

IRONMAN®

IRELAND  CORK

23rd June
2019



ATHLETE GUIDE

WELCOME

TO 2019 IRONMAN® Ireland, Cork



It gives me great pleasure to welcome you to the first IRONMAN Ireland Cork and the spectacular coastal town of Youghal. Special thanks to Cork County Council for their unwavering support to this new event. I would also like to welcome all of our overseas athletes, with approximately 600 from the UK, 500 from the USA and over 60 countries represented in total.

We are lucky to have the support of a very strong local organising committee who have put in a massive amount of work in the background. Their assistance in not only helping to deliver the event but also providing most of the volunteers is an outstanding achievement.

It is important to me as Race Director that our team deliver a safe, enjoyable and fair race course. We have worked hard to achieve this and I am confident we will. We have a beautiful beach for Swim Start. The 2-lap bike course brings you through stunning countryside but make sure you keep a little in the tank for the big climb up Windmill Hill in Youghal at the end of each lap. And finally, a 4-lap run course through the streets of Youghal.

We expect massive support on course and there should be an amazing atmosphere. I understand the commitment that you will have made to make it to the start line and quite apart from your physical preparation, all IRONMAN events are unique logistics-wise so please make sure you attend a race briefing, even if you are a seasoned athlete. If you understand all aspects of the race week schedule and pre-race processes, it will make for a far more relaxing race-day experience.

Medals and finisher T-shirts await you at the finish line and what better way to achieve it than have Mike Reilly, the voice of IRONMAN, say the magic words "YOU ARE AN IRONMAN!" as you come down the red carpet. I hope all goes to plan on race-day and you have a fantastic experience. I look forward to seeing you all at the Finish Line!

Have a safe race,

Johnny Wallnutt
Race Director

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RACE SCHEDULE

2019 IRONMAN IRELAND, CORK

THURSDAY, June 20

HOURS

EVENT

LOCATION

2pm	7pm	Athlete Registration
2pm	7pm	EXPO & Official IRONMAN Merchandise Store

Green Park
Green Park

FRIDAY, June 21

9am	6pm	Athlete Registration
9am	8:30pm	EXPO & Official IRONMAN Merchandise Store
1pm	2pm	Athlete Race Briefing
5pm		Welcome Banquet & Athlete Briefing (Entry By Ticket Only)

Green Park
Green Park
Walter Raleigh Hotel
Walter Raleigh Hotel

SATURDAY, June 22

8am	12pm	Athlete Registration
8am	4pm	Transition Open for Bike and Bag Racking
9am	7pm	EXPO & Official IRONMAN Merchandise Store
10am	11am	Athlete Briefing
12pm	1pm	Athlete Briefing
2pm	3pm	Pro Athlete Briefing
4pm	5pm	Athlete Briefing

Green Park
Claycastle Car Park
Green Park
Walter Raleigh Hotel
Walter Raleigh Hotel
Walter Raleigh Hotel
Walter Raleigh Hotel

SUNDAY, June 23

4:00am	5:30am	Athlete Car Park Opens (10 min walk to transition)
5am	7am	Spectator Car Park Opens
5am	7am	Shuttle Buses start running for spectators to Transition
5am	6am	Transition Open
5:50am	6:25am	Swim Start Assembly
6:30am		PRO Athletes Start
6:35am		Age Group Athletes Start
9am	6pm	Official IRONMAN Merchandise Store
5:30pm	12:30am	Transition Open for Bike and Bag Collection
5:30pm	12:30am	Athletes at Finish Line

Ballyvergan
Youghal Rugby Club
Youghal Rugby Club
Claycastle Car Park
Claycastle Beach
Claycastle Beach
Claycastle Beach
Green Park
Claycastle Car Park
Green Park

MONDAY, June 24

8:30am		Qualifier Results Posted
9am	2pm	Official IRONMAN Merchandise Store
11am	1pm	2019 Kona Slot Allocation & Awards Ceremony

Green Park
Walter Raleigh Hotel

MASON
HAYES &
CURRAN

IRONMAN
IRELAND  CORK

 Cork
County Council
Cairde na h-Éireann

Mason Hayes & Curran

Official Sponsor of **IRONMAN Ireland Cork 2019**



Best of luck to all
the athletes and their
supporters



To win a **FREE ENTRY** for
IRONMAN Cork 2020, visit:

[MHC.ie/Ironman](https://www.mhc.ie/ironman)



YOUGHAL

PROUD TO WELCOME IRONMAN IN 2019

Youghal, Co. Cork, is a stunning coastal resort, rich in medieval history and the 2019 host of Ironman Ireland Cork!

Located midway between Cork and Waterford Cities (50 minutes to either), this largely unspoilt part of South East Ireland is gearing up to deliver a 'Pure Cork' welcome when you visit this June!



Look out for
**YOUGHAL
LIGHTHOUSE**



Stroll along our
**BOARDWALK
& BEACH**



Visit
**YOUGHAL
CLOCK GATE
TOWER**



Explore
**ST. MARY'S
COLLEGIATE
CHURCH**



Cork
County Council
Comhairle Contae Chorcaí



WELCOME

Cork Country Council

I would like to take this opportunity to welcome you all to Ireland's first full IRONMAN. We are delighted to have joined forces with IRONMAN in bringing this incredible competition to Cork and in welcoming competitors from all over the world to our beautiful county for one of the most anticipated events of the summer.

I have no doubt that you the athletes, your friends, family together with the multitude of IRONMAN will enjoy the famous "C  ad M  le F  ilte" welcome from the people of East Cork. With our county featuring centre stage at one of the most prestigious sporting competitions in the world and the historic town of Youghal at the heart of the action, we know that IRONMAN Cork is going to be a successful and stunning spectacle.

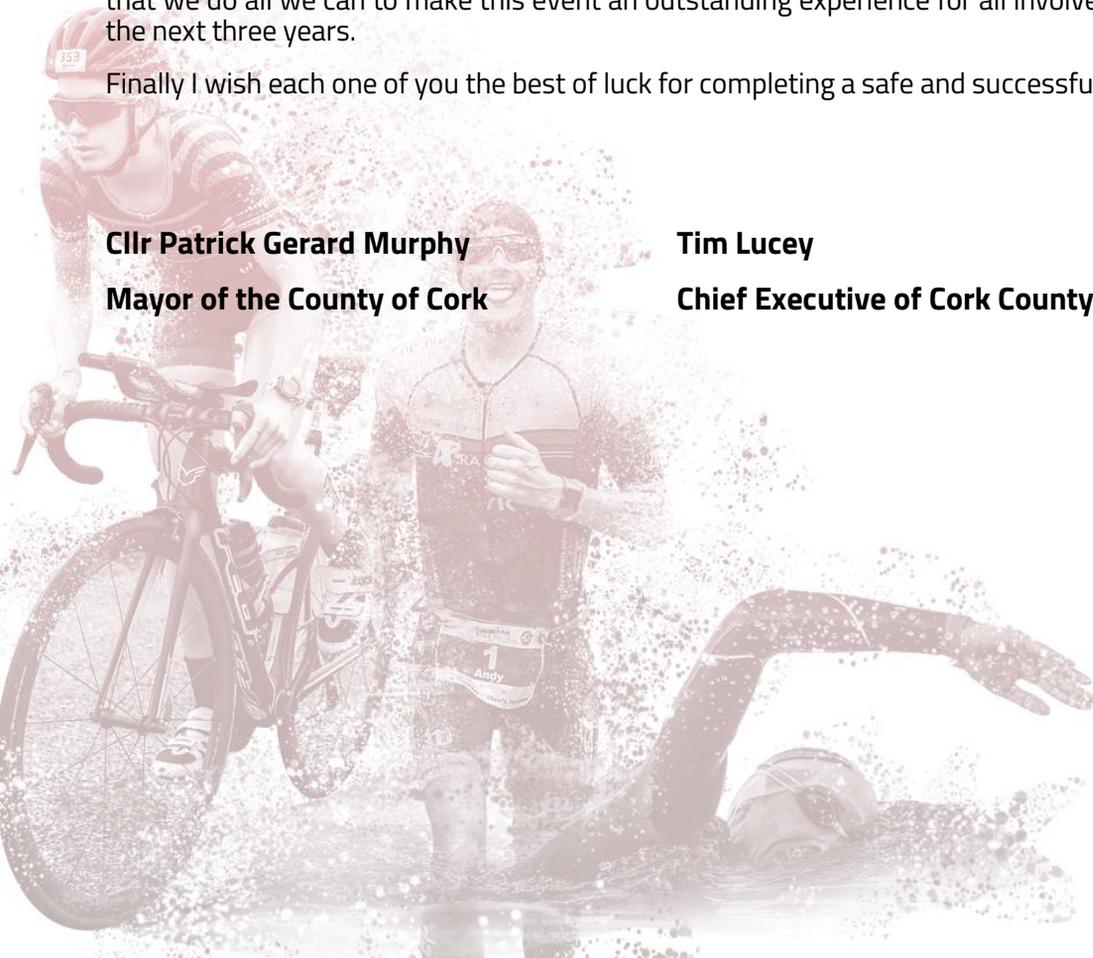
Cork is the largest county in the country and is known as Ireland's Maritime Haven. With over a thousand kilometres of coastline and a rich maritime history spanning over a thousand years there are so many unique experiences to enjoy. I hope that during your visit and you have the opportunity to explore all that the county has to offer, from our beautiful blue-flag beaches to the historic picturesque towns and villages, from our celebrated cuisine to the friendly and accommodating hospitality we are renowned for here in Cork.

IRONMAN is an international event but it is also a community event with hundreds of volunteers being a part of this experience. Cork County Council along with the emergency services, local businesses and communities have come together in the spirit exemplified by IRONMAN to ensure that we do all we can to make this event an outstanding experience for all involved this June and for the next three years.

Finally I wish each one of you the best of luck for completing a safe and successful IRONMAN race.

Cllr Patrick Gerard Murphy
Mayor of the County of Cork

Tim Lucey
Chief Executive of Cork County Council



TOP 5 THINGS TO SEE

IN YOUGHAL

1. Visit Youghal Clock Gate Tower

a most unique building that holds many stories and told to you by the best storytellers you can find.



2. The Beautiful Beaches

Stroll, swim, or surf along one of Youghal's beautiful beaches. Remember it's free!



3. The Raleigh Quarter

Step into a piece of Youghal's unique history and visit The Raleigh Quarter encompassing a Guided Tour of Mary's Collegiate Church, our medieval National Monument.



4. Blackwater River

Take a cruise along the stunning Blackwater River with Captain Tony Gallagher on 'The Maeve' Blackwater Cruise



5. Youghal Golf Course

Book a round of golf at Youghal Golf Club– a scenic and challenging 18 hole Par 71, Parkland Golf Course.



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ENDURANCE

ACCOMMODATION

NIRVANA EUROPE

Nirvana Europe are the Official Travel Agent to the IRONMAN European Series providing accommodation, travel and event services to athletes and spectators alike. Having over 15 years of experience booking accommodation and travel to IRONMAN events, Nirvana Europe allows you to focus on your training, whilst reducing any worry or stress you may have about your event travel.

Nirvana Europe have a tightly knit team of Triathlon enthusiasts, who understand and appreciate the time and hard work you put in, to achieve your race goals...and dreams! Their aim is to assist and support you all the way, ensuring you fully enjoy your IRONMAN experience.

When booking your accommodation through Nirvana Europe, you will receive:

- IRONMAN Race Entry Cancellation Insurance, covering you against injury or illness
- Bike storage in your hotel or bike permitted in bedroom
- Early breakfast on race day arranged
- Use of cycle track pumps in hotels
- News updates direct from the Race Organisation, including water temperature updates and forecasts
- Access to a range of bike mechanical services, exclusive to Nirvana clients
- Door 2 Destination Bike Delivery solutions, transporting your bike fully assembled from your home to your event hotel
- Direct access to the experienced Nirvana event crew on hand 24/7 in resort
- That feeling of having the support of experienced operators around you, and staying with fellow IRONMAN athletes & spectators

SUPPORTING YOUR JOURNEY FROM START TO FINISH



OFFICIAL IRONMAN WORLD CHAMPIONSHIP TRAVEL PACKAGES

Make your journey to the Big Island for the 2019 IRONMAN World Championship as **stress-free** as possible with Nirvana.

With 15 years experience planning & providing race focused travel packages, Nirvana has the knowledge & expertise you require to support your journey to the IRONMAN World Championship finish line.

We have five athlete-friendly accommodation options to choose from, all within walking distance to the start/finish, expert guided swim, bike & run course tours & **new for 2019, our "Kona Race House"** located on Ali'i Drive offering services such as expert coaching & advice, access to bike mechanics, massage therapists, ice baths, & recovery boots.

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

IRONMAN®

WORLD CHAMPIONSHIP

ironman@nirvanaeurope.com

DIRECTIONS

TRAVEL INFORMATION

*Registration, Expo & The Finish Line will be based at Green Park
Swim Start & Transition will be based at Youghal Beach.*

The best way to reach Youghal is by car or bus.

There are 2 major airports close to Youghal:

- Dublin Airport
- Cork Airport

Cork Airport to Youghal (40 minutes)

Exit the airport and turn left on the main roundabout. Proceed to the Kinsale Road Roundabout and keep on the right-hand lane. Take the 4th exit on the left which is signposted for N25. This will take you through to the Jack Lynch Tunnel. Follow signs for Rosslare/Waterford. Proceed along the N25 for 25 minutes, through Castlemartyr and Killeagh Villages. The next town you will get to is Youghal. Turn off the N25 at the first exit and you will enter Youghal.

From Dublin to Youghal (2 hours 15 minutes from the M50)

Take the N7 (junction 9 off the M50) onto the M7 in the direction of Cork. At junction 11 on the M7 take the exit to the M9 in direction of Waterford. At the end of M9 take the N25 following signs for Cork, via the toll bridge, passing Dungarvan and on into Youghal.

By Bus:

You can reach Youghal from various locations via bus. For more information, real time service information and a Journey Planner please click [HERE](#).

PARKING

TRAVEL INFORMATION

SATURDAY

There will be parking available on Saturday for both athletes and spectators at:

Youghal Rugby Club

Opening: 8am

Closing: 6:30pm

Spaces: 1000

Cost: Free

From this Car Park athletes & spectators without a bike can catch the shuttle bus into Youghal Town and back to register.

*For more information on routes please see the
GREEN Route Map*

SUNDAY

Ballyvergan Car Park – ATHLETES ONLY

Parking will be available to athletes from 4:00am until 5am. After this time no cars will be admitted to enter the car park, they will need to park at Youghal Rugby Club.

Parking for athletes will be FREE on race day.

Please Note: There is a 10 minute walk from the car park to the swim start at Youghal Beach.

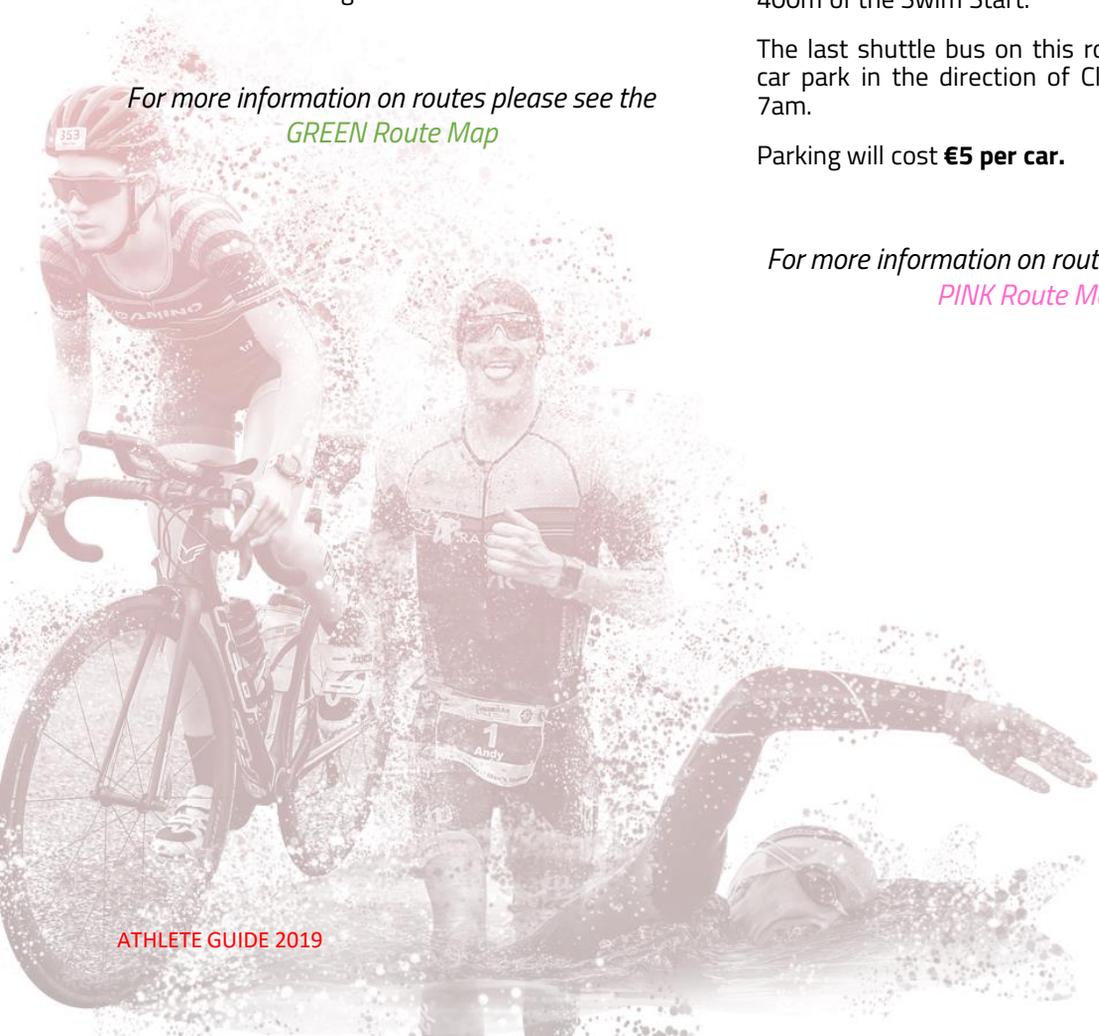
Youghal Rugby Club

Parking for spectators will be available at Youghal Rugby Club on race day from 5:30am. From here spectators are able to catch the shuttle bus which will take them down to within 400m of the Swim Start.

The last shuttle bus on this route will leave the car park in the direction of Claycastle Beach at 7am.

Parking will cost **€5 per car**.

*For more information on routes please see the
PINK Route Map*



SHUTTLE BUSSES

SHUTTLE BUS SCHEDULE

SATURDAY

This is to get athletes and spectators from Youghal Rugby Club down to Youghal Town for registration and bike/bag racking. You are able to use this service to return from the town to the car park.

Location of Parking:

Youghal Rugby Club, Frogmore, Parkmountain, Youghal, Co. Cork, Ireland

Hours of Operation:

8:30am until 6:30pm

Journey Time:

10/15 Minutes

Cost:

FREE if parked at Youghal Rugby Club

SUNDAY

There is a free shuttle bus service for spectators who want to watch the Swim Start, see the run course and finish area on Race Day. We highly recommend you use this service.

Location of Parking:

Youghal Rugby Club

Route 1

Time: 5am - 7am

Route: Rugby Club Car Park to Cox's Field Cross Roads

This will take you to within 400m of the transition area.

Route 2

Time: 7am - 5pm

Route: Rugby Club Car Park to Lower Cork Hill

This will take you to the top end of Youghal Town.

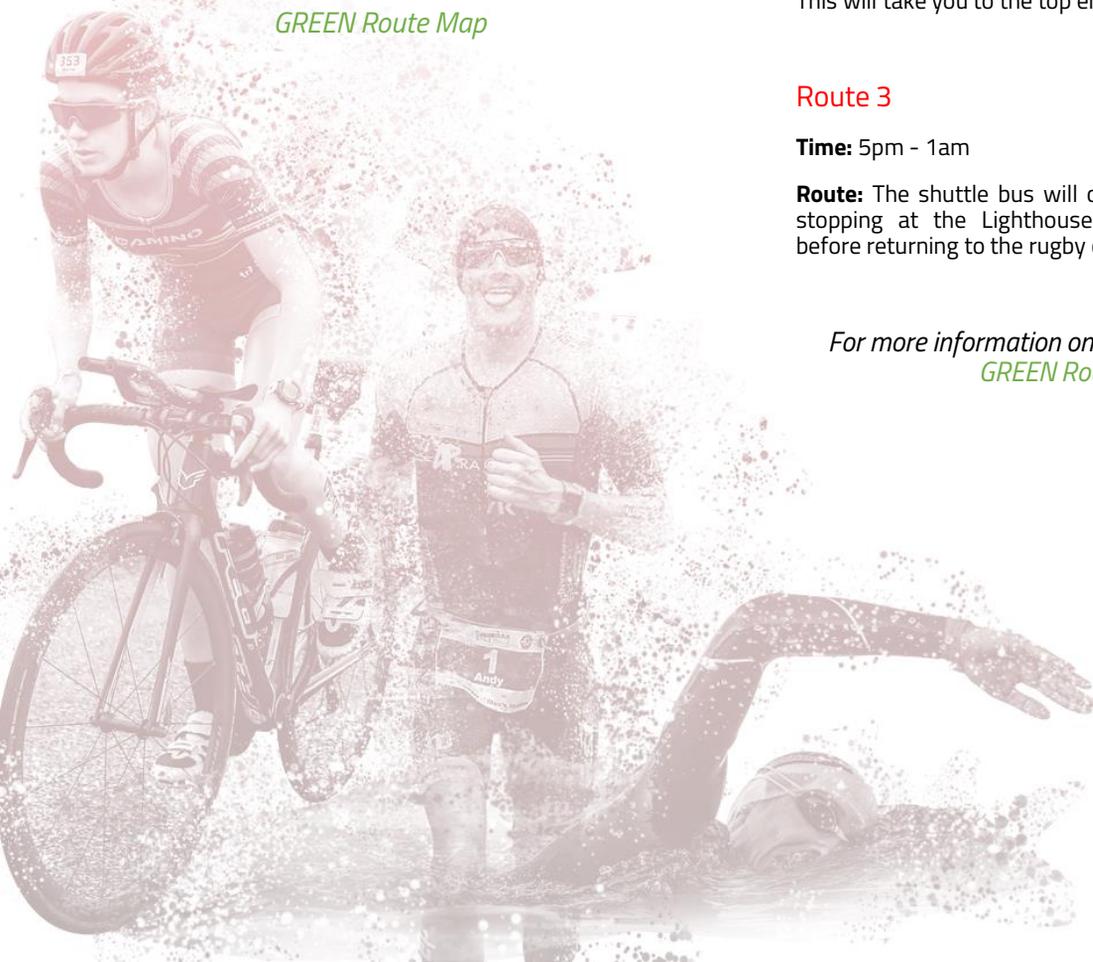
Route 3

Time: 5pm - 1am

Route: The shuttle bus will operate on a circular route stopping at the Lighthouse and the transition area before returning to the rugby club.

*For more information on routes please see the
[GREEN Route Map](#)*

*For more information on routes please see the
[GREEN Route Map](#)*



GREEN ROUTE

for all cars travelling to Youghal on Saturday
and supporters only on Sunday



from CORK

from WATERFORD





from CORK

from WATERFORD

FINISH

START

Athletes parking
(Race day only)

Dropoff
for all hotel
shuttle busses

Road closed

Transition

0 km 1 km





ALL WORLD ATHLETE PROGRAM

The IRONMAN All World Athlete program is our way of rewarding age-group athletes' hard work, dedication and performance. The program uses IRONMAN's Age Group Rankings system to determine the top 10% athletes of each year.

TOP 3 RACE PERFORMANCES are taken into account for the Ranking.

ALL WORLD ATHLETES ARE AWARDED IN 3 CATEGORIES: IRONMAN, IRONMAN 70.3 and Overall (IRONMAN, IRONMAN 70.3, 5150)



WHERE DO YOU RANK?
BRONZE
SILVER
GOLD

AWA BENEFITS



PRIORITY BIKE RACKING



PRIORITY AWA PICKUP LINE



ALL WORLD ATHLETE SWIM CAP



ALL WORLD ATHLETE LOGO ON RACE BIB



INCLUSION IN EVENT PROGRAM AND EVENT WEBSITE



PRIORITY ENTRY



For more information visit ironman.com/allworldathlete



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RACE FOR YOUR CLUB



At IRONMAN, being a loyal and valued member of the TriClub Program means you get access to some premium and exclusive athlete benefits*!



EARLY ENTRY



ON-SITE
COMPETITION



TRICLUB
VILLAGE



TRICLUB
SWIM CAPS



TRICLUB
BIB LIST



PRIORITY
BIKE RACKS



PRIORITY
BIB NUMBERS



RACE
ENTRIES

*Benefits offered may vary and may not be offered at all races. Club must be registered and athletes must be affiliated to receive benefits

BECOME A MEMBER



Register your club
membership



Sign up for
an event near you



Race together
to win

IRONMAN
TRICLUB PROGRAM

AWA & TRICLUB

IRONMAN IRELAND, CORK ONSITE BENEFITS

AWA

All World Athletes 2019 (best 10% of each Age Group) will receive the following onsite benefits:

- Priority Bike Racks (Low BIB numbers after PRO)
- Priority access at Onsite Registration (Separate Desk)
- Priority access to bike check-in (Separate Line)
- All World Athlete Logo on Race BIB

TriClub

The 3 TriClubs with the most athletes entered into IRONMAN Ireland, Cork will receive:

- Low BIB numbers (After PRO & AWA athletes)
- TriClub swim hats
- TriClub rewards
- TriClub Pole Position Logo on Race BIB



INNOVATIVE SWEAT
ACTIVATED APPAREL

VIEWSPORT[®]
MOTIVATION REVEALED



REGISTRATION

REGISTRATION WILL TAKE PLACE AT GREEN PARK, YOUGHAL

WHATS INCLUDED?

Upon registering, athletes will receive an envelope and a backpack containing the following:

- BIB Number
- Wristband
- Swim Cap
- Numbered Tattoos
- Helmet Sticker
- Bike Sticker
- Bag Sticker

At registration athletes will also receive:

- Athlete Backpack
- Transition Bags

WHEN TO USE

ID Wristband

Your wristband with your race number printed on will be placed on your wrist in registration, you must wear this wristband from this point until the Awards Ceremony as this is essential to gain you access into the athlete only areas. Relay Teams will be issued with three wristbands.

BIB Number

You will receive a race number to wear on your back for the bike and front for the run (compulsory for all athletes to wear). It is strongly recommended that you get a race belt to save you time in transition, and for ease of transition from bike to run.

Race Stickers

You will be issued a sheet of 6 stickers; these are for you to number your kit with. There will be one for your bike, helmet and transition bags, which must all be used.

Tattoos

You will have two temporary race number tattoos in your race pack. The number tattoos are for your arms, between your shoulder and elbow. We recommend you apply both tattoos at home the night before or morning of the race.

These tattoos are optional and do not need to be worn.

Please follow the instructions on the back of the tattoos carefully.

OPENING TIMES

Thursday 20 th	2pm	7pm
Friday 21 st	9am	6pm
Saturday 22 nd	8am	12pm

It is compulsory that athletes register and collect their race packs within the times stated on the Race Week Schedule. There will be NO late registrations, please take this into consideration when organising travel.

Each athlete will need to provide their Race Licence from an ITU-affiliated national governing body or have purchased a Triathlon Ireland One Day Licence, shown photographic ID and signed a waiver before they are able to complete registration.

If you do not own a triathlon licence, you will need to purchase one on the Triathlon Ireland website. Cost €30. www.triathlonireland.com. Please purchase before arriving at registration. **You will not be able to purchase a Triathlon Ireland One Day Membership (ODM) at registration.**

TRANSITION BAGS

WHAT IS EACH BAG IS FOR?

TRANSITION BAGS

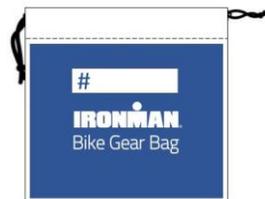
These will be found in your athlete backpack. You will be issued with three bags at registration, a blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will not have access to your blue or red bag prior to the race start on Sunday, so you must ensure that all the items you need are in the bags on Saturday when you rack.

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

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

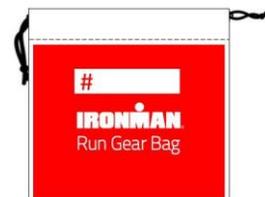
Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and race number on a race belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.



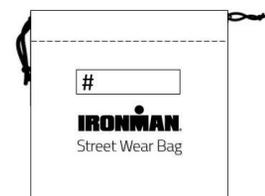
Red Run Bag

Contains the kit you need for the run discipline. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.



White Gear Bag

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



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

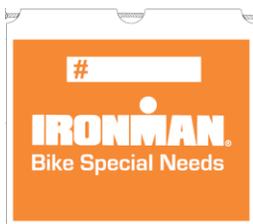
PERSONAL NEEDS BAGS

ADDITIONAL NUTRITION & SUPPLIES

PERSONAL NEEDS BAGS

Personal needs bags are for athletes who would like additional equipment or nutrition whilst out on the bike and run course. This can include anything from inner tubes and clothing to sun cream and socks.

If you wish to use one of these bags you must request one via the athlete requirement form which will be emailed THREE weeks prior to the race. Please ensure to enter your BIB number which can be found on the start list as we will not be able to hand these out without it. If you have not registered for a personal needs bag online, they will be given out on a first come first served basis from Registration at **10am on Saturday 22nd June.**



Bike Special Needs

Bike Special Needs Bag

Located at: 90km & 180km

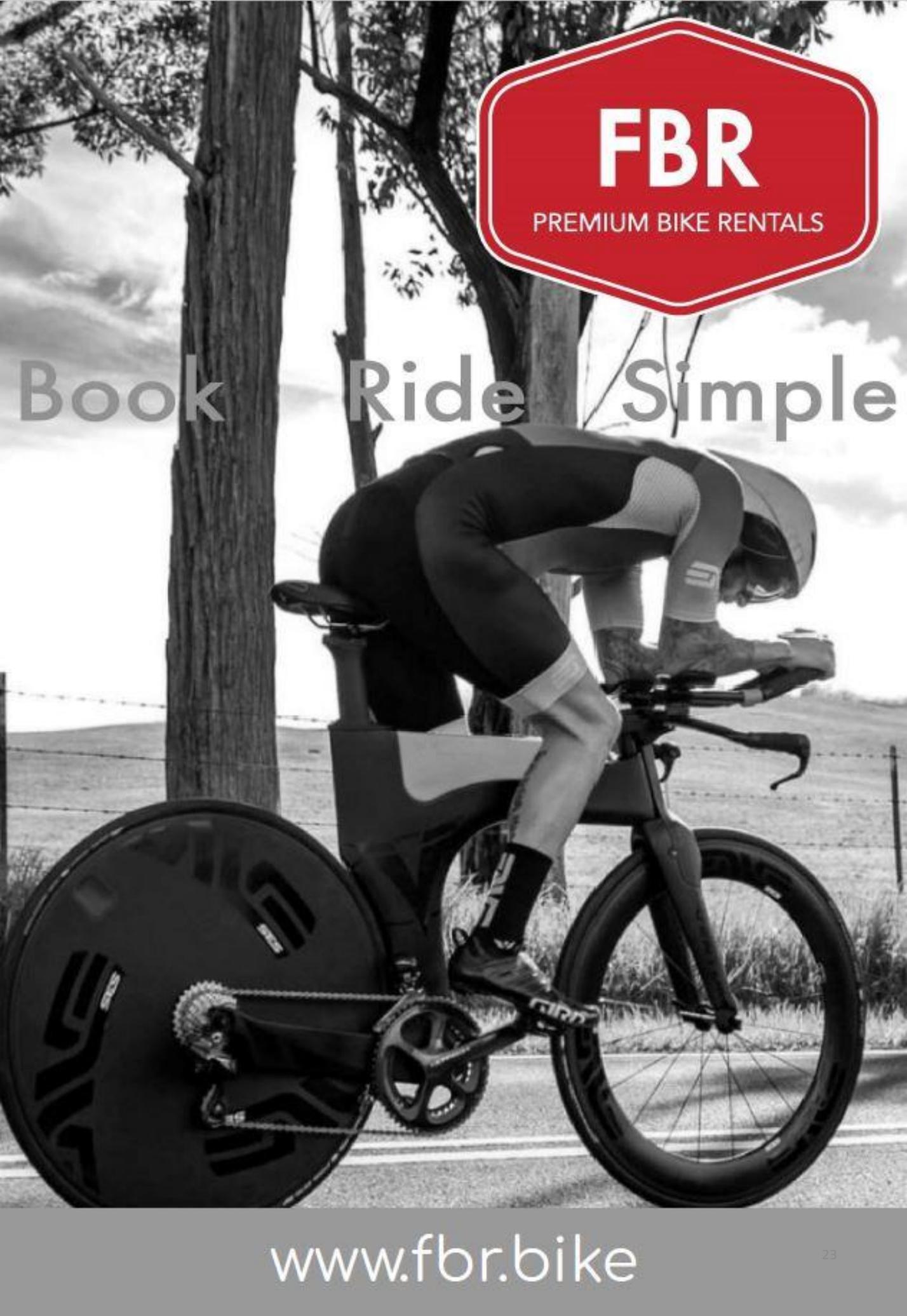


Run Special Needs

Run Special Needs Bag:

Located at: 4.8km, 15.4km, 25.5km & 35.5km

Please Note: The contents of this bag will NOT be returned after the race, so do not add any valuables.



FBR

PREMIUM BIKE RENTALS

Book Ride Simple

www.fbr.bike

BIKE & BAG RACKING

TRANSITION

Saturday 22nd 8am – 4pm

CLAYCASTLE CAR PARK

You must rack your helmet, bike and bags together on Saturday. Your helmet and bags must have your race number stickers on them, and your corresponding wristband will be checked. Without these you will not gain access into transition

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

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

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

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

TIMING

You will collect your timing chip as you exit transition using the QR code on your wristband. The timing chip needs to be worn on your left ankle during the entire race.

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

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

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

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

RULES & REGULATIONS

2019 IRONMAN RULES & REGULATIONS

TRANSITION

Withdrawal Pre-Race

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

During The Race

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

Rules & Regulations

IRONMAN enforce a series of regulations for this very purpose and every athlete should ensure that they are aware of the rules for their own safety and that of athletes around them.

PLEASE NOTE THE FOLLOWING LOCAL RULES

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

GENERAL RULES

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete.
- No iPods, video recording, listening or recording devices are allowed
- Athletes who abuse Race Officials will be disqualified.
- Athletes who fail to follow instructions of a Race Official will be disqualified
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately.
- Disc brakes are now allowed globally.

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

- Yellow Card – 60 second penalty.
You must report to the penalty box in the transition area.
- Blue Card – 5 Minute Penalty.
You must report to the penalty box in the transition area.
- Red Card – Disqualification.

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

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

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

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

CUT OFF TIMES

Location and Mileage of Swim, Bike & Run Cut Offs

SWIM

The cut-off time for the swim is **2 hours 20 minutes** from your start time (When YOU cross the start mat). If you do not make the swim cut-off, you may not start the bike leg.

BIKE

Besides the official overall bike cut-off time, there will be two intermediate cut-offs on the bike course. These are in accordance with the approved traffic plan that coincide with the opening of the public roads to traffic. These will only affect athletes who will not be able to make the 10 hour 30 minute cut-off based on the average speed that they have cycled to these points. The times are based on the last swimmer taking the full 2hr 20 min for the swim and then maintaining the slowest average speed required to complete the course.

- The first cut off will be at the end of lap one at **90km**
- The second cut off will be after Middleton town at **138km**

Athletes who do not make these cut-offs may not remain on the course, they will be collected by the sweep vehicles. IRONMAN reserves the right to remove an athlete from the event at any stage if, in the view of the officials, they are unable to complete that leg of the event within the cut off.

The cut-off time for the bike is **10 hours and 30 minutes** from your individual start time. If you do not make the bike cut-off, you may not start the run leg.

RUN

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

- This last lap cut off will be at **30.90 KM** at 10:08pm.

Cut-off athletes will be removed from the race in order to maintain accurate times and places in the race results.

Please be aware that you could cross the finish line and be DNF'ed after the race based on final timing verified by the timing company because you failed to complete the bike in the required time or the run within **17 hours** from the start of your race.

VENTUM is the Official Global Bike Partner of IRONMAN®



IRONMAN
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GLOBAL SERIES

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RACE DAY

TRANSITION AREA

TRANSITION

We recommend you arrive a minimum of 90 minutes before the swim start. Please note the transition closing time of 6am. It is better to be prepared and relaxed before the race, than rushing to get ready if you are running late.

PLEASE NOTE: the route to the swim start is narrow and for athletes only. Spectators should assemble at the swim start area and not accompany athletes on the walk down.

You will have access to your bike, but not to your red or blue bag prior to the race start. Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed.

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

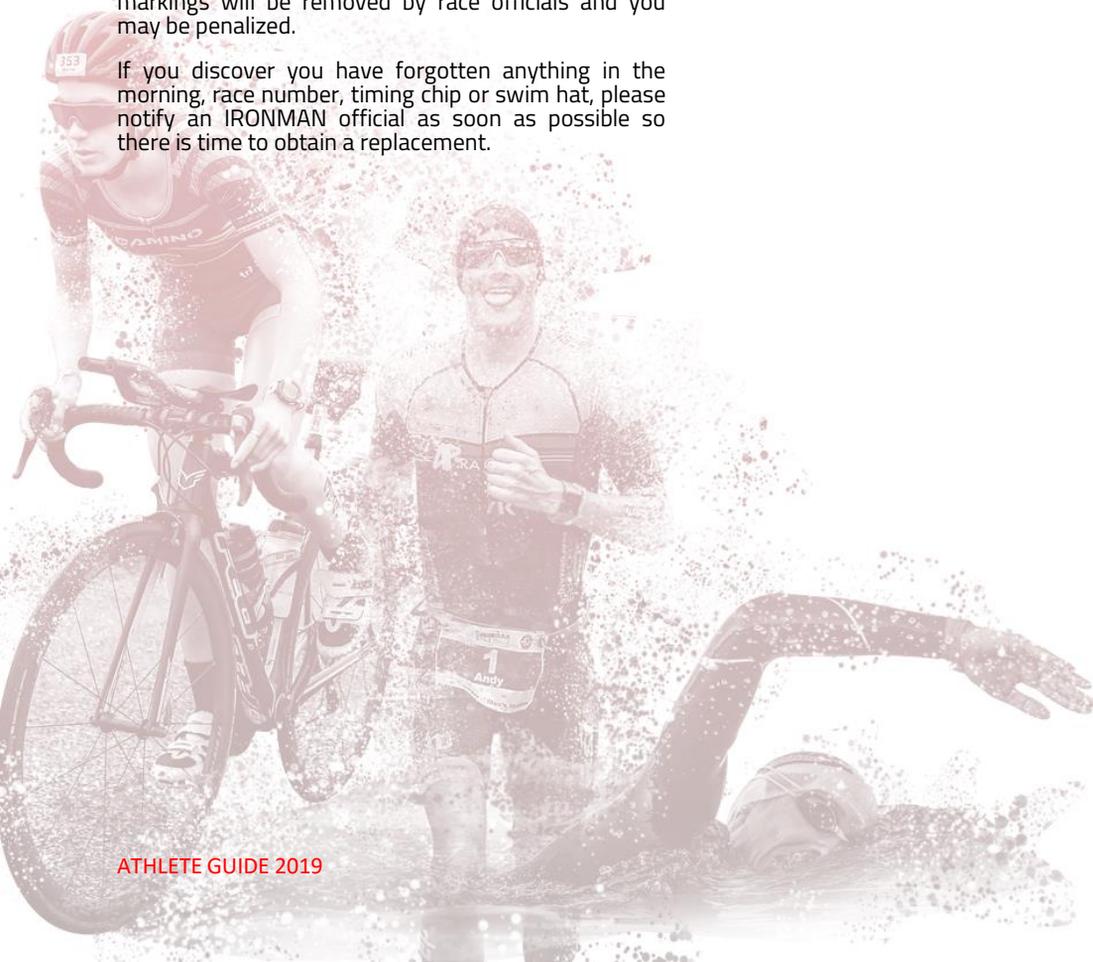
Again, take this time to familiarise yourself with your surroundings, where your bike is located etc. Do not attempt to mark your bike or racking area. Any markings will be removed by race officials and you may be penalized.

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

WHITE BAG DROP

Athletes wanting to hand in their white bags will need to drop these at the designated white bag area on the way to swim start. This area will be located just outside of transition. Athletes must drop their white bags by **6am**.

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



SWIM

3.8 KM

There will be a rolling swim start, where you can choose your start position based on your estimated swim time. Large boards will line the swim start walkway so please stand near the relevant one.

The PRO athletes will start first in the water, age groupers will then flow into the water in a rolling start. Each athlete will receive an individual start time based on when your timing chip crosses the mat just before you enter the water. We strongly advise that you seed yourself accurately according to your estimated swim time. There is no advantage to starting early if you are not a strong swimmer. The swim, bike and finish line cut offs will be applied to your individual start time.

Please do not wear shoes to the swim start. Any items left at the swim start will be disposed of immediately after the swim has finished.

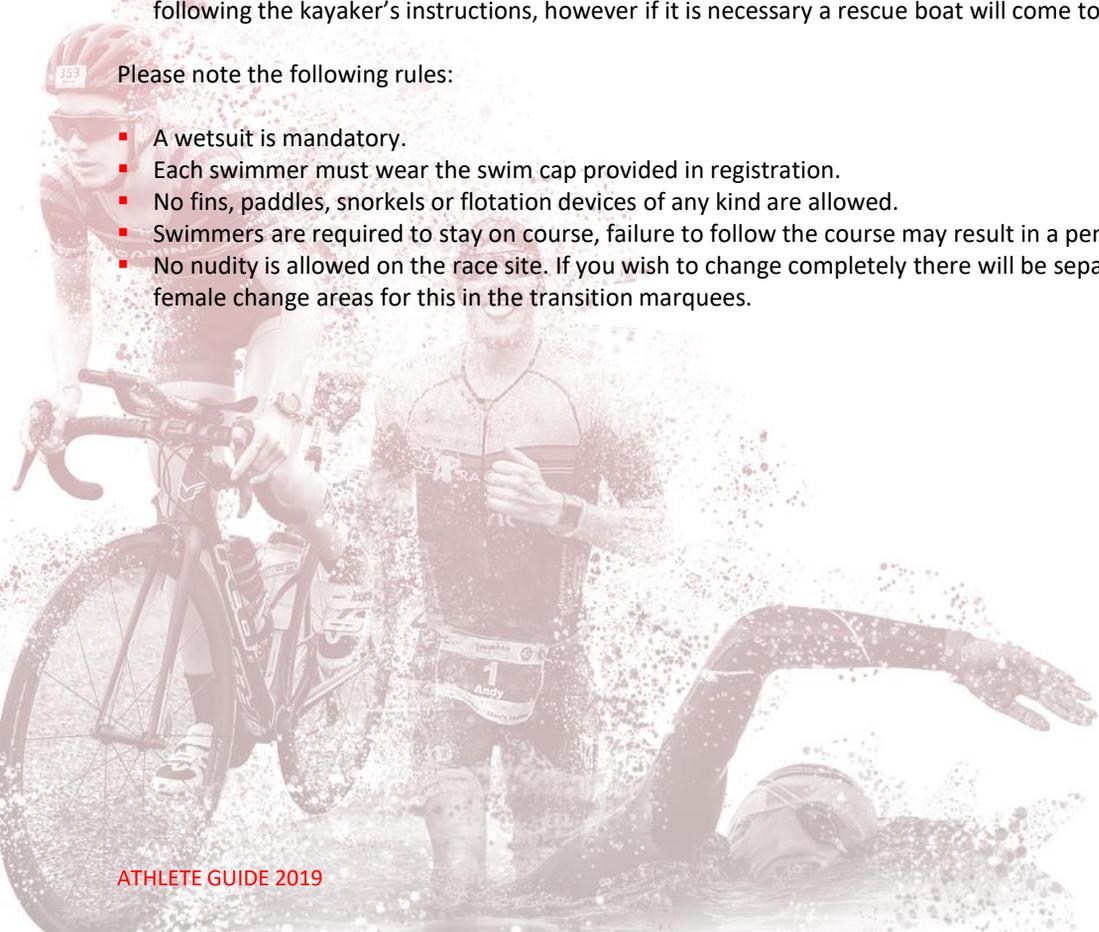
Athletes have **2 hours 20 minutes** to complete the swim course based on individual start times registered when you cross the timing mat at the swim start. The bike out will close 2 hour and 30 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

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

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

Please note the following rules:

- A wetsuit is mandatory.
- Each swimmer must wear the swim cap provided in registration.
- No fins, paddles, snorkels or flotation devices of any kind are allowed.
- Swimmers are required to stay on course, failure to follow the course may result in a penalty.
- No nudity is allowed on the race site. If you wish to change completely there will be separate male and female change areas for this in the transition marquees.





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"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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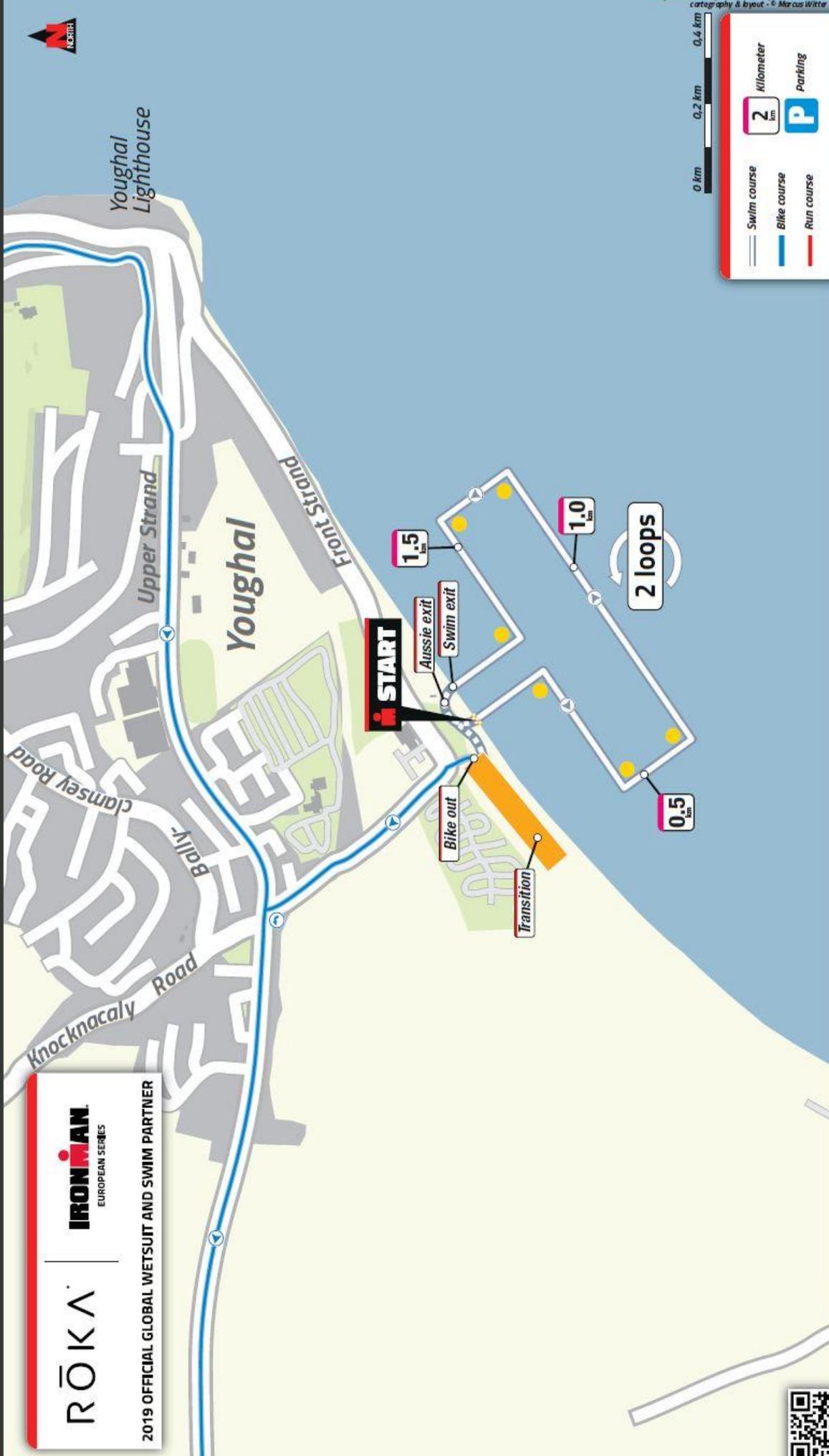
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FASTEST IRONMAN
SWIMMER ON THE PLANET

RÖKA

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map base - © OpenStreetMap contributors
cartography & layout - © Marcus Witter



BIKE

180 KM

The bike course heads straight out into the rolling Irish countryside with a combination of flat and undulating coastal roads and magnificent views of Youghal Bay, Ballycotton Island & Cork Harbour. This breath-taking course, travels around County Cork, also takes in the town of Midleton (home to the famous Jameson Distillery) and will rise to a maximum elevation of 190m, before a technical drop back to Youghal. The course takes athletes through Youghal Town Centre and the infamous Windmill Hill before the start of the second lap.

Athletes have **10 hours 30 minutes** after their start to complete the bike course. Athletes failing to make the cut off will either be picked up on the course by the sweep vehicle or will enter transition but will not be permitted to continue on the run.

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



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ASSISTANCE ON COURSE

MEDICAL AND MECHANICAL ASSISTANCE

MEDICAL

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

BIKE MECHANICS

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

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

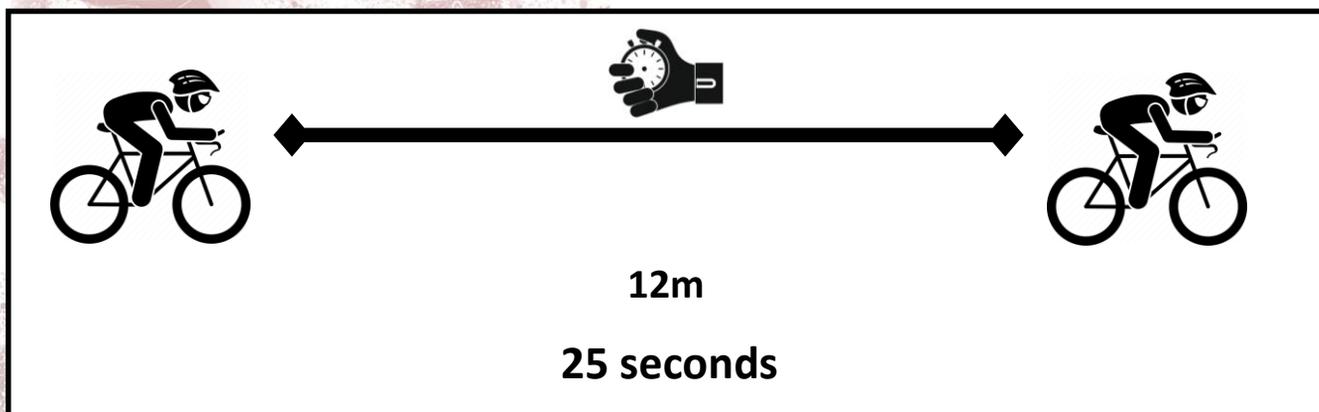
DRAFTING

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 meters measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card.

A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken.

It is then up to the overtaken athlete to drop back 12m within 25 seconds, so they are not drafting. Re-passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty. Athletes cannot block another athlete from passing.



RUN

42.2 KM

The run course will be the highlight of this event. This will be a flat four lap run course through the centre of the historical town of Youghal, taking in Youghal Harbour and the famous Clock Gate Tower. Athletes will run under the arch of the Clock Gate Tower in the centre of town during each lap before finally crossing the finish line in Greencastle.

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

- Athletes have 17 hours after their individual start to complete the race.
- No form of locomotion other than running, walking or crawling is allowed.
- Athletes are encouraged to wear appropriate footwear due to the varied terrains.

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





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HOKA ONE
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TIME TO FLY™

FEED STATIONS

RACE DAY NUTRITION

BIKE COURSE

There will be three aid stations on the bike course, at km's **23, 62, 89, 113, 152 & 179.**

Each feed station will have:

- Enervit Isotonic Sports Drink – Orange Flavour
- Enervit Energy Bars – Orange Flavour
- Enervit Energy Bars – Apricot Flavour
- Water
- Bananas

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

RUN COURSE

There will be four aid stations per lap on the run course, at approximately **2.5 km apart.**

Each feed station will have:

- Enervit Isotonic Sports Drink – Orange Flavour
- Enervit Energy Gels – Orange Flavour
- Enervit Energy Gels – Raspberry Flavour with Caffeine
- Water
- Cola
- Bananas

Drinks from these feed stations will be handed out in cups.

Cups and gels should be thrown in the bins provided at the 'trash zones' before and after every Feeding station – not on the ground. Athletes will be issued a penalty if caught littering by a Race Official.



IRONMAN®

Performance Strategy

ENERVIT ON COURSE NUTRITION

The following Enervit Sport products will be distributed to athletes at the aid stations.



≈ EVERY 20'

≈ EVERY 60'
DURING HOT SEASON

EVERY 30'

EVERY 45'



-30'

WHILE WAITING

BEFORE



T1 AREA

3800 m



180 km

T2 AREA



42.2 km

WITHIN 30'

AFTER

Start

DURING

Finish

During the **cycling course**, prefer bars to gels and, if you like, once or twice **you can switch your supplements with traditional food** (i.e. fruit or cookies).

POST RACE INFORMATION

FINISH LINE & ATHLETE RECOVERY

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

After you have finished the race you will receive your medal, and then enter the recovery area. Here you can help yourself to some food and drink. Your white bags and finisher t shirts will also be in this area. Your timing chip will be taken from you here. The recovery area is an athlete only area.

BIKE & BAG COLLECTION

Transition will open at 5pm until 12:30am for the collection of bikes and bags. You will need to show your wristband with corresponding number with your bike and bags to take your items from transition. It is recommended that you check you have all your items before you leave. Under no circumstances will athletes be allowed to take their property before this time. All bike and bags must be collected on race day.

LOST PROPERTY

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

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

RACE PHOTOGRAPHY

FINISHER PIX – NEVER FORGET YOUR RACE!

Your race is in safe hands! FinisherPix will be at IRONMAN Ireland, Cork to cover your race. 24 – 48 hours after the end of the race your personal race photos will be available.

Get the FinisherPix Facebook App and a selection of your personal race images will be automatically and free posted to your Facebook timeline as soon as the photos are available. Simply click on the link, type in your BIB number and accept the installation of the app to your profile.

RESULTS

Results will be available live on www.ironman.com and www.ironman.com/ireland the day after the event. Paper copies of the provisional results will be printed and displayed on site once the race has finished on race day. If you have a query with your result after the race, please report it ASAP via email to Ireland@ironman.com. Queries after this time must be emailed to ireland@Ironman.com with full details. All queries are compiled and resolved with the timing company within 7 days of the event.

AWARDS

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

Awards will not be posted so if you would like your award please be present at the Walter Raleigh Hotel for the awards ceremony commencing at **11am on Monday 24th June**.

SOCIAL MEDIA

There will be live updates during race weekend on the Twitter and Facebook pages. Please ensure you "like" the pages for up to date information and pass it on to your friends and family who may not be on site, so they can follow the race.





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2019 IRONMAN WORLD CHAMPIONSHIPS

2019 KONA, HAWAI'I

SLOT ALLOCATION

Athletes must be present in order to accept their slot. If athletes are not present to accept their slot, it will be forfeited. A slot will roll down to the next person (of the same gender). The IRONMAN World Championship entry fee needs to be paid onsite if you wish to accept your slot. The cost of the slot is 925 USD + 8% Active. Payment by credit or debit card only, no cash payment will be accepted.

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

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

SUPPORTING YOUR JOURNEY FROM START TO FINISH



OFFICIAL IRONMAN WORLD CHAMPIONSHIP TRAVEL PACKAGES

Make your journey to the Big Island for the 2019 IRONMAN World Championship as **stress-free** as possible with Nirvana.

With 15 years experience planning & providing race focused travel packages, Nirvana has the knowledge & expertise you require to support your journey to the IRONMAN World Championship finish line.

We have five athlete-friendly accommodation options to choose from, all within walking distance to the start/finish, expert guided swim, bike & run course tours & **new for 2019, our "Kona Race House"** located on Ali'i Drive offering services such as expert coaching & advice, access to bike mechanics, massage therapists, ice baths, & recovery boots.

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