

# RACE DAY SCHEDULE

## 16/07/2023

|               |                                            |
|---------------|--------------------------------------------|
| 07:00         | IRONMAN 70.3 Swansea PRO start, SA1 Dock   |
| 07:05         | Age group rolling start begins, SA1 Dock   |
| 07:25         | First athlete expected on the bike course  |
| 08:55         | Final Swim Cut Off                         |
| 09:40         | First athlete expected on the run course   |
| 10:50         | First expected to finisher, Musuem Gardens |
| 13:25         | Final Bike Cut Off                         |
| 18:00         | Awards and Slot Allocation, Museum Gardens |
| 09:00 - 18:00 | Merchandise Store, Museum Gardens          |

### 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 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 Swansea, there will be slots available for the World Championships in Taupo, New Zealand that will be allocated during the Awards Ceremony, post race.



## PROFESSIONAL ATHLETES

IRONMAN 70.3 Swansea will officially be a PRO race for males and females.

This means that Age Group athletes will have a chance to race along side international, Professional athletes who are at the top of their game. Spectators will be able to spot Female PRO athletes as they will be wearing white BIBs and Male PRO athletes will have red BIBs.

The PRO start list will be released closer to the race.

## ACCESS ON RACE WEEKEND & PARKING

There will be a number of road closures in and around Swansea and The Gower 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-swansea-course](http://www.ironman.com/im70.3-swansea-course)

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

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

**The Strand Car Park, Strand, SA1 2AE**  
**St David's MSCP, St David's Place, SA1 3LQ**

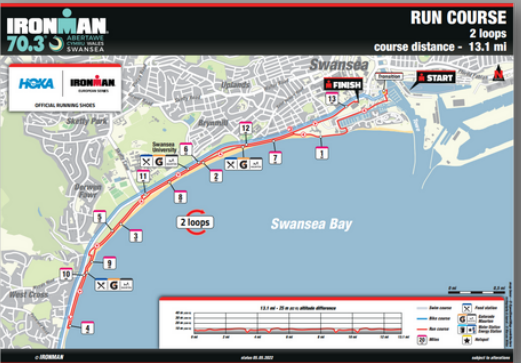
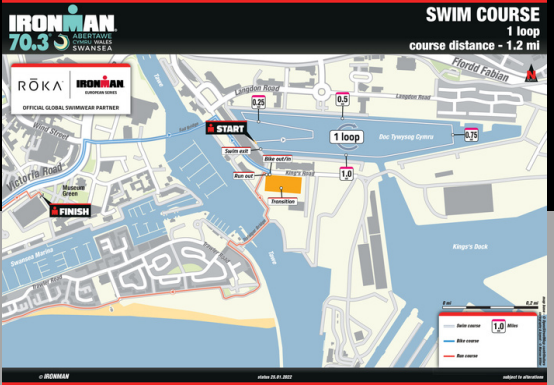
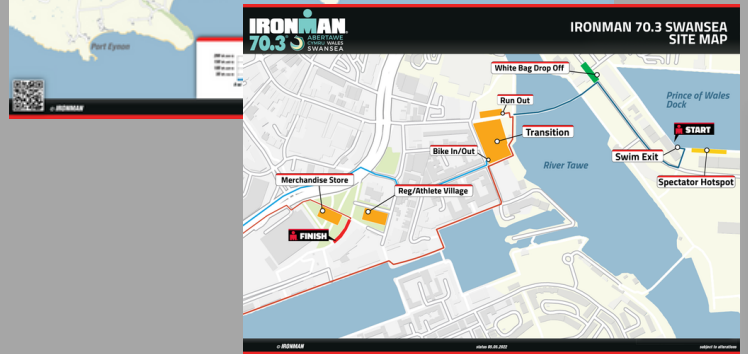
## HOTSPOTS

### THE WOODMAN PUB, MUMBLES HOTSPOT

There will be support at the 3.2 mile point on the outward leg and 53 mile point on the return leg of the bike, which sits on Swansea Bay, closer to Mumbles. If you want to stay close to the 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.

### 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.



## THE COURSES

### SWIM

The 1.2-mile, one-loop swim begins at the Prince of Wales Dock and bends back on itself before athletes swim around the outside and exit where they started. Supporters will be able to line the majority of the swim course to cheer their athletes on.

### BIKE

The IRONMAN 70.3 Swansea bike course sets off from East Burrows Car Park, along Cambrian Place and

on to the A4067. This road will take athletes along the curve of Swansea Bay, past Mumbles Beach and the Pier, before athletes turn back right on themselves and into the Gower. The scenic route weaves along the country roads and through pretty villages, passing spectators hot spots and two aid stations on it's way. The route then takes the B4436 back onto the A4067, along the bay, into the city and back into East Burrows Car Park where Transition will be.

### RUN

From Transition, the run course is a simple out and back twice along the beautiful Swansea Bay. Athletes will pass two spectator hotspots, the Tri Club Village, three aid stations and Red Bull, before taking on the last lap. The only change on the second lap is that athletes will continue along Oystermouth Road and into Museum Gardens, where they will run down the red carpet and complete IRONMAN 70.3 Swansea.

### 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.

### 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.

### THE SECRET BEACH BAR AND KITCHEN

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.

Don't forget to download the IRONMAN Tracker App so you can follow your athlete around the course!

Instagram - @Ironman\_UK FB - IRONMAN Wales #IRONMAN703Swansea

Write your words of support...

1,800

athletes racing  
IRONMAN 70.3  
Swansea



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

8,200

banana halves  
given out



8,000  
gels handed  
out

3,200

bars handed  
out



8 birthdays  
on race day



80%  
men

20%  
women



youngest athlete

18



oldest athlete

77



450 volunteers

who we couldn't put on the  
race without



32,000 sustainable  
bamboo cups

in total will be used on race day



42

countries  
represented

95%

representing GBR



1273

Welsh athletes

597

athletes from Swansea

GOOD LUCK TO ALL OUR ATHLETES!

5,600 litres

of isotonic given out



**IRONMAN**  
70.3®  
ABERTAWE  
CYMRU WALES  
SWANSEA