

IRONMAN[®] WALES CYMRU

OFFICIAL
RACE INSTRUCTIONS

08 September 2013
TENBY, WALES

www.ironmanwales.com



IRONMAN® WALES CYMRU

These Race Instructions are intended to ensure that every athlete arrives in Pembrokeshire as prepared as they can be, so that when you get to the start line you have had a calm week leading up to the race.

These Race Instructions are intended to assist with that, and there is important information about race week that you will need to know.

Each athlete needs to complete an Athlete Requirements form. Using this form you can provide us with additional information we need and gives you the opportunity to book tickets, use the shuttle bus service, pre-purchase your FinisherPix photos and request a personal needs bag.

Details about these items are included, we suggest you read through the instructions and then return here to complete the form. You will need to know your race number

ATHLETE REQUIREMENT FORM [CLICK HERE](#)

We wish you safe travels and look forward to cheering you over the finish line!

Regards

IRONMAN Wales Team



Wales
Cymru



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HORSE**
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Scope to...
A colorful, abstract graphic resembling a brain or a network of connections.

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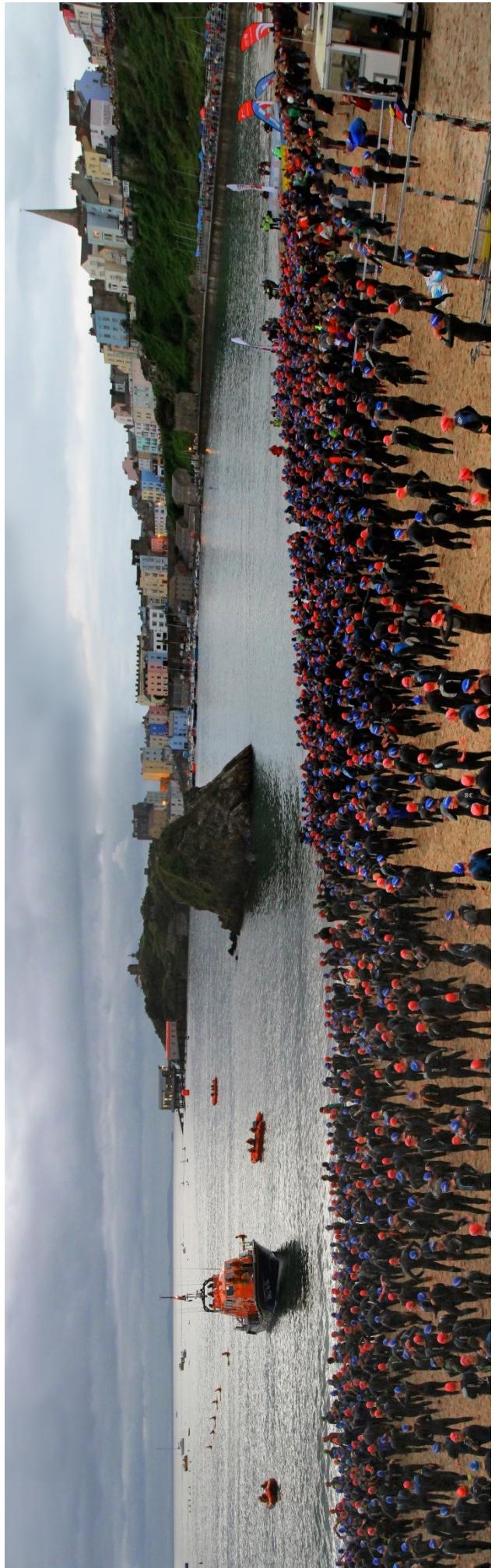


Photo: Huw Fairclough



Race Week Schedule

Thursday 5th September

15:00 – 19:00	Registration	Rectory Car Park
15:00 – 19:00	IRONKIDS Registration	Rectory Car Park
15:00 – 19:00	EXPO	Rectory Car Park

Friday 6th September

09:00 – 17:00	Registration	Rectory Car Park
09:00 – 17:00	IRONKIDS Registration	Rectory Car Park
09:00 – 17:00	EXPO	Rectory Car Park
13:30 – 15:00	Official Swim session (you must register and be wearing your athlete wristband before you can swim)	North Beach
17:00 – 18:00	Race Briefing One	Carew Airfield
18:30	Pasta Party, <u>Ticket only</u>	Carew Airfield

Saturday 7th September

09:00 – 13:00	Registration	Rectory Car Park
09:00 – 11:00	IRONKIDS Registration	Rectory Car Park
09:00 – 17:30	EXPO	Rectory Car Park
	Transition open for bike and bag check in: 09:00 Numbers 60 – 250 10:00 Numbers 251-500 11:00 Numbers 501-750 12:00 Numbers 751-1000 13:00 Numbers 1001-1250 14:00 Numbers 1250 - 1500 15:00 Numbers 1500+	Rectory Car Park
09:00 – 16:00		
14:00 – 16:00	IRONKIDS – Enter Now	North Beach
16:00 – 17:30	Official Swim session (you must register and be wearing your athlete wristband before you can swim)	North Beach
17:00 – 18:00	Race Briefing Two – Limited space so for athletes who can't make Friday only	De Valence, Tenby



Sunday 8th September

05:00 – 07:00	Transition open	Rectory Car Park
06:00	EXPO	Rectory Car Park
07:00	IRONMAN Wales Race Start	
18:00 – 00:00	Transition open for collection of bike and bags	Rectory Car Park
22:00	Finish Line Party	The Esplanade

Monday 9th September

09:00 – 13:00	Finisher Merchandise on sale	Carew Airfield
09:00	Results Posted	Carew Airfield
09:00 – 10:00	Acceptance of Kona Slots	Carew Airfield
10:30 – 13:00	Roll Down of Kona Slots & Awards Ceremony	Carew Airfield

Venues

IRONMAN Wales uses a number of different venues, addresses for these are:

Registration, Transition and Expo	Rectory Car Park, South Cliff Street, Tenby SA70 7EE
Friday Race Briefing, Pasta Party, Awards,	Carew Airfield, Sageston, SA70 8SW
Swim Start and IRONKIDS	North Beach, Tenby, SA70 7JD
Saturday Race Briefing	De Valence Pavilion, Upper Frog Street, Tenby, SA70 7JD
Park and Ride	Carew Cheriton entrance, Carew Airfield, SA70 8SX
Finish Line	Esplanade, Tenby, SA70 7DU

Please note the access at Carew for Race Briefing, Pasta Party and Awards is different to the Park & Ride entrance.



Accommodation & Travel

Nirvana Europe – Official Ironman Europe Travel Agent -has been moving UK athletes and their bikes to major triathlon and duathlon events, all over the world since 2002. The demand from regular triathlon clients for travel and accommodation arrangements to Ironman events continues to grow on an annual basis. In 2012 they will cater for the travel and accommodation requirements of almost 1,250 clients travelling to Ironman and Ironman 70.3 events in Europe, Australia and North and South America. Nirvana know the locations, know the people involved and put in place the most comprehensive and considered race related logistics plan to make sure everything is in place to get you and your bike to wherever necessary, whenever necessary.



[Click here to visit the Nirvana Website](#)

FBM Holidays offer a range of accommodation in Tenby and Pembrokeshire catering for individuals and families. To view the online guide for properties please visit www.fbmholidays.co.uk or call +44 (0) 1834 844565



[Click here to visit the FBM Website](#)

Getting to Tenby

Cardiff Airport

Is the nearest major airport situated 95 miles from Tenby and will take about 2 hours by car.

Trains

Tenby Station is a short walk from the race start. There are other train stations in the local area including Kilgetty, Saundersfoot, Pembroke and Manorbier. Information is available at www.nationalrail.co.uk

Bus

There are regular bus services to Tenby from cities such as Cardiff and Swansea. For up to date information please visit www.nationalexpress.com

Parking

Parking is available in a number of locations around Tenby. Please note there is no street parking in the vicinity of the Race Village, please use the car parks, they are all a short walk from the venue. Please ensure your spectators use the car parks indicated, cars parked on the road can affect the race course and will be moved if necessary.

North Beach Car Park, Gas Lane, Tenby SA70 8AG

The North Beach car park is the ideal location for athletes coming to Tenby wishing to leave their car in one location and won't need use of it on race day. Parking tickets can be purchased for multiple days.

Note there is no vehicle access to North Beach Car Park after 11:30am on Race Day

Multi-Storey on Park Road SA70 7LS

700 spaces - The largest car park in town and a short walk from the Race Village, note the height restriction here for those who have bikes on top of cars.

Salterns, Tenby SA70 8EQ

312 spaces



The Green, Tenby SA70 8ES

135 spaces

South Beach Tenby SA70 7EL

164 spaces

At the bottom of the cliff below the Rectory Car Park. It is a steep walk up the hill to the Esplanade via the path from South Beach but is the closest to transition and the finish line.

Station Road, Tenby SA70 7JY

84 spaces

Adjacent to the railway station and accessible at all times throughout the event weekend.

Race Day

Athletes needing to park on race morning will be directed to the Salterns Car Park

Standard parking charges will apply.

Visitor Parking

07:00 – 09:30

While the athletes are leaving transition during the above times there is no access to the Multi-Storey car park. There will be access via the town diversion throughout the rest of the day. Apart from North Beach Car Park, the other car parks are available.

For the remainder of the day the car parks will be available however this involves vehicles crossing the bike course as it travels through Tenby. Visitors are asked to use one of the following in the first instance between 09:30 and 17:00

Park & Ride

Spectators coming to Tenby and Saundersfoot for race day are recommended to use the Park & Ride from Carew Airfield, Carew, SA70 8SR.

Available from 05:00 until the end of the day. Buses will shuttle athletes and visitors to and from Tenby from 05:00 until the end of the day, and to Saundersfoot between 09:15 and 17:30. This avoids vehicles being delayed crossing the bike course or having to find parking in town.

Tenby Pick up and Drop Off Point

Park Road adjacent to The Green Car Park

Saundersfoot Pick up and Drop Off Point

Regency Hall Car Park, Milford Street, Saundersfoot, SA69 9EN



Checklist

Below is a list of items we recommend you bring with you to the race. The items in red are mandatory for IRONMAN Wales

Photo ID	Wetsuit	Swim Goggles
Trisuit/Clothing	Cycle Shoes	Bike Tools
Race Number Belt	Bike Water Bottles	Bike
Bike Helmet	Spare Inner Tubes	Bike Pump
Nutrition	Running shoes	Socks
Sunglasses	Sun Cream	Hat
Warm Clothing	Vaseline	Race Licence
Spare shoes for swim start		

Registration

Registration for all athletes will take place on Thursday 5th, Friday 6th and Saturday 7th September. It is compulsory that athletes register and collect their race packs within the times stated on the Race Week Schedule. There will be no late registrations, please take this into consideration when organising travel. Athletes will receive an athlete backpack containing the following;

Race Number	ID Wristband	Swim Cap
Helmet Sticker	Bike Sticker	Transition & Shoe Bags
Bag Stickers	Number Tattoos	Timing Chip Receipt

Athletes must show photo ID, sign a waiver and show a Race Licence from an ITU-affiliated national governing body or a Day Licence, which can be purchased for £5 at Registration. [CLICK HERE to read the waiver](#)

Race Pack

ID Wristband

Your wristband with your race number printed on will be placed on your wrist in registration, you must wear this wristband at all times from this point until the Awards Ceremony on Monday as this is essential to gain access into the athlete-only areas.

Race Numbers

You will be issued a sheet of stickers. These are for you to number your kit. Your bike, helmet and bags must have your race number stickers on them. You will also have a race number to wear on your back for the bike and front for the run. You can use safety pins if you wish however, you will need to change the position in transition so it is strongly recommended that you get a race belt which lets you easily switch it from back to front and saves putting holes in your clothing.

Tattoos

You will have two temporary race number tattoos and a category tattoo in your race pack. The number tattoos are for your arms, between your shoulder and elbow. The category is for the middle of your right calf. **To apply:** Ensure the skin is clean and free of sun cream or oil. Remove protective film from the front and place the tattoo ink side down to your skin. Wet the paper with a damp cloth for about 30 seconds until the paper is wet through. Gently peel off the paper backing and tap your skin dry. We recommend you apply both tattoos at home the night before or morning of the race.

Please note the tattoos are optional and can be covered by race clothing.



Bags

You will be issued with four bags at registration. Three of these are transition bags and you need to ensure that you stick the numbered stickers on the bag firmly before you put your gear in them. You will not have access to your blue or red bag prior to the race start on Sunday, so you must ensure that all the items you need are in the bags on Saturday



Blue Bike Bag

Should contain the kit you need for the bike discipline, including your helmet and race number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in. Please note your wetsuit **MUST** be packed in your blue bag after completing the swim. A volunteer will hang it back on your numbered hook.

Red Run Bag

Should contain the kit you need for the run discipline. Remove your run gear and use this bag to pack your bike gear in, including your helmet. Please tie the bag securely. A volunteer will hang it back on your numbered hook.

White Gear Bag

This is your after race bag, it is for you to put any clothing you wear before the race and anything you may require after the race. You must leave this bag in the designated area on Sunday morning prior to the walk down to the swim start. The bag will be available in the recovery area at the finish. If you prefer to give your kit to your spectators then you do not need to use this bag.

Yellow Shoe Bag

As there is a 1km run from the swim to the transition, we will provide you with an extra bag that you can put footwear in after walking to the swim start and hang on a numbered hook to collect after the swim. They will go into your blue bag at transition. These should be spare shoes and not your running shoes.

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

Racking

You must rack your bike, red and blue bags on Saturday between the times stated in the Race Week Schedule. Your bike, helmet, bags and timing chip receipt must be brought at the same time and have your race number stickers on them (please ensure the stickers are firmly attached). Your wristband will be checked as you enter, without all these items you will not gain access to transition.

Be ready before you get to the entrance to transition. You should have your helmet on with the strap fastened and race number displayed. If you would like a PowerBar bike cover, you need to collect this from them at the Expo before you go to rack your bike. Athletes are responsible for ensuring that their bike and helmet are in a safe and working order, IRONMAN Wales will not be responsible for any bike failures.

IRONMAN Wales operates a clean Transition system. No equipment can be placed on the floor around your bike. Your cycle shoes may be clipped onto your pedals if you wish. Please ensure your helmet is placed in your blue Transition bag.

Your bike must be racked over your race number on the A frame racking. It must be racked with the saddle on the horizontal bar. Do not mark your area in Transition, any markings will be removed. Your bike will be fully accessible to you on race morning.



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

Contents of the Transition bags are left at the owners' risk. IRONMAN Wales cannot be held responsible for the contents of the bags.

Timing

You collect your chip in transition on Saturday when you rack your bike and bags. You will need to take your timing chip receipt with you that will be in your Athlete Bag collected at Registration.

Your timing chip is on loan to you, failure to return the chip will result in a £50.00 fee being charged. You need to wear your chip on your left ankle during the entire race.

Timing results will show your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

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 the race.

IMPORTANT - If you do not have an electronically verified chip time you cannot claim a Kona slot or be placed in the age group ranking.



Race Briefing

We strongly recommend that athletes attend the Friday race briefing especially if you are new to IRONMAN Wales. This ensures you have all the information that you need about the race before racking your bike and bags on Saturday.

The Saturday briefing is a smaller venue and takes place on Saturday evening when athletes are ready to race. It is mandatory to attend one of these briefings. The Race Briefings contain up to date information on the race and any last minute detail that you should be aware of.

Briefing 1, 17:30 on Friday, Carew Airfield:

There will be in-depth information about the event and procedures required for an IRONMAN triathlon, such as transition bags and cut off times.

Briefing 2, 17:00 on Saturday:

Will incorporate the key topics for Sunday's race, given that registration and racking has already been completed.

Official Expo and Merchandise

The Expo will be at the Rectory Car Park on Thursday, Friday, Saturday and Sunday opening at the times shown in the Race Week Schedule. Please take the time to visit the exhibitors and show your support.

Official IRONMAN merchandise will be on sale and on Monday a range of finisher merchandise will be sold.

Mechanical Support

You need to ensure your bike is road worthy before you get to the race venue. There will be Pembrokeshire Bikes and Sram mechanics onsite to assist with last minute issues prior to the race. Please report to the bike mechanics should you require assistance.



If you need assistance building your bike after travelling, or would just like it checked over, then you can book a slot with Pembrokeshire Bikes via their website.

Bike & Wheel Hire

Totally Bikes is a specialist bike and equipment hire firm founded and run by cycling and multisport enthusiasts – they understand the importance of having the right bike and the right set up for you to achieve peak performance. Totally Bikes has a fleet of high quality



TT/Tri bikes and road bikes – perfect not only for achieving a fast bike split, but also arriving at T2 in good shape to take on the run course. Totally Bikes is a young company obsessed with offering a great service and delivering the best possible bikes at competitive prices. The Totally Bikes team will be on hand throughout the event week to ensure that your hire bike is set-up correctly for you. They will even fit your own saddle and pedals if you want. If you are interested in hiring a bike call Peter at Totally Bikes on +44 (0) 7917 231934 www.Totally-Bikes.com

Massage

Experienced sport masseurs will be on site providing athletes with a massage and last minute injury management in the Expo on Saturday from 10:00 – 17:00 and post-race on Sunday.

If you wish to book a pre-race massage or injury assessment then please visit the team between 10:00 – 16:30 to book your spot. **The prices are £10.00 for 10 minutes, £20.00 for 20 minutes.** The post-race massage is free to all athletes on Sunday.



For a guide to sports massage click [here](#)

Pre-Race Training

Practice Swims

Friday 6th September 13:30 – 15:00

Saturday 7th September 16:00 – 17:30

The swim practice will take place at the official swim start of IRONMAN Wales on the North Beach. All athletes must have registered and collected their athlete wristband from registration before they are able to join the swim. Athletes without a wristband cannot enter the water. Athletes must wear their Official Swim Cap provided in registration. All athletes need to exit the sea after their practice promptly; entry to the swim will be closed 15 minutes before athletes are due to exit the water.

Cycling

We recommend that all athletes take the time to cycle or drive the course. There are some technical sections and some hills to be knowledgeable about. It is the athlete's responsibility to know the course on race day.

Running

Due to the run course including some of the town centre in Tenby it will not be marked until race weekend. However if you use the run map on the website it is possible to run the course prior to race day.



Withdrawal

Pre-Race

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the Athlete Services Desk at Registration and return your timing chip, or inform the Swim Manager prior to the swim start. If you do not return your timing chip you will be charged £50 for its replacement. It is ESSENTIAL that you let us know if you are not racing, so all athletes are accounted for and we know you are safe.

During the race

To comply with the health and safety plan any athlete withdrawing from the race at any time must report this to a race official. They will take your details and report this to Race Control. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN events. Athletes who withdraw from the event on the advice of the medical team are exempt from this rule.

Pasta Party

There will be a pasta party at the Carew Airfield at 18:30 on Friday. This event is free to athletes but you need to reserve your ticket. Guest tickets are £15.00

To reserve your ticket and add additional guests use the Athlete Requirements Form [CLICK HERE](#)

Rules and Regulations

Every sport requires rules and regulations to ensure a fair and safe competition. IRONMAN enforce a series of regulations for this very purpose and every athlete should ensure that they are aware of the key rules for their own safety and that of athletes around them.

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



Yellow Card is a Stop/Go Penalty.

You must report to the Penalty Tent in the transition area



Black Card 6 Minute Penalty.

You must report to the Penalty Tent in the transition area, to serve the time penalty



Red Card – Disqualification

The penalty tent will be situated in transition. If you break a rule on the course a referee will show you a card. It is then your responsibility to report to the Penalty Tent, confirm with the referee which penalty you are serving before continuing.

Failure to report to the penalty tent after being shown a card will result in disqualification from the race.

General Rules

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete outside of the Personal Needs zone at the Harbour Feed Station.
- You must complete the full course and within the time limits specified. If an athlete at any point during the race is, in the view of the Race Officials, unable to complete that section of the course within the cut off time, they may be withdrawn from the race.



- No iPods, phones, cameras (eg Go –Pros), listening or recording devices are allowed
- Do not abuse race officials, volunteers or members of the public
- Athletes must not run down the finish line with a spectator or carry any item that may impede or injure another competitor.

This rule is to ensure a fair race, the safety of athletes and spectators and to ensure that every athlete enjoys the best possible finish line experience.

Any athlete ignoring this rule will be disqualified.

- Les règlements IRONMAN ne permettent pas de franchir la ligne d'arrivée avec des spectateurs
- Las reglas de IRONMAN establecen claramente que los espectadores no pueden cruzar la línea de meta junto con usted.
- Die IRONMAN Regeln erlauben es nicht, dass Sie mit Zuschauern zusammen ins Ziel einlaufen



Further details of the key rules are included in the descriptions of each discipline that follow.





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Ironman 70.3 Champion 2012
18-24 age group
Wearing : oSUIT man

Lucy GOSSAGE

Winner Challenge Barcelona 2012
Sub 9 hour Ironman distance
European Duathlon Champion 2012
Wearing : iTOP + iSHORT woman



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RACE DAY INFORMATION

Transition

We recommend you arrive in Transition at least 90 minutes before the swim start. It is better to be prepared and relax for a while before the race than to be rushing to get ready.

You will have access to your bike, but not to your bags 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 change into your swim gear and drop your white bag to the white bag area before joining the walk down.

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. You must wait in transition to be called to the race start and will be walked down en masse by race officials to the swim start area.

If you are using the shoe bag, have this with you and take it on the walk down. When you get there you will put your shoes in the bag and hang it on your numbered hook.

If you discover you have forgotten anything in the morning, race number, timing chip please notify an IRONMAN official as soon as possible so time is allowed to try and get you a replacement.

Swim

The swim is a mass start from the beach on a two lap course swimming clockwise.

Please move down the beach away from the ramp quickly to allow all athletes onto the beach. The race will start on time but all athletes must have the opportunity to be in position when the gun goes, so your help is appreciated. The national anthem will play as you walk down onto the beach.



There will be a table at the swim entry/exit for glasses, inhalers etc. Please place your item in a plastic bag provided and write your race number on it.

The Pro athletes will start in front. Age group athletes should remain in their place on the beach. There will not be a countdown, however you will be given a warning about a minute before the start.

Athletes exit the water at the end of their first lap to run a short section on the beach then enter the water again to start the second lap. On completing the second lap you run up the ramp to street level and through the town to transition.

If you use the shoe bag you must take this bag to transition with you, if you discard this bag, it is littering and carries a penalty of disqualification. Any items left at the swim start will be disposed of immediately after the swim has finished.

Entry to the second lap will close 1 hour 15 minutes after the start of the race.

Athletes have 2 hours 20 minutes to complete the swim course. A further 10 minutes will be allowed to exit transition on the bike.



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

- a) Ensure that you place yourself at the back of the swim start area.
- b) You may be more comfortable if you enter the water early and get acclimatised to the water temperature with a warm up swim, before lining up on the beach for the swim start.
- b) Stay clear of the mass of athletes and allow them to set off at the gun. Letting the start area clear for a few seconds will enable you to get into some clear water.
- c) Stay calm. It is important to stay relaxed.
- d) If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a kayak to come to you. You may hold onto the kayak to catch your breath and then continue swimming. Always following the kayakers instructions and if necessary a rescue boat will come to return you to the swim start area.

- A wetsuit is mandatory
- Each swimmer must wear the swim cap provided in registration.
- No fins, paddles, snorkels or flotation devices of any kind are allowed
- Swimmers are required to stay on course, failure to follow the course may result in a penalty
- The wetsuit can be removed after the swim for the run to transition given that you are wearing appropriate clothing under the suit and that you do not obstruct other athletes while removing it. The wetsuit **MUST** be carried to transition and packed in your blue bag.
- No nudity is allowed during the race. If you wish to change completely there will be separate male and female change areas for this in the transition marquees.



Bike

The bike course for IRONMAN Wales is a two loop course totalling 180 kilometres of spectacular coastal views through idyllic towns over an undulating course with some good climbs towards the end of the loops! The first loop is longer, extending west from Lamphey to Angle peninsula and Pembroke, returning through Lamphey before turning north through Carew and Templeton to reach Narberth. From Narberth the course travels south through Saundersfoot to return to Tenby via St Brides Hill.

On the second lap, cyclists turn east in Lamphey to repeat the same route through Narberth and Saundersfoot to reach the transition in Tenby. Click on the image below for the interactive bike plan.

You can see the Bike Course on [Bike Map](#)

- Athletes have 10 hours 30 minutes after the start of their race 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.
- 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 of the road.
- Any littering on the bike course will result in disqualification. You would not expect litter to be left outside your home after an event and local residents deserve the same courtesy.



Pete Jacobs on Powering Through His Low Points



Quarq is proud to have more than 25 of the world's best short- and long-course triathletes riding its power meters in 2013. Quarq power meters provide triathletes at all levels with invaluable information in training and competition that is every bit as crucial to success on race day as proper nutrition and smooth transitions.

Power meters take the guesswork out of training and racing. A power meter is the equivalent of lifting weights in the gym. By knowing what maximum power or average power for a duration you can produce, you soon learn how to start improving on those numbers. Racing becomes more controlled too and this is perfect for an Ironman event - you get the intensity correct immediately with no guesswork. Just look at the top riders' bikes and then you will understand not only how power meters improve performance, but how they actually get the best out of a rider during a race.

A perfect example of this is how Australian Pete Jacobs relied on his Quarq power meter to guide him through his low point – every triathlete hits tough stretches – on his way to victory at the 2012 Ironman® World Championship in Kona. Although Pete had a brilliant day, around the 80-mile (130-km) mark of the 112-mile bike split he suddenly felt flat.

"I couldn't push like I'd been pushing for the previous three hours basically," Pete said. His wattage was dropping. It was the sort of rough spot, mentally and physically, that can put a race plan in jeopardy. That's when Pete turned to his power meter for help.

"I just had to relax. I definitely liked having the Quarq there. I was looking at my watts, and my watts had dropped. But being able to see that they had dropped still allowed me to find that efficiency, find what muscles were tired and improve it." He also watched his cadence. "If I can increase my cadence, it became easier but the watts went up."

"Having that right there in front of me makes it easier to get through those low points, and is also very motivating for the times I was feeling good and watts were right up, cadence was right up. It just allowed me to be a little more in control because I could see what is happening.... I'll check my cadence, keep my cadence good, keep it high, keep my feet light on the pedals and just think about the muscles I'm engaging to make the most of my state of fatigue."

Quarq Power Meter Features:

Power Balance™

Do you have a pedal imbalance? Suffer from back ache? These could all be factors caused by a pedal imbalance. Power Balance uses crankset torque to display the ratio of power generated in the right drive stroke (first half, 0-180°) versus the left drive stroke (second half, 181-360°) for each crank revolution. Power Balance is used by sports scientists to test asymmetry and is an excellent aid for injury recovery. The Quarq ELSA 10R and SRAM RED Quarq power meters are equipped with Power Balance to help improve your training and reduce the potential for injury.

Omnical™

Some users of power meters may be restricted to using one chain ring size as the power meter will need to be recalibrated. Quarq Elsa, Red and Riken has power measurement, which is independent from chainring selection. Swap chainrings without impacting accuracy. No recalibration necessary.

Exogram™

Reduced weight: ELSA 10R's Exogram hollow carbon crank arms maximize the stiffness to weight ratio.

Tool-less, user-replaceable bat

ELSA 10R, RIKEN 10R and the RED power meter use an industry standard CR2032 battery with over 300 hours of riding time.

LED

Unique to Quarq is the Blink function. With most power meters, if the unit is not working the rider has no idea what is wrong. But with Quarq when the power meter wakes from sleep and it will have a series of LED signals to confirm everything is working as normal.

+/- 1.5% accuracy

You can trust your Quarq: Each power meter is individually calibrated at the factory. Calibration values are stored on the power meter for seamless interchangeability between cycling computers.

ANT+™

Embracing the ANT+ standard gives you the flexibility to choose any ANT+ compatible cycling computer.

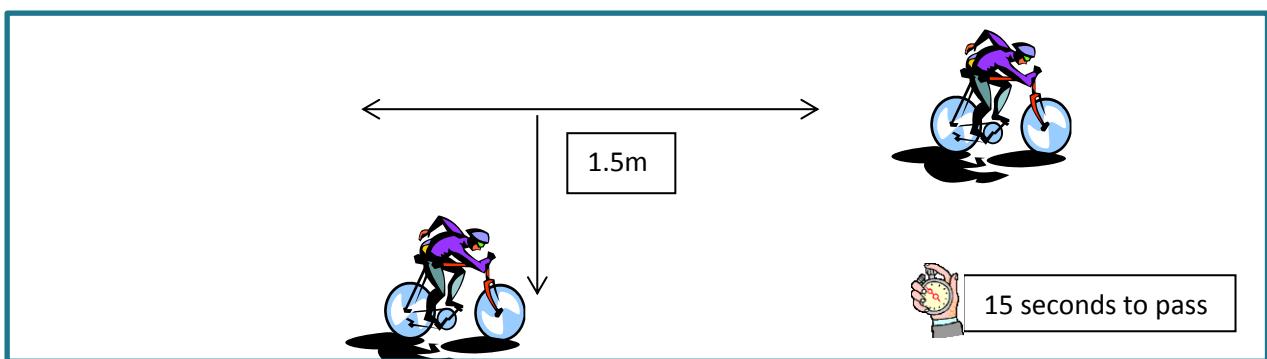
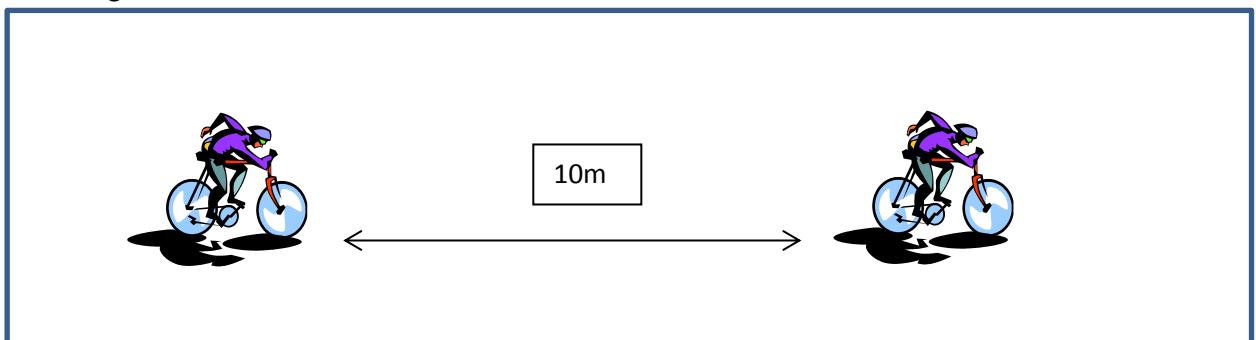
Drafting

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 10 metres (back tyre to front) and 1.5 metres on the side. If you enter this zone you will receive a black card.

Athletes cannot block another athlete from passing. If you are overtaking you must do so in 15 seconds.

Failure to do this will result in a penalty if you do not drop back. The overtaken athlete is responsible for dropping back so they are not drafting. Only once they have dropped back ten metres can they attempt to overtake the cyclist in front of them.

When riding



Mechanical Support

Athletes are responsible for repairing any mechanical issues that they may have and carrying basic spare parts and the tools necessary to do so. The mechanics and race officials will not assist with repairing punctures.

There will be Sram, Pembrokeshire Bikes and Totally Bikes mechanics on the course to assist with more serious mechanical issues. There will be a combination of static points and vehicles touring the course, they are not on call and as they have to comply with restrictions and closures in place, they cannot respond to calls.

Athletes can receive spare parts from the Support Team, at their discretion, without incurring a penalty however, you will be required to pay for any parts when you have completed the race, failure to do so will result in disqualification.



Run Course

The IRONMAN Wales marathon course takes place in and around the picturesque town of Tenby. Exiting transition along South Cliff Street, turning left onto South Parade skirting the town wall, travelling north towards New Hedges. It returns on the same route but continues into the heart of this historic town, taking in The Croft and the harbour.

The course is a four loop run, each loop consisting of just over 10 kilometres of running, before swinging left onto Tenby's Esplanade to reach the finish line making up the marathon distance.

- Lap bands will be handed out on the run laps, you need to have collected 4 bands before heading to the finish line
- Athletes have 17 hours from the start to complete the race.
- No form of locomotion other than running, walking or crawling is allowed.



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Ironman European Champion 2010
PowerBar® User since 2008

Michael Raelert
Ironman 70.3 World Champion 2009, 2010
Ironman 70.3 European Champion 2010, 2012
PowerBar® User since 2008

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[www.cycle.ie/powerbar](http://cycle.ie/powerbar)

Feed Stations

BIKE

There will be four Feed Stations on the bike course located at Angle (26 miles) Lamphey (37 miles) Narbeth (56 miles) and Tenby (37 miles) and again on the second lap at Lamphey (78 miles) and Narbeth (97 miles). In total you will pass a feed station seven times.

Each Feed Station will contain the below;

- PowerBar Isoactive Isotonic Sports Drink- Lemon
- PowerBar Energize Bars - Cookies & Cream or Berry
- Water
- Bananas



Drink from these Feed Stations will be handed out in bike specific drink bottles of 700ml.

Bike Course Feed Station Ready Reckoner [click here](#)

RUN

There will be four Feed Stations on the run course located at Lady Park (both directions), Twycross and Crackwell Street. You will pass a feed station 16 times. Each Feed Station will contain the below;

- PowerBar Isoactive Isotonic Sports Drink- Lemon
- PowerBar Gels – Strawberry & Banana or Blackcurrant
- PowerBar Hydro Gels – Cherry with Caffeine
- Water
- Cola
- Power Horse
- Bananas



Drink from these Feed Stations will be handed out in cups

Cups and gels should be thrown in the bins provided – not on the ground.

For a full nutrition guide [click here](#)

Run Course Feed Station Ready Reckoner [click here](#)

Personal Needs - Bike

There will be a Personal Needs Zone located just after the New Hedges feed station on the bike course at c.67 miles. These bags need to be left at T1 on race day morning and will be transported to the bike course. If you require a personal needs bag for the bike course you need to request one on the Athlete Requirements Form and collect it in Registration.

Personal Needs – Run

There will be a Personal Needs Zone located at the Crackwell Street Feed Station on the run course. In this zone your spectators can hand items to you. They must be within this designated zone only. Outside of this zone the support of spectators and handing items to you is not permitted and will result in a yellow card for outside assistance.



Finish Line and Athlete Recovery

IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete comes down the finish line with a spectator they will be disqualified. Please ensure your spectators are aware of this it is for safety as well as fairness to other athletes.

After you have finished the race you will receive your medal at the finish line and then enter the recovery area. Here you can help yourself to some food and recovery drinks. The recovery area is an athlete only area. Your white bags and finisher t shirts will be available.



POST RACE INFORMATION

Bike and Bag Collection

Transition will open at 17:30 – midnight for collection of bikes and bags. You will need to show your wristband with corresponding number to your bike and bag to take your items from transition. You must check that you have all your items before you leave transition.

Results

Provisional results will be available live on www.ironman.com. Paper copies of the provisional results showing the Kona qualifiers only will be printed and displayed at Carew Airfield on Monday morning.

If you have a query with your result after the race please report it immediately to IRONMAN staff at the finish line or at Carew Airfield by 08:30 on Monday. Queries after this time must be emailed to wales@ironman.com with full details. All queries are compiled and should be resolved with the timing company within 7 days of the event.

Kona Roll Down and Awards Ceremony

There will be awards for the top 3 male and female athletes in each age group and top 5 male and female professional athletes.

Tickets to the Award Ceremony are free for athletes but like the Pasta Party you need to reserve your place. Guest tickets are £10 if bought via the Athlete Requirements form.

Awards will not be posted so if you would like your award please be present at the Awards presentation at Carew Airfield on Monday. Brunch will be provided.

To reserve your place and add additional guests complete the Athlete Requirements form [CLICK HERE](#)



IRONMAN World Championship Qualification

IRONMAN Wales will have 50 slots for age groupers in the Championship to be held in Kona-Kailua, Hawaii on Saturday 11th October 2014.

Actual slots given in each age group will be finalised in accordance with participant data on race day. If there are no athletes who start the race in a particular age group, then that slot will be moved to the largest populated age group in that same gender.

As a guide the IRONMAN World Championship Qualification Slots based on the total entries this year are shown below but this will be revised based on the number of starters in each age group.

CATEGORY	SLOTS	CATEGORY	SLOTS
M18-24	2	F18-24	1
M25-29	4	F25-29	2
M30-34	6	F30-34	2
M35-39	6	F35-39	2
M40-44	6	F40-44	2
M45-49	5	F45-49	1
M50-54	3	F50-54	1
M55-59	2	F55-59	1
M60-64	1	F60-64	1
M65-69	1		
M70-74	1		

Athletes must be present in order to accept their slot. If athletes are not present to accept their slot, it will be forfeited. A slot will roll down to the next person (same gender).

Qualifiers will be posted at Carew Pavilion on Monday at 09:00 and if you have qualified for a slot your name will be highlighted. The IRONMAN World Championship entry fee needs to be paid onsite if you wish to accept your slot. The cost of a slot will be displayed in Registration prior to the event. You can pay using British Pounds cash or credit\debit card. Card payments will incur an administration fee.



FinisherPix Photos

The team from www.finisherpix.com will be out on the course taking your athlete photos. Please ensure your race number is clearly visible to enable them to know it is you. You can visit the website a few days after the race and view your photos.

Don't forget to smile and have your finish line celebration ready! FinisherPix, are giving you the chance to order your photos now & save 20%! For only £49 inc VAT (regular price £59), you can receive the FinisherPix Photo Pack in Digital Format.

To purchase a photo pack please use the Athlete Requirements Form [CLICK HERE](#)

Lost Property

Lost property will be at transition on race day and moved to Carew Airfield by 11:00 on Monday and will be available until 13:00. If you are missing an item please check with lost property before this time. Items will not be posted after the event so check all your belongings before you go home

Social Media

There will be live updates during race weekend on the Twitter and Facebook pages. Please ensure you "like" the pages for up to date information and pass it on to your friends and family who can then follow the race.

[Facebook](#)

[Twitter](#)

IRONMAN Live (www.ironman.com) will also provide Athlete Tracker giving regular updates on the progress of each athlete's race

We wish you a successful, enjoyable and safe race. Entries for the 2014 IRONMAN Wales will open shortly after the 2013 event.

You will be given priority notification by email when we launch entries to ensure that you have the chance to join us again in 2014.



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