



ATHLETE GUIDE

1.9KM SWIM - 90KM BIKE - 21.1KM RUN



14th September 2025

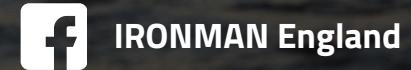


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WELCOME MESSAGES

Welcome to the 9th edition of IRONMAN 70.3 Weymouth 2025!

With 2600 athletes expected on the start line, the race is still a firm favourite with first timers and returners alike. With its stunning coastline, historic harbour, and welcoming community, it's the perfect place for a race that tests the limits of endurance, determination, and heart. Whether this is your first IRONMAN 70.3 or you're a seasoned competitor, we're honoured to have you take part in a race that captures the very spirit of our sport.

We would like to extend our sincere thanks to Dorset Council and Weymouth Town Council for their unwavering support. Their commitment to hosting IRONMAN 70.3 Weymouth year after year, helps us deliver a safe, exciting, and memorable race. We're truly grateful for their help in making this event a success and for welcoming athletes and spectators from across the globe to their vibrant town.

Weymouth can be known for its unpredictable coastal weather, and part of the challenge (and charm!) of racing here is being prepared for all conditions. Whether you're greeted by blue skies and sunshine, sea breezes, or classic British drizzle, this is a course that demands resilience, adaptability, and grit. You've trained hard. Now it's time to show what you're made of—no matter what the weather brings.

A special and heartfelt thank you to our volunteers, who are the backbone of this event. From early morning setup to the final athlete crossing the Finish Line, your passion, energy, and generosity create the IRONMAN experience we're all proud of. This event simply couldn't happen without you.

To our athletes: the day you've trained for is here. Soak in every moment—the nervous energy at the start line, the beauty of the course, the roar of support from spectators, and the incredible feeling of accomplishment that waits for you at the Finish Line.

Let's make it a race to remember!

Amy Hudson
Race Director



We are thrilled to welcome IRONMAN once again, an event that is not only valuable for our local economy, but also highlights Dorset's stunning beauty. This prestigious competition gives local athletes the opportunity to compete against contenders from around the globe.

We are immensely proud of Dorset's participants, whether you are seasoned professionals or first-time competitors, and we extend our best wishes to everyone taking part."

Councillor Jon Andrews
Cabinet Member for Place Services



EVENT SCHEDULE



2025 EVENT SCHEDULE

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

TIME	DESCRIPTION	LOCATION
FRIDAY 12TH SEPTEMBER		
11:00 - 17:00	IRONMAN 70.3 Athlete Registration	Lodmoor Country Park
11:00 - 17:00	EXPO & IRONMAN Merchandise Store	Lodmoor Country Park
SATURDAY 13TH SEPTEMBER		
08:00 - 15:00	IRONMAN 70.3 Athlete Registration	Lodmoor Country Park
08:30 - 17:00	Transition Open for Bike & Bag Check-in	Lodmoor Car Park
08:00 - 17:00	EXPO & IRONMAN Merchandise Store	Lodmoor Country Park
16:00 - 16:45	IRONPRAYER	St John's Church
SUNDAY 14TH SEPTEMBER		
05:00 - 07:00	Transition Open	Lodmoor Car Park
07:15	IRONMAN 70.3 Self-Seeded Rolling Start	Beach Opposite Lodmoor Country Park
09:00 - 17:00	IRONMAN Merchandise Store	Lodmoor Country Park
14:00 - 18:00	Transition Open for Bike & Bag Checkout	Lodmoor Car Park
16:30 - 17:00	Timing and Results Objections	Weymouth Pavilion
18:00 - 20:00	Awards Ceremony & Slot Allocation	Weymouth Pavilion



IRONMAN COMPETITION RULES

2025 IRONMAN 70.3 Weymouth 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 penalised.

For safety reasons it is vital that if you drop out of the race at any time (especially before, during or after the swim) the YOU 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 officials 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.

Remember that you race at your own risk, and that the race organisers 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 testing 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 rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sports top during the bike or run	30 second time penalty served in the 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 the 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 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	

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.

REFEREES 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 penalised 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 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 at 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 **penalty tent at Transition**.

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

HEALTH & MEDICAL INFO

YOUR HEALTH

- Your safety is our primary concern. The medical team will be based at the Medical Tent next to the Finish Line on race day. Medical resources will also be available while you are out on course or on call via our staffing team.
- Should you not feel well on race morning, we strongly advise that you do not to start the race. If you decide to not start, 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 the race, 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 the 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 Registration 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 race bib, which you will receive at Athlete Registration.
- The medical information that is placed on your wristband and race 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. There will be a medical point located at Aid Station 3.

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.



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TOP 5 THINGS TO DO IN WEYMOUTH

DURDLE DOOR

A short drive (or bus journey) from Weymouth, Durdle Door is one of the Jurassic Coast's most iconic landscapes. It is a natural arch, created when the sea pierced through the Portland limestone around 10,000 years ago.



NOTHE FORT

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



ISLE OF PORTLAND

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



SEA LIFE CENTRE

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



WEYMOUTH TOWN

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



For more information

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

PARKING

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

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

1. Mount Pleasant Park and Ride Car Park

What 3 Words – [///stretcher.basics.wool](#)

Parking is FREE but payment will be required for the bus journey. This car park is a 15 minute walk from the Race Venue. The Park & Ride service is not fully operative. However, there is a bus service that passes by & stops on Mercury Road (walk out of the entrance & follow the orange directional signs to the nearest bus stop).

On race day we highly recommend parking in Mount Pleasant Park and Ride Car Park and walking to Transition. More information can be found [HERE](#).

2. Swannery Car Park, DT4 7TY

What 3 Words – [///intend.bared.breath](#)

No height restrictions

Disabled spaces available

No time restrictions

More information regarding costs can be found [HERE](#).

3. Beach Car Park, DT3 6HS

What 3 Words – [///outlawing.centuries.zoomed](#)

No access from 4am - 6pm on race day.

More information regarding costs etc can be found [HERE](#).

CLOSED RACE DAY

4. The Pavilion Car Park, DT4 8DZ

What 3 Words – [///paying.also.junior](#)

Max Height – 2.08m

No time restrictions

Disabled spaces available

More information regarding costs etc can be found [HERE](#).

CLOSED RACE DAY UNTIL 17:30

***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. Please always refer to parking signage when parking in Weymouth during race weekend.**

IMPORTANT LOCATIONS

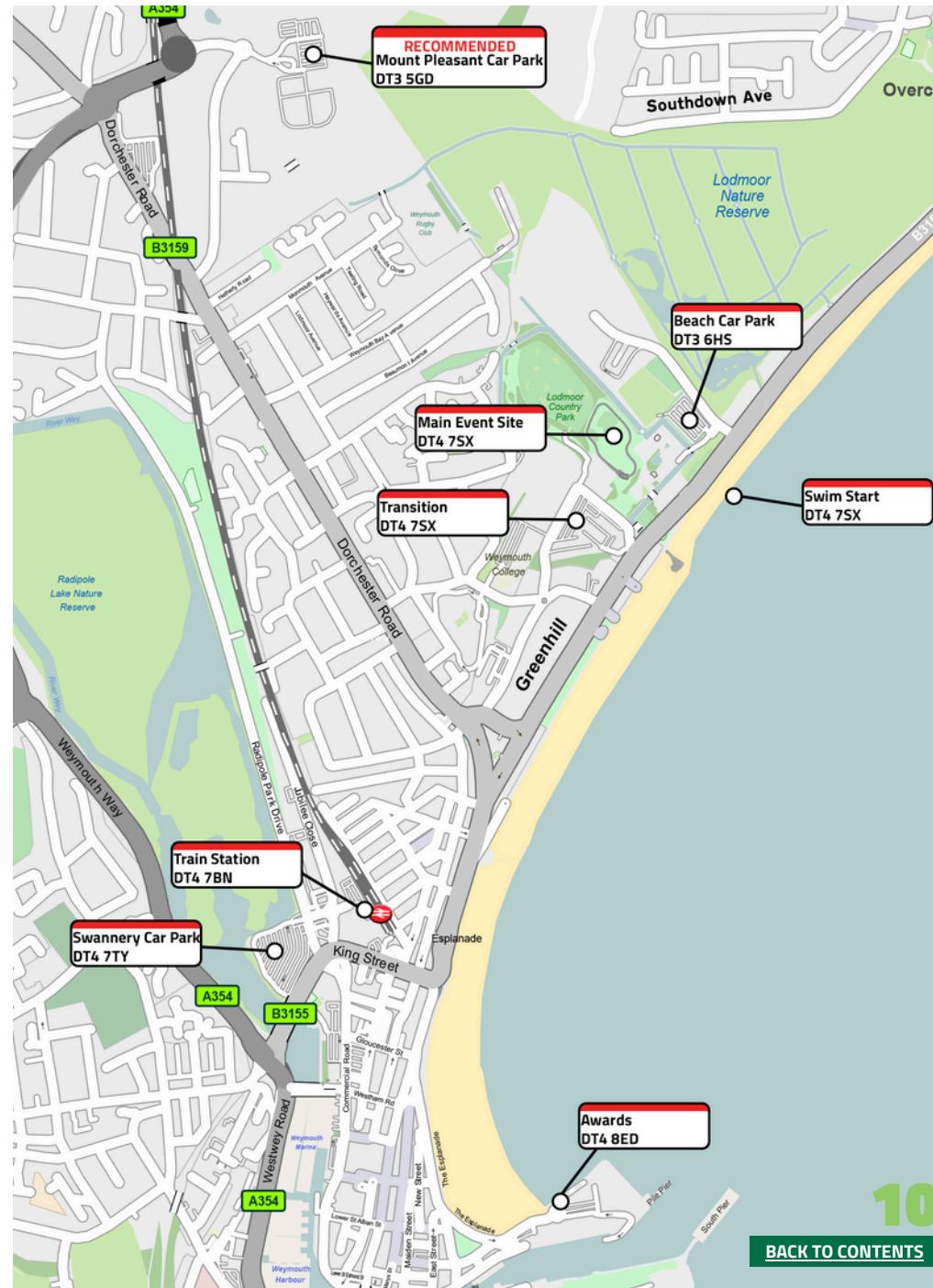
EVENT LOCATION	ADDRESS	WHAT 3 WORDS
REGISTRATION, EXPO & MERCHANDISE	Lodmoor Country Park, Weymouth, DT4 7SX	//spruced.mixer.rocker
SWIM START	Weymouth Beach – Opposite Lodmoor Country Park, Weymouth, DT4 7SX	//behalf.outings.trip
TRANSITION	Lodmoor Car Park, Weymouth, DT4 7SX	//thickened.plants.flicked
FINISH LINE	Lodmoor Country Park, Weymouth, DT4 7SX	//sobered.ties.superbly
AWARDS	The Pavilion, CT19 6BL	//bumps.mock.yoga



By Train: The nearest mainline station is Weymouth.



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



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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.
- NIRVANA Bike Mechanic, inside transition on race day.

PREMIUM PACK

Enhance your Essential Pack. With extra support and services, maximising your event experience.

Limited Premium Packs available.

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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Scan the QR code to book and view ALL benefits within the IRONMAN Experience Powered by NIRVANA

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

REGISTRATION INFORMATION

REGISTRATION LOCATION: Lodmoor Country Park

OPENING TIMES: Friday 12th 11:00 - 17:00 Saturday 13th 08:00 - 15:00

It is compulsory that you register and collect your race essentials within the times stated. There will be [NO late registrations](#), please take this into consideration when organising travel arrangements!

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

1. A RACE LICENCE

- **UK RESIDENTS:** 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.

- **OVERSEAS RESIDENTS:** 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. You will have received this in your confirmation email. This will be sent again during race week (please note; internet can be limited onsite so 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 at 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 onsite Registration (AWA Gold and Silver, and Tri Club Pole Position athletes are still reserved lower bib number ranges).

RACE STICKERS

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

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 throughout the whole race weekend.

The wristband is required for medical identification purposes and gives you access to all athlete areas before, during and after the race. You will not be allowed to remove your bike and/or bags 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 3 wristbands. Please note, the team must attend registration together.

SWIM CAP

New for 2025: At registration you will choose a swim cap colour based on your estimated swim time. This is compulsory to wear for the race. If you wish to wear another IRONMAN swim cap please wear that underneath your IRONMAN 70.3 Weymouth one.

Please be honest with yourself when choosing as this is for the benefit of yourself and others



BACKPACK & TRANSITION BAGS

You will receive your IRONMAN 70.3 Weymouth athlete backpack containing your RED, BLUE and WHITE Transition Bags.

ATHLETE T-SHIRT

Please collect your 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 size swaps at awards.

TRANSITION BAGS

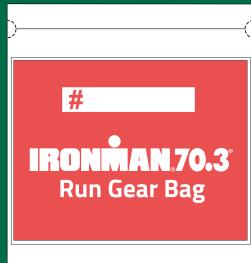
You will receive three Transition bags, along with your numbered sticker sheet at Registration. Please ensure you stick the numbered stickers on the bags before putting your gear in them. Please do not overfill your bags, or leave any valuables in Transition. IRONMAN is not responsible for the contents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

WHAT IS EACH BAG FOR?



BIKE GEAR

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



RUN GEAR

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



POST RACE

Place shoes, warm clothes and any other items that you may want after the race in here before the swim and drop at the Post Race Area.

BIKE & BAG CHECK-IN

TRANSITION LOCATION: Lodmoor Car Park

OPENING TIME: 08:30 - 17:00

You must rack your **bike, blue and red bags** together on Saturday. Your athlete wristband will be checked upon entering Transition. Without this you will not gain access into Transition.

Be ready before you get to the entrance of Transition – you must have your helmet on with the strap fastened and sticker on the front, your race number on the seat post of your bike and your Transition bags with the requires stickers in the spaces provided.

Without all these items, you will not be able to rack your bike and bags.

Please be prepared for the following inspections:

- A visual inspection of the bike (wheels with disc brakes are allowed).
- A brake system check and check of your helmet.
- A check that the race stickers are on your bike and your helmet and a check of your athlete wristband.

- You must rack your bike and your bags according to your number.
- Bike covers are **NOT ALLOWED** and will be removed.
- Shoes and nutrition can be added to your bike on race morning.
- Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN will not be responsible for any bike failures. There will be bike mechanics at bike check in on Saturday to help with any minor alterations.

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

STREET WEAR BAGS

All athletes will be provided with a Street Wear Bag at registration. These are used to hold any clothing or items that you might have with you before the race, or would like access to after the race. The use of the Street Wear Bag is **optional**.

Street Wear bags can be dropped off at the finish line on race day on the way to Swim Start from **05:00 - 07:00**. These must be dropped directly at the Finish Line as you head to swim start.

Please note: Do not store any valuables or track pumps in your Street Wear bag.

IRONMAN are not responsible for any of the contents of the bag.

RACE BRIEFING



The race briefing will be published online on the IRONMAN 70.3 Weymouth website on 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 weymouth70.3@ironman.com, our team is always happy to help!

TIMING CHIP

TRANSITION LOCATION: Lodmoor Car Park **OPENING TIME:** 08:30 - 17:00

YOU WILL RECEIVE YOUR TIMING CHIP AT BIKE CHECK IN

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 for the entire race.

Your timing chip is on loan to you, and it **MUST** be returned 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, then please alert an IRONMAN official before you cross the Finish Line.



RIDE THE REVOLUTION



**YOUR RIDE.
YOUR CHOICE.**

KICKR began as a simple idea: a new way to ride indoors. Little did we know we'd ignite an indoor training revolution. A revolution that rolls on today in the form of the world's most complete indoor training ecosystem. An integrated cycling experience that offers cyclists of all levels the tools they need to get faster, fitter and have more fun while chasing their goals. From accessories that blur the line between virtual and reality, **the revolution isn't over, it's just begun.**



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wahoofitness.com

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
- 2026 IRONMAN 70.3 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 can amend this by editing your entry for this event in your IRONMAN profile (Registrations) prior to race day or email us at weymouth70.3@ironman.com

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

OBJECTIONS

TIMING OR RESULTS

OBJECTIONS LOCATION: Weymouth Pavilion **OPENING TIME:** 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** on Sunday 14th September at the **THE PAVILION**.

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

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



SWIM Cut off - 1 hours 10 minutes

You will have 1 hour 10 minutes to complete the swim course once **you** cross the timing mat. Any athletes who take 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

You will have 5 hours 30 minutes to complete the swim and bike course from the time **you** cross the timing mat at swim start.

Intermediate cut off times:

- 27.6 miles - 11:20
- 40.0 miles - 12:10
- 46.6 miles - 12:40



RUN Cut off - 8 hours 30 minutes

You will have 8 hours 30 minutes to complete the whole course from the time **you** cross the timing mat at swim start.

Intermediate cut off times:

- 6.4 miles - 14:55

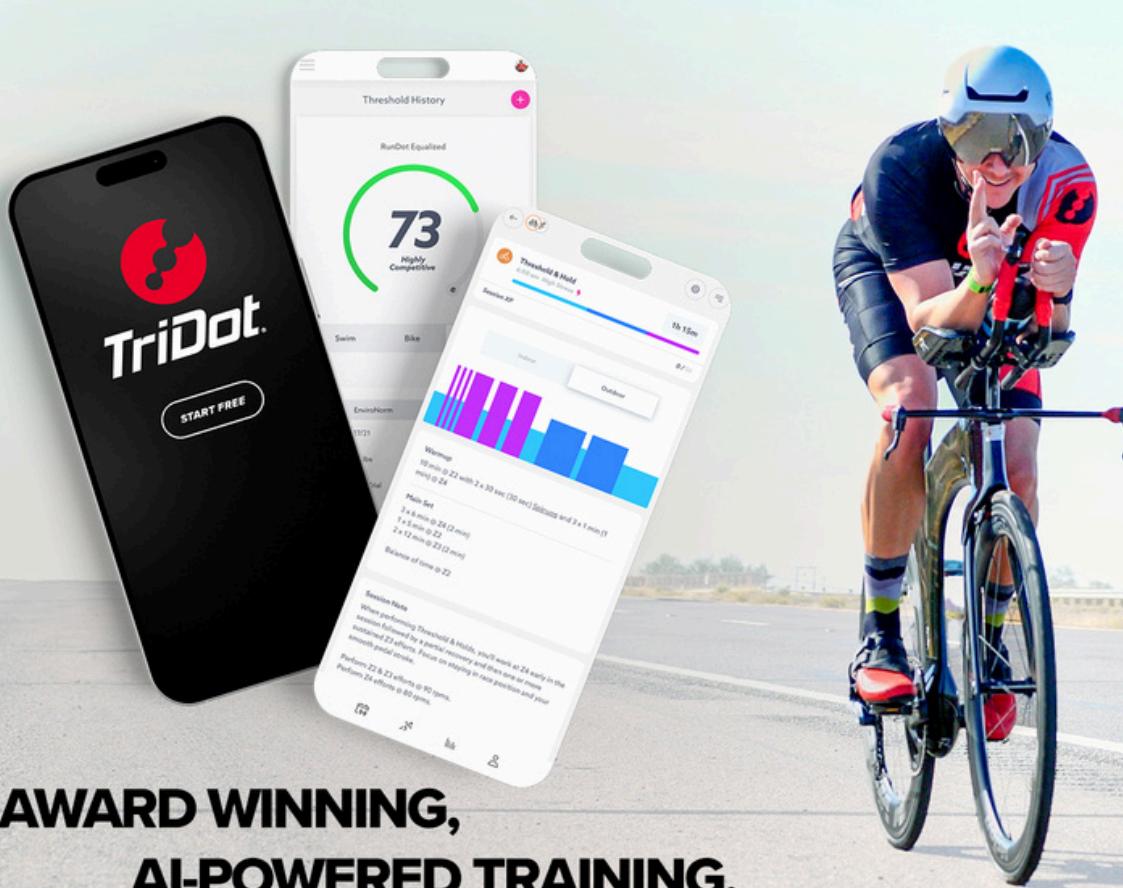
Please note there is a 10 minute time limit in Transition 1 and 2.

Please be aware that you could cross the Finish Line and receive a DNF after the race, based on the final timing verified by the timing company. This will be because you failed to complete the bike in the required time or the whole race within 8 hours and 30 minutes from **your** individual start time.

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](#).

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TEAM INFO

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](#).

TRANSITION CHANGEOVER

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.

ANY WARM UPS MUST BE DONE OUTSIDE TRANSITION OR WITHIN THE RELAY AREA

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.



RELAYS

REGISTRATION

Registration for all athletes will take place on Friday and Saturday. All relay members need to attend registration to sign the event waivers and collect your race packs.

You will each need to bring your ID and have purchased a race licence.

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details.

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

RACE PACK

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

- 2 x Race bibs – 1 x for the bike, 1 x for the run
- 3 x ID Wristbands – one for each team member
- 1 x Swim Cap
- 1 x Sticker Sheet – for the bike and Transition bags

IRONPRAYER

LOCATION: St Mary's Church **WHEN:** 13TH September **TIME:** 16:00 - 16:45

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 for any concerns surrounding it, and share some of our race experiences and hopes for race day.



**HAPPY
BIRTHDAY**

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

HELEN **AARON** **NATHAN**
MARK **DESMOND** **LUCY**
RICHARD **SI** **SIMON**
KENNETH **EDWARD** **TYLER**
DAN **DAN** **NICK**

Thank you for choosing to celebrate with us !

ENJOY YOUR RACE

18

BACK TO CONTENTS

RACE DAY

LOCATION: Lodmoor Country Park **WHEN:** 14TH September **TIME:** 05:00 - 07:00

ARRIVAL IN THE MORNING

We recommend arriving at Transition a minimum of 90 minutes before the swim start. Transition **will close at 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 bag 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, so please do not bring your own unless you have a family member or friend to leave it with - do not place bike pumps in Street Wear bags.

Take time to familiarise yourself with your surroundings. 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 cap, 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 Aid Stations and at the Finish Line.

RACE DAY CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> Timing Chip | <input type="checkbox"/> Flip Flops |
| <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"/> Street Wear Bag |

STREET WEAR BAG DROP

LOCATION: Finish Line **WHEN:** 14TH September **TIME:** 05:00 - 07:00

Street Wear bags are optional, but for athletes who wish to use them, these can be dropped at the Finish Line on the way to swim start on race morning from **05:00 - 07:00**.

The Street Wear bags will then be available to collect at the same location once you have crossed the Finish Line.

MECHANICAL 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 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.

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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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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



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PRECISION
FUEL & HYDRATION

BIKE AID STATIONS

BIKE AID STATIONS ARE LOCATED AT:

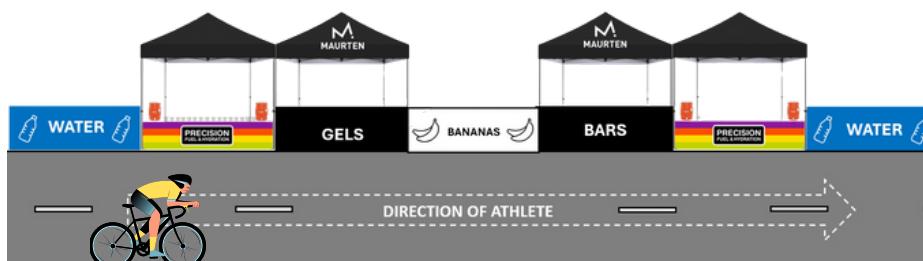
- Mile 16.5
- Mile 27.6
- Mile 40.0

NUTRITION AVAILABLE AT EACH BIKE AID STATION:

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

ON-COURSE

NUTRITION

PRODUCTS



Precision Fuel & Hydration PH 1000 BIKE & RUN COURSE

PH's popular PH 1000 electrolyte drink will be on-course to help you hit your fluid and sodium numbers. It delivers 1.000mg of sodium per litre, which is about what the average athlete loses per litre of sweat. It is informed Sport Certified, vegan and has a mild citrus flavour to minimise flavour fatigue. It will be served pre-mixed in bottles on the bike and in paper cups on the run. "Decoupling" your fueling and hydration can be beneficial during longer endurance races, as you can adjust each one individually as needed. Use their free online planner to dial in your race nutrition strategy and learn more about what's on-course.

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.



We're in this together

As Official Sports Performance Nutrition of the IRONMAN Global Series, Maurten Gels and Solids will be available on-course on race day. You won't fuel short.

maurten.com



RUN AID STATIONS

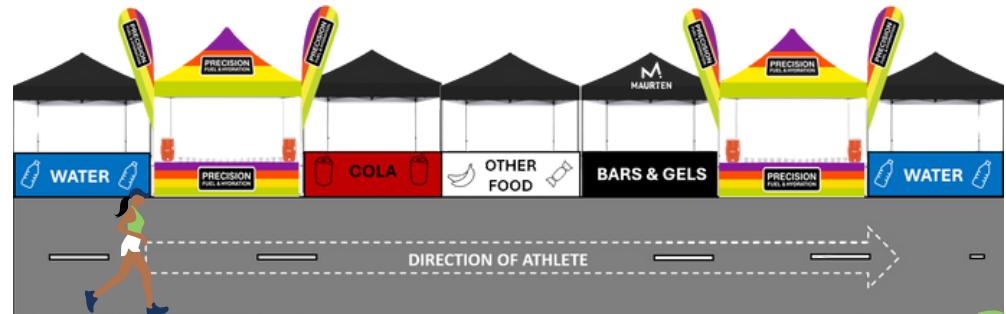
RUN AID STATIONS ARE LOCATED AT:

- Mile 2.1
- Mile 8.5
- Mile 3
- Mile 9.4
- Mile 4.8
- Mile 11.2
- Mile 6.2
- Mile 12.6

NUTRITION AVAILABLE AT EACH RUN AID STATION

- 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



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

SWIM

BEACH OPPOSITE LODMOOR COUNTRY PARK

07:15

1.9 KM



[GPX ROUTE](#)



[STRAVA ROUTE](#)

ROKA SWIM

The swim course is a 1.2 mile (1.9 km) swim course composed of a single clockwise lap in Weymouth Bay. Swim straight out away from Weymouth's beach and two right turns later you will be headed back to Transition, to the cheering crowds along the beach front.

SWIM START

IRONMAN 70.3 Weymouth will have a self-seeded rolling start.

Prior to the race start, athletes will be directed to stand by their corresponding swim time signage board. Volunteers will be in the starting area and will assist with this process. Being as accurate as possible with your estimated swim time will make for the best swim for you, and others around you.

At 7:15am athletes will begin to enter the water in a continuous stream through a controlled access point. The timing chip will register each athlete's individual start time when they cross the timing mat at the swim start.

There will be no warm up in the water prior to the start, please make sure that you prepare properly in the assembly area.



UNDER 32
MINS

32 - 35
MINS

36 - 39
MINS

40 - 44
MINS

45 - 49
MINS

50+
MINS

CUT OFF TIME

The swim cut off time is 1 hour and 10 minutes.



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.

WETSUIT RULES

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

Prohibited wetsuits

Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover 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. Doing so will result in disqualification.
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- It is advised that swim goggles should 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.

RÖKA



LUCY CHARLES-BARCLAY
2023 IRONMAN WORLD CHAMPION

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"The most comfortable, mobile wetsuit I have worn yet. The shoulder / arm flexibility is unmatched. Highly recommend."

Julia C. — Seattle, WA

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R2 3.0 CALF SLEEVES



Compression Grid Pattern
Targeted high level muscle support.
Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



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SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



S

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SWIM COURSE

1 loop
course distance - 1.2 mi

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.

Please note there will be an acclimatisation zone to utilise prior to getting in the swim area.

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 place.

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

IRONMAN[®]
GLOBAL SERIES

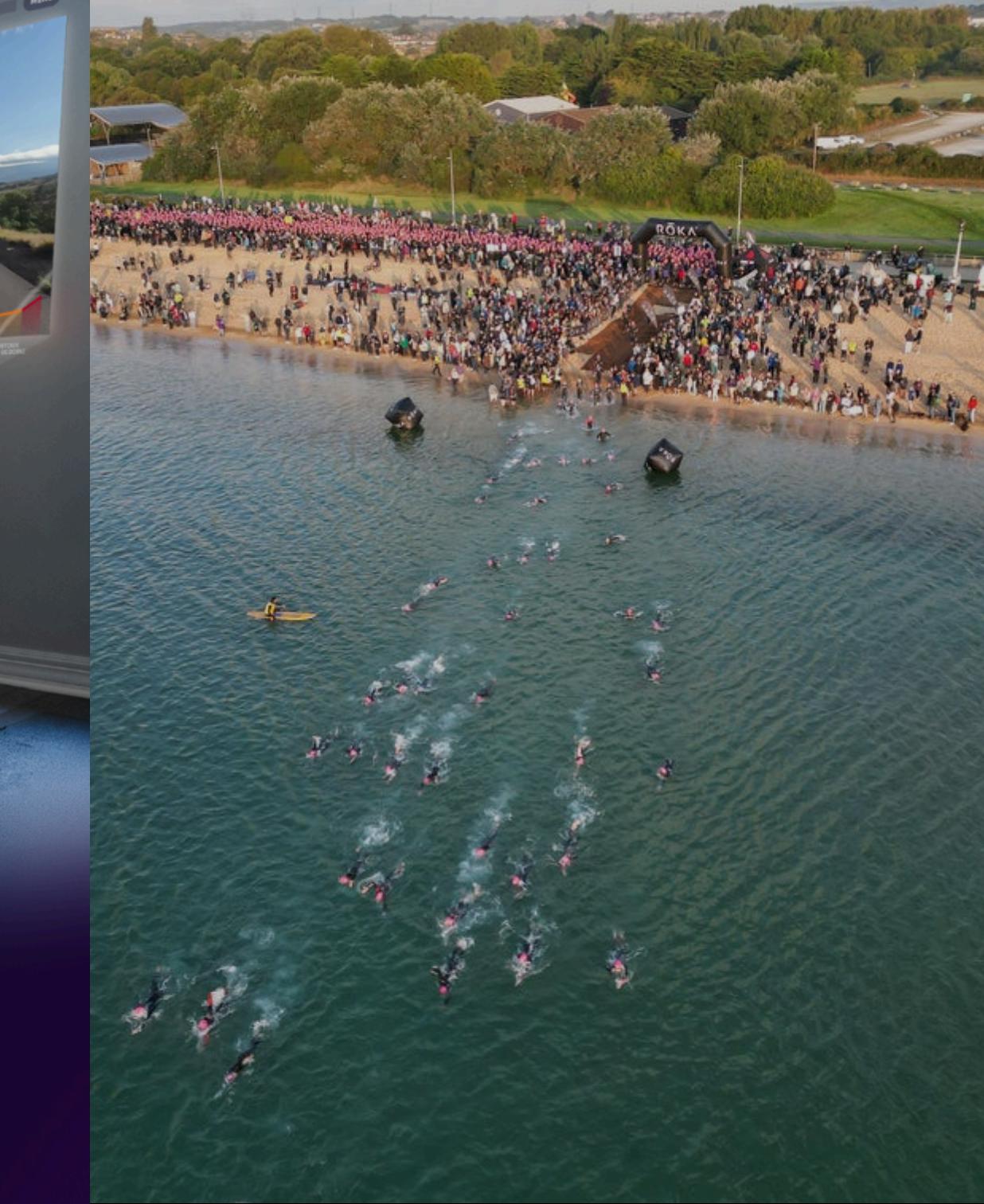
2025 OFFICIAL DIGITAL SPORTS PLATFORM

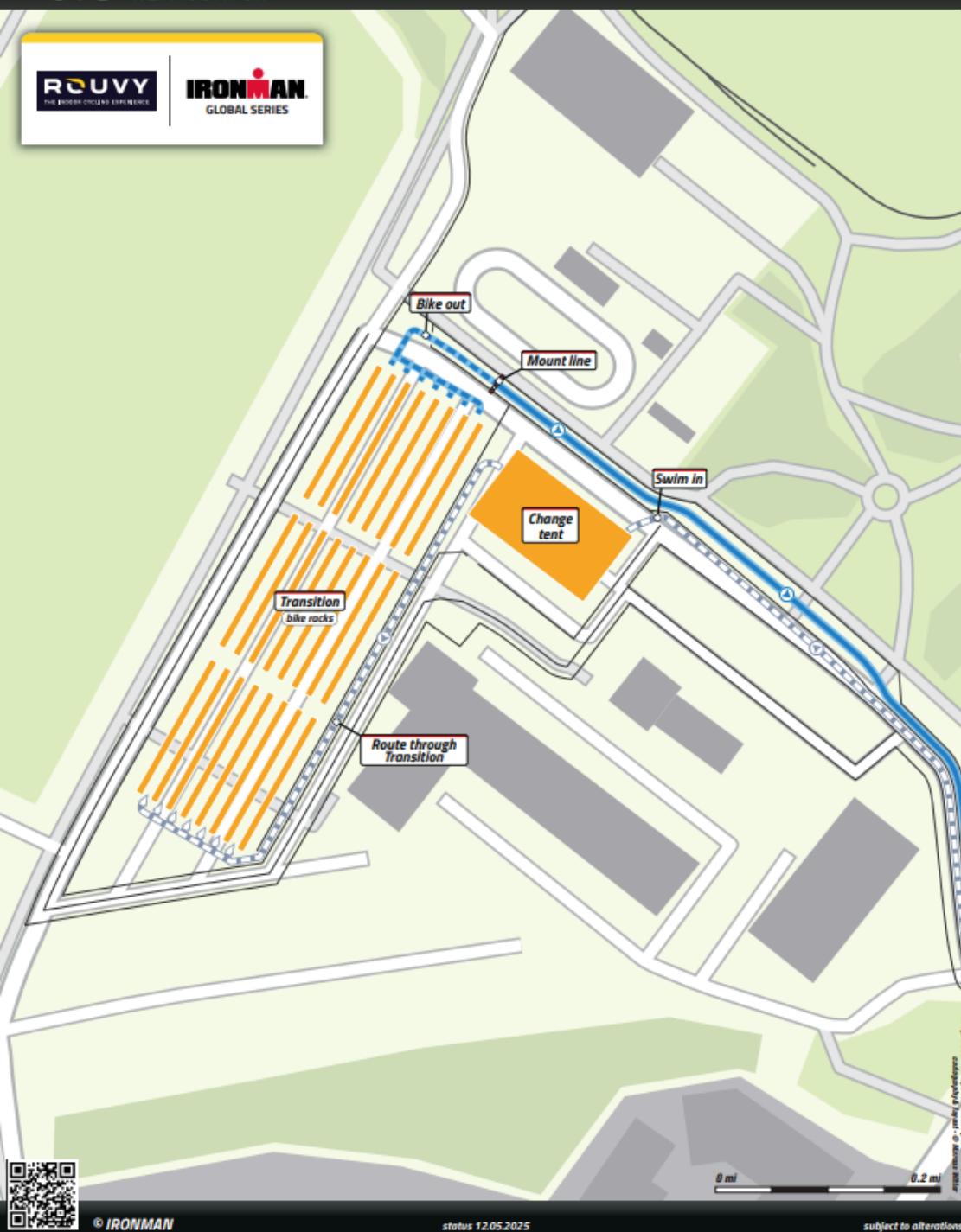


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ROUVY TRANSITION T1 - SWIM TO BIKE

After exiting Swim, follow the clearly marked course to Transition.

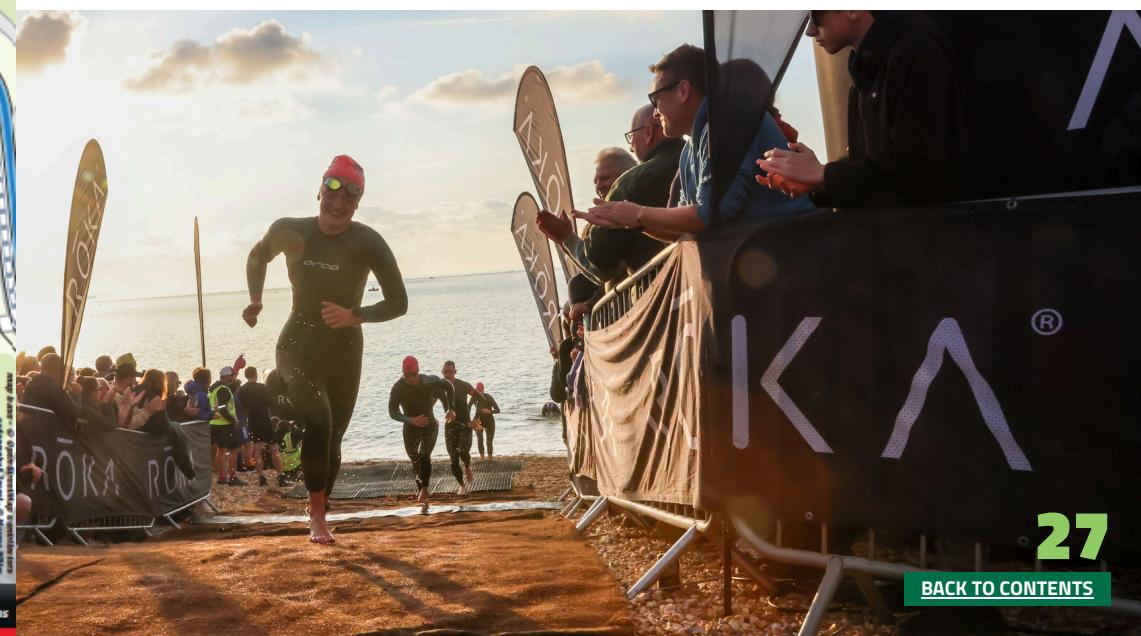
Once you're in Transition, collect your blue Transition bag from the bottom hook and change into your bike kit, placing your wetsuit, goggles and swim cap etc inside your blue bag. Then please **re-rack** your blue bag back on the **bottom** allocated hook.

There will be nude changing tents available should you wish to change completely.

Please note that your helmet must be fastened with the chin strap closed before touching your bike.

Please do not get on your bike until after you have crossed the mount line, located by the bike out arch. Penalties will be issued to any athletes who fail to follow these rules.

The Transition cut off time is 10 minutes.



BIKE

90 KM



[GPX ROUTE](#)



[STRAVA ROUTE](#)

ZOOT BIKE

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

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.

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 Transition 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.

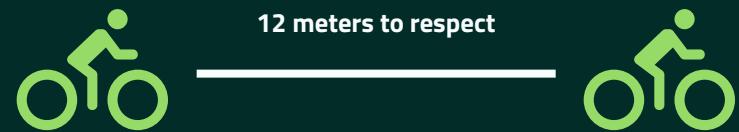
Yellow card - BIKE

If you receive a yellow card penalty, you must report to the penalty tent in Transition 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.

Every effort is made to ensure that the bike route is as safe as possible and pre-race hazards are marked. However, hazards can change and appear during a race and it is not possible for every hazard to be marked. It is your responsibility to ride safely and avoid hazards along the course.

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.
- Drafting is prohibited (blue card).
- Athletes must ride single file on the left side of the road. Overtaking athletes may pass on the right side for up to 25 seconds but must move back to the left side 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).
- Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.



MECHANICAL ASSISTANCE

There will 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.

CUT OFF TIME

The swim & bike cut off time is 5 hours and 30 minutes.



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 exit onto the run and will receive a DNF. Please note, there will also be intermediate cut offs on the bike course. More information can be found [HERE](#).

BIKE COURSE
1 loop
course distance - 56 mi



ZOOT

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ROUVY TRANSITION T2 - BIKE TO RUN

When you return to 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 re-rack your bike at your allocated number and follow the one way system to the change tent.

After you have collected your red Transition bag from the top hook and changed into your run kit, place your helmet, shoes etc. inside your red bag. Then please **re-rack** your red bag back on the **top** allocated hook.

Please note that there will be nude changing tents available should you wish to change completely. Nudity in the main area of the Transition tent will result in a DSQ.



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IRONMAN
70.3 WEYMOUTH UK

TRANSITION 2
Bike to Run



© IRONMAN

status 12.05.2025

subject to alterations

RUN

21.1 KM



[GPX ROUTE](#)



[STRAVA ROUTE](#)

HOKA RUN

The **updated** course is a 2-lap route, starting from Transition and looping around the Finish Line in Lodmoor Country Park before heading out to the Overcombe roundabout. A left U-turn will be made and athletes will return to Weymouth town via the RSPB Bird Reserve and back past Transition before heading up Greenhill Avenue and down to Custom House Quay. They will then make their way back towards Lodmoor Country Park via the Esplanade and past Transition and the Finish Line to start lap 2.

FINISH LINE

You will run past the Finish Line **twice** before you make your way down it!

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 by volunteers once you have crossed the Finish Line.

RELAYS

There will be a purple RELAY flag at the start of the Finish Line. Athletes forming part of a relay team are allowed to join their team member at this point and run down the red carpet together to cross the Finish Line.

PROHIBITED RUNNING SHOES

IRONMAN adheres to World Athletics' Shoe Regulations for all IRONMAN and IRONMAN 70.3 Events. For the avoidance of doubt: Running shoes with a stack height sole thickness (as defined in World Athletics: Athletic Shoe Regulations 10.3-10.5) of greater than 40mm are prohibited and will result in disqualification. A list of known prohibited running shoes can be found [HERE](#). If you have any doubts, please speak to our Athlete Services team.

CUT OFF TIME

The swim, bike & run cut off time is **8 hours and 30 minutes**.

Every individual athlete and relay team will have 8 hours and 30 minutes to complete the entire course. The run course will close 8 hours and 30 minutes after the final athlete crosses the Swim Start timing mat. 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 2026 IRONMAN 70.3 World Championship slots.

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.

Headsets, headphones, or audio-capable eyewear are prohibited during the run segment of 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

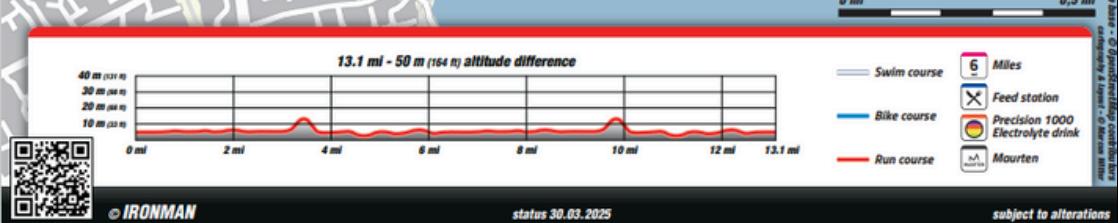
30 seconds STOP & GO penalty.

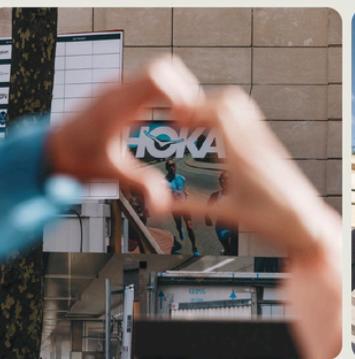
If you are issued a yellow card, you must stop immediately next to the referee who issued it. The referee will then inform you when you have served your penalty and are free to continue.



RUN COURSE

2 loops
course distance - 13.1 mi





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HOKA

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POST RACE

HYPERICE POST-RACE AREA

- Receive your IRONMAN 70.3 Weymouth medal as you cross the Finish Line
 - Medal engraving is available in the Post Race Tent
- Hand your timing chip to our volunteers.
- Refuel with our Post Race food options.
- Don't forget to collect your Street Wear bag!

BIKE & BAGS CHECK OUT

LOCATION: Lodmoor Country Park **WHEN:** 14TH September **TIME:** 14:00 - 18:00

Transition will be open to collect your bike, blue and red Transition bags from 14:00 - 18:00 on Sunday 14th September. Supporters are able to collect belongings on behalf of athletes, but they must get a support bag & bike wristband at registration beforehand. Athletes will need to be wearing their athlete wristband to gain access to collect their equipment. On exiting Transition, volunteers will check that all race numbers match on the bike and bags.

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.

Any Timing/Results objections must be made between 16:30 and 17:00 on Sunday 14th September at Weymouth Pavilion **before** the Awards ceremony has commenced. [MORE INFO.](#)

AWARDS CEREMONY

LOCATION: Weymouth Pavilion **WHEN:** 14TH September **TIME:** 18:00 - 20:00

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 or posted after the ceremony has finished.





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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.

RACE PHOTOS

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

Sportograf 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 Weymouth Race Photos](#)

Help **Sportograf** 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

LOCATION: Weymouth Pavilion **WHEN:** 14TH September **TIME:** 18:00 - 20:00

AGE GROUP QUALIFICATION SLOTS

IRONMAN 70.3 Weymouth has been allocated **60 Age Group Qualification slots**, with men and women both allocated **30 Age Group Qualification slots each**.

Athletes must claim their slot **IN PERSON** and only for the 2026 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Sunday 14th September immediately following Awards. Awards will start at 18:00 at Weymouth Pavilion so please be present no later than 18:15 for slot allocation. For the most up to date information and qualifying slot numbers, please [CLICK HERE](#).

PAYMENT & REGISTRATION

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 log in 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 & ROLL DOWN

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 (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



Look after each other out on course



Make sure your emergency contact is someone spectating and present 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



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



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



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 70.3, Swim - Bike - Run - Nutrition You need to practice your nutrition and use what is going to be given out on the course



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

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QUICK PUNCTURE REPAIR

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 repair a puncture yourself. Below are some pointers that we'd recommend you practice before race day 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 or snap)
- 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 outside of the tyre to see if anything is stuck in it i.e. a thorn, glass 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
- 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!



[BACK TO CONTENTS](#)

GOOD TO KNOW GET SOCIAL

QUESTIONS

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

WEYMOUTH70.3@IRONMAN.COM

LOST & 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 weymouth70.3@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 & 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 Weymouth experience across your social media profiles with #IM703WEYMOUTH

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
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2024 HIGHLIGHTS

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