



ATHLETE GUIDE

1.2 mile SWIM - 56 mile BIKE - 13.1 mile RUN



13th July 2025

 @ironman_uk

 IRONMAN Wales



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WELCOME MESSAGES



REBECCA SUTHERLAND

Race Director

It gives me tremendous pleasure to welcome you to the fourth edition of IRONMAN 70.3 Swansea and the first ever IRONMAN Pro Series race to hit the UK.

The past three years events have been a roaring success. The combination of beautiful weather, exceptional crowd support and phenomenal performances from our athletes resulted in a truly memorable experience for all involved. We are therefore very excited to see the event return in 2025 and build upon the success of last year.

Building upon survey results in 2024, we have made improvements to the Swim Start set-up and our post-race food offering. These changes will hopefully lead to a better race experience for all our athletes across the weekend.

It is also important to recognise that without our strong partnerships with Swansea City Council, communities along the courses, generous local and European sponsors, and our dedicated volunteers, hosting an event of this scale simply would not be possible. Without forgetting to thank our IRONMAN volunteers and staff who have worked tirelessly to deliver this event.

Over the last few years, we have seen all manner of weather, so please make sure that you are prepared for all conditions on race day.

Whether you are a first timer or a seasoned IRONMAN athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, watch the online race briefing, and follow any guidance on the day. Take care of yourselves and fellow athletes but most of all enjoy the experience!



CLLR. ROBERT FRANCIS-DAVIES

Cabinet Member, Investment, Regeneration, Events and Tourism

On behalf of Swansea Council, I am delighted to extend a very warm welcome to all the athletes, their family, friends, and supporters, to Swansea this July for the fourth IRONMAN 70.3 Swansea.

This year, we are also excited that IRONMAN 70.3 Swansea is one of the IRONMAN Pro Series 2025 events, alongside being voted into the top 10 "Most Recommended 70.3 Races" at the IRONMAN 70.3 Athlete Choice Awards.

We are proud of the route you will be taking, starting in the historic dock before the bike ride takes you through the stunning Gower Peninsula and onto the run along the beautiful sweep of Swansea Bay.

We hope you have a wonderful time during your stay, and you get to visit the many great attractions that we have in the city.

Swansea wishes you all the very best and look forward to seeing you in July.



EVENT SCHEDULE



*SUBJECT TO CHANGE
RACE BRIEFING WILL BE AVAILABLE ON RACE WEEK

TIME	DESCRIPTION	LOCATION
FRIDAY 11TH JULY		
11:00 - 17:00	Athlete Registration	Museum Gardens
11:00 - 17:00	Expo & Official Merchandise Store	Museum Gardens
SATURDAY 12TH JULY		
09:00 - 15:00	Athlete Registration	Museum Gardens
09:00 - 17:00	Expo & Official Merchandise Store	Museum Gardens
10:00 - 16:00	Transition Open - Bike & Bags Check-in	East Burrows Car Park
14:00 - 15:00	Pro Panel	Ocean Room, Waterfront Museum
17:00 - 18:00	IRONPRAYER	Ocean Room, Waterfront Museum
SUNDAY 13TH JULY		
*RACE DAY		
05:00 - 07:00	Transition Open	East Burrows Car Park
07:00	Male Pro Start	Prince of Wales Dock
07:05	Female Pro Start	Prince of Wales Dock
07:10	Age Group Self-seeded Rolling Start	Prince of Wales Dock
09:00 - 17:00	Official Merchandise Store	Museum Gardens
14:00 - 18:00	Transition Open - Bag/Bike Collection	East Burrows Car Park
16:30 - 17:00	Timing/Results Objections	Waterfront Museum (Upstairs)
18:00 - 19:30	Awards Ceremony and Slot Allocation	Waterfront Museum (Upstairs)



IRONMAN COMPETITION RULES

2025 IRONMAN 70.3 Swansea will be sanctioned by the rules included in the IRONMAN 2025 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>.

The British Triathlon Federation will sanction and enforce all rules outlined in the [IRONMAN 2025 Competition Rules](#).

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.

Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a middle-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 second time penalty served in penalty tent (BIKE) or next to the referee (RUN) will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, mobile phones, smart watches, smart helmets, ... in any distractible manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	

REFEREE'S MESSAGE



Triathlon is an individual event, and it's your responsibility to understand the rules and avoid penalties. The referee's decision on POSITION violations is final, with no protests or appeals. Protests by athletes penalized for judgment calls, or for a penalty which has already been served, will not be considered. Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

All the rules can be found in the [IRONMAN 2025 Competition Rules](#) and the particularities of the race in this athlete guide. Please note that the IRONMAN Competition Rules will be strictly enforced on race day.

1st Blue Card: 2 minute time penalty

2nd Blue Card: second 2 minute time penalty

3rd Blue Card: DSQ

Example: Drafting. Please note that drafting penalties are non-appealable.

30 second time penalty served in the penalty tent (BIKE) or next to the race referee (RUN).

Example: Blocking the progress of other athletes.

Disqualification (DSQ).

Example: Non-compliant material or equipment.

Blue Card

The athlete will be disqualified if they receive three BLUE CARD penalties.

Drafting is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty. **PLEASE NOTE:** This is a non-appealable penalty (to be served in the penalty tent, located in transition).

Yellow Card

YELLOW CARD violations require an athlete to stop for 30 seconds in the penalty tent (BIKE) or to stop next to the referee for 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

Red Card

An athlete receiving a red card will be immediately disqualified from the race.

LOCAL RULES

Littering will result in disqualification in UK races.

STANDARDISED NOTIFICATION PROCESS FOR BIKE PENALTIES - THE RACE REFEREE WILL:

- Call out your race number and notify you that you have received either a BLUE CARD for drafting, a RED card for intentional littering or a YELLOW CARD for any other penalty.
- The race referee will show you the corresponding coloured card.
- Instruct you to report to the **next penalty tent** on the course.

Official hearing: In the event of a protest, the head referee and official timer will be available in the **Waterfront Museum**, from **16:30-17:00**. No appeals will be accepted after this time.

2025 RULE UPDATES

It is the responsibility of each athlete to read and understand the rules in their entirety. However, you will find below the main updates for the **2025 season**.

Article III. PENALTIES - Section 3.01 GENERAL

- **3.01 (a) and 3.01 (b)**
Blue Card violations for **IRONMAN events** now result in a **3-minute time penalty** (previously was 5-minutes)
- Blue Card violations for **IRONMAN 70.3 events** now result in a **2-minute time penalty** (previously was 5-minutes)

Section 3.03 DISQUALIFICATION

- **3.03 (b)** - A red card or disqualification from the Event may be issued to an athlete for severe rule violations including, but not limited to, **repeated rule violations, fraud/misrepresentation** (e.g., unauthorized transfer of a racing bib or timing chip to another athlete), disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

Article IV. SWIM CONDUCT - Section 4.01 GENERAL

- **4.01 (a)** - Each swimmer must wear an official swim cap provided by the Race Officials. **If two caps are worn, the official swim cap must be worn on the outside**, at all times during the swim segment.
- **4.02 (f)** - Neoprene swim caps are allowed when wetsuits are permitted.

Article V. BIKE CONDUCT - Section 5.02 EQUIPMENT

• **5.02 (c)** - Water Bottles and Hydration Systems

1. Front Mounted Water Bottles and Hydration Systems mounted to components attached to the bike that rotate around the steering axis (e.g., cockpit extensions, top tube, headset, stem, head tube) must have a combined maximum volume capacity of **no more than two (2) litres** (this excludes water bottles and hydration systems located inside the frame triangle of a bicycle or inside the bicycle frame) (DSQ).
2. Rear Mounted Water Bottles and Hydration Systems are limited in size, capacity, dimension and location as set forth below:
 - (i) Cannot contain **more than two (2) water bottles*** (DSQ); and
 - (ii) Must not exceed **one (1) litre capacity per bottle*** (DSQ).

*Excludes water bottles and hydration systems located inside the frame triangle of a bike or inside the bike frame.

Section 5.03 BIKE SPECIFICATIONS

- **5.03 (c)** - Aero bar extensions must **not extend beyond the leading edge of the front wheel**; (DSQ)

Article VI. RUN CONDUCT - Section 6.03 FINISH LINE CONDUCT

- Friends, family members (**including children**), and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. **Animals are also not permitted** to cross the finish line or enter the finish chute with participating athletes. (DSQ)

Article VII. TRANSITION AREA CONDUCT - Section 7.01 GENERAL

- **7.01 (g)** - Any applicable Time Penalty received in the Transition Area will be served **at the spot of the rule infraction**.

Article VIII. PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN DIVISION - Section 8.05 SPECIAL TEAM

- **8.05 (c)** - Special Teams are permitted to have up to **two (2) Handlers** per applicable Event.

Article IX. HANDCYCLE « HC » DIVISION - Section 9.03 BIKECONDUCT

- **9.03 (g)** - HC athletes must have a high visibility safety flag mounted to the rear of their handcycle. The top of the safety flag should measure a minimum of **1.2 meters/4 feet from the ground**. The high visibility safety flag must be a minimum of 21 centimetres/8 inches in height by 28 centimetres/10 inches in length.



HEALTH & MEDICAL INFO

- Your safety is our primary concern. The medical team will be staffing the medical facilities next to athlete village on race day. Medical resources will also be available while you are out on course or on call via our staffing team.
- If you are not feeling well on race morning, we strongly advise that you do not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (*dizziness*), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance.

You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.

Manage your Health and Safety on Race Day – RACE HEALTHY, RACE SMART!

Please visit our [Athlete Smart](#) web page for more information regarding your health pre-race and during competition:

MEDICAL INFORMATION

- If you have a known medical condition, we highly advise that you take the following steps:
- Please stop by the "Athlete Services help desk" at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Please also write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.
- The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please stop at the "Athlete Services help desk."

SWIM



Raise and wave your hand, which will alert the water safety team that you need help. If able, you should express that you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.

BIKE



If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – and let someone know you need medical help. Anyone can help – another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

RUN



If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help – another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

If a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.

After you have finished the race: please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.



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SWANSEA

MUMBLES

GOWER

Three destinations rolled into one!

Swansea is a vibrant, cultural city situated along the 5-mile sweep of Swansea Bay, hugged by a flat promenade which forms part of the National Cycle Network and extremely popular with walkers, runners, cyclists and riders of the Swansea Bay Land Train!

The city is home to art galleries, Wales' largest indoor market and an award-winning marina, as well as being a hub for live music, concerts and events. Visit the Glynn Vivian Art Gallery to view their latest exhibition, *Tigers & Dragons: India and Wales in Britain*. Visitors can enjoy a bite to eat with panoramic sea views across the Bay or in the heart of the city, soaking up the lively atmosphere.

Swansea is also the birthplace of world-renowned poet Dylan Thomas, who was a grammar school mile race winner, and visitors can stay at his childhood home as well as explore the permanent exhibition at the Dylan Thomas Centre, located on the Waterfront.

Family fun is in abundance in Swansea too, with a tropical zoo, Plantasia (where visitors can feed crocodiles!), indoor climbing, a waterpark (complete with waterslides and wave pool) and board game cafés, as well as some of Wales' oldest and newest museums, Swansea Museum and the National Waterfront Museum (located next door to each other).

Leaving the city and heading towards Mumbles along the coast, visitors can discover the wide expanse of Singleton Park (250 acres in fact!), with nearby Boating Lake (featuring Unicorn Pedaloes) and crazy golf. Garden lovers can also explore Clyne Gardens, internationally famous for its superb collection of Rhododendrons, and featuring a Japanese bridge, Admiral's Tower and over 10,000 mature trees, some dating back to the middle of the 19th century!



The picturesque coastal village of Mumbles is packed with galleries, shops and boutiques, including the Lovespoon Gallery, which has the largest collection of lovespoon designs from Wales' best carvers, as well as a Victorian Pier. It's also home to Bracelet Bay, which has received one of 14 Green Coast Awards issued across Wales, in recognition of its untouched and rugged beauty.

A visit to Mumbles would not be complete without exploring Oystermouth Castle. Sitting majestically on the hill in Mumbles, with spectacular views overlooking Swansea Bay, Oystermouth Castle boasts ancient graffiti art from the 14th century and a medieval maze of deep vaults and secret staircases.

With several ice cream parlours and a range of restaurants and cafes with sea views, visitors to Mumbles will be spoilt for choice when it comes to eating out! Sample seafood (including oysters!) or select a sundae and choose your favourite topping! Round off a visit to Mumbles with a ride on the Big Wheel and enjoy panoramic views across the bay.



Recently designated as a National Landscape, Gower was the first area to become one of outstanding natural beauty in the UK. Gower's landscape is diverse, ranging from fragile dune and salt marsh in the north to the dramatic limestone cliffs along the south coast. Inland, the hills of Cefn Bryn (don't miss Arthur's Stone!) and Rhossili Down dominate the landscape of traditional small fields, wooded valleys, open commons and traditional villages.

Gower boasts award winning beaches, including the 3 Blue Flag beaches and renowned Rhossili Bay and Three Cliffs Bay. Across the 19 beaches in the area, visitors can enjoy a range of activities both on land and at sea. From coasteering to climbing, surfing to SUP'ing, wild swimming to windsurfing, bodyboarding to boat trips (dolphins and porpoises are regular visitors here) and even donut rides! Walking is an extremely popular activity as visitors can explore the Gower Coast Path which snakes around the coast, forming part of the Wales Coast Path which stretches around the entire Wales coast.

Gower is also steeped in history. Here you'll find ancient monuments, standing stones, castles, caves (including one of Europe's earliest known burial sites) and shipwrecks (one of which is still visible at Rhossili Bay!). Not forgetting Worm's Head, one of Gower's most recognisable landmarks. This iconic promontory which stretches out into the sea took its name from the Old Norse word "wurm," which translates to "dragon" or "serpent" and it's thought that the Vikings who first saw the headland were struck by its long, sinuous shape, which they likened to a sleeping sea-serpent!



KEY LOCATIONS

Registration & EXPO:

Museum Gardens, Maritime Quarter, Swansea, SA1 1SN

//remedy.fame.agrees

Swim Start:

Prince of Wales Dock, Swansea, SA1 8AG

//hired.worker.dirt

Transition:

East Burrows Car Park, Swansea, SA1 1RR

//pitch.hike.closer

Finish Line:

Museum Gardens, Maritime Quarter, Swansea, SA1 1SN

//tree.danger.pink

Awards:

The National Waterfront Museum

//brass.luck.squad



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ESSENTIAL PACK

Exclusive benefits and priority access, providing everything you need for a successful IRONMAN racing experience.

HIGHLIGHTS INCLUDE

- Low bib number.
- Race Director video.
- Pre-race Bike Mechanic tune up service.
- Race Site Tour / Q+A.
- Priority bike racking inside transition.
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PREMIUM PACK

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HIGHLIGHTS INCLUDE

- Everything included in the Essential Pack.
- Race day transport (Pre + Post Race).
- Fast track to swim start.
- Collection of bike & bags from transition.
- Delivery of bike & bags to accommodation.
- Pre-race Bike Mechanic unpack, build & tune up service.



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"I will never do an IRONMAN race without NIRVANA again. They took all the stress out of the process" - M Congdon, 2024

ACCESS & PARKING



The below map outlines the main car parks available to athletes and spectators during the race weekend. All car parks listed are within walking distance of the main event sites.

Please be aware that car parks tend to get very busy on race day so please plan your journey accordingly.

1. St David's MSCP, SA1 3LQ

What 3 Words – ///pine.oddly.crazy

Max Height – 1.83m

No time restrictions

Disabled spaces available

More information on costs etc can be found [here](#)

2. The Quadrant, SA1 3QR

What 3 Words – ///orbit.staple.living

Max Height – 2.08m

No time restrictions

Disabled spaces available

More information on costs etc can be found [here](#)

3. Paxton Street, SA1 3SA

What 3 Words – ///spider.goad,prep

Disabled spaces available

No time restrictions

More information on costs can be found [here](#)

4. The Strand Car Park, SA1 2AE

What 3 Words – ///dream.winner.split

Disabled spaces available

No time restrictions

More information on costs can be found [here](#)



PARKING AT EACH VENUE

Registration – Friday and Saturday

For registration, we would suggest parking in St David's MSCP which is a 5 minute walk or The Quadrant which is a 10 minute walk.

Transition - Saturday

Transition itself is in East Burrows Car Park so you will not be able to park here to rack your bags and bike. We would suggest parking in The Strand Car Park or St David's MSCP which are both a 10 minute walk.

IRONPRAYER - Saturday

St David's MSCP will be the closest car park for IRONPRAYER as it is just over the road to The National Waterfront Museum

Race day - Sunday

We advise parking in any of the car parks listed on the left. Please take into consideration that there will be road closures in place on Sunday so please check whether the car park that you plan on parking in will be affected by these closures.

Awards - Sunday

As awards is in the same area that registration and the Finish Line is - we suggest parking in St David's MSCP or The Quadrant for ease.

*Please be aware that IRONMAN holds no responsibility for where you park or any parking fines that you may incur from this advice, nor will IRONMAN cover any charges incurred. This is only advice and information may not be up to date. Please always refer to parking signage when parking in Swansea during race weekend.



By Train: The nearest mainline station is Swansea which is a 15 minute walk to Museum Gardens. Please check before you travel at www.gwr.com/check.



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

Better finishes start here.



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inflammation**



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REGISTRATION INFORMATION

REGISTRATION LOCATION

Museum Gardens

OPENING TIMES

- Friday 11th July : 11:00 - 17:00
- Saturday 12th July: 09:00 - 15:00

It is compulsory that athletes register and collect their race packs within the times stated above and on the event schedule. There will be no late registrations, please consider this when organising travel arrangements.

PLEASE BRING THE FOLLOWING ITEMS TO REGISTRATION WITH YOU...

1. RACE LICENCE

- If you are a UK resident: Your British Triathlon annual race licence or if you do not hold an annual British Triathlon membership, please purchase a Race Pass by following this link [BRITISH TRIATHLON RACE PASS](#).

If you are a UK resident, but a member of an international governing body, you must ensure that your race licence provides liability insurance for you to race in the UK OR purchase a One Day Race Pass from British Triathlon via the link above.

- If you are an overseas resident: you will need to bring your Race Licence from a World Triathlon Affiliated national governing body (please check that your Race Licence provides liability insurance cover for you to race in the UK) OR proof of public liability insurance. For more information, please see the [British Triathlon website](#).

2. PHOTO ID - a passport or driving licence.

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).

BIB NUMBER

You must wear your bib on your back for the bike and on the front for the run. It must be attached with two points. You can use safety pins if you wish but a tri-belt is recommended.

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, and Tri Club Pole Position athletes are still reserved lower bib number ranges).



ID WRISTBAND

A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole race weekend.

The wristband is required for medical identification purposes and gives you access to all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist. You will also need to wear this for Awards and Slot allocation.

Relay teams will be issued with three wristbands. Please note, the team must attend registration together.



SWIM CAP

You will be given a swim cap to wear for the race. This is compulsory to wear for the race. If you wish to wear another swim cap, please wear it underneath.



RACE STICKERS

You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet, 1 sticker will be stuck onto your wristband.

BACKPACK & TRANSITION BAGS

You will receive your athlete backpack containing your transition bags RED, BLUE, WHITE and YELLOW.

More information on transition bags on the next page.

ATHLETE T-SHIRT

You should collect your athlete t-shirt from the t-shirt collection desk inside registration once you have received your race number, and other registration items. Please note, size swaps will not be available until after the race. Any spare t-shirts will be available for t-shirt swaps at the awards ceremony.

TRANSITION BAGS

You will receive four transition bags, along with your numbered sticker sheet at registration. Please ensure you stick the numbered stickers on the bags before putting your gear in them. Please do not overfill, or leave any valuables in your bags. IRONMAN are not responsible for the contents of the transition bags.

WHAT IS EACH BAG FOR?

DURING



Before race: Place your shoes in this bag at swim start and rack on your numbered hook by swim start

During race: Collect your yellow bag, put your shoes on and run to transition. Take the bag with you and put it in your blue bike bag when you get to transition.

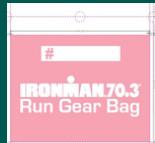
DURING



Before race: Fill with gear needed for the bike course, including your helmet with sticker on the front, bib number, sunglasses, etc.

During race: Take out bike gear and fill with used swim gear. Re-rack your blue bag on your numbered hook in transition.

DURING



Before race: Fill with gear needed for the run course, including your trainers.

During race: Take out run gear and fill with used bike gear, including your helmet. Re-rack on your numbered hook in transition.

AFTER



Before race: Place your shoes and warm clothes in here before the swim and drop on the way to swim start.

After race: Collect from the post race area.

WHITE BAGS:

All athletes will be provided with a white (street wear) bag at registration. These are used to store any clothes or items that you might have with you before the race, or would like access to after the race. The use of the white bag is **optional**.

White bags can be dropped off on race day outside transition on the way to swim start from 05:00 to 07:00. They will then be moved to the finish line for you to access post-race.

YELLOW BAGS:

All athletes will be provided with a yellow bag at registration. These are used to store any shoes you would like to wear for the run from swim start to transition (500m run). The use of the yellow bag is **optional**.

Yellow bags can be racked on race day outside swim start. If you rack a yellow bag, you **MUST** take it to transition with you. Any yellow bags left on the rack will result in **disqualification**.

BIKE & BAG CHECK-IN

TRANSITION - BIKE & BAG CHECK-IN

East Burrows Car Park

Saturday 12th July, 10:00 - 16:00

You must rack your BIKE and BAGS together at Transition. Your athlete wristband will be checked upon entering transition. Without this you will not gain access into transition.

Please be prepared for the following inspections:

- A visual inspection of the bike (wheels with disc brakes are allowed).
- A brake system check
- Check of your helmet (please have your helmet on your head and fastened as you enter transition)
- A check that the race numbers are on your bike and your helmet and a check of your athlete wristband.

Please note:

- You must rack your bike and bags on the corresponding hooks displaying your bib number.
- Your helmet must be inside your BIKE bag.
- Bike covers are NOT ALLOWED.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your BIKE gear required for Transition in the blue BIKE bag. Don't forget to put your bib number in the bag.
- Make sure you have packed all your RUN gear required for Transition in the red RUN bag. Don't forget to put your bib number in the bag.

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.

RACE BRIEFING



The race briefing will be published online from the Monday of race week. It is compulsory to watch this race briefing, so please take the time to watch it carefully and ask any questions that you may have to your Athlete Services team. Please direct any questions to swansea70.3@ironman.com, our team is always happy to help!

TIMING CHIP

YOU WILL RECEIVE YOUR TIMING CHIP AT BIKE CHECK IN

East Burrows Car Park

Saturday 12th July

10:00 - 16:00



What is the timing chip for?

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

When and where do I wear the timing chip?

Your timing chip must be worn on your left ankle during the entire race. You must return your timing chip at the Finish Line.

Your race timing chip is loaned to you. You **MUST** return the chip to the timing company at the finish line or you will be charged for its replacement.

What if I lose my timing chip?

If you lose your timing chip on the course, please alert an IRONMAN official. You will be provided with a replacement chip when you arrive in Transition. If you lose your timing chip on the run course, please alert an IRONMAN official before you cross the Finish Line.

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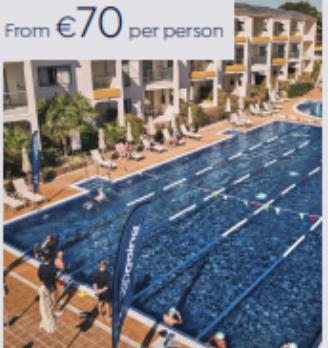
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Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
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Added support & less inflammation

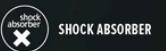


Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
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OPEN DIVISION

CUT OFF TIMES

The Open Division has been created to expand further inclusion opportunities for our athletes. This participatory division provides a welcoming and inclusive field for able-bodied athletes that cannot or do not wish to race in a competitive age or gender group.

Athletes registered for the Open Division *will not* be eligible for:

- Age Group for Awards
- World Championship Slots
- Age Group AWA Ranking (open division athletes will still receive floor Age Group Ranking points that will count towards TriClub team points if applicable)

There will not be a leader board for the Open Division in the IRONMAN Tracker App on race day, but athletes will still be able to be tracked by their friends and family via their bib number on the IRONMAN Tracker App. Results can be viewed by searching the athlete name on our [results page](#) but will not be visible in the general results leader boards.

[More information about the Open Division can be found HERE.](#)

If you have selected this division in error, you may race under a different division - you can do so by editing your entry for this event in your IRONMAN profile (registrations) prior to race day or email us at swansea70.3@ironman.com

**Please note that no changes will be made to division classifications after the race.*



Swim, bike and run final cut off times are based on each athlete's individual start time.



SWIM Cut off - 1 hour 10 minutes

Each athlete will have 1 hour 10 minutes to complete the swim course once they cross the timing mat. Any athlete who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF.



BIKE Cut off - 5 hours 30 minutes

Each athlete will have 5 hours 30 minutes to complete the swim and bike course once they cross the timing mat at swim start.



RUN Cut off - 8 hours 30 minutes

Each athlete will have 8 hours 30 minutes to complete the course once they cross the timing mat at swim start.

Please note there is a 10minute time limit in transition 1 and 2.

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.

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.

Further information about cut offs can be found [HERE](#).

TIMING/RESULTS OBJECTIONS



Waterfront Museum



Sunday 13th July



16:30 - 17:00

Any timing or results objections must be voiced to a **race referee** during the race or between 16:30-17:00

More information about Athlete's right of protest and appeal can be found in section **3.06** of the **IRONMAN Competition Rules**.

IRONPRAYER

Race Chaplains

The IRONMAN race chaplains are available over race weekend for confidential, non-judgemental support. If you want a chat, help, encouragement or just to see a friendly face then feel free to come and find us at registration or transition, or message us on 07884181033 (Pat).

Locations:

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

IRONPRAYER

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 share some of our race experiences and hopes for race day.

Ocean Room, Waterfront Museum Saturday 12th July 17:00 - 18:00



HAPPY BIRTHDAY

On race day, we are delighted to celebrate the birthdays of:

Stuart

Jessica

Rory

Nick

Jason

Hannah

Caleb

Declan

Daniel

Samantha

Catherine

Thank you for choosing to celebrate with us !

ENJOY YOUR RACE

19

BACK TO CONTENTS

RELAY TEAMS

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. We also have a dedicated [RELAY GUIDE](#).

RELAY REGISTRATION

Registration for all athletes will take place on Friday and Saturday (please note the we kindly ask for you to attend at the same time as your team captain). All members must have completed their registration and signed their waivers before attending registration.

You will each need to bring your ID and race licence. Relay team members will each need to provide a Race Licence from an WT-affiliated national governing body or have purchased a Day Licence.

Teams will confirm the details of their athletes at registration. Any changes must be made 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. 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.

The athlete who checks in the bike in transition will receive the timing chip. There will be one timing chip per team and this will need to be exchanged between team members in transition.

RELAY MEET POINT

In Transition there will be large purple flags marked 'RELAYS'. 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.

Please stay within the relay area until your team member hands over the timing chip.



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.

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



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ON-COURSE

NUTRITION

PRODUCTS



Maurten Solids BIKE & RUN COURSE

The Official Performance Bar to the IRONMAN Global Series is Maurten's Solid. It reinvents by removing everything but the essentials. It is the perfect compliment to your Hydrogel fueling. Maurten Solid 160 is a two-piece, oat- and rice-based chewable fuel – 1 pack, 2 mini-bars. 40 grams of carbohydrates split into equal 20-gram servings for optimized fueling. Your go-to fuel – fast, light, low-fiber, and carbohydrate-rich.

Maurten Gels BIKE & RUN COURSE

GEL 100 and GEL 100 CAF 100 are the official Hydrogel Sports Fuel to the IRONMAN Global Series. Both gels deliver 25g of carbohydrates per sachet through a unique blend of fructose and glucose (ratio of 0.8:1). The GEL 100 CAF 100 includes 100mg of caffeine per serving. The gels are unique. The Hydrogel Technology creates a firmer structure - not a runny syrup like traditional energy gels, so it's easier to consume during the race. There are no added colors, preservatives or flavors.



BIKE AID STATIONS

Located at:

Mile 14

Mile 29.6

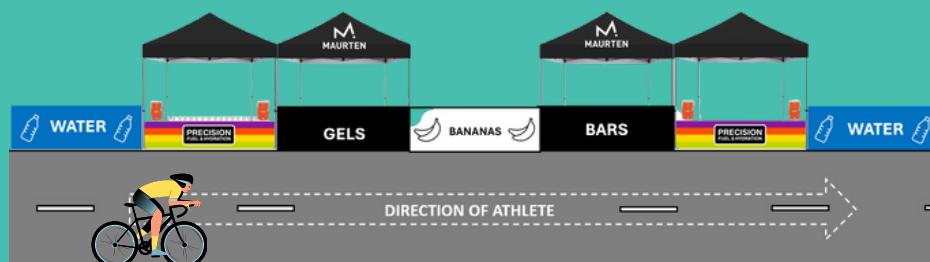
Mile 41

NUTRITION AVAILABLE AT BIKE AID STATIONS

Each aid station will contain the following:

- Water *
- Precision Hydration *
- Bananas
- Maurten Energy Bars (Chocolate & Vanilla)
- Maurten Energy Gels
 - GEL 100 (non-caffinated) = BLACK
 - GEL 100 CAF 100 (caffinated) = WHITE

*Water and Precision Hydration will be handed out in 750ml bike bottles



MEDICAL will be available at all bike aid stations. If you feel unwell, please stop and ask for help. You will not receive a penalty for receiving a medical evaluation or asking for medical help.



Please use the bins provided. If you are caught littering outside of the litter zones, you will receive a disqualification.

RUN AID STATIONS

Located at:

Mile 1.7 & 7.3

Mile 3.6 & 9.1

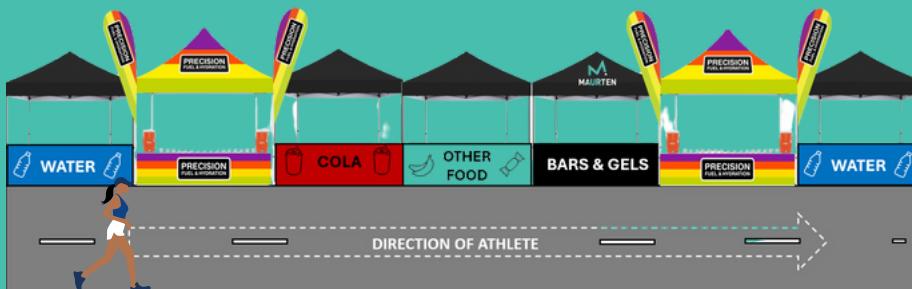
Mile 5.9 & 11.5

NUTRITION AVAILABLE AT RUN AID STATIONS

Each aid station will contain the following:

- Water *
- Precision Hydration *
- Cola *
- Bananas
- Sweet and salted snacks
- Maurten Energy Bars (Chocolate & Vanilla)
- Maurten Energy Gels
 - GEL 100 (non-caffeinated) = BLACK
 - GEL 100 CAF 100 (caffeinated) = WHITE

*Drinks will be handed out in small paper cups



MEDICAL will be available at mile 3.6 and 9.1. If you feel unwell, please stop and ask for help. You will not receive a penalty for receiving a medical evaluation or asking for medical help.

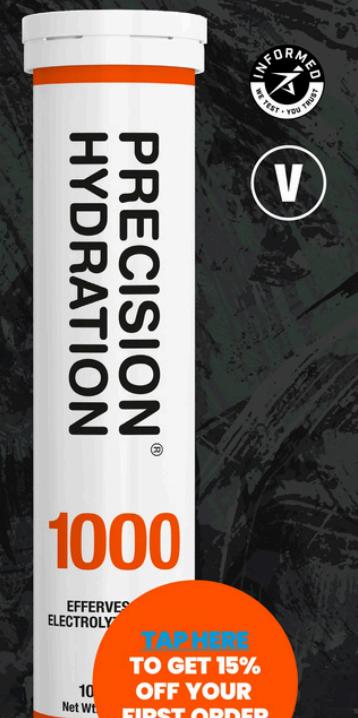


Please use the bins provided. If you are caught littering outside of the litter zones, you will receive a disqualification.

IRONMAN® EUROPEAN SERIES

HYDRATION BRIEFING

- [PH 1000 electrolyte drink](#) on-course to help you hit your **fluid & sodium numbers** (Delivers 1,000mg of sodium per litre)
- Served pre-mixed in bottles on the bike, paper cups on the run
- Other drinks such as water, sparkling water and cola also available
- “Decoupling” your fueling from your hydration can be [beneficial during longer endurance races](#), e.g. getting most of your energy from gels/chews/bars & keeping your bottles for fluid/electrolytes, so you can drink more if it's hot, without overdoing your carbs, etc
- A selection of Maurten products and other snacks will be available to help you hit your carb targets, if not carrying your own fuel
- Use the [free online planner](#) to dial in your race strategy



RACE DAY



ARRIVAL IN THE MORNING

East Burrows Car Park Sunday 13th July 05:00 - 07:00

We recommend arriving at transition 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. Pumps will be provided in transition, please do not bring your own unless you have a family member or friend to leave it with - no bike pumps in white bags!

Take time to familiarise yourself with your surroundings, where your bike and bags are located. Please do not attempt to mark your bike or racking area, any markings will be removed by race officials.

If you discover you have forgotten anything in the morning e.g. race number, timing chip or swim hat, please notify the athlete services team in transition as soon as possible and we will provide you with a replacement.

Toilets will be available in transition, at swim start, at all bike and run aid stations and at the finish line.

WHITE BAG DROP

Kings Road, SA1 8AW 13th July 2025 05:00-07:00

White bags are optional, but for athletes who wish to use their white bag to store their street wear clothes or clothes for after the race, these can be dropped at the drop point between transition and swim start on race morning.

The white bags will then be available to collect at the finish line post-race.

RACE DAY CHECKLIST

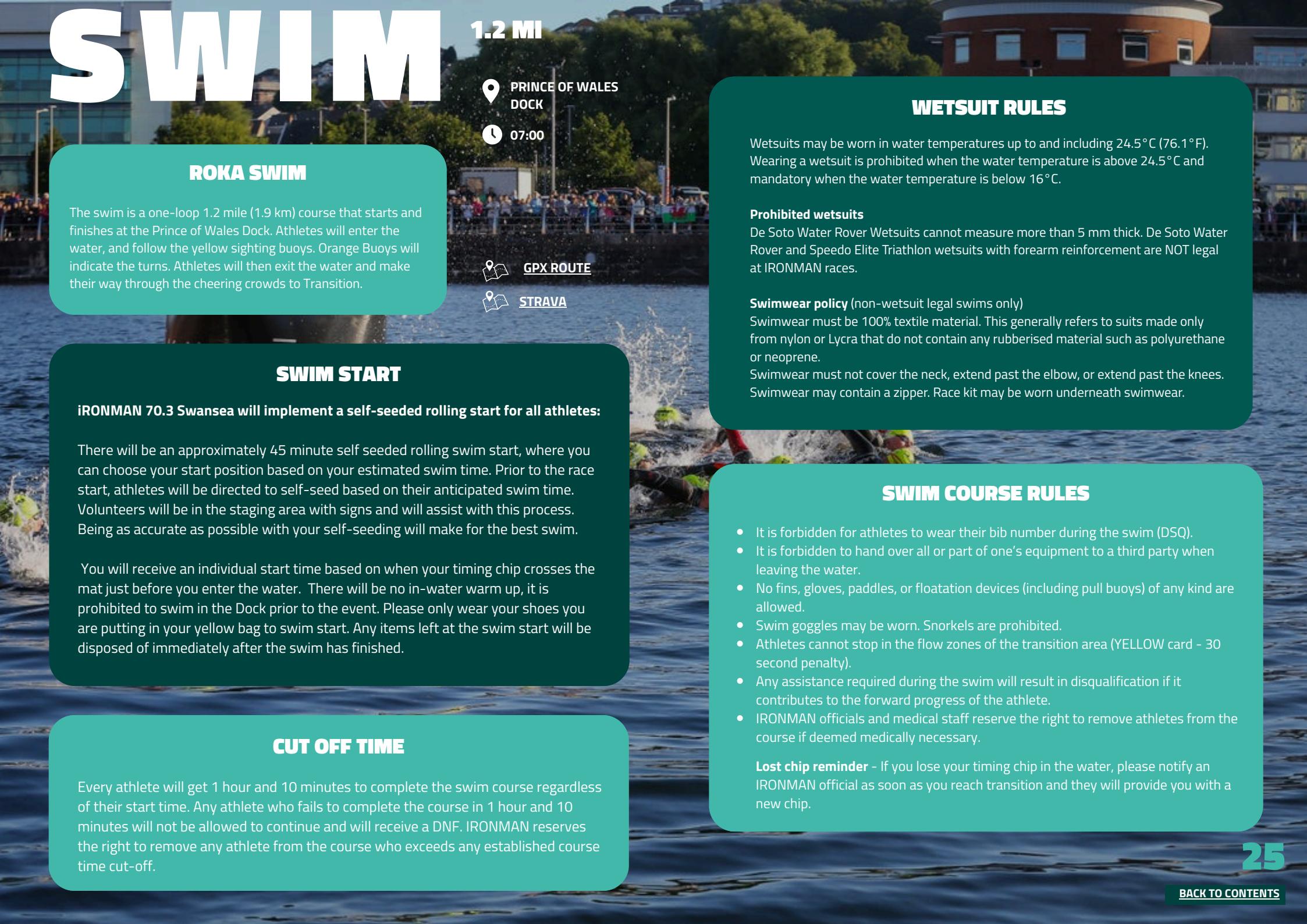
- | | |
|--|--|
| <input type="checkbox"/> Timing Chip | <input type="checkbox"/> Shoes for swim to transition run (yellow bag) |
| <input type="checkbox"/> IRONMAN Swim Cap | <input type="checkbox"/> Bike Bottles / Nutrition (attach to bike) |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Bike Computer (attach to bike) |
| <input type="checkbox"/> Ear Plugs / Nose Clip | <input type="checkbox"/> Any Additional Nutrition for Run |
| <input type="checkbox"/> Wetsuit | <input type="checkbox"/> White Streetwear Bag |

BIKE ASSISTANCE

There will be bike mechanics available in transition on race morning. They will be able to assist with any last minute bike problems. However, it is every athlete's responsibility to ensure their bike is in good condition prior to the race.

There will also be bike mechanics roaming the bike course. It is not guaranteed that a bike mechanic will be able to reach you quickly on the course if you experience an issue. We recommend that you carry basic tools and at least one spare innertube with you during the race. You should also have an understanding of how to deal with a puncture and any basic mechanical issues.

SWIM



ROKA SWIM

The swim is a one-loop 1.2 mile (1.9 km) course that starts and finishes at the Prince of Wales Dock. Athletes will enter the water, and follow the yellow sighting buoys. Orange Buoys will indicate the turns. Athletes will then exit the water and make their way through the cheering crowds to Transition.

1.2 MI

PRINCE OF WALES DOCK

07:00

GPX ROUTE

STRAVA

SWIM START

IRONMAN 70.3 Swansea will implement a self-seeded rolling start for all athletes:

There will be an approximately 45 minute self seeded rolling swim start, where you can choose your start position based on your estimated swim time. Prior to the race start, athletes will be directed to self-seed 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.

You will receive an individual start time based on when your timing chip crosses the mat just before you enter the water. There will be no in-water warm up, it is prohibited to swim in the Dock prior to the event. Please only wear your shoes you are putting in your yellow bag to swim start. Any items left at the swim start will be disposed of immediately after the swim has finished.

CUT OFF TIME

Every athlete will get 1 hour and 10 minutes to complete the swim course regardless of their start time. Any athlete who fails to complete the course in 1 hour and 10 minutes will not be allowed to continue and will receive a DNF. IRONMAN reserves the right to remove any athlete from the course who exceeds any established course time cut-off.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5°C (76.1°F). Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C.

Prohibited wetsuits

De Soto Water Racer Wetsuits cannot measure more than 5 mm thick. De Soto Water Racer and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT legal at IRONMAN races.

Swimwear policy (non-wetsuit legal swims only)

Swimwear must be 100% textile material. This generally refers to suits made only from nylon or Lycra that do not contain any rubberised material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, or extend past the knees. Swimwear may contain a zipper. Race kit may be worn underneath swimwear.

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the swim (DSQ).
- 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 floatation devices (including pull buoys) of any kind are allowed.
- Swim goggles may be worn. Snorkels are prohibited.
- Athletes cannot stop in the flow zones of the transition area (YELLOW card - 30 second penalty).
- Any assistance required during the swim will result in disqualification if it contributes to the forward progress of the athlete.
- IRONMAN officials and medical staff reserve the right to remove athletes from the course if deemed medically necessary.

Lost chip reminder - If you lose your timing chip in the water, please notify an IRONMAN official as soon as you reach transition and they will provide you with a new chip.

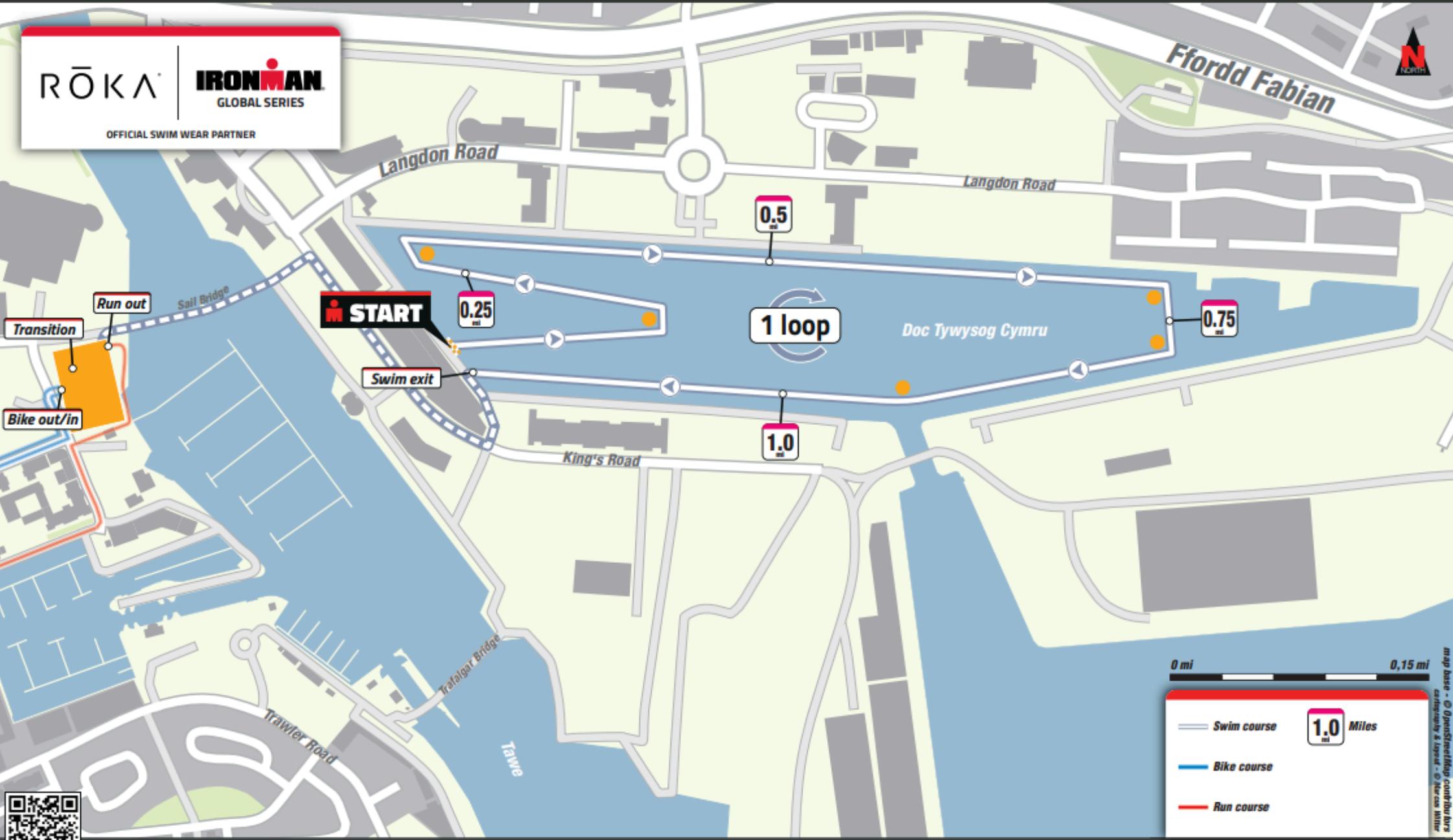
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SWIM COURSE

1 loop

course distance - 1.2 mi



RÖKA



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OPEN WATER SWIM PREPARATION TIPS



An open water swim in a triathlon is significantly different from swimming in a pool. To alleviate stress, it is important that you arrive on race day healthy, fit and prepared. Here's a top 10 checklist to help you prepare:

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 using equipment you haven't trained with, 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.

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 this athlete guide. For this event, with a self-seeded 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 an object such as a raft, buoy or paddle board. As long as you don't use it to move forward, you won't face disqualification.

ROUVY TRANSITION

T1 - SWIM TO BIKE

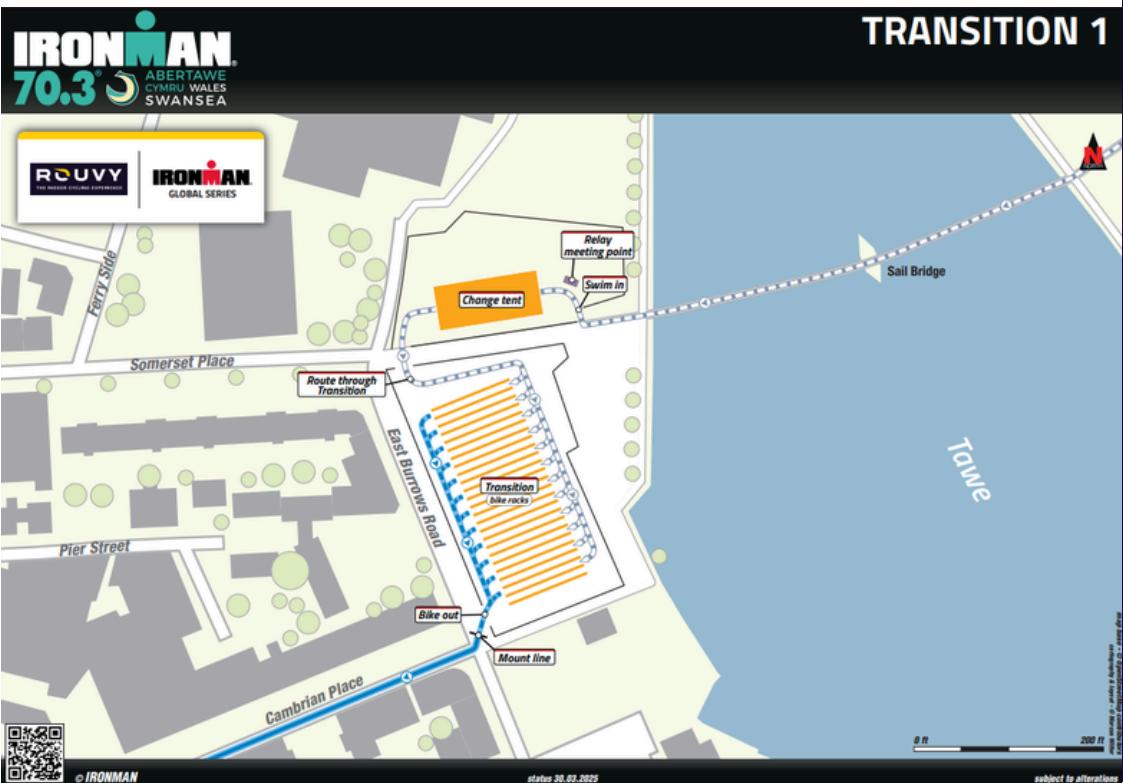
When you get out of the water, follow the clearly marked course to Transition.

If you choose to use an optional yellow bag containing a spare pair of trainers, please make sure to carry this bag with you to transition, failure to do so will be considered littering and you may be disqualified from the race.

Once in Transition, collect your blue transition bag, change into your bike kit, and place your wetsuit and goggles inside your blue bag. Please make sure that you re-rack your blue bag. There will be changing tents available should you wish to change completely.

Please note that your helmet must be fastened with the chin strap closed before leaving transition. Please do not get on your bike until after the line marked on the ground at the exit of the bike park. Penalties will be issued to any athletes who fail to follow these rules.

Please note, athletes may not spend longer than 10 minutes in transition.



ROUVY

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BIKE

56 MI

 STRAVA

 GPX ROUTE

ZOOT BIKE COURSE

The 1.5-loop 56-mile (90km) bike course will go through Mumbles along roads that hug the Gower's coastal clifftops before cycling out through Rural Swansea and heading back along Swansea Bay into the city.

KEY BIKE RULES

- It is mandatory to obey traffic regulations.
- 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.
- Per IRONMAN Competition Rule 5.01 (m), placing any bottles/hydration or any other insert located in the front of an athlete's race suit is prohibited.
- Specificity of drafting: Athletes must keep six bike lengths (12m) of clear space between bikes except when passing. Failure to do so will result in a drafting violation. Drafting is prohibited (blue card)
- Overtaking athletes may pass on the right for up to 25 seconds but must move back to the left side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).

DRAFTING

Athletes must keep 12m (six bike lengths) of clear space between themselves and the next athlete except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited and is a blue card violation.

When overtaking, athletes are permitted to pass on the right for up to 25 seconds, but must move back to the correct side of the road after passing.

Failure to comply with this rule will result in a drafting violation.

12 meters to respect



Blue Card - BIKE

The blue card is used to control drafting:

- 1 blue card offense: **2 minute penalty**
- 2 blue card offenses: **2 minute penalty**
- 3 blue card offenses: **DSQ**

If you receive a blue card penalty, you must report to the penalty tent in T2 to serve this penalty. Please make sure that the referee has correctly noted your bib number so that IRONMAN have a record that the penalty has been performed.

Yellow card - BIKE

If you receive a yellow card penalty, you must report to the penalty tent in T2 to serve this penalty. The penalty tents are located at the entrance of T2. Please make sure that the referee has correctly noted your bib number.

All the rules can be found in the [2025 IRONMAN regulations](#).

CUT OFF TIME

Every athlete will get **5 hours and 30 minutes** to complete the swim and bike course regardless of their start time. Any athlete who fails to complete the course in this time will not be allowed to continue and will receive a DNF.

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IRONMAN[®] 70.3[®]

ABERTAWE
CYMRU WALES
SWANSEA

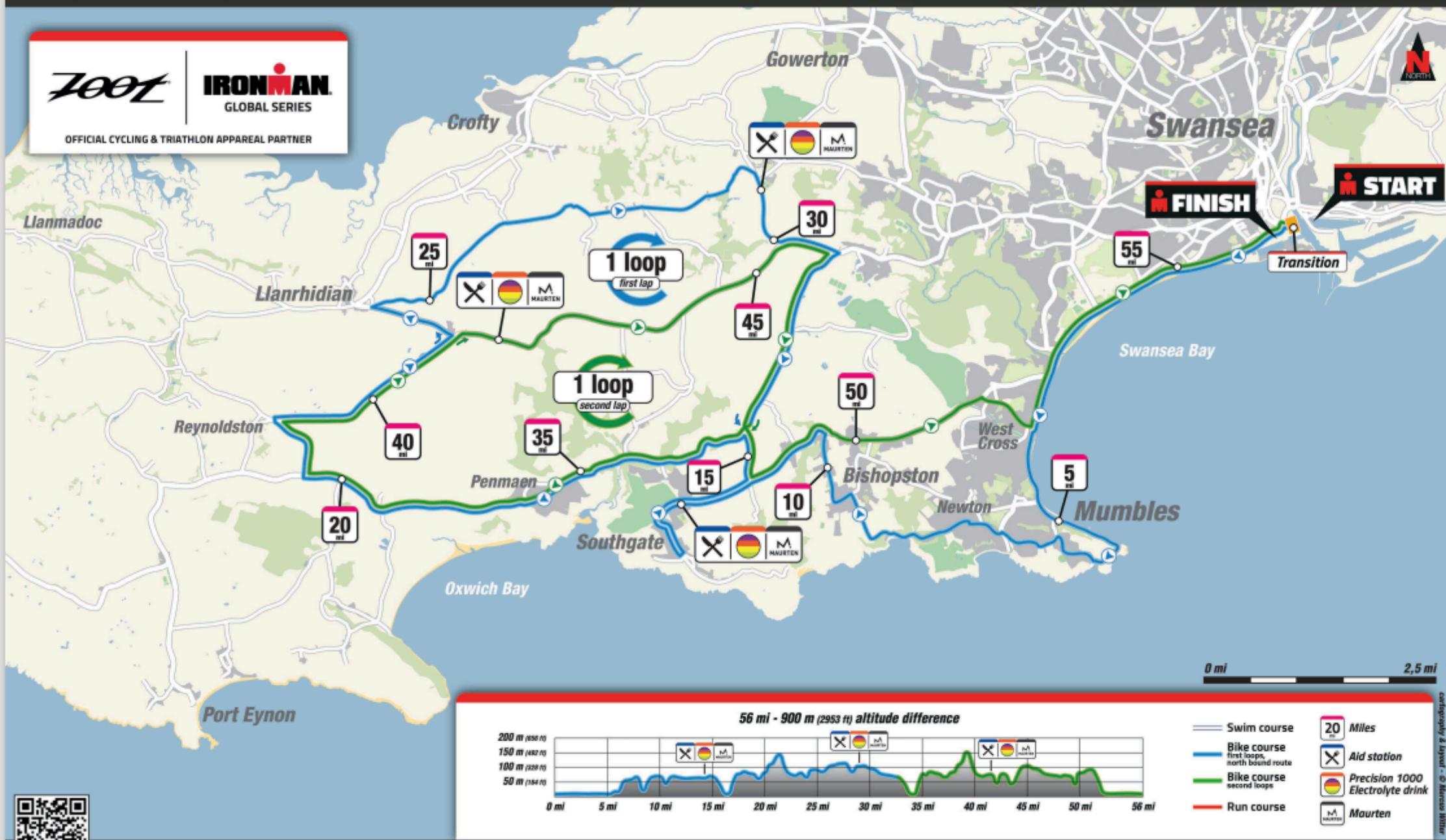
BIKE COURSE

1.5 loops

course distance - 56 mi



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ROUVY TRANSITION T2 - BIKE TO RUN

When you arrive at transition, please make sure to dismount your bike before crossing the dismount line at the entrance. Failure to do so will result in a penalty.

Once inside transition, please rack your bike in the position labelled with your bib number and then follow the path to the transition change tent.

After you have collected your bag, changed into your run gear and attached your bib facing forwards on your body, you should re-rack your red transition bag on the hook labelled with your bib number.

Please note that there will be changing tents available should you wish to change completely.

Cut Offs

You must have completed the bike course 5 hours 30 minutes after starting the race. If you fail to meet this cut off, you will not be permitted to exit Transition. Athletes may also not spend longer than 10 minutes in transition.

**Please note that there will also be intermediate cut offs on the bike course, more information can be found [HERE](#).*



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Rent your bike

Simplify your travel plans with us. Rent a bike ahead of your race and enjoy peace of mind knowing that your triathlon bike of choice has been expertly prepped by a skilled mechanic and is waiting for you in the IRONMAN Village.

Book your bike service

If you prefer to bring your own bike to the event, you can take advantage of bike services such as safety inspection, bike tune-up, assembly, disassembly, and packing.



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RUN

13.1 MI



[GPX ROUTE](#)



[STRAVA](#)

HOKA RUN COURSE

The two-lap run course in Swansea Bay is an out and back loop which takes in beautiful views of the bay and is an ideal place for spectator support.

Athletes will pass numerous spectator hotspots before finishing down the red carpet in Museum Gardens. The course is only marked during race week and uses barriers, tape and cones in some places to mark the route.

FINISH LINE

As you approach the finish line, please make sure that your bib is on your front, and your trisuit is zipped up.

You must cross the finish line alone. Fans, children, or pets are not allowed to enter the course, this will result in a DSQ.

Your timing chip will be collected at the finish line.



KEY RUN RULES

Athletes may run, walk, or crawl. Coaching is allowed only from the side-lines. Coaches are not permitted to follow athletes on the course. Athletes cannot accept help from anyone during the race.

Drop out

If you need to drop out, please inform a referee or a member of the IRONMAN team of your decision.

Yellow card - RUN

30 seconds stop & go penalty.

If you are issued a yellow card, you must stop immediately next to the referee who issued it. The referee will then inform you when you have served your penalty and are free to continue.

CUT OFF TIMES

The run course will close 8 hours and 30 minutes after the final athlete crosses the timing mat at Swim Start. Every individual athlete and relay team will have 8 hours and 30 minutes to complete the entire course. Any athlete that exceeds the cut off time and finishes after the run course is closed will receive a DNF and they may be removed from the course.

Any athlete or relay team who takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

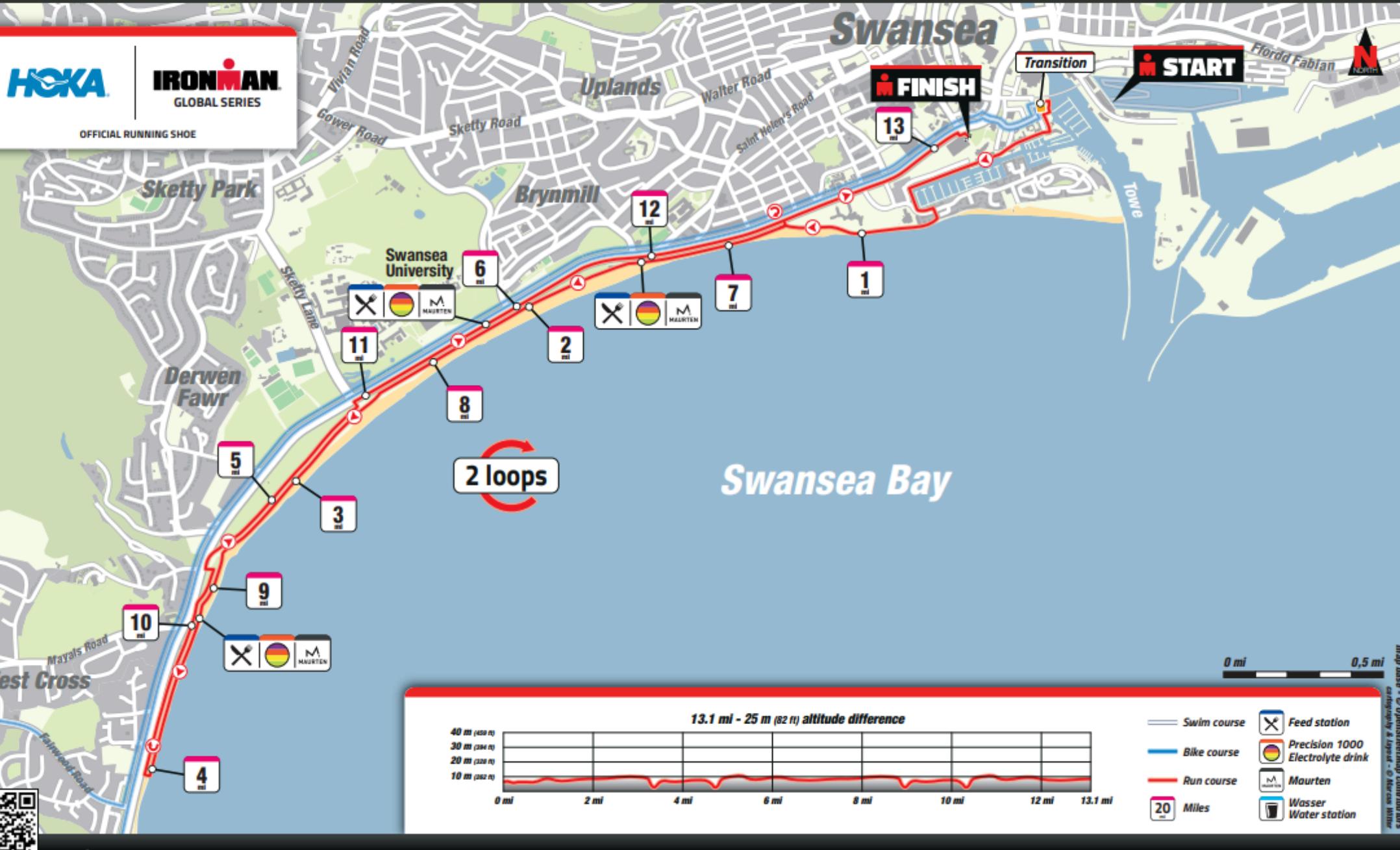
IRONMAN[®] 70.3[®]

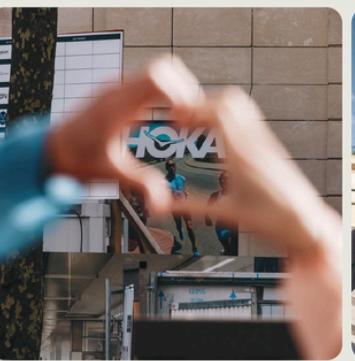
ABERTAWE
CYMRU WALES
SWANSEA

RUN COURSE

2 loops

course distance - 13.1 mi





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HOKA

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start here.



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GLOBAL SERIES

2025 OFFICIAL FOUNDATIONAL NUTRITION SUPPLEMENT

AFTER THE RACE

... CELEBRATE!!



HYPERICE POST-RACE AREA

- Receive your medal as you cross the finish line - medal engraving available.
- Hand your timing chip to our volunteers.
- Refuel with our post race options.
- Don't forget to collect your white streetwear bag!
- Post race, athletes can show their medal to receive a free beer at Morgan's Hotel.
- Post-race athletes can enjoy a free shower and small hot drink at LC Swansea available to all athletes after the race.

RESULTS

Results will be available on the IRONMAN Tracker App during the event day, and the final results will be published on the IRONMAN Website the following day. Timing/Results objections must be reported in the times specified - [MORE INFO.](#)

BIKE & BAGS CHECK OUT

East Burrows Car Park Sunday 13th July 14:00-18:00

Transition will be open to collect your red and blue bags, and your bike from 14:00 until 18:00. No late collections will be permitted.

AWARDS CEREMONY

Waterfront Museum Sunday 13th July 18:00-19:30

Join us at our Awards Ceremony to see some race day highlights from our media team, and to celebrate all our accomplished athletes!

Trophies will be awarded for the Top 3 athletes in each age category, the top 3 relay teams in each category, as well as the top 3 Tri Clubs.

*Please note that attendance is mandatory at the Awards Ceremony in order to claim your award. No awards will be handed out after the ceremony has finished.

RACE PHOTOS



IRONMAN
GLOBAL SERIES

2025 OFFICIAL RECOVERY TECHNOLOGY

Perform your best on race day with the most advanced warmup and recovery technology. Our suite of technology is here to help you achieve your next goal and move better tomorrow.

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Bolton.

Sportograph will provide you with their «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: [IRONMAN 70.3 Swansea Race Photos](#)

Help Sportograph to take your best photos:

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

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WORLD CHAMPIONSHIP SLOT ALLOCATION

SLOT ALLOCATION CEREMONY

Waterfront Museum

Sunday 13th July

18:00 - 19:30



AGE GROUP QUALIFICATION SLOTS:

Each race will be allocated a number of age group qualification slots, with men and women allocated an equal number of age group qualification slots. A portion of these slots will be "Automatic Qualifying Slots." The remaining age group slots will be "Performance Pool Slots."

Athletes may claim their slot only IN PERSON and only at the 2026 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Sunday 13th July immediately following Awards. Awards will start at 18:00 in the Waterfront Museum so please be present no later than 18:30 for slot allocation. For the most up to date information and qualifying slot numbers, please [CLICK HERE](#).

PAYMENT AND REGISTRATION INFORMATION:

Please be prepared to pay the entry fee with CREDIT/DEBIT CARD ONLY; no check or cash accepted. Credit card only (no Amex, Diners or cash payment). Your physical credit card including full card number, expiry date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted). Athletes will also need their IRONMAN Profile login information to accept a slot. If you do not remember your login information, please [CLICK HERE](#) and follow the instructions to reset your password prior to the Slot Allocation ceremony. Photo ID is also required at time of payment.

SLOT ALLOCATION AND ROLL-DOWN PROCESS:

BEFORE RACE DAY:

Each qualifying event is allocated a number of age-group qualification slots for men and, the same number for women.

- From this allocation, each Male & Female Age Group is allocated one slot to be awarded to the Age Group winner. This is referred to as the "Automatic Qualifying Slot."
- All other slots available for the race are attributed to the Performance Pool, to be offered after the race is complete. These slots are referred to as the "Performance Pool Slots." A separate Performance Pool of slots is maintained for men and for women so that slots remain equally split between genders.

ON RACE DAY:

The winner of each Male & Female Age Group will automatically earn a qualifying slot ("Automatic Qualifying Slot"):

- If that slot is not taken, it will roll to the second-place finisher, and then to the third-place finisher if not taken by the second-place finisher.
- If the Automatic Qualifying Slot for a specific age group is not taken by one of the top three finishers, that slot is allocated to that gender's 'Performance Pool' of qualifying slots that will then be offered to the next-most competitive athletes at the same event.

Once Age Group Winners have been offered slots following the process above, we move on to the allocation of slots via the "Performance Pool Slots":

- The finish times of all remaining athletes at the event will be compared to a benchmark (The IRONMAN 70.3 Standard) that is created by averaging the top 20% of IRONMAN 70.3 World Championship finish times over the past 5 years for each age group (i.e., a global age-group standard for each gender and age group). By comparing each finish time to its age-group standard, we create an age-graded finish time for each athlete.
 - [To read more about the IRONMAN 70.3 Standard, click here.](#)
- Athletes are then ranked within their gender, based on their age-graded finish times (i.e., their performance in the race relative to their own age-group standard); the athletes who are most competitive on race day relative to their age-group standard will rank highest.
- Using this ranking of the most competitive athletes, slots will then be offered and allocated using a 'first to accept' roll-down process. This roll-down process will continue until all qualifying slots for the women's race are allocated, and then for the men's race (or vice versa).

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 IRONMAN 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 IRONMAN (World Triathlon Corporation, 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.



TOP TIPS

QUICK PUNCTURE REPAIR

Look after each other

Make sure your emergency contact is not someone who is racing and someone who will be there on race day and their mobile number is on the back of your bib

If you raced the bike, you'll walk the run - don't push yourself too hard

Taper 2/3 weeks before the event. Don't try to catch up with missed training. Take the time to rest and try to get as much sleep as possible. You are likely to feel tired the week of the race and get pains and aches - this is normal so don't panic!

There are four disciplines in an IRONMAN, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course

Never try anything new on race day - stick to what you know! For both kit and nutrition

Familiarise yourself with the walk to swim start from transition, swim exit to T1, bike out and bike into T2 and then the run out of T2. This will help when the race day nerves kick in and to help you find your bags and bike quicker

Enjoy your red carpet moment and make sure you smile coming over the Finish Line - you've worked hard for that moment!

We like to see everyone get to the finish line and even though we have bike mechanics out on the course, you should be able to replace a punctured inner tube yourself and here are some pointers. We recommend you practice this before racing and carry at least three repair kits in case you are unlucky to have several.

Your puncture repair kit will need the following:

- New inner tube (make sure the valve is long enough if you have deep rim wheels)
- 2 or 3 levers (make sure these are strong as cheap ones can bend)
- 2 x CO2 canisters OR an inflator/pump

To mend your puncture, you will need to:

- Remove the wheel. If it's the back wheel, move your gears so the chain is on the smallest cog on the back wheel -this makes it easier to put back on
- Check the tyre outside to see if anything is stuck in it i.e a thorn, glass, nail, tack etc and remove
- Use the tyre levers to remove the tyre - this is the hardest part. Place the two levers under the rim of the tyre, about three inches apart and push down until part of the tyre rim pops over the wheel rim. Remove one of the levers and place under the tyre rim a further two or three inches away and keep doing this until one side of tyre is all over the rim
- Remove the existing inner tube. Remember to unscrew the ring from the valve
- Run your fingers along the inside of the tyre tube to make sure nothing is sticking through that could puncture the new inner tube (be careful not to cut your fingers). This is usually why new inner tubes puncture as soon as you inflate them. If you hit a pothole and punctured, it's likely that you won't have anything stuck in the tyre but always good practice to check
- Take out your new inner tube and open the valve, blowing a small amount of air into the tube –this will help it sit correctly under the tyre-Insert the valve into the wheel rim hole and push the inner tube into place
- Starting at the valve, put the tyre back into place, making sure the inner tube is not getting pinched
- Push the valve so the rim of the tyre goes under the valve and screw the ring on to the valve
- Moving away from the valve, push the tyre wall back over the rim doing as much as you can before needing a lever
- For the last bit reverse the lever and place under the tyre, making sure not to pinch the inner tube and force the tyre rim back into place
- Place the wheel back on your bike, making sure to tighten it before inflating
- Inflate your tyre (making sure the valve is open) using a CO2 cannister or pump. If using a CO2 canister, inflate till tyre is hard. This will leave some air still in your canister – keep this in case you need to top up or are unlucky enough to get another puncture

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SUSTAINABILITY VOLUNTEERS

REDUCING OUR EVENTS' IMPACT ON THE ENVIRONMENT

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

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

- Over 5% of athletes chose to **plant a tree** instead of collecting an event t-shirt at our 2024 UK races
- **IRONMAN bike bottles** are made from **biobased sugar cane**
- All 2025 **event bottles** will be **returned and recycled**, including all other sport bottles from the bike course
- **Volunteer bags** are made from **recycled ocean waste plastic**, with more than **10 plastic bottles recycled per bag**
- **Excess food** and clothes **donated** to local charities and foodbanks
- All unused **finisher t-shirts, athlete bags and medals** are donated or recycled at the end of the season
- **Transition bags** are made from **recycled materials**
- **Rain ponchos** are made from **grain**
- **On-site bib printing** - since 2021, we have saved over **875kg of paper** from our UK events alone



Please join us in saying a huge thank you to our 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!



GOOD TO KNOW

GET SOCIAL

QUESTIONS

If you have any questions please don't hesitate to get in touch at:

swansea70.3@ironman.com

LOST AND FOUND

During race week, all lost and found items will be stored safely. Please alert a member of staff if you have lost any items. Once the event is over, please contact swansea70.3@ironman.com to locate any missing items and to arrange their return.

**Please be aware that shipping charges will apply and all unclaimed items will be donated after 30 days.*

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to include details of your emergency contact in your IRONMAN Profile, as well as on the back of your bib.

Coaches and spectators: If an athlete is no longer visible on the tracker, it may only be a faulty timing chip. In the event of an incident, the organisation will reach out to the designated emergency contact directly.

If you are on site, please speak to a member of staff.

If you witness an accident or health problem:

Please alert a member of the IRONMAN team and contact the emergency services on 999 or the IRONMAN emergency phone number 03330 111 750.

When contacting security or emergency hotlines, please:

- stay calm
- be specific about the information that you provide
- provide the athlete's bib number.
- indicate your exact location (e.g. name of marshal position), the reason for you call, and the presence of witnesses.

Share your IRONMAN 70.3 Swansea experience across your social media profiles with #IM703SWANSEA

Stay connected with IRONMAN UK across our social channels to keep on top of all the latest news and exciting events:



Download the IRONMAN Tracker App to track athletes, view live leaderboards and view the courses all in one place!



@ironman_uk
@ironmaneurope



2024 HIGHLIGHTS

Experience or relive the thrill and energy of race day - watch our 2024 highlights and get excited for what's ahead!

2024 IRONMAN 70.3 Swansea 2024 | Race Rewind

RACE REWIND

IRONMAN 70.3

Swansea

Watch on YouTube



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PRO PANEL
JOIN US LIVE!

SATURDAY
12 JUNE | 2:00PM
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NATIONAL WATERFRONT
MUSEUM, SWANSEA
SA1 3RD

Hear from the top professional athletes competing for the 2025 IRONMAN Pro Series title.

PRIZES ON OFFER FOR BEST AUDIENCE QUESTIONS

Get up close and personal with some of the top contenders racing at this weekend's IRONMAN Pro Series race. Hear their insights on race prep, their season approach, and some tips for age groupers.

Five lucky audience members will win merchandise vouchers for their best question.

Limited capacity, available on a first come first served basis.

Pictured athletes are representative only, and subject to change.



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