



## **IRONMAN WALES GROUP VOLUNTEER ROLES**

If you are part of a club or group, do you fancy being part of the event with your friends and family? If you want to raise money for your group our volunteer group roles might be for you. We offer donations for groups of 10+ volunteers, so if you are interested in any of the below, please e-mail [uk@ironman.com](mailto:uk@ironman.com) and our volunteer coordinator will get back to you with more information.

Group roles at IRONMAN Wales are:

### **Wednesday/Thursday**

#### **- Registration Bag Packing**

*Tenby - Wednesday 1-5pm, Thursday 9-5pm (can do a single day or both days)*

*Assisting with registration set up and packing the athlete bags ahead of registration opening on Friday.*

**10-15 volunteers each day**

### **Saturday**

#### **- IRONKIDS Marshalls**

*Tenby – 11-6pm*

*Assisting with the IRONKIDS event, directing 2000 runners and helping with the start and finish.*

**10 volunteers**

### **Sunday**

- **Bike Feed Station 1** – Angle 07:15 – 12:30
- **Bike Feed Station 2** – Lamphey 08:00 – 16:30
- **Bike Feed Station 3** – Narberth 08:45 – 17:30
- **Bike Feed Station 4** – Twycross (Tenby) 09:00 – 18:30

*Feed stations involve setting up the aid station and handing out water/bananas etc to athletes whilst they are racing and packing down the aid station once finished. We encourage volunteers to put their own spin on the aid stations e.g. fancy dress.*

**25 volunteers per aid station**

- **Bike Personal Needs** (can be the same group as aid station 4) 09:30 – 17:30

*Athletes have an additional bag they pack with anything they might want as additional support on the race e.g. a coat, spare socks, specific nutrition. The group will assist with handing the bags to the athletes/ helping them find their bag throughout the day. We encourage volunteers to put their own spin on personal needs e.g. fancy dress.*

**10-15 volunteers**

- **Run Feed Station 1** – Lady Park 11:00 – 00:30 (2 way with water only on one side) **30 volunteers**
- **Run Feed Station 2** – New Hedges 11:30 – 00:00 **25 volunteers**
- **Run Feed Station 3** - \*NEW\* The Croft 11:30 – 00:00 **25 volunteers**
- **Run Feed Station 4** – Picton Terrace 12:00 – 00:00 **25 volunteers**

*Feed stations involve in setting up the aid station and handing out water/bananas etc to athletes whilst they are racing and packing down the aid station once finished. We encourage volunteers to put their own spin on the aid stations e.g. fancy dress.*

- **Run Lap Bands** – (can be the same group as aid station 2) 11:30 – 00:00 **15-20 volunteers**

*Athletes do 4 laps of the run course and get a different coloured band/bobble for their arm on each lap to help them count the laps. The volunteer group will be handing out the bands to the runners and again are encouraged to put their own spin on the lap band station e.g. fancy dress.*

- **Run Personal Needs** – (can be the same group as aid station 3) 11:30 – 00:00 **10-15 volunteers**

*Athletes have an additional bag they pack with anything they might want as additional support on the race e.g. a coat, spare socks, specific nutrition. The group will assist with handing the bags to the athletes/ helping them find their bag throughout the day. We encourage volunteers to put their own spin on personal needs e.g. fancy dress.*

**All run group locations are in Tenby/New Hedges/Narberth Road area**

- **Athlete Village**

*Tenby – 18:00 – 00:30 (Monday morning) **10 volunteers***

*Athlete village is the post-race area where athletes collect their finisher t-shirt, have a massage, food and a sit down after becoming an IRONMAN.*

- **Transition Bike Check Out**

*Tenby – 17:30 – 00:30 (Monday morning) **10 volunteers***

*Bike check out is assisting athletes with collecting their bike and bags post-race once they have become an IRONMAN.*

*\*We can be flexible on some roles with the number of volunteers working at the latter end of the late shifts and aid stations with personal needs included.*

*\*Please note there is no guarantee of being allocated the volunteer role you select*

**If you have any questions please contact [uk@ironman.com](mailto:uk@ironman.com)**

