



WHAT IS IRONMAN 70.3?

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

IRONMAN was founded in 1978 when athletes in Hawaii were discussing who was fittest athlete. 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 over 170 races worldwide.

SPECTATOR RULES

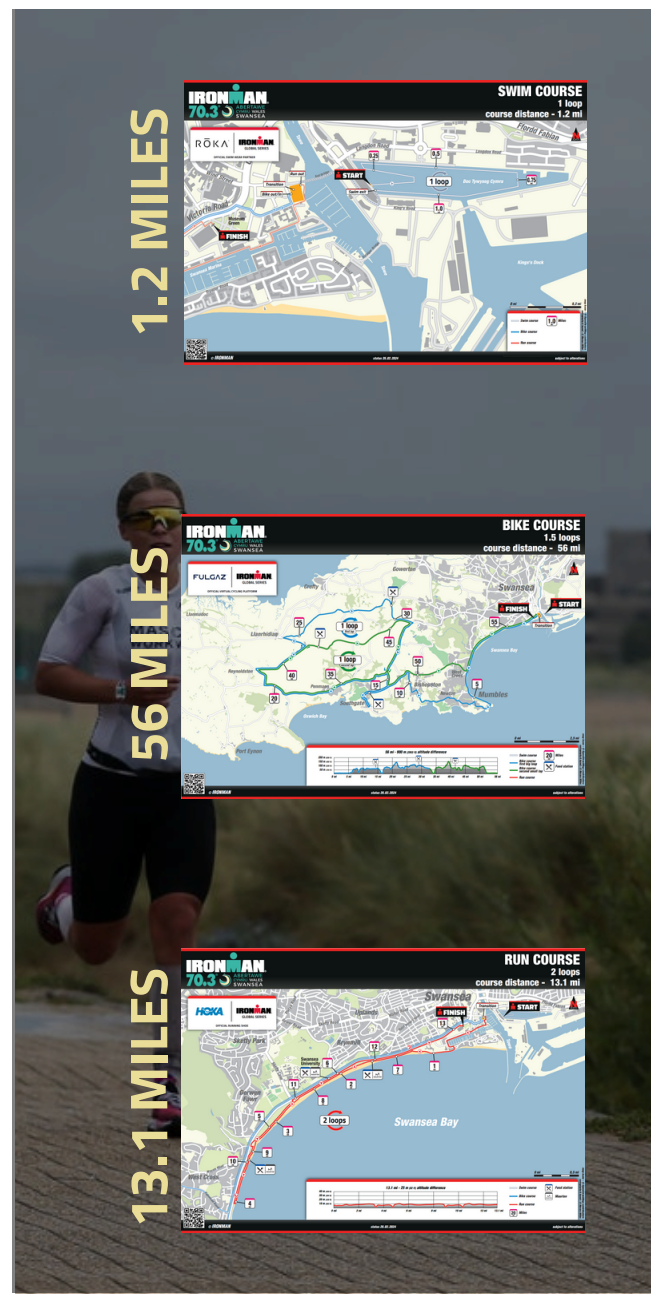
- It is not permitted for a spectator to assist an athlete in any way (e.g. puncture, provision of nutrition etc.)
- It is forbidden to follow an athlete on the course (e.g. to run alongside an athlete, to follow an athlete on a bike etc.)
- It is forbidden for a spectator to cross the finish line with an athlete. This will result in the disqualification of the athlete.

TRACK YOUR ATHLETE

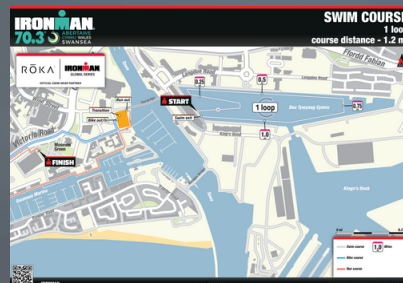
Track your athletes in real time and check their results with the IRONMAN Tracker App.



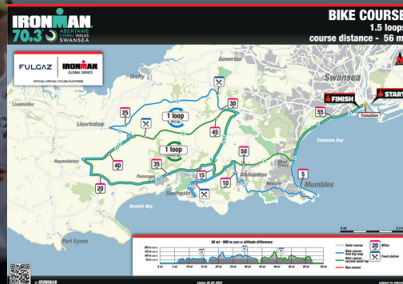
SPECTATOR GUIDE



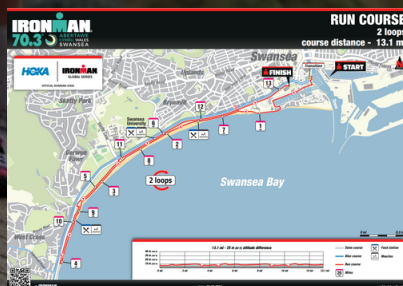
1.2 MILES



56 MILES



13.1 MILES



RACE DAY SCHEDULE

05:00 - 07:00	Transition opens
07:00	Male pro start
07:02	Female pro start
07:05	IRONMAN 70.3 Swansea Age Group Self-seeded Rolling Start
09:00/17:00	EXPO & Official Merchandise Store
14:00/18:00	Transition Opens - Bike & Bag Collection
18:00/19:30	Awards Ceremony & Slot Allocation

IRONMAN 70.3 WORLD CHAMPIONSHIP

Each IRONMAN 70.3 race is a qualifying event for the World Championships. IRONMAN 70.3 Swansea offers qualifying slots for the Vinfast IRONMAN 70.3 World Championship.

The 2025 edition will take place in Marbella, Spain on the 8th & 9th November 2025



SPECTATOR HOTSPOTS & PARKING

The Woodman Pub, Mumbles

If you want to stay close to the town centre but make the most of the action, this pub is a great place to cheer on your athletes as they set off on the bike course, and to welcome them home upon their return.

Parking for the Woodman Pub is available on Sketty Lane, a short 20 minute walk (following the bike and run course) away.

Three Cliffs Coffee Shop, Southgate

This cosy coffee shop is located on an out and back section of the bike course (miles 12-13) and is a great place to watch your athlete pass twice in quick succession.

Access to the Three Cliffs Coffee Shop will be affected by road closures so please make sure that you get there early before the roads close.

Reynoldston

The village of Reynoldston is located in the middle of the Gower and provides great views of the bike course. Athletes will pass this village twice. Unaffected by road closures, this village is a great place to watch your athlete on the bike before heading back into Swansea to see them again on the run.

Reynolston can be accessed via the north Gower road, through Llanrhidian and Oldwalls - access is available all day in and out.

Eastern Farm Shop, Oldwalls

The Eastern Farm Shop in Oldwalls has been a supporter of IRONMAN 70.3 Swansea since the race was announced. The course does not pass this location directly this year, however they are only a 15 minute walk from the course and a great place to grab a coffee while you're waiting for your athlete.

This location will not be affected by road closures and you will be able to access it via the B4295. Please be aware that the journey may be busier than usual as the B4925 is the only access road into the Gower on race day.

Shepherds of Gower / Gower Heritage Centre

Both of these business are located on the bike course and are great places to watch your athletes pass twice. Treat yourself to a coffee and a wander around the heritage centre while waiting for your athlete.

Access to this area will be restricted due to road closures so make sure that you set off early to ensure you get there before the road closures come into place.

The Secret Beach Bar and Kitchen

This relaxed beachfront bar overlooking the bay is a great place for spectators to relax and cheer on their athlete twice on the bike course and four times on the run.

The Oystermouth Road will be closed during the race, so to access the Secret Beach Bar and Kitchen, you will need to walk from the city. This will take approximately 30 minutes.

Blackpill Lido / Tri Club Hotspot

The Blackpill Lido is located on the run course and is a great spot for family entertainment, as well as Tri Club comradery. Here you'll be able to cheer on your athletes on the first and second lap of the run course.

Access to the Blackpill Lido is similar to the Woodman Pub so you could move from one to the other in order to see your athlete on both the bike and the run course.

Parking on Race day


There are lots of options for parking close to the IRONMAN 70.3 Swansea swim start and transition.

St David's Multi-story Car Park

St Thomas Car Park

Fabian Way Park&Ride .

SUNDAY 14TH JULY 2024

A triathlete wearing a blue cap with 'BRAV' on it, a pink and yellow triathlon top with 'SWANSEA VALE TRIATHLON' and 'SWANSEA VALE TRI' on the back, and black shorts with blue accents is running away from the camera on a dirt path. He has a tattoo on his left arm and a small 'IRONMAN' tattoo on his left calf. He is surrounded by cheering supporters, including a woman in a pink and yellow triathlon top and a man in a yellow jacket. The background shows a grassy area, trees, and a cloudy sky.

If you have any further questions about the event,
please consult the IRONMAN 70.3 Swansea website or send us an email.

<https://www.ironman.com/im703-Swansea>

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