



SWIM BIKE RUN

2023 IRONMAN 70.3 Weymouth Athlete Guide

IRONMAN
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WEYMOUTH UK

WELCOME

To 2023 IRONMAN 70.3 Weymouth

Welcome to IRONMAN 70.3 Weymouth 2023!

The only World Heritage Site in England, the Jurassic Coast will once again play host to the in-demand IRONMAN 70.3 Weymouth, a staple in many IRONMAN calendars and an event we are sure you and the 2,800 other athletes are going to love. The course has a bit of everything, and it is one that's been enjoyed by thousands of athletes over previous years.

The event starts with a 1.2mile swim in Weymouth Bay, 56 mile bike through some of the most picturesque scenery Dorset has to offer and finally, a fast 13.1 mile run along the seafront, passing the Harbour, bars and the award winning golden beach. The crowds will be roaring you on along the promenade, an ideal location to watch fellow athletes crossing the line after you finish with an ice cream in hand and a medal round your neck!

There's plenty to enjoy during your stay in Weymouth located bang in the middle of the Jurassic Coast and one of the most popular holiday destinations in the UK. We are grateful for the support we receive from Dorset Council, Weymouth Town Council, plus our local & European sponsors, dedicated volunteers and not forgetting the local community. Without their commitment, it simply wouldn't be possible to deliver an event of this scale, so please join me in thanking them.

At IRONMAN we are constantly seeking to improve the overall race experience for every athlete and spectator. At Weymouth 70.3, you can enjoy a single transition area only 250m from the swim exit and a finish line just over a mile away in the heart of the town and next to the striking Weymouth Pavilion which will be draped in the famous IRONMAN logo.

Please be sure to read the Athlete Guide carefully, watch the Athlete Briefing, paying extra attention if you're a first timer to gain a full understanding of the weekend.

The stage is set, you've done the training, now it's time to put all your hard work into practice and get yourself onto that iconic red carpet and underneath your IRONMAN finish arch.

Look after each other, enjoy a great race and we'll see you at the finish line!

- Your IRONMAN 70.3 Weymouth Race Director, Lewis Peacock



WELCOME

To 2023 IRONMAN 70.3 Weymouth



WELCOME

To 2023 IRONMAN 70.3 Weymouth



You have invested a lot of time, money and emotion into getting to the start line of any IRONMAN event, and the last thing anyone wants is for the day to end with the disappointment of a DSQ. The officials who are at the swim, in transition, out on the bike and run course and at the finish line are there to make sure that everyone has a safe and fair race and not to disqualify as many people as possible.

However, every IRONMAN event is a World Championship qualifying event and because this applies to every age group taking a range of times to complete the course, the rules will be applied throughout the event. To avoid having a bad day, here are some of the most common causes of athletes being disqualified.

Littering – deliberate littering is a non-appealable DSQ

Outside assistance – athletes should not take anything or give anything to anyone who is not a race official

Nudity – the only place you can strip off completely is in the screened off areas in the transition tents. If you cannot make it to the loo at the next aid station, please make sure you maintain public decency and be as discrete as possible

Abusive behavior – there are hundreds of volunteers who have given up their day to make your day special, any physical or verbal abuse of them or any other race officials or members of the public will not be tolerated

Electronic devices – we want your attention to be on the road, the marshalls, the athletes around you, and not on any type of electronic device. This includes music players, mobile phones, cameras, 'smart' helmets etc

Finish line – you cannot bring any family member or friend down the finish line with you. This is for the safety of the potential child, other athletes and to make sure everyone has the same opportunity for a special IRONMAN finish line photo. Imagine the two athletes behind you sprinting for a World Championship slot and having to try and avoid the athlete in front with a child on each hand

Please make sure you read the Athlete Guide and watch the Athlete Briefing. The event website has a link to the full IRONMAN set of rules, try and have a quick read through.

Remember the officials are there to make sure that all athletes have a safe and fair day, and we know that 99% of you want the same. There are always a few athletes who think they can break the rules to gain an unfair advantage and I'm sure you will support us in trying to stop them.

It is a great achievement to complete an IRONMAN event, wear your medal and t-shirt proudly, knowing you finished the event safely, fairly and honourably.

If you have any questions about the rules, please contact Athlete Services at the event registration area and we will be happy to try to answer your questions.



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IRONMAN 70.3 World Championship & Slot Allocation

EVENT SCHEDULE

Please note the event schedule is subject to change



HOURS DESCRIPTION LOCATION

FRIDAY 15th September

09:00 - 17:00	Athlete Registration	The Pavilion Car Park
09:00 - 17:00	EXPO & Official IRONMAN Merchandise Store	The Pavilion Car Park
Monday of Race Week	Official Race Briefing	Online

SATURDAY 16th September

08:00 - 15:00	Athlete Registration	The Pavilion Car Park
08:00 - 17:00	EXPO & Official IRONMAN Merchandise Store	The Pavilion Car Park
08:30 - 16:30	Transition Opens for Bike and Blue/Red Bag Check-in	Lodmoor Country Park
16:00	IRONPRAYER	St Mary's Church

SUNDAY 17th September

05:00 - 07:00	Transition Opens	Lodmoor Country Park
07:15	IRONMAN 70.3 Weymouth Age Group Rolling Self-seeded Start	Beach - Opposite Lodmoor Country Park
09:00 - 18:00	Official IRONMAN Merchandise Store	The Pavilion Car Park
14:00 - 18:00	Transition Opens for Bike and Blue/Red Bag Collection	Lodmoor Country Park
18:00 - 20:00	Awards Ceremony and Slot Allocation	Pavilion Theatre

TOP 5 THINGS TO DO

DURDLÉ DOOR

A short drive (or bus journey) from Weymouth, Durdle Door is one of the Jurassic Coast's most iconic landscapes. It is a natural arch, formed from a layer of limestone standing almost vertically out of the sea.



NOTHE FORT

One of Weymouth's major attractions, the fort has a range of displays and exhibits located around the ramparts, gun decks and within a maze of underground passageways. The fort is also a popular location for enthusiasts of paranormal activity, with reports of a ghostly 'whistling gunner' and a number of supernatural investigations taking place there over the years.



ISLE OF PORTLAND

Just south of Weymouth, the Isle of Portland is the southernmost point of the county of Dorset. It is joined to the mainland by Chesil Beach. The island has a wide variety of restaurants, pubs and scenic walking paths.



SEA LIFE CENTRE

Located near the Transition area at Lodmoor Country Park, SEA LIFE is a great day out to see the likes of sharks, turtles, penguins, seals, otters, rays and more!



WEYMOUTH AWARD WINNING BEACH, HISTORIC HARBOUR AND VIBRANT TOWN CENTRE

Weymouth boasts a stunning family friendly beach which hosts many fabulous seaside attractions and is also host to many great events including IRONMAN 70.3, Beach Volleyball and Firework displays. Weymouth's Georgian seafront is complimented by a wonderful historic 17th century harbour with a diverse range of visiting boats and marine activities, fishing fleet and vibrant hospitality and live music scene. Weymouth Seafront and Harbour has also great access to the main town featuring national stores, independent shops and a mouth watering mix of cafés, restaurants and bars.



FOR MORE INFORMATION

You can visit the Visit Weymouth Facebook page [here](#) or Weymouth Council's website [here](#).





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Save up to **10%**
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Earn **2,000**
Avios in Economy Class and
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Enjoy enhanced flexibility
with one complimentary
date change



Carry your race bike as
checked baggage at no
additional cost*

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*Only for athletes.



2023 OFFICIAL AIRLINE PARTNER

DIRECTIONS

IMPORTANT LOCATIONS TO NOTE:

Registration – The Pavilion Car Park
EXPO and the Merchandise Store – The Pavilion Car Park
Swim Start – Beach Opposite Lodmoor Country Park
Transition – Lodmoor Country Park
The Finish Line – The Pavilion Car Park
Awards – Pavilion Theatre

DIRECTIONS

Registration, EXPO & Merchandise:

The Pavilion, The Esplanade, Weymouth, DT4 8ED
///barks.wants.brings

Swim Start:

Beach opposite Lodmoor Country Park, Weymouth, DT4 7SX
///learn.adopt.tadpole

Transition:

Lodmoor Country Park, Weymouth, DT4 7SX
///thickened.plants.flicked

Finish Line:

The Pavilion, The Esplanade, Weymouth, DT4 8ED
///skin.trap.regime

Awards:

The Pavilion, The Esplanade, Weymouth, DT4 8ED
///bumps.mock.yoga

By Train: The nearest mainline station is Weymouth.

By Bus: There are various buses to Weymouth town centre depending on where you are coming from. Please see [here](#) for bus routes.

PARKING

WEYMOUTH TOWN CENTRE

There are numerous public car parks in and around Weymouth to use during event week. Please make sure you familiarise yourself with what is available and the restrictions that will be in place.

On Race Day, we encourage people to walk to the town and event venues where possible to experience the racing. If you do drive, please consider the following:

1. Swannery Car Park, DT4 7TY

What 3 Words – ///intend.bared.breath
No height restrictions
Disabled spaces available
No time restrictions
More information regarding costs can be found [here](#)

2. Mount Pleasant Park and Ride Car Park

What 3 Words – ///robes.reshape.studs
The Park & Ride service is not fully operative.
However, there is a bus service that passes by & stops on Mercery Road (walk out of the entrance & follow the orange directional signs to the nearest bus stop). Parking is currently free at this site.
Payment will be required for the bus journey.

REGISTRATION – Friday and Saturday

For registration on Saturday, we would suggest parking in the Swannery Car Park and making your way into town as this is likely to be easier than trying to find somewhere to park in town when it is busy.

RACE DAY - SUNDAY

Please take into consideration that there will be road closures in place and therefore, you will be unable to park close to the Pavilion or in the Beach Car Park.

3. Beach Car Park, DT3 6HS

What 3 Words – ///outlawing.centuries.zoomed
No time restrictions
More information regarding costs etc can be found [here](#)
CLOSED RACE DAY

4. The Pavilion Car Park, DT4 8DZ

What 3 Words – ///paying.also.junior
Max Height – 2.08m
No time restrictions
Disabled spaces available
More information regarding costs etc can be found [here](#)
WILL BE BUSY RACE WEEK AND CLOSED RACE DAY

TRANSITION - Saturday

Transition itself is in Lodmoor Country Park so you will not be able to park here to rack your bags and bike. We would suggest parking in Mount Pleasant Car Park or Beach Car Park.



IRONMAN 70.3 WEYMOUTH SITE MAP

IRONPRAYER

Race Chaplains

The IRONMAN race chaplains are available over race weekend for confidential, non-judgemental support. If you want a confidential chat, help, encouragement or just to see a friendly face then come and find us at the race village, or message us on 07884 181033 (Pat).

Locations:

Saturday - Registration, Transition and IRONPRAYER

Race Day - at Swim Start, in Transition and at the Finish Line!

IRONPRAYER

Saturday - 16:00

St Mary Street, Weymouth town centre, DT4 8PU

This is an opportunity to meet for an informal short service of reflection and encouragement before race day. Athletes, families, supporters, volunteers and the local community are welcome to join us. We will pray for the event and for any concerns surrounding it, and share some of our race experiences, our hopes and fears for race day.



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- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com





STOP ARE YOU RACE READY?

This is a British Triathlon permitted event. British Triathlon and IRONMAN Competition Rules require you to become a member of the sport and obtain a race licence in order to race.

TAKE ACTION NOW

1

I am already a British Triathlon Home Nation member.

No action. Show proof of membership at registration.



2

I am not a British Triathlon Home Nation member and live in Britain.

Buy a day membership and show proof at registration.

BUY NOW ▶ bit.ly/BritTriIRONMAN



3

I am not a British Triathlon Home Nation member and live outside of Britain.

FIND OUT MORE NOW ▼
bit.ly/BritTriIRONMAN



For further information please email events@britishtriathlon.org



REGISTRATION

LOCATION: The Pavilion Car Park

OPENING TIMES

Friday 15th September 09:00 – 17:00

Saturday 16th September 08:00 – 15:00

It is **compulsory** that athletes register and collect their race packs within the times stated on the Event Week Schedule.

There will be **NO late registrations**, please take this into consideration when organising travel!




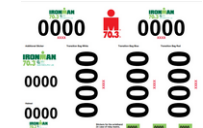

To register you will require:

1. **RACE LICENCE from an ITU-affiliated** national governing body or have purchased a **British Triathlon Day Licence**
2. **PHOTO ID**
3. **REGISTRATION QR CODE**, received in your confirmation email and will be sent again during race week (please note internet can be limited onsite so please have these ready before you arrive)

If you do not own a Triathlon Licence, please **purchase one prior to coming to registration** by clicking below:

[Click here to purchase a British Triathlon Day Licence](#)

Please bring the confirmation email from your British Triathlon Day Licence to registration to show the volunteers!

ITEM	WHEN TO USE IT	EXAMPLE
BIB NUMBER	<p>You will receive a race number to wear on your back for the bike and front for the run. It is strongly recommended that you get a race belt to save you time in transition, and for ease of transition from bike to run.</p> <p>Please note this race does not pre-allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (AWA Gold and Silver, Tri Club Pole Position and Nirvana athletes are still reserved lower BIB number ranges).</p>	
ID Wristband	<p>Your wristband will be placed on your wrist in registration, this will be used to access athlete only areas. You must wear this wristband from this point until the awards ceremony and slot allocation.</p> <p>Relay teams will be issued with three wristbands. Please note it is preferred all two/three relay members come TOGETHER to registration to pick up their wristbands.</p>	
Swim Cap	You will be given a swim cap to wear for the race. This is compulsory.	
Race Stickers	You will be issued a sheet of stickers; these are for you to number your kit with. There will be one for your bike, helmet and transition bags, which must all be used.	
Athlete Backpack and Transition Bags	<p>The athlete backpack is yours to keep as a memory from the event and can easily be used for future swim training sessions!</p> <p>Transition bags – see next page.</p>	

TRANSITION BAGS

WHAT IS EACH BAG FOR?

TRANSITION BAGS

These will be found in your athlete backpack. You will be issued with three bags at registration. A blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue bag and your red bag prior to the race start on Sunday to place in any final nutrition or make any last minute changes.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty.

You cannot store bike pumps in any of the bags. There will be spare track pumps and on-site mechanics at each transition should you need their assistance.

Blue Bike Bag

Contains the kit you need for the *bike discipline*, including your **helmet** and **race number** on a race belt. After you have used your blue bike bag for your swim-to- bike transition, use this bag to pack your swim gear in. This bag is racked in transition at Lodmoor Country Park on Saturday from 08:30 - 16:30.

Red Run Bag

Contains the kit you need for the *run discipline*. After you have used your red run bag for your bike-to- run transition, use this bag to pack your bike gear in, including your helmet. This bag racked in transition at Lodmoor Country Park on Saturday from 08:30 - 16:30.

White Gear Bag (streetwear)

This is your after-race bag, it is for you to put any additional clothing ('*streetwear*') you wear before the race and anything you may require after the race. This gets handed in at the race start on Sunday morning before you go to swim start and will be transported to the finish line for you. If you have spectators watching, you do not have to use this.



PLEASE NOTE: do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.



TRANSITION BAGS

WHAT IS EACH BAG FOR?

Please see below what you need to pack in each bag and what to do with them during the race:

WHAT TO PACK IN EACH BAG BEFORE THE RACE



Include: clothes for after the race, towel, shoes

Drop off: on race morning

Collection: at the finish line after the race



Include: helmet, glasses, bike shoes, socks, bib number

Drop off: at Transition with your bike on Saturday within the designated time

Collection: from Transition after the race within the designated time



Include: running shoes, hat

Drop off: at Transition on Saturday within the designated time

Collection: from Transition after the race within the designated time

WHAT TO DO DURING THE RACE

Take out: helmet, sunglasses, bike shoes, socks, bib number



Put back in: wetsuit, goggles, swim hat



Take out: running shoes, hat

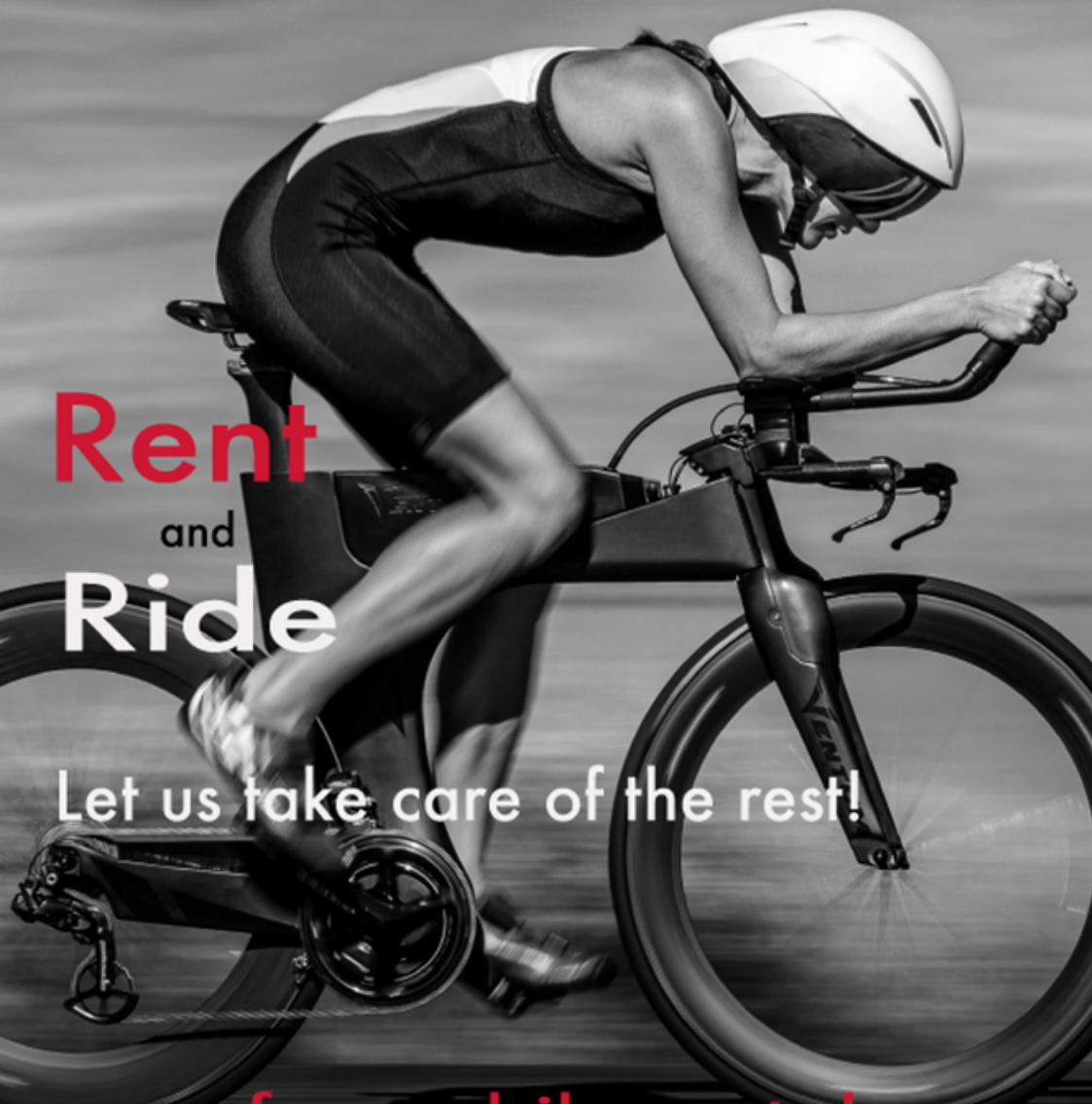


Put back in: helmet, sunglasses, bike shoes, socks





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BIKE AND BAG RACKING

TRANSITION

Saturday 16th September 08:30 - 16:30

LODMOOR CONUTRY PARK

On Saturday, you must rack your bike, blue and red bag at the same time at transition at Lodmoor Country Park.

Your helmet and bags must have your race number stickers on them, and your corresponding wristband will be checked. Without these you will not gain access into transition. At this point you will receive your timing chip.

Be ready before you get to the entrance of transition. You must have your helmet on with the strap fastened, your race number stickers on the seat post of your bike and your transition bags. Your corresponding wristband will be checked against your items as you enter transition. Without all these items, you will not be able to rack your bike or bags.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order. IRONMAN will not be responsible for any bike failures. There will be bike mechanics at bike check-in on Saturday to help with any minor alterations.

When racking your bike, please take your time to familiarise yourself with transition, knowing where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Saturday and on Sunday morning.

TIMING CHIP

WHEN AND WHERE TO COLLECT:

You will collect your timing chip in transition when you rack your bike and bags, with the QR code on your wristband. The timing chip needs to be worn on your left ankle during the entire race.

WHAT IS A TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

WHAT IF I LOSE IT DURING THE RACE?

If you lose your timing chip during the race you must notify an official in transition who can issue you with a replacement, so you can continue.

POST RACE COMPLETION:

Your timing chip is on loan to you, failure to return the chip will result in a £50.00 fee being charged.

Important - Only athletes with verifiable electronic timing data will be eligible to accept a World Championship 70.3 slot or receive an award in their Age Group.



A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 



CUT OFF TIMES

Location and mileage of swim, bike and run cut offs

SWIM

The cut-off time for the swim is **1 hour 10 minutes** from your start time (when YOU cross the start mat). If you do not make the swim cut-off, you may not start the bike leg.

BIKE

Besides the official overall bike cut-off time, there will be three intermediate cut-offs on the bike course. These are in accordance with the approved traffic plan that coincide with the opening of public roads to traffic. These will only affect athletes who will not be able to make the **5 hour 30 minute** cut-off, based on the average speed they have cycled to these points. The times are based on the last swimmer taking the full 1 hour 10 minutes for the swim and then maintaining the slowest average speed required to complete the course.

- **The first cut off will be at Aid Station 2 - Henley (mile 27.6)**
- **The second cut off will be at Aid station 3 - Gales Hill (mile 40)**
- **The third cut off will be at Charminster Triangle (mile 46.6)**

The cut-off time for the bike is **5 hours and 30 minutes** from your individual start time. If you do not make the bike cut-off, you may not start the run leg.

RUN



Besides the official overall run cut-off time, there will be an additional cut-off on the run course.

- **This last lap cut off will be just before Custom House Quay Aid Station (mile 8.4)**
- Cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results.

Please be aware that you could cross the finish line and be DNF'ed after the race, based on the final timing verified by the timing company. This will be because you failed to complete the bike in the required time or the run within **8 hours and 30 minutes** from the start of your wave.

IRONMAN, reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2024 VlnFast IRONMAN 70.3 World Championship.

01:10:00 
05:30:00  + T1 + 
08:30:00  + T1 +  + T2 + 

RULES & REGULATIONS

2023 IRONMAN RULES

Withdrawal Pre-Race

If you wish to withdraw prior to the race start (after you have registered), please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged £50 for its replacement. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

Withdrawal During The Race

Any athlete withdrawing from the race at any point must report to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who receive medical assistance from our medical team are exempt from this rule.

Rules & Regulations

IRONMAN enforce a series of regulations and every athlete should ensure that they are aware of the rules for their own safety and that of athletes around them. Please [CLICK HERE](#) to view the full set of 2023 IRONMAN Rules (any updates will also be placed here to be sure to check them before you race!)




PLEASE NOTE THE FOLLOWING LOCAL RULES

- Littering will result in a penalty
- Race numbers must be worn on the bike
- Any graffiti painted on the road will result in disqualification of the athlete (chalk can be used)

GENERAL RULES

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, nor may they pass food or other items to an athlete.
- No iPods, video recording, listening or recording devices are allowed.
- Athletes who abuse Race Officials will be disqualified.
- Athletes who fail to follow instructions of a Race Official will be disqualified.
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately.
- Disc brakes are now allowed globally

Penalties will be issued by referees, as well as a team of motorcycle marshals on the bike course using the following card system.

-  Yellow Card – 30 second penalty
You must report to the penalty box in the transition area.
-  Blue Card – 5 Minute Penalty
You must report to the penalty box in the transition area.
-  Red Card – Disqualification

The penalty box will be situated in transition. If you break a rule on the course, a referee will show you a card and report your race number to the penalty box staff.

When you enter transition, you must stop at the penalty box to report your number and the penalty that you are serving.

Failure to report to the penalty box or serve the required penalty after being shown a card, will result in disqualification from the race.

If you are in any doubt over whether you were shown a card or not, it is better to report to the penalty tent and serve the penalty. This allows you to complete the event, rather than be disqualified for not serving a penalty.

RACE DAY

TRANSITION AREA

TRANSITION

We recommend you arrive a minimum of **90 minutes** before the swim start. Please note the transition closing time of **07:00**. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: entry into transition is for athletes only your spectators will need to wait outside the transition area for you.

You will have access to your **bike, blue and red bag** prior to the race start. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed.

You need to drop your white bag to the designated white bag lorries first thing on race morning and prior to joining the walk down to swim start. We suggest you arrive with your base layer swimming gear already on.

Again, take this time to familiarise yourself with your surroundings, where your bike is located etc. Do not attempt to mark your bike or racking area. Any markings will be removed by race officials, and you may be penalised.

If you discover you have forgotten anything in the morning, race number, timing chip or swim hat, please notify an IRONMAN official as soon as possible so there is time to obtain a replacement.

WHITE BAG DROP

Athletes wanting to hand in their white bags will need to drop these at the lorries on the way to swim start. The lorries will be divided between race numbers, and athletes must drop their white bags by **07:00**.

White bags will be transported to the finish line, where you will be able to collect it upon completion of the race.





The one-loop 1.2 mile (1.9 km) swim course is composed of one clockwise lap in a triangle layout. Swim straight out away from Weymouth's beach and two right turns later you will be headed back to transition. It will be a self-seeded rolling swim start for age group athletes will roll for 35 minutes until 07:50am.

Age group athletes will enter the water in a continuous stream through a controlled access point at 07:15 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp. There will be an acclimatization zone in the water prior to the start.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding will make for the best swim.

We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time.

Each athlete will be given a race start time when crossing the timing mat at the swim start, just before entering the water.

Athletes have 1 hour 10 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 1 hour 20 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

If you are not an experienced open water swimmer, we strongly recommend that you:

- Ensure that you place yourself at the back of the rolling start seeding
- Stay calm
- If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a kayak, which will come to you. You may hold onto the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if it is necessary a rescue boat will come to return you to land

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5°C). Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C (unless informed otherwise on race week due to specific racing conditions).

At IRONMAN 70.3 Weymouth we recommend you wear a wetsuit.



PROHIBITED WETSUIT:

De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

SWIMWEAR POLICY

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card - 30 second penalty).
- No nudity is allowed on the race site. If you wish to change completely there will be separate male and female change areas for this in the transition marquee.
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.
- Swimmers are required to stay on course, failure to follow the course may result in a penalty
- Remember for the full 2023 IRONMAN Rules [CLICK HERE!](#)

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.



An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared.

Here's a top-10 checklist to help get you ready.

1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course. Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day.

You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. **Please note there will be an acclimatization zone to utilise prior to getting in the swim start zone.**

8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colours and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim. Relax and focus on your breathing as you settle into a sustainable pace.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem.

The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.

Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.



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AVAILABLE ON



BIKE 56 MILES

The bike course will start at Transition in Lodmoor Country Park and end at Transition in Lodmoor Country Park.

The one-loop 56 mile (90 km) bike course consists of one anti-clockwise loop through the rolling Dorset Countryside up North to King's Stag and back to Weymouth via the towns of Godmanstone and Dorchester.

[GPX file here!](#)

Athletes have **5 hours 30 minutes** after their start to complete the bike course. Athletes failing to make the cut off will either be picked up on the course by the sweep vehicle or will enter transition but will not be permitted to continue on the run.

Some bike course notes below:

- All athletes are required to ride road/triathlon bikes only, no mountain bikes.
- Athletes must ride single file on the left side of the road near the verge except when passing another cyclist.
- Do not cross the centre line.
- Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in this area and all have a responsibility to leave it unspoiled.
- Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start.

IRONMAN
70.3[®] WEYMOUTH UK

BIKE COURSE
1 loop
course distance - 56 mi

70.3 Weymouth is a really enjoyable bike course; great scenery, a few challenging (but manageable!) climbs and a long downhill section to the finish. The biggest hill is around 38 miles in and has about 150m of climbing. Once you've reached the top of that you are at the highest point on the course and can maintain good speed for the return to Weymouth. Yes there are another couple of smaller climbs but you're past the big one and on your way back. Just remember to look up at the views every now and then and ride with caution particularly through the narrow residential section in Coombe Valley.



Bike Course Director's Introduction
- Dean Smith





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ASSISTANCE ON COURSE

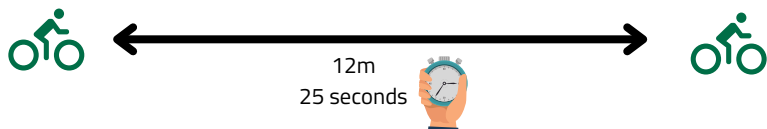
MEDICAL

If you feel unwell or unable to continue the race, please let an official know. If you see a fellow athlete looking unwell and struggling to continue the best thing you can do for them is to alert an official out on the route so that medical help can be requested urgently. If they are "wobbly" on their legs, unable to focus and or appear confused, you can help them by supporting them to the ground safely and lifting their legs in the air to help get blood back to their heart and brain. Do not try and support them to continue the race as this can have a detrimental effect to their health.

DRAFTING

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 meters measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card. A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken. It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty. Athletes cannot block another athlete from passing.

Draft Zone



BIKE MECHANICS

There will be mechanics on course to assist with serious mechanical issues. The mechanics and race officials will **not assist with repairing punctures and you should be self-sufficient when it comes to minor mechanical issues.**

While the Support Team may, at their discretion, provide spare parts to athletes, you will be required to visit the mechanics when you have completed the race to pay for these items. The mechanics will be following the course and are not on call, we cannot guarantee a response time, and this is dependent on demand and locations.



BIKE COURSE RULES

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition. Shoes and shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet.

9. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

10. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

Rules continued on next page.

11. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

13. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

16. Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.

For full 2023 IRONMAN Rules and any changes please click [HERE!](#)



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RUN

13.1 MILES

The run will start at Transition in Lodmoor Country Park and end at the Finish Line outside The Pavilion.

The two and a half loop 13.1 mile (21.1 km) run course begins with a run from Lodmoor Country Park to the finish area, along Weymouth's esplanade. This provides a spectator friendly run course with support from family and friends.

[GPX file here!](#)

The course is only marked during race week and uses barriers, road markings and cones in some places to mark the route.

Some notes to remember:

- Athletes have **8 hours 30 minutes** after their individual start time to complete the race.
- No form of locomotion other than running, walking or crawling is allowed.
- During the run you must at all times wear the race number visible on the front.
- A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.
- Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.
- Athletes cannot accept help from anyone during the race.
- Athletes are encouraged to wear appropriate footwear due to the varied terrains.

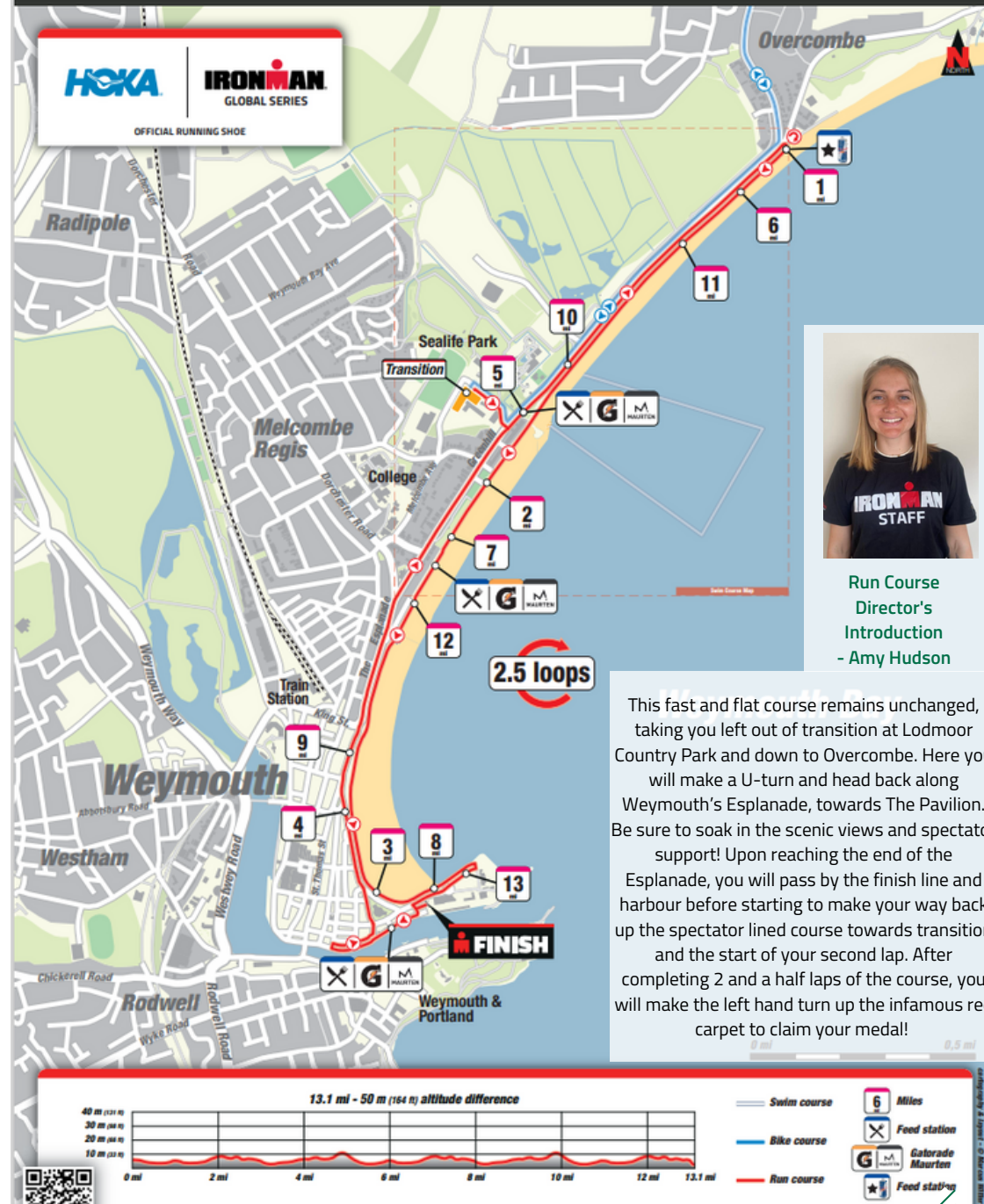
Please be aware that you could be DNF'ed after the race based on final timing verified by timing company which shows that you failed to meet the cut off applicable to your start.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

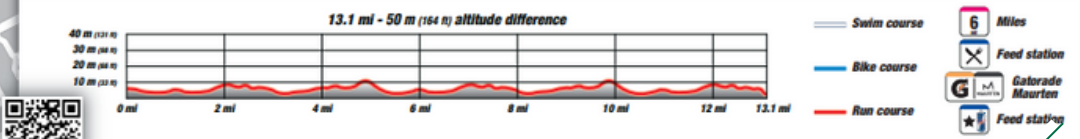
IRONMAN
70.3®
WEYMOUTH UK

RUN COURSE
2.5 loops
course distance - 13.1 mi



Run Course
Director's
Introduction
- Amy Hudson

This fast and flat course remains unchanged, taking you left out of transition at Lodmoor Country Park and down to Overcombe. Here you will make a U-turn and head back along Weymouth's Esplanade, towards The Pavilion. Be sure to soak in the scenic views and spectator support! Upon reaching the end of the Esplanade, you will pass by the finish line and harbour before starting to make your way back up the spectator lined course towards transition and the start of your second lap. After completing 2 and a half laps of the course, you will make the left hand turn up the infamous red carpet to claim your medal!



RUN

1. Athletes may run, walk, or crawl
2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification
3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event
4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities
6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

7. No individual Support Vehicles or pacers are allowed. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are still competing

8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

9. The run course will officially close 8 and a half hours after the last athlete enters the water

For full 2023 IRONMAN Rules and any changes please click [HERE!](#)

SUPPORTER BIKE AND BAG COLLECTION

We will be providing a Supporter Bike and Bag Collection for athletes!

The Supporter Bike and Bag Collection will give you, as an athlete, the option for a member of your family, a friend, or even a tri club member who is also racing to collect your bike, transition bags with your race items in. Supporters can collect your bike and bags whilst you are out on the run course, or once you have completed your race - to ease any stress.

If you wish you use this option, please read the following information carefully:

You must come to registration **WITH** your designated supporter, family member or friend that will be collecting your bike and transition bags for you, at any time during the registration opening hours.

You must register for the event first to receive your athlete backpack, BIB number and registration materials.

You must then come to the Athlete Services Help Desk where we will require you to:

- Fill out a form with your spectator providing details such as name, date of birth, BIB number etc (only the supporter registered will be able to collect the bags and bike)
- Sign a Supporter Bike and Bag Collection Waiver

We will then provide your supporter with a race specific wristband to put on immediately to ensure they can collect your items on race day with ease.

Please note that your designated supporter must be over the age of 18 to use this option and a supporter can pick up a maximum of two athlete bikes and transition bags.

Your supporter can then collect your bike and transition bags only during the transition opening times stated in the event schedule. They must have the wristband on their wrist, not damaged or tampered with, and the QR code from the confirmation email they will receive and photo ID ready for checking and scanning at bike check out.

The white bag is not included and is picked up by the athlete at the Finish Line.

Please note that there is a limited number of spaces and this will be provided on a first come, first served basis. We do hope this process is as smooth as possible and therefore, please ensure that your supporter has their ID on them when they come to collect your bike and bags, further questions can be asked at the Help Desk.

Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman



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ON COURSE NUTRITION

AID STATIONS

BIKE COURSE

LOCATION

Aid stations on the bike course will be located at the miles and locations below;

Puddletown Forest: Mile 16.5

Henley Bay: Mile 27.6

Gales Hill: Mile 40

NUTRITION AVAILABLE

Each feed station will contain the following:

- Gatorade Thirst Quencher
- Water
- Bananas (aid station 2 only)
- Maurten gels (aid station 3 only)
- 226ers Bars (various flavours)

Water from these feed stations will be handed out in 750ml bike specific drink bottles.

Gatorade will be handed out in Gatorade Endurance Plastic bottles with sport cap that fit in bike cages.

RUN COURSE

LOCATION

There will be three stations on the run course, approximately 1.5 miles apart.

NUTRITION AVAILABLE

Each feed station will contain the below:

- Gatorade Thirst Quencher
- Maurten
- Water
- Cola
- Bananas (only at aid station 3)

The drinks and nutrition will be handed out by volunteers so you are able to collect nutrition as you go past.

There will also be a Red Bull 'Energy Station' at mile 1, mile 5.9 and mile 10.8.

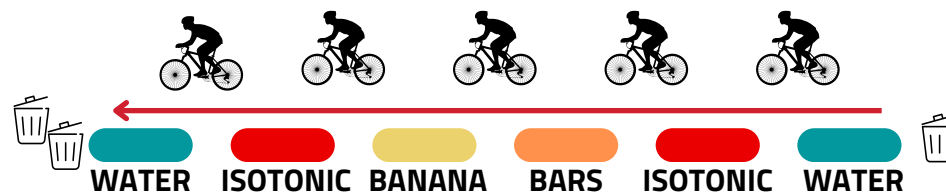
Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

ON COURSE NUTRITION

AID STATION LAYOUT

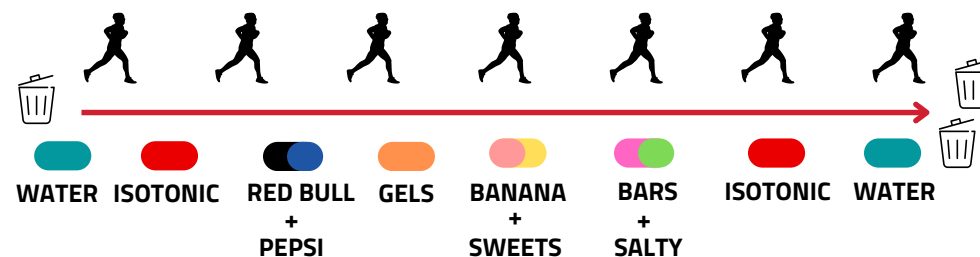
BIKE COURSE

The aid stations layout will be as per the image below for the bike course (subject to alternations):



RUN COURSE

The aid stations will be laid out as per the image below for the run course (subject to alterations):



Please remember littering on the course will lead to disqualification. Therefore, please use the bins provided. The layout is subject to change

RAID STATION SUMMARY - IRONMAN 70.3 WEYMOUTH 2023

Please see a summary of the aid stations available at IRONMAN 70.3 Weymouth, if you go from the left hand side of the page you can read the miles and location of the aid station and then moving along what will be available there. The green box is what is available and the black X means this will not be available

BIKE COURSE

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100 are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



REUSEABLE CUPS!

As some of you may have seen in 2022 we had a cupless aid station where athletes were provided with a re-usable 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 re-usable cup in registration and use this at any of the aid stations!

WHAT DOES THIS MEAN FOR YOU?

You can either scrunch up and put in your tri-suit pocket or using the loop on the cup, clip onto your race belt on race day.

HOW WILL IT WORK?

As you approach the aid station have your cup ready, upon arrival one of our dedicated volunteers will fill your cup up with either water from a jug. You are welcome to have your cup filled up multiple times. When the cup is empty do not throw it away simply put it back in your pocket or on your race belt until you need it at another aid station or ultimately keep it as another memento of your race.

WILL THERE STILL BE CUPS AT THE AID STATIONS?

Yes, there will be still cups at the aid stations, however we encourage you to use the reusable cup if possible.



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FIRST TIMERS!

We can't wait to welcome you to 2023 IRONMAN 70.3 Weymouth to experience your first IRONMAN 70.3 event!

We kindly ask you to take the time to familiarise yourself with the Athlete Guide in full but please do use the FAQs below to help you through your first IRONMAN 70.3 event!

1. What do I need to bring to registration?

- Photo ID (e.g. passport, driving licence)
- QR code from email confirmation or race week email
- Race Licence (ITU recognised or BTF one day licence)

2. When do I receive my timing chip?

- At bike check in

3. Do I receive a race pack prior to the event?

- No, all race materials will be given to you at onsite registration on Friday 15th September (09:00 - 17:00) or Saturday 16th September (08:00 - 15:00)

4. What's my BIB number?

- This race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on a first come first serve basis during registration onsite (Nirvana, AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower BIB number ranges)

5. I've registered onsite but now don't want to race, what should I do?

- Please send an email to weymouth70.3@ironman.com as soon as possible to let us know that you won't be racing with your BIB number in the email subject, this is really important so we know you're safe before the race starts

6. Can I rack my bike on race morning?

- No, you must attend bike check in between 08:30 and 16:30 on Saturday. No exceptions can be made

7. What goes in the transition bags?

- **WHITE BAG** = streetwear - any clothes you arrive in on race morning or want after the race (your white bag will be transported to the finish line)
- **BLUE BAG** = bike gear (e.g. helmet, bike shoes)
- **RED BAG** = run gear (e.g. trainers, sun cap, sun cream)

8. How do I get to Transition/Race Start on race morning?

- We recommend the Swannery Car Park

9. What shall I arrive in on race morning?

- We advise that you come in your trisuit and wetsuit rolled down to your waist with a jumper on to keep warm. There are no specific changing areas in the morning so please arrive ready to race

10. What should I do with my timing chip after the race?

- You must hand this over at the Finish Line, there will be a bucket for you to place this into and volunteers to assist

11. Can I access transition on race morning?

- Yes! You can access transition from 05:00 - 07:00 so you can add your bike computer and any different food or drink to your bike on race morning, if needed

12. Do I need to wear a wetsuit?

- We strongly advise that you wear a wetsuit for IRONMAN 70.3 Weymouth

13. Can I use disc brakes?

- Yes

14. Do I have to use a triathlon specific or TT bike?

- No, this is your choice - if you have any concerns that your bike may not be appropriate, please email the team and we can provide guidance

15. Will there be mile markers on the bike and run course?

- Yes, there will be 10 mile markers on the bike course and mile markers on the run course

16. Can my family and friends hand me things?

- No, you are not allowed any outside assistance during the race, this will lead to disqualification

17. Can my family run down the Finish Line with me?

- No, you will be disqualified if you bring anyone on to the course that is not participating in the race

18. Are there showers after the race?

- No, there are no showers in Athlete Village

19. Where will my white bag be after the race?

- Your white bag will be waiting for you in the post race area, shortly after the Finish Line

FIRST TIMER CHECKLIST

BEFORE TRAVELLING:

- Check the schedule and plan accordingly
 - Read the Athlete Guide
 - Watch the Online Race Briefing
- (if your unsure of any details of your registration please log into Active and check there - if not email weymouth70.3@ironman.com if you have any questions or any changes need to be made.



FOR REGISTRATION:

- Bring your valid Photo ID
- Be sure to have your QR code ready
- Bring your Annual Race Licence (if you have one)

(if you don't have an annual licence, you can purchase one by clicking [HERE](#) and select IRONMAN 70.3 Weymouth)

AT REGISTRATION:

- BIB number
- Wristband
- Sticker set
- Swim cap
- Backpack
- Blue, red and white transition bags

Preparation is key

PREPARATION FOR TRANSITION:

- Place the stickers on your bike, helmet and bags
- Prepare your blue bag with your bike clothes
- Prepare your red bag with your run clothes
- Check your bike over



TIME FOR TRANSITION CHECK IN REFEREES WILL CHECK

- Your helmet with the sticker (put your helmet on)
- Your bike is also stickered correctly (under seat)
- Your brakes will be checked
- You have your blue and red bag

FIRST:

- Leave your bike at your rack number
- Leave your blue bag on the hanger
- Leave your blue bag on the hanger
- AND THEN:**
- Collect your timing chip before leaving transition

(familiarise yourself with the transition flow)



Sleep Well

IT'S RACE DAY! DON'T FORGET:

- Timing chip (put it on your left ankle)
- Your white bag
- Your wetsuit
- Any bottles/nutrition you want to use

BEFORE SWIM START:

- Go to transition to check your bike, add nutrition and fill your water bottles
- Put your wetsuit on
- Drop off your white bag prior to going to swim start
- Self-seed yourself in your estimated swim time



Race Safe

CONGRATULATIONS ON YOUR RACE!

- Collect your finisher items
- Collect your white bag from the finish
- Go to transition 2 (Lodmoor Country Park) and check out your bike and transition bags
- Check your results (appeals must be made before 16:30)
- Attend Awards and Slot Allocation



RELAY TEAMS

INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

REGISTRATION

Registration for all athletes will take place on Friday and Saturday (please note we kindly ask for you to attend at the same time as your team captain if possible).

You will need to bring your **ID** and **race licence**. All members will need to have signed the relay waiver, on Active prior to registration.

Each team member will have to provide a **Race Licence from an ITU-affiliated national governing body** OR click [HERE](#) to purchase a one day membership directly from BTF.

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. **PLEASE MAKE CHANGES AT THE HELP DESK BEFORE COLLECTING YOUR RACE PACK.**



Please note, **any changes to team members must be made no later than 10 days before race day**. Any changes after this date will not be accepted.

RACE PACK

As a relay team you will receive three athlete backpacks as well as:

- 2 x Race BIBs – one for the bike, one for the run
- 3 x ID Wristbands – one for each team member
- 1 x Swim Hat
- 1 x Sticker Sheet – for the bike and transition bags

TRANSITION POINT

In Transition there will be large purple flags marked 'RELAYS' as shown above. This is the area where you may exchange your timing chip. Please make sure all team members are aware of these areas when racking on Saturday.

RULES & REGULATIONS

Please make sure that you are familiar with the [general rules for IRONMAN](#) and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this athlete guide. It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish.



POST RACE INFORMATION

FINISH LINE, POST FINISH, BIKE & BAG COLLECTION

FINISH LINE

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras – it could be you in the headlines of the evening's television news or on the front cover of the Athlete Guide next year!

Please note spectators cannot cross the finish line with you. If you come down the finish line with a spectator, you will be disqualified. Please ensure your spectators are aware of this, as it is for safety as well as fairness to other athletes.

POST FINISH (Medal, finisher tee, recovery, streetwear bag)

1. The medal will be given to you just after the Finish Arch.
Medal engraving is available in the post race athlete area.
2. Then, pick up your Finisher T-shirt.
3. Help yourself to food and drink, refuel after your achievement!
4. Take time to recover, chat to fellow athletes, and let your achievement sink in, in the athlete only zone!
5. Get back your STREET WEAR bag at the post race athlete area.

Please make sure you respect your fellow athletes at this time with space when necessary! You have just completed a major achievement and may be tired!

BIKE & BAG COLLECTION

Transition will open at 14:00 for the collection of bikes and transition bags. You will need to show your wristband with corresponding number to your bike and bags to collect your items from transition. It is recommended you check you have all your items before you leave. **All equipment must be collected by 18:00 no exceptions.**

POST RACE INFORMATION

RESULTS, AWARDS, LOST PROPERTY

RESULTS

Results will be available live on the IRONMAN Tracker App during event day and www.ironman.com/weymouth703 the day after the event.

If you have a query with your result after the race, please report it ASAP to the Athlete Services team in the registration/awards marquee before 16:30. Queries after this time must be emailed to weymouth70.3@ironman.com with full details.

All queries are compiled and resolved with the timing company within 14 days of the event.

AWARDS

Location: Pavilion Theatre

Time: 18:00 – 20:00

Awards Available:

- Top 3 male and female athletes in each age group
- Top 3 male, female and mixed relay teams
- Top 3 Tri Clubs (top overall points)

Awards will not be posted, it is your responsibility to check the results and attend the Awards Ceremony if you would like to receive your award.

LOST PROPERTY

Lost property will be held in corresponding areas, around the transition areas. Please ask the transition manager or member of staff in the finish line area. If you are missing an item, please check with lost property before or after the Award Ceremony on race day. If you find an item, please take it to lost property so its owner can retrieve it.

Items will not be posted after the event so check all your belongings before you go home.

SLOT ALLOCATION

IRONMAN 70.3 WORLD CHAMPIONSHIP AND SLOT ALLOCATION

Location: Pavilion Theatre

Time: 18:00 – 20:00 (post awards ceremony)

SLOT ALLOCATION

2023 IRONMAN 70.3 Weymouth will award slots for the 2024 VinFast IRONMAN 70.3 World Championship in New Zealand to be held on 14th – 15th December 2024:

- **40 QUALIFYING SLOTS FOR THE AGE GROUPS**

Please note, slot allocations are subject to change and may be verified, [here](#).

RULES

To accept a slot to the 2023 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony. No slots will be awarded afterwards.

Photo ID is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

The price is 780 USD (inclusive of all fees and taxes).

If you achieve and provide payment for your slot, in the days following, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group within a particular gender. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a different Age Group.



SLOT ALLOCATION continued...

The Slot Allocation Process:

BEFORE RACE DAY:

- Each Age Group with registered athletes is tentatively allocated one slot (each, an “Initially Allocated Slot”)
- All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

ON RACE DAY:

- If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slots
- The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

AFTER THE RACE:

BEFORE ROLL DOWN

- If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is reallocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

DURING ROLL DOWN

- If any slot allocated to an Age Group is unclaimed (after Roll-Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

All Russian and Belarusian athletes continue to be disallowed from participation in all IRONMAN World Championship and IRONMAN 70.3 World Championship events until further notice.



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POST RACE INFORMATION

QUESTIONS?

Any questions, please kindly email weymouth70.3@ironman.com, we are here to help you have the best pre, during and post event experience possible!

SOCIAL MEDIA

There will be live updates during race weekend on the [Instagram](#) and [Facebook](#) pages. Please ensure you 'like' the pages for up-to-date information and pass it on to your friends and family who may not be on site, so they can follow the race.

RACE PHOTOGRAPHY

Sportograf is proud to be the official athlete photo service at IRONMAN 70.3 Weymouth.

We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here: www.sportograf.com

Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT of your BIKE HELMET to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)





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LEARN MORE

SUSTAINABILITY

REDUCING OUR EVENT IMPACT

At our IRONMAN UK events we are striving towards reducing our negative environmental impact through the careful planning process to prioritise waste management and to re-use and upcycle materials.

Below are some of the initiatives in place at our events:

- **Excess bags** from the 2021 edition of our UK events have been **upcycled** and are being made into the **2023 Athlete backpacks**
- Backpacks unable to be **recycled** were **redistributed to previous participants**
- **80,400** Plastic bottles from the event have been collected and **upcycled** into our **volunteer bags**
- **Excess food and clothes donated** to local charities and foodbanks
- **Over 1 tonne of medals recycled** at the end of the season
- **Finisher T-shirts recycled** at the end the season
- **Transition bags** are made from **recycled sea plastic** and are **recyclable**
- **Rain Ponchos** made from **grain**
- **On-site bib printing**- reducing printing excess materials
- **IRONMAN Branded Bottles** used on the bike course are **bio based**

Trees Not Tees - you can now select to opt out of a finisher tee and choose to plant a tree instead

VOLUNTEERS

We just want to take this moment to thank all our volunteers for taking time out of their day to make this event possible. We truly would not be able to do this without you!

Think about your day as an athlete and how long you are on your feet and please consider the time volunteers dedicate to making your dreams possible! Be considerate, polite and thank them when you can!



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We look forward to welcoming you and wish you a great race!