

# RACE DAY SCHEDULE

20/08/2023

07:00	IRONMAN IRELAND CORK start, Front Strand Beach
07:51	First athlete expected on the bike course
12:53	First athlete expected on the run course
15:55	First athlete expected to finish, Market Square
09:00 - 19:00	Merchandise Store, Dolphin Square
18:00 - 00:30	Transition Open for Bike and Bag Collection

## WHAT IS IRONMAN?

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

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

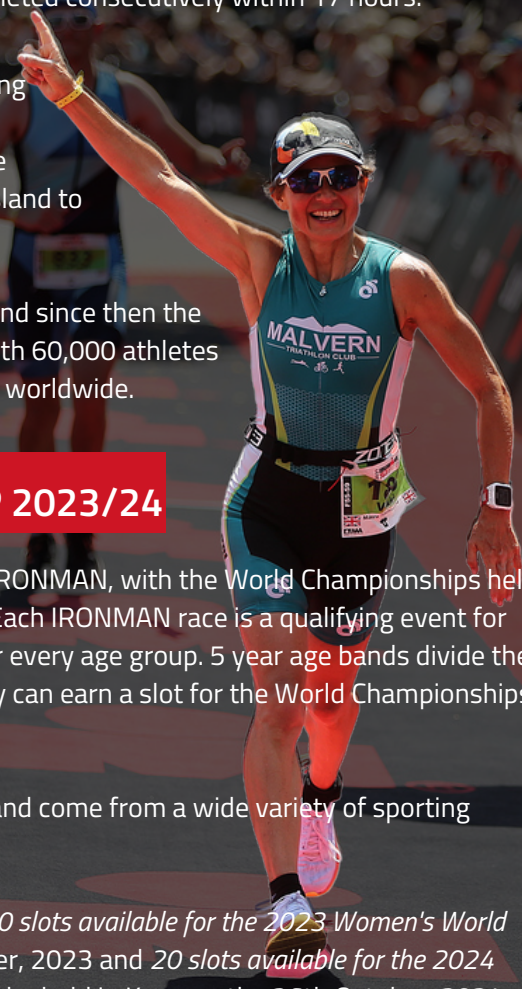
13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

## IRONMAN WORLD CHAMPIONSHIP 2023/24

Hawaii remains the spiritual home of IRONMAN, with the World Championships held every year in October in Kailua-Kona. Each IRONMAN race is a qualifying event for Kona, not only for PRO athletes but for every age group. 5 year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships in Hawaii.

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

At IRONMAN Ireland, Cork, there are *50 slots available for the 2023 Women's World Championships* held on the 14th October, 2023 and *20 slots available for the 2024 Men's World Championships* which will be held in Kona on the 26th October, 2024. These will be allocated during the Awards Ceremony, post race.



## IRONKIDS

Taking place on Friday 18th August, IRONKIDS Ireland is coming to Cork for the first time with up to 2,000 stars of the future taking to the streets of Youghal.

IRONKIDS is a run only children's event for 3-15 year olds. All children will finish under our famous IRONMAN Finish Arch in Market Square.

Event Timings: 15:00 - 18:00

## PARK & RIDE

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

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

Ballyvergan / R634, W3W: ///sunburned.lightbulb.limit

**Drop off location (near swim start):**

Front Strand Beach, W3W: ///skiing.pumps.mailing

**Opening dates and times:**

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

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

**Cost:**

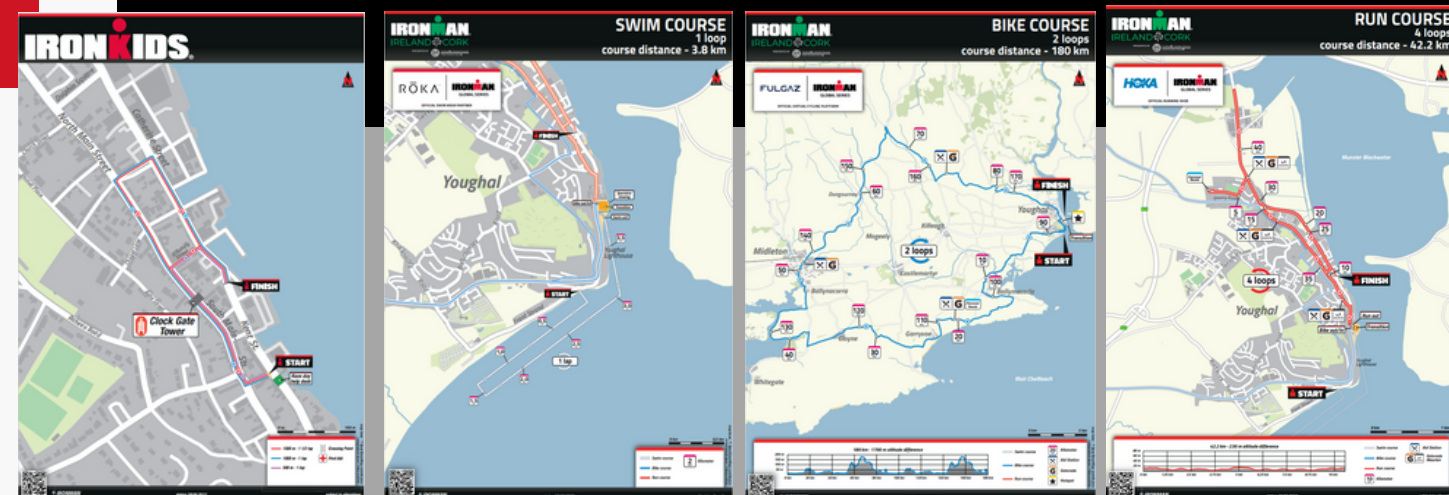
On the day booking: €10 per car and driver and €5 for any extra adults and 17 and under are free.

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

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

**Useful instructions to note:**

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



## THE COURSES

### SWIM

Starting at Front Strand Beach, athletes will complete a **2.4 mile single-lap swim** in the Celtic Sea. New and improved this year, athletes will swim past Youghal Lighthouse into Green Park, travelling only metres to transition before embarking on the cycle.

### BIKE

The **two-lap 112 mile** bike course heads deep into the rolling Irish countryside, offering a combination of flat and undulating roads with magnificent Emerald Island views. The course takes athletes around the scenic East Ferry, through the buzzing town centre of Youghal, and up the infamously gruelling climb at Windmill Hill - not once, but twice!

### RUN

The **four-loop 26.2 mile** run course is the highlight of this event. Athletes run through the centre of the historical town of Youghal, taking in the Harbour and famous Clock Gate Tower. An ideal supporter hotspot, athletes will enjoy the cheers from their supporters all the way to the finish line at Youghal's buzzing Market Square.

## SPECTATOR HOTSPOTS

### Swim Spectator Hotspots

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

### Bike Spectator Hotspots

As the full distance IRONMAN Ireland loops twice across a 180 km scenic cycle of East Cork, there are ample opportunities to spectate your athletes. The cyclists will drop down into Garryvoe passing the hotel and beachfront, a perfect stretch of road where the cyclists will slow due to the nature of the road. Spectators can line the streets of bustling East-Cork towns; Cloyne and Midleton which draw hundreds of eager supporters from across Cork. You can even visit the Jameson distillery whilst in the area. If coming by boat, moore up at East Ferrys' idyllic location outside The Tavern in East Ferry or park up for a pint whilst athletes pass-by. If you'd rather spectate from Youghal, there is always the infamous Windmill Hill which gathers similar scenes to the Tour de France.

### Run Spectator Hotspots

The IRONMAN Ireland Cork Run course is designed to take in as much of Youghal town centre as possible. The town really comes to life on race day with thousands of spectators around the course. There are plenty of pubs on the course which will provide a warm welcome and great spot to watch. Another tip to maximise the number of times you see your athlete is to move along one of the side streets (such as Dolphin Square or O'Neill Crowley Street) between the sections of the course on North Main Street and Catherine street - this would allow you to see them 4 times per lap, so 16 times in total.

# Write your words of support...

**3,000**

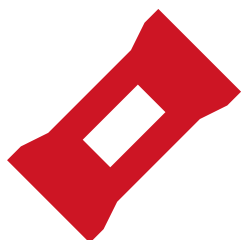
athletes racing  
IRONMAN Ireland  
Festival Weekend



5,500 plastic bottles  
will be recycled to make  
our volunteer bags

**3,200**

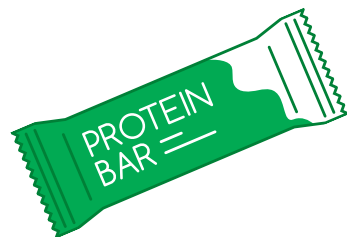
banana halves  
handed out



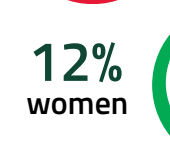
**5,600**  
gels handed  
out

**7,100**

bars handed  
out



**88%**  
men



**12%**  
women

youngest athlete

**18**



oldest athlete

**77**

**4,500 litres**

of isotonic given out



**1500 volunteers**

who we couldn't put on the  
race without



**27**

countries  
represented

**373**

representing IRL



**52,000 sustainable  
bamboo cups**

in total will be used on race day

**GOOD LUCK TO ALL OUR ATHLETES!**

**IRONMAN**  
IRELAND  **CORK**

PRESENTED BY  Comhairle Contae Chorcaí  
Cork County Council