

**IRONMAN**  
**70.3**  STAFFORDSHIRE  
ENGLAND

# AID STATION GUIDE

Aid Station Guide for 2023 IRONMAN 70.3  
Staffordshire



# AID STATION GUIDE BREAKDOWN

We appreciate that sometimes the Athlete Guide can be a lot of information to take in at once. Due to this, we have created a bite size Aid Station Guide to give you all the information you need about the on course nutrition and aid station layouts at this year's IRONMAN 70.3 Staffordshire. Our volunteers will be on hand to replenish the aid stations with product to ensure you can grab some as you go by but please note this is subject to availability/change.

We would suggest trying out the nutrition we provide and train with them if you are hoping to use them on the day but you don't have to use the nutrition you provide, this is your choice.

If you have any questions regarding nutrition on the course, you can get in touch with our Athlete Services team on the email address below:

staffordshire70.3@ironman.com

## BIKE COURSE

### LOCATION

Aid stations on the bike course will be located at the places and miles below:

- Kings Bromley / 12.3 miles
- Marsh Farm / 28.6 miles
- Cannock Chase / 40 miles

### NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher (blood orange)
- Water
- 226ers Race Day Bars (various flavours)
- 226ers Gummy Bars (various flavours) **(Aid Station 1 only)**
- Bananas **(Aid Station 2 only)**
- Maurten Gels **(Aid Station 3 only)**

Water from these aid stations will be handed out in 750ml IRONMAN branded bike bottles.

Gatorade will be handed out in 750ml Gatorade Endurance Plastic bottles with sport cap that fit in bike cages.

## RUN COURSE

### LOCATION

There will be four stations on the run course, **approximately 1.5/2 miles apart.**

### NUTRITION AVAILABLE

Each aid station will contain the below:

- Gatorade Thirst Quencher in cups (orange)
- 226ers gummy bars (various flavours)
- Maurten GEL100 & GEL100 CAF
- Water in cups
- Pepsi in cups
- Sweet and salted snacks
- Redbull
- Bananas (Aid Station 1 and 3 only)

The drinks and nutrition will be handed out by volunteers.

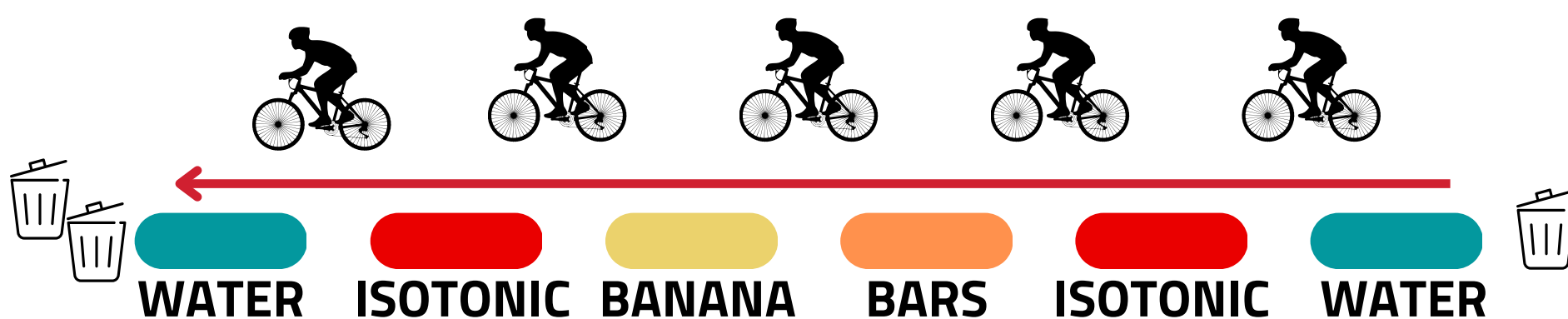
There will also be a Water Station at **mile 3.6 and mile 9.9** and a Red Bull 'Energy Station' at **mile 5.7, mile 11.9.**

Cups and gels should be thrown in the bins provided or the drop litter zones. Athletes will be disqualified if caught littering by a Race Official.

# AID STATION LAYOUT

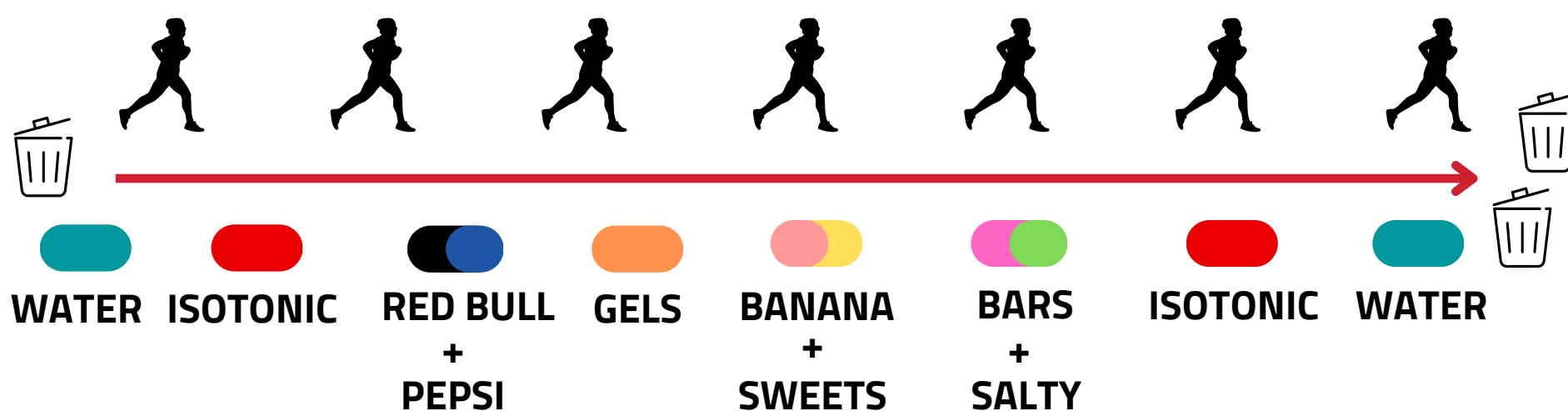
## BIKE COURSE

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













## RUN COURSE

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



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

# AID STATION SUMMARY FOR IRONMAN 70.3 STAFFORDSHIRE

AID STATION SUMMARY - IRONMAN 70.3 STAFFORDSHIRE 2023										
										
MARKER (MILES)	LOCATION	WATER	ISOTOMIC	COLA	SWEETS	SALTED SNACKS	RED BULL	ENERGY BARS	BANANA	MAURTEN ENERGY GEL
BIKE COURSE										
12.3	KINGS BROMLEY	<div></div>	<div></div>	X	X	X	X	<div></div>	X	X
28.6	MARSH FARM	<div></div>	<div></div>	X	X	X	X	<div></div>	<div></div>	X
40	CANNOCK CHASE	<div></div>	<div></div>	X	X	X	X	<div></div>	X	<div></div>
RUN COURSE										
1 & 7.2	MILL BANK	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
3 & 9.3	CASTLE UP	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	X	<div></div>
3.6 & 9.9	CASTLE DOWN	<div></div>	X	X	X	X	X	X	X	X
4.8 & 10.9	MARTIN DRIVE	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
5.7 & 11.9	REDBULL	X	X	X	X	X	<div></div>	X	X	X
6.1 & 12.4	NORTH WALLS	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	X	<div></div>

Please see a summary of the aid stations available at IRONMAN 70.3 Staffordshire, if you go from the left hand side of the page you can read the miles and location of the aid station and then moving along what will be available there. The green box is what is available and the black X means this will not be available.

# ON-COURSE NUTRITION PRODUCTS

## BIKE COURSE

### Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

### Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

### 226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



## RUN COURSE

### Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

### Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

### Maurten GEL 100 & GEL 100 CAF 100

### 226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.

