



SPECTATOR HOTSPOTS

1

THE WOODMAN PUB, MUMBLES

There will be support here, on Swansea Bay, at the 3.2 mile point on the outward leg and 53 mile point on the return leg of the bike. If you want to stay close to the town centre, this will be the last chance to wish your athletes well before they head into the Gower and the first chance you'll get to cheer them on once they return.

ACCESS

Getting to The Woodman Pub is fairly straight forward - the closest you'll be able to get is Sketty Lane where you can park and then walk the 20 minutes around the Bay to the pub. During your walk to The Woodman, you'll firstly come across the Red Bull Activation where athletes will be stopping to grab a can. If you continue your walk down the Bay, you'll be able to take in both the bike course and run course so The Woodman pub and your journey there is a prime spectator viewing spot.

2

THREE CLIFFS COFFEE SHOP, SOUTHGATE

If you're already in the Pennard/Southgate area, miles 12-13 see a down and back so the chance to see your athlete twice in quick succession. With entertainment here and also the chance to grab a snack to keep you going, it's expected to be a great new hotspot.

ACCESS

Access to Three Cliffs Coffee Shop is a little more difficult as the road closures come in to place from 7:15 which will then cut this section off until 10:45. So, to get here, you'll need to travel early and beat the road closures!

3

KING ARTHUR HOTEL, REYNOLDSTON HOTSPOT

Mile 21 sees Reynoldston which sits in the middle of the Gower and the King Arthur Hotel is just a minute walk away. This is an easy place to get to with no road closures so you can get back to Swansea to catch up with your athlete on the run.

ACCESS

Athletes will pass through Reynoldston once but being in the middle of the Gower, you are in walking distance to Cillibion which they pass twice. Reynoldston can be accessed via the north Gower road, through Llanrhidian and Oldwalls - access is available all day in and out.

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EASTERN FARM SHOP, OLDWALLS HOTSPOT

The Eastern Farm Shop in Oldwalls has been a supporter of IRONMAN 70.3 Swansea since the race was announced and although the course doesn't pass them directly this year, they are just a 15 minute walk from where the course loops at mile 24 and again at mile 40 - so this is a great place to grab a coffee whilst waiting for the second lap.

ACCESS

There are no road closures that will affect Eastern Farm Shop as this road will remain open so you can take the B4295 all the way there - just consider that this journey may be busier than expected as the B4295 is the only access road into the Gower that day.

5

SHEPHERDS OF GOWER/GOWER HERITAGE CENTRE HOTSPOT

Both of these businesses are situated next to each other at mile 16 and 34 so gives lots of options for you to spend your time whilst waiting for your athlete. Situated on the lap section, you'll be able to see your athlete twice and with parking outside, you have space to set up chairs and get comfy.

ACCESS

Access for this is a little trickier as you'll only be able to access this outside of 7:00 - 12:30 so be sure to get there before road closures come into place.

6

THE SECRET BEACH BAR AND KITCHEN HOTSPOT

This will be a great supporter base for the day and full of entertainment. This location offers the best opportunities for you to see your athlete as they'll pass you on the bike twice and on the run four times. You'll also get a chance to enjoy the Bay in all its glory.

ACCESS

As Oystermouth Road is closed, you will need to walk from the city, down the Bay which takes around 30 minutes but it's a great supporter hotspot, and you'll get the chance to grab something to eat as you watch your athlete pass you six times.

7

BLACKPILL LIDO / THE TRI CLUB HOTSPOT

The Blackpill Lido is situated at miles 4.6 and 10.2 on the run and a great space for family entertainment as well as Tri Club comradery. Supporters will be able to cheer their athletes on, on the first and second lap of the run course.

ACCESS

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 off the bike and run course.