

RACE DAY SCHEDULE

17/09/2023

07:15	IRONMAN 70.3 Weymouth start
07:40	First athlete expected on the bike course
09:00	Final Swim Cut Off
09:50	First athlete expected on the run course
11:00	First expected to finisher, outside The Pavilion
13:20	Final Bike Cut Off
18:00	Awards and Slot Allocation, Pavilion Theatre
09:00 - 18:00	Merchandise Store, The Pavilion Car Park

WHAT IS A 70.3 IRONMAN?

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

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

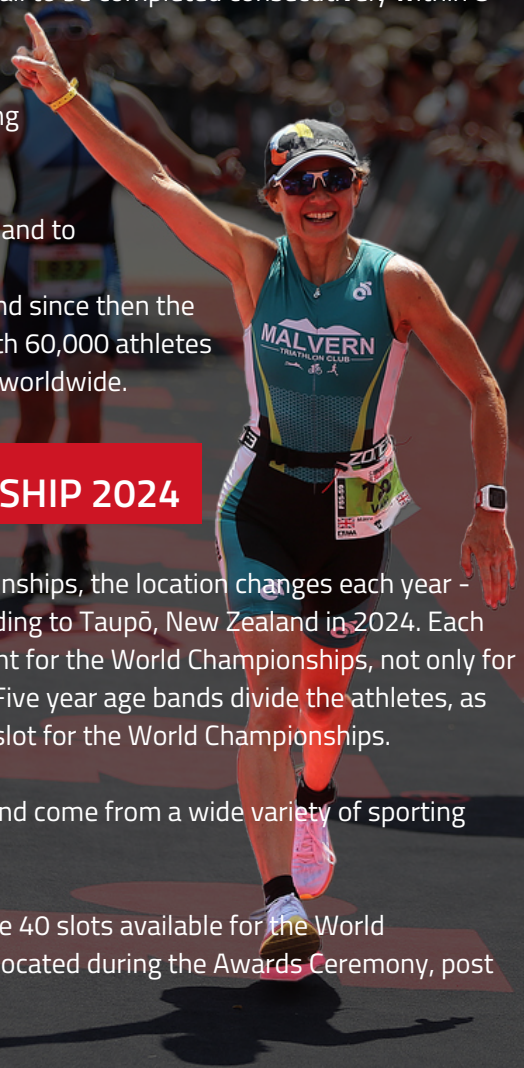
13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

IRONMAN 70.3 WORLD CHAMPIONSHIP 2024

For the IRONMAN 70.3 World Championships, the location changes each year - those who qualify this year will be heading to Taupō, New Zealand in 2024. Each IRONMAN 70.3 race is a qualifying event for the World Championships, not only for PRO athletes but for every age group. Five year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

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

At IRONMAN 70.3 Weymouth, there are 40 slots available for the World Championships in Taupō that will be allocated during the Awards Ceremony, post race.



REUSABLE CUPS

As some of you may have seen in 2022 we had a cupless aid station where athletes were provided with a reusable cup!

We have taken on board your feedback and this year to improve the experience for athletes but still ensure we working towards becoming more sustainable together - you will have the option to pick up a reusable cup in registration and use this at any of the aid stations!

More information can be found in the Athlete Guide.

ACCESS ON RACE WEEKEND & PARKING

There will be a number of road closures in and around Weymouth on the day of the event. Marshals will be present to allow access for emergency services, residents, and businesses. There will be some traffic diversions in place. For a full list of road closures, visit www.ironman.com/im70.3-weymouth-course

You can see a range of town centre car parks using the council's website [here](#)

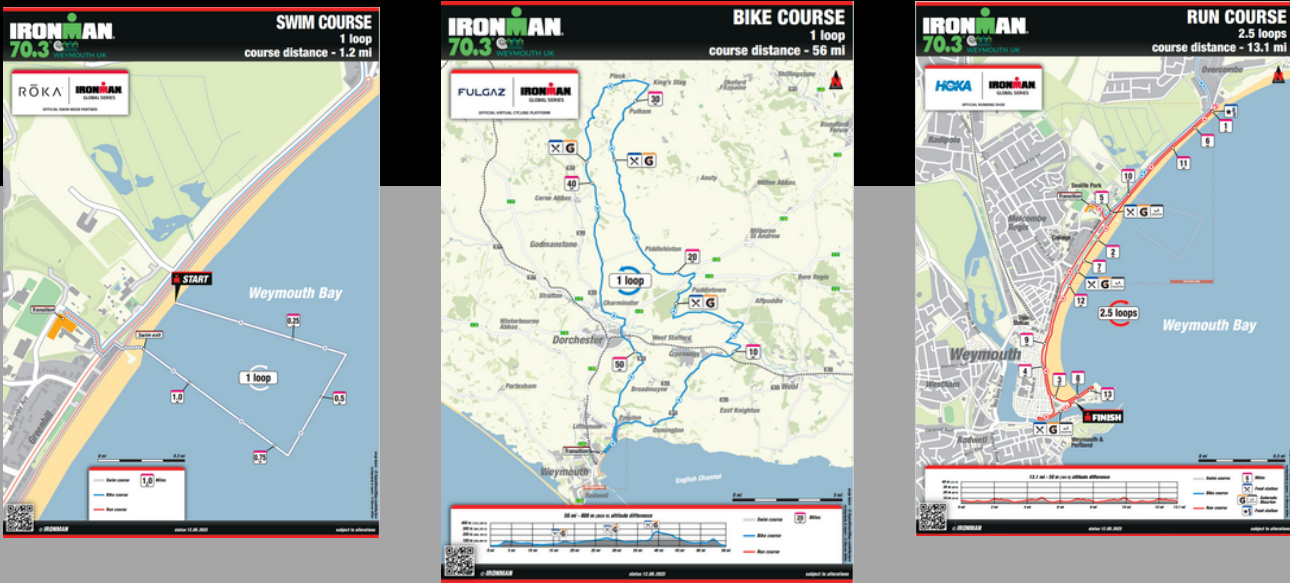
Car parks within walking distance of Registration and Transition are below:

- Swannery Car Park, DT4 7TY
- Beach Car Park, DT3 6HS

HOTSPOTS

E BIKE CAFE AT CUSTOM HOUSE QUAY HOTSPOT

A big supporter of IRONMAN 70.3 Weymouth - [E Bike Café on Custom House Quay](#) will be a great spot to watch your athletes and soak up the supporter atmosphere. A Dorset Tourism Awards Finalist 2021/2022, the E-Bike Café is sure to serve you up a great breakfast whilst your athlete is out on the bike course. Why not try one of their famous smoothie bowls? Or if you fancy something more filling, they also have a great lunch menu including signature Buddha Bowls. Being pooch friendly, you and your four legged friend can take a break in their outside seating area until your athlete is ready to come the Finish Line as it is just a short 5 minute walk from the IRONMAN red carpet outside The Pavilion.



THE COURSES

SWIM

The 1.2-mile, one-loop, clockwise swim begins at the beach opposite Transition. Athletes will head straight out from the beach before making two right turns and heading for the exit. Supporters can line the beach and swim exit to cheer their athletes on.

BIKE

The IRONMAN 70.3 Weymouth bike course takes a left out of Transition, past RSPB Lodmoor,

through Overcombe and then right towards Preston. Along this bottom section, athletes will have views of Osmington White Horse. Athletes will then take the A353 north towards the first Aid Station in Puddletown. The race will continue north until King's Stag and Pleck - two big supporter hotspots. Athletes then head south, skirting around Dorchester and heading home past Osmington White Horse once more. Transition entrance will be the same as where they started.

RUN

From Transition, the run course is a simple out and back two and a half times along the beautiful Weymouth Bay. Athletes will pass two spectator hotspots, three aid stations and Red Bull, before taking on the last lap. Athletes will then run down the red carpet and complete IRONMAN 70.3 Weymouth.

BIKE COURSE HOTSPOTS

There are many beautiful spots on the bike course to see the athletes but be sure to check what roads are closed and plan a route before travelling around the course - all road closure information can be found underneath the event courses on the website. There are plenty of great places on the route to watch the race such as Puddletown, King's Stag and Dorchester.

TRANSITION

A great location to support your athlete will be Transition. Once athletes finish the swim, they'll run 250m and into Transition for the first time. With it being a single transition and on the run course, you'll get to see your athlete a total of 7 times.

CUSTOM HOUSE QUAY HOTSPOT

The Custom House Quay stretch is expected to be a busy one and a great place to watch your athlete whilst enjoying the sunshine.

RED BULL ACTIVATION HOTSPOT

This is one of the few places you will see your athlete on both the bike and run course. Being the furthest point on the course for athletes during the run leg, this will be a great spot to spur your athletes on with words of support as they head back for the last two miles of their IRONMAN 70.3 Weymouth journey, before coming down the red carpet.

Write your words of support...

2,700

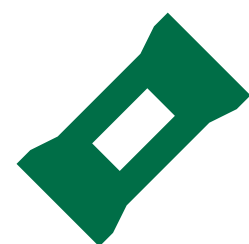
athletes racing
IRONMAN 70.3
Weymouth



80,400 plastic bottles
across our UK races
will be recycled to make
our volunteer bags

5,200

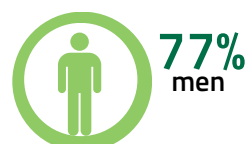
banana halves
given out



9,000
gels handed
out

4,000

bars handed
out



77%
men

23%
women



youngest athlete

18



oldest athlete

71

6,700 litres

of isotonic given out



450 volunteers

who we couldn't put on the
race without



32,000 sustainable
bamboo cups

in total will be used on race day



56

countries
represented



90%

representing GBR



131

athletes from Dorset

GOOD LUCK TO ALL OUR ATHLETES!

IRONMAN
70.3®
WEYMOUTH UK