29	2:24:23	1:28:37	4:20:28

RESULT HIGHLIGHTS

2007

2007 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Andy Potts	USA	22:57	2:04:29	1:11:33	3:42:33
Mirinda Carfrae	AUS	26:33	2:18:33	1:18:41	4:07:25

2007 Fastest Course Times

	Name	Country	Time
Swim	David Kahn	USA	22:30
	Julie Dibens	GBR	24:45
Bike	Bjorn Andersson	SWE	1:59:38
	Julie Dibens	GBR	2:13:17
Run	Andy Potts	USA	1:11:33
	Mirinda Carfrae	AUS	1:18:41

2007 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
1,067	1,038	399	384	1,466	1,422

2007 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Andy Potts	22:57	2:04:29	1:11:33	3:42:33
Oscar Galindez	25:07	2:00:28	1:13:02	3:42:37
Andrew Johns	23:30	2:04:11	1:12:05	3:43:11
Craig Alexander	23:30	2:04:05	1:13:05	3:44:10
Richie Cunningham	23:18	2:04:23	1:13:51	3:45:05
Stephan Bignet	23:10	2:04:19	1:14:43	3:46:03
Fraser Cartmell	23:09	2:04:29	1:17:16	3:49:03
T.J. Tollakson	24:27	2:02:55	1:18:23	3:49:39
Terenzo Bozzone	23:08	2:02:51	1:20:45	3:50:10
Santiago Ascenco	25:23	2:08:27	1:14:25	3:51:45

Women				
Name	Swim	Bike	Run	Total
Mirinda Carfrae	26:33	2:18:33	1:18:41	4:07:25
Samantha McGlone	27:46	2:19:00	1:20:52	4:11:29
Leanda Cave	25:16	2:17:13	1:25:55	4:12:29
Julie Dibens	24:45	2:13:17	1:30:56	4:12:53
Catriona Morrison	27:46	2:17:21	1:25:30	4:14:40
Sibylle Matter	26:06	2:18:51	1:27:26	4:16:35
Becky Lavelle	25:23	2:17:07	1:30:32	4:16:59
Kate Major	28:58	2:20:47	1:24:32	4:18:20
Monika Lehmann	29:21	2:18:55	1:25:35	4:18:31
Michelle Lee	29:23	2:20:16	1:24:28	4:19:08

RESULT HIGHLIGHTS

2006

2006 IRONMAN 70.3 World Champions

Name	Country	Swim	Bike	Run	Total
Craig Alexander	AUS	24:08	2:05:35	1:12:43	3:45:37
Samantha McGlone	CAN	27:29	2:21:33	1:20:22	4:12:58

2006 Fastest Course Times

	Name	Country	Time
Swim	Pete Jacobs	AUS	23:55
	Leanda Cave	GBR	25:13
Bike	Chris Lieto	USA	2:02:10
	Sara Megan Quinty	USA	2:15:16
Run	Craig Alexander	AUS	1:12:43
	Samantha McGlone	CAN	1:20:22

2006 Starters and Finishers

Male		Female		Total	
Start	Finish	Start	Finish	Start	Finish
993	968	368	354	1,361	1,322

2006 Top Ten Race Results

Men				
Name	Swim	Bike	Run	Total
Craig Alexander	24:08	2:05:35	1:12:43	3:45:37
Simon Lessing	24:05	2:05:27	1:14:11	3:47:25
Richie Cunningham	24:02	2:05:39	1:16:20	3:49:17
Christopher Legh	26:06	2:06:05	1:14:07	3:49:42
Michael Simpson	25:56	2:06:03	1:15:35	3:51:24
Terenzo Bozzone	23:58	2:05:28	1:20:08	3:53:03
James Cotter	26:03	2:08:57	1:17:33	3:56:16
Chris Lieto	26:08	2:02:10	1:24:55	3:57:41
Brian Lavelle	24:09	2:05:22	1:24:26	3:57:50
Timothy Marr	24:06	2:10:17	1:20:22	3:58:39

Women				
Name	Swim	Bike	Run	
Samantha McGlone	27:29	2:21:33	1:20:22	4:12:58
Lisa Bentley	27:49	2:21:04	1:21:33	4:14:30
Mirinda Carfrae	27:33	2:21:11	1:24:00	4:16:44
Leanda Cave	25:13	2:23:47	1:25:47	4:18:47
Yvonne van Vlerken	28:18	2:19:45	1:27:18	4:19:50
Lotte Branigan	27:37	2:16:57	1:31:15	4:19:51
Cassie McWilliam	28:51	2:21:30	1:25:51	4:21:14
Nina Eggert	27:26	2:21:10	1:28:08	4:21:17
Monika Lehmann	28:18	2:20:14	1:28:56	4:21:58
Sara Megan Quinty	26:45	2:15:16	1:37:05	4:24:14

COURSE RECORDS: PRO

Fastest Course Times

Professional Athletes

Swim

2011 ■ Andy Potts (USA) ■ 23:19
2011 ■ Joanna Lawn (NZL) ■ 27:59

Bike

2011 ■ Chris Lieto (USA) ■ 2:10:36
2011 ■ Karin Thuerig (CHE) ■ 2:24:05

Run

2011 ■ Craig Alexander (AUS) ■ 1:11:51
2011 ■ Melissa Rollison (AUS) ■ 1:21:14

Overall

2011 ■ Craig Alexander (AUS) ■ 3:54:48
2011 ■ Melissa Rollison (USA) ■ 4:20:55

The results below reflect records set at the IRONMAN 70.3 World Championship course, which prior to 2011 took place in Clearwater, FL.

Swim

2009 ■ Marko Albert (EST) ■ 21:35
2008 ■ Becky Lavelle (USA) ■ 23:02

Bike

2009 ■ Andrew Starykiewicz (USA) ■ 1:58:49
2009 ■ Julie Dibens (GBR) ■ 2:07:15

Run

2009 ■ Michael Raelert (DEU) ■ 1:09:06
2007 ■ Mirinda Carfrae (AUS) ■ 1:18:41

Overall

2009 ■ Michael Raelert (DEU) ■ 3:34:04
2009 ■ Julie Dibens (GBR) ■ 3:59:33

COURSE RECORDS: AGE GROUP

Fastest Course Times

Age Group Athletes

Swim

2011 ■ Lautaro Diaz Sebriano (ARG) ■ 24:32

2011 ■ Amanda Durner (USA) ■ 27:15

Bike

2011 ■ Laurent Jalabert (FRA) ■ 2:17:14

2011 ■ Jennie Hansen (USA) ■ 2:37:21

Run

2011 ■ Jarrod Owen (AUS) ■ 1:20:42

2011 ■ Sheila Croft (USA) ■ 1:27:57

Overall

2011 ■ Pedro Trindade (USA) ■ 3:59:09

2011 ■ Jessica Smith (USA) ■ 4:45:39

The results below reflect records set at the IRONMAN 70.3 World Championship course, which prior to 2011 took place in Clearwater, FL.

Swim

2008 ■ John Flanagan (USA) ■ 20:55

2008 ■ Megan Knepper (USA) ■ 24:08

Bike

2009 ■ Rodrigo Acevedo (COL) ■ 2:02:54

2007 ■ Michele Wolfson (USA) ■ 2:07:15

Run

2009 ■ Dominique Benassi (FRA) ■ 1:07:19

2008 ■ Kelly Jarrett (AUS) ■ 1:24:38

Overall

2009 ■ Rodrigo Acevedo (COL) ■ 3:51:36

2008 ■ Brooke Davison (USA) ■ 4:12:10

RULES AND REGULATIONS

Swim Course — 1.2 miles/1.9 km

Course Summary

The 1.2 mile swim will take place in the breathtaking waters of the Lake Las Vegas resort, located in Henderson, Nevada. There will be wave starts just beyond the Lake Las Vegas bridge that is adjacent to the Montelago Village Resort. The course consists of one loop that goes out and back in clockwise fashion. There will be a number of lifeguards, kayaks and safety craft throughout the course of the swim. The normal water temperature for this time of the year is 78-82 degrees and clear.

Swim Course Rules & Instructions

1. Athletes must wear cap provided by race.
2. No fins, gloves, paddles, or flotation devices of any kind are allowed.
3. No Aqua socks (neoprene booties) unless the water temperature is 65.0 degrees Fahrenheit or colder.
4. Swim goggles or facemasks may be worn.
5. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
6. 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. Special provisions are made for paratriathletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

***NOTE:** ANY ATHLETE ELECTING NOT TO RACE MUST NOTIFY TIMING DESK IMMEDIATELY. ABOVE ALL, THE SAFETY OF EACH SWIMMER IS OUR PRIME CONCERN. A FULL SWEEP OF THE COURSE WILL BE MADE DIRECTLY BEHIND THE LAST SWIMMER. VISUAL AID WILL BE PROVIDED BY THE LIFEGUARDS, DIVERS, CANOES, AND KAYAKS, BOUYS AND AQUATIC CRAFTS THAT LINE THE COURSE.

Wetsuit Rules

- Wetsuits cannot measure more than 5 mm thick.
- Wetsuits may be worn in water temperatures up to and including 24.5 degrees Celsius/76.1 degrees Fahrenheit. Athletes who choose to wear a wetsuit in water temperatures between 24.5 degrees Celsius/76.1 degrees Fahrenheit and 28.8 degrees Celsius/ 83.8 degrees Fahrenheit will not be eligible for awards, including World Championship slots. Wetsuits will be prohibited in water temperature greater than 28.8 degrees Celsius/ 83.8 degrees Fahrenheit.
- Full wetsuits are permitted (arms and legs covered).
- Prohibited Wetsuit: De Soto Water Rover

Swim to Bike Transition

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Sunscreen is available when you leave the transition area before the bike course begins. Please inform family and friends to stay off the bike and run course.

RULES AND REGULATIONS

Bike Course — 56 miles/90.1 km

Course Summary

The IRONMAN 70.3 World Championship bike course is one of uniqueness, beauty, rolling hills and a few memorable climbs, but we are sure you will pay more attention to the beauty of the desert.

Directions

There will be 4 aid stations on the bike course.

**Please note that there will be a no-pass zone on the River Mountain Loops Trail. Also, chalk is not allowed on the River Mountain Loops Trail.

**Inside Lake Mead Recreational Park: No side-by-side biking unless passing another athlete.

Bike Course Rules & Instructions

Please understand that based on permits for roads on the course and the safety of athletes involved, cutoff times must be respected for all IRONMAN 70.3 events.

1. Position Rules:

- a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- b. Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.
- c. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- d. Overtaking Athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7 meter draft zone once it is entered (drafting violation).
- e. Overtaken Athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.
- f. Overtaken Athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a drafting violation.
- g. Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- h. Athletes who impede the forward progress of other Athletes will be given a blocking violation.
- i. Athletes committing rules violations will be notified 'on the spot' by an official.
- j. Do not attempt to discuss the penalty with the official.
- k. The official will:
 - i. Call out your race number and/or notify you that you have received either a RED CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
 - ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course. THE EXACT LOCATION OF THE PTs WILL BE STATED AT THE PRE-RACE MEETING.
- l. The athlete will:
 - i. Report to the next PT and tell the PT Official whether you were shown a RED CARD or a YELLOW CARD. If you fail to report to the next PT, you may be disqualified.
 - ii. Have race numbers marked by the PT Official with a '/' for drafting or a 'P' for all other penalties.
 - iii. Register, via the sign-in sheet.
 - iv. Resume the race immediately, upon having your numbers marked with a 'P' and registering, for all non-drafting violations (YELLOW CARD).
 - v. Remain in the PT for the time indicated in the table below, for each drafting violation (RED CARD):

<u>Race Distance</u>	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>
IRONMAN 70.3	4:00	4:00	DQ
 - vi. Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
 - vii. Be disqualified for not reporting to the PT.

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2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
3. No tandems, 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.
4. 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.
5. 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.
6. No athlete shall endanger himself or another participant. 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.
7. Shoes must be in the bike gear bag, placed in the athlete's transition spot, or attached to the pedals. Shoes and shirt must be worn at all times.
8. Athletes must wear the IRONMAN issued bib number at all times while on the course. The bib number must be placed low on the BACK of athlete's jersey where it is clearly visible. Folding or cutting bib number or intentional alteration of any kind is STRICTLY PROHIBITED. Race belts may be worn.
9. Athletes must wear a bike helmet number on the front of their helmet.
10. Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
11. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed. International athletes that are not wearing a CPSC certified helmet will need to sign a waiver onsite at athlete check-in.
12. 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 an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
13. 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. Discarding any item outside of the trash drop zones will result in a penalty.
14. 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.
15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
16. 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 discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
17. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.
18. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
19. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas and medical personnel to assist in any medical problem. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

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***Note:** Bike aid stations are located approximately every 10–13 miles. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A penalty will be assessed for discarding litter outside the designated drop zone.

***Note:** Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

Local Traffic Laws

Please remember that members of the local community use the bike course roads. Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

When training, please follow these suggestions:

- Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
- Please obey traffic laws (stop at stop signs, signal when turning, etc.).
- Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.
- Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return. Please think before you act.

RULES AND REGULATIONS

Run Course — 13.1 miles/21.1 km

**Race Cutoff - 8 hours after start of final swim wave
(Race Cutoff is 4 p.m.)**

Course Summary

The run course consists of three laps that will go through some of Henderson's beautiful neighborhoods. The course will consist of rolling hills and challenging climbs.

Directions

- Exit transition turning heading towards Library Road
- Take Left on Library Road
- Right on Paseo Verde Road
- Right on Desert Shadow Lane
- U-Turn on Desert Shadow at Turn Around Point
- Left on Armagosa which is adjacent to Paseo Verde
- Left on Library Road
- Left on Green Valley Parkway
- Left on Horizon Ridge Parkway
- U-Turn on Horizon Ridge Parkway
- Right on Green Valley Parkway
- Right on Library Road
- Turn Around Point at Finish Line Area for 2nd and 3rd Lap

There will be 3 aid stations on the course that will supply athletes coming and going.

****Please note chalk is not allowed on the Armagosa Trail.**

Run Course Rules & Instructions

- 1.** No form of locomotion other than running, walking or crawling is allowed.
- 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.** **NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS 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-participant escort runners will result in disqualification. A non-participant escort runner includes Athletes who have withdrawn from the race, have been disqualified or have finished the race. 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 a 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.
- 4.** Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- 5.** 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.
- 6.** A shirt or racing top must be worn at all times.
- 7.** The run course will officially close at 4:30 p.m.

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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 participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

USA Triathlon Sanction Rules

USA Triathlon (USAT) has sanctioned the 2012 IRONMAN 70.3 World Championship. Please visit usatriathlon.org for a complete set of the competitive rules. IRONMAN has been granted certain rule dispensations so please read the head referee's letter carefully as the rules may differ slightly from other USAT-sanctioned events.

Athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Participants, which states:

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN event. Violating this rule puts insurance coverage for the event at risk.

***NOTE:** ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

IRONMAN reserves the right to make changes to these rules at any time. Notification of any change will be in accordance with USAT procedures.

RULES AND REGULATIONS

Rules Applying To All Race Segments

It is the athlete's responsibility to know all aspects of the swim, bike and run.

1. According to USAT rules, once an athlete competes as a Professional/Elite athlete anywhere in the world within the calendar year, the athlete cannot compete as an amateur/age group athlete in a USAT-sanctioned event in that same calendar year. Failure to disclose correct status shall be cause for disqualifying the athlete from the event and may result in a one-year suspension from USATsanctioned events. Once an athlete competes as a Professional/Elite in the IRONMAN qualifying race series season, the athlete cannot compete as an age group athlete in that year's IRONMAN World Championship and/or IRONMAN 70.3 World Championship as an amateur.
2. Participants are expected to follow directions and instructions of all course marshals and public authorities.
3. Race officials shall have authority to disqualify any contestant.
4. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any IRONMAN event in the future.
6. No participant can use a Performance Enhancing drug or method. All doping processes and violations will be handled in strict accordance with World Triathlon Corporation Anti-Doping Rules. A list of rules and banned substances, also known as the WADA Prohibited List, is available at: <http://IRONMANpromembership.com/anti-doping/>. Participants may be requested to undergo drug testing before and after the event. If you are requested to do so, you hereby agree to abide by such testing procedures.
7. The Medical Control Rules set forth by USAT, in harmony with WTC Anti-Doping regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the WTC Anti-Doping, may be instituted, which if such occurs, you agree to abide by.
8. Should any participant have an Adverse Analytical Finding according to the WTC Anti-Doping code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be in accordance with WTC rules.
9. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN event in the future.
10. IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings meetings.
11. As a USAT-sanctioned race, the 2012 IRONMAN 70.3 World Championship will subscribe to USAT rules, including the disbursement of prizes. Specifically, professional triathletes may not win age group awards and age group athletes are not eligible for prize money.
12. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.
13. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
14. IRONMAN does not allow the transfer of an athlete's registration - no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.

RULES AND REGULATIONS

Physically Challenged Division Rules

Supplemental rules and regulations pertaining to the PC division are consistent with USAT rules.

Swim

1. IRONMAN reserves the right to seed contestant at the swim start (i.e., early start, late start, designated wave, etc.).
2. Athlete may use wetsuit during competition. Each athlete must obtain approval from IRONMAN prior to the race for all swimwear and accessories to be used during the swim. Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN.

Bike

1. Cycling conduct and specifications are consistent with USAT rules.
2. Handcycles are allowed. Race officials reserve the right to reject any bike not meeting safety standards.
3. Equipment must otherwise conform to all other general rules for bicycles as it pertains to the IRONMAN competition, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle/handcycle, regardless of any secondary benefit.
4. Participant is required to maintain control of his/her bicycle/handcycle and to operate at a reasonable speed so as not to threaten the safety and well being of aid station volunteers, other competitors, race officials and spectators. Operation of a bicycle/handcycle in a dangerous or reckless manner will be grounds for disqualification.
5. A CPSC-approved helmet is required during the entire handcycle (bike) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.
6. DRAFTING IS PROHIBITED.

Run

1. Running conduct and specifications are consistent with USAT rules.
2. Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle/handcycle portion. Standard racing chairs shall be used.
3. A CPSC-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed. International athletes that are not wearing a CPSC certified helmet will need to sign a waiver onsite at athlete check-in.

RULES AND REGULATIONS

General Information

1. Unauthorized outside aid/support or escorts are grounds for disqualification. Handlers must be approved prior to the race and will work directly with the PC Coordinator. The expected conduct of all handlers is consistent with USAT rules.
2. Race management will select qualified individuals to assist athletes in the transition area. These individuals will be allowed to assist athletes in transition from the water to their handcycles and from their handcycles to the racing chairs. Likewise, they will also assist all physically challenged athletes with equipment needs, etc., as approved by IRONMAN.
3. All athletes must attend a pre-race briefing. Failure to attend a scheduled briefing may result in forfeiture of a start spot. Check the Schedule of Events for briefing times and location.
4. IRONMAN reserves the right to modify the above rules as necessary, as long as such changes are communicated to the athlete in writing or at a pre-race briefing.
5. Any rule interpretation or enforcement made by IRONMAN shall be final.

Anti-Doping Regulations

By registering to compete at this event, all athletes have acknowledged that they are subject to doping control consistent with the World Triathlon Corporation Anti-Doping Rules (WTC Anti-Doping Rules). The WTC testing program is not limited and can occur anytime, anywhere. All athletes participating in this and other WTC events are encouraged to carefully review the information pertaining to antidoping included below.

Important Resources and Information:

The WTC encourages all athletes to know and understand their rights and responsibilities with regard to anti-doping policy and procedure. As part of the www.ironmanpromembership.com website, the WTC has included an Anti-Doping section. Downloads of rules, policies, and forms, as well as educational resources and links, are available to you through this site. Notice of important changes and updates regarding the WTC Anti-Doping Program will be posted on this site.

The following on-line resources are available to all athletes and all athletes are encouraged to review these and other anti-doping resources and information available through your National Anti-Doping Organization.

- The WTC Anti-Doping Rules are in full compliance with the World Anti-Doping Code (Code) and apply to each participant's application for entry and/or participation in WTC events. The WTC Anti-Doping Rules may be reviewed at [//www.ironman.com/triathlon/organizations/anti-doping/rules.aspx](http://www.ironman.com/triathlon/organizations/anti-doping/rules.aspx)
- The Code is the documentation that harmonizes regulations regarding anti-doping in sport across all sports and countries of the world. The Code provides a framework for anti-doping policies, rules and regulations for sport organizations and public authorities. The Code may be reviewed at: http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf.
- The 2012 World Anti-Doping Agency (WADA) Prohibited List will be in effect for all WTC testing. You are encouraged to review this information carefully.
- Extreme caution is recommended regarding supplement use. Even an 'all-natural' supplement could contain a prohibited substance.
- If you need to check any medications an available resource is the Global Drug Reference Online: <http://www.globaldro.com>.
- Athletes who may be required to take a prohibited substance to treat a medical condition should consult with their National Anti-Doping Agency and/or National Federation to confirm if, under their rules and policies, you are required to have a Therapeutic Use Exemption.

Information Regarding Anti-Doping Control Procedures:

- Testing will be conducted in accordance with the WADA approved WTC Anti-Doping Rules.
- By registering to compete at this event you have consented to be subject to drug testing both in and out of competition, and adhere to the penalties associated with an Anti-Doping Rules Violation. All registered competitors are subject to testing which may include the collection of both urine and blood for analysis.
- If chosen for drug testing, you are required to comply with the WTC Anti-Doping Rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. 'Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection' is an anti-doping rules violation.

It is important that athletes know their rights and responsibilities during the doping control process. An informational video may be found at www.ironman.com/triathlon/organizations/anti-doping.aspx. This resource provides step-by-step descriptions of the doping control process.

EVENT SPONSORS





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