



On Sunday 14th September Pembrokeshire will host the fourth IRONMAN Wales event based in Tenby and taking in much of the National Park's scenery. The event is part of the worldwide IRONMAN series and is included in the European tour which includes events in Nice, Frankfurt and Zurich putting the area on the international sporting stage.



Event

Over 2000 athletes from more than 49 countries are expected to compete. The athletes will start on the North Beach in Tenby at 7am, completing a 2.4 mile swim, followed by a 112 mile bike ride and finishing with a marathon. The fastest athletes will complete the course in about 9 hours, with slower athletes having to cross the finish line by midnight to complete IRONMAN Wales. The race weekend also sees the return of IRONKIDS on Saturday 13th September, with a new run only format finishing under the iconic IRONMAN finish arch on the Esplanade, Tenby for children aged 3 to 14 years old. Registration is available now via the event website.



Getting Involved

If you feel that you would like to become more involved, become a race volunteer by contacting our local Volunteer Coordinator Anthony Mattick at walesvolunteers@ironman.com or sign up via the volunteers section on the event website: www.ironman.com/wales



Routes

The cycle route is shown overleaf in coloured sections with direction arrows for the route of the cyclists. The sections show closure types and times. On a few small sections vehicle access is available on a one-way basis. A one-way arrow sign is shown in the direction available to motorists.

The A477 and A40, shown in yellow, are unaffected by the event, so provide main access east-west during the event.

We would like to emphasise that the majority of locations not on the bike course itself are accessible during the day but may involve a different route from normal and using a crossing point to traverse the bike course. Please plan your route and allow extra time for your journey.

Our objective is to provide as much information as possible so that plans can be made in advance and minimise any impact the event may have.

Further information on a local level is available from the event website:

www.ironman.com/wales



The IRONMAN event is a fantastic spectacle and the athletes last year expressed their appreciation for the spectators who turned out in force to cheer on participants endeavouring to complete the most demanding one-day challenge in the world. Coverage of the IRONMAN Wales event was distributed to broadcasters in over 20 countries and an audience of tens of millions.



Park & Ride Service

To facilitate access to the event a Park & Ride service will operate on race day from Carew Airfield to Tenby between 5am and midnight, linking to Saundersfoot while the bike course is live on that section.



Spectator Information

Many residents turn out to support the athletes and this makes the race one of the best supported on the IRONMAN European Tour. A number of locations are planning special entertainment on race day. Ideal locations for catching some of the race action are:

TENBY

Swim Mass Start 07:00 ▶
First Athlete finished swim 07:45 ▶
Last Athlete finishes swim 09:20 ▶

The swim will once again be on North Beach creating a great atmosphere, with spectators lining the cliff top and stairs around the bay. North Beach Car Park is accessible on race morning but no access in or out after 11.30am. You can access The Green, Saltrens, Multi Storey (no access 07:00 - 09:30) and South Beach car parks during the race.

Bike First Athlete 07:50 ▶ The Green for second lap from 10:00
First Athlete finished bike 13:00 ▶
Last Athlete finishes bike 17:30 ▶

Run First Finisher 16:00 ▶
Finish Line party 22:00-Midnight ▶
Last Finisher Midnight ●

The 4 lap run course takes athletes from the Rectory Car Park up Narberth Road to New Hedges, returning into town, via Crackwell St, Tudor Square and Frog Street to The Arches where they begin their next loop or head to the finish line on the Esplanade.

PEMBROKE

First Athlete 08:15 ▶ Last Athlete 12:00

The athletes travel through Pembroke on their way to Angle and return for a lap of the High Street.

CAREW

First Athlete 09:45 ▶ Last Athlete 15:30

Access is available from A477 to Carew Castle and the Carew Inn, as well as the Plough from the Redberth junction.

NARBERTH

First Athlete 10:15 ▶ Last Athlete 16:30

The crowds certainly turned out in Narberth for the IRONMAN event with music and entertainment laid on during race day.

WISEMAN'S BRIDGE

First athlete 10:45 ▶ Last Athlete 17:00

A spectacular setting as the cyclists negotiate the steep descent from Summerhill. Vehicle access is restricted but a great location for the day.

SAUNDERSFOOT

First athlete 11:00 ▶ Last Athlete 17:15

With St Brides hosting one of the toughest but liveliest climbs this was another great location and plans are in place for more entertainment in Saundersfoot come race day. There is vehicle access to the main car parks throughout the day from Pentlepoir down the Ridgeway.

Vehicle access to Tenby is available all day, from the A477 via the B4318 Gurfreston Road with the main car parks in town accessible. As the bike course reopens there is also access from the West and North so you can watch the bike and then travel into Tenby to watch the run.

Also see the Park & Ride service from Carew Airfield.

For further information on available access please visit www.ironman.com/wales or email: wales@ironman.com If you would like to see an interactive map of the course please visit the Council website at www.pembrokeshire.gov.uk/Ironman

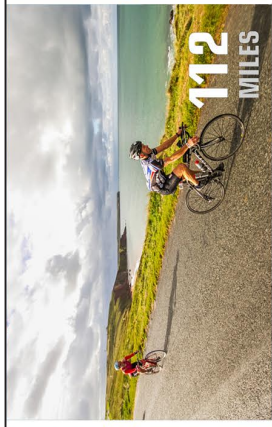
IRONMAN WALES CYMRU

ROUTE & ACCESS OVERVIEW

14 SEPTEMBER 2014



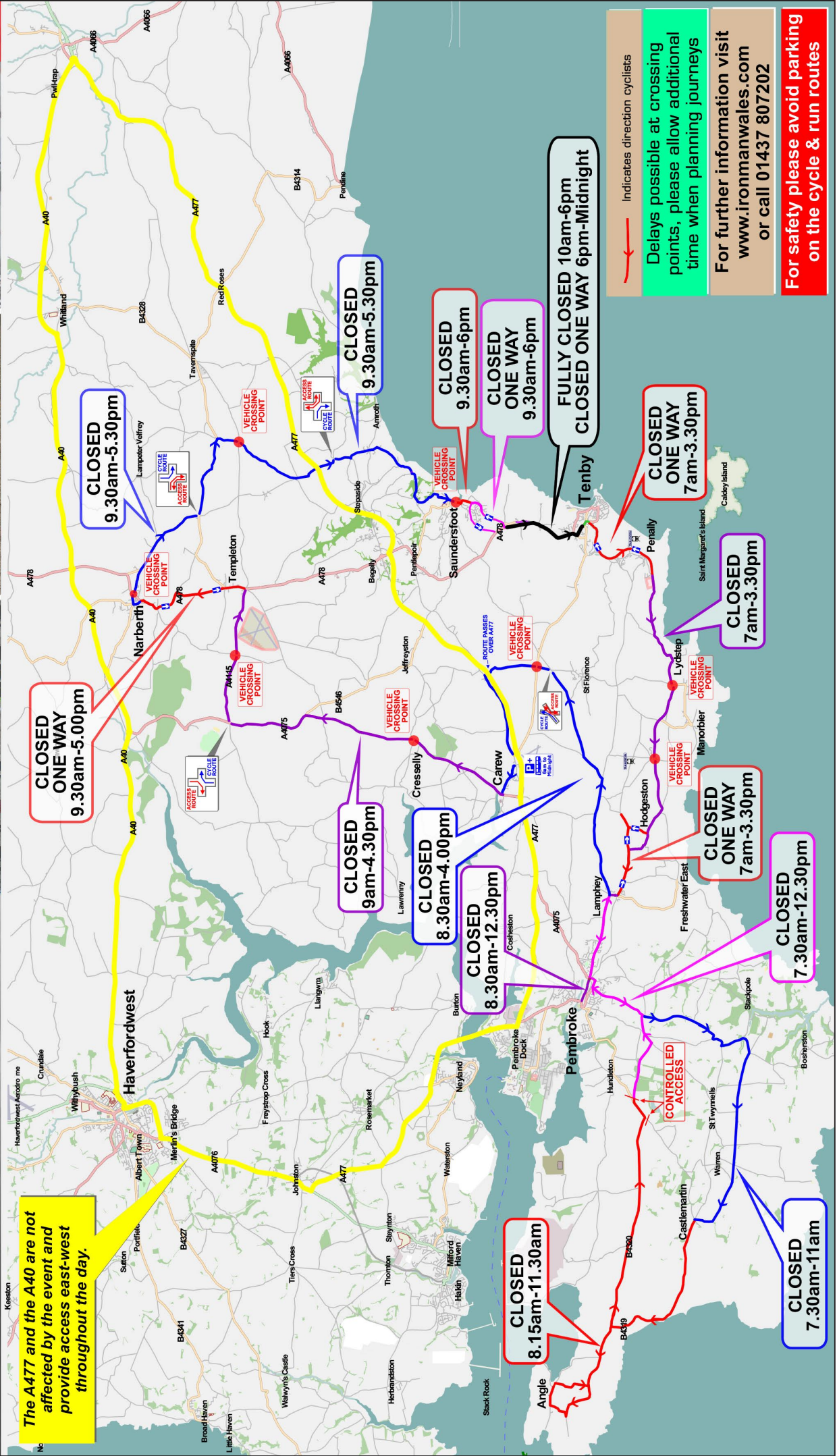
2.4 MILES



112 MILES



WALES



Indicates direction cyclists

Delays possible at crossing points, please allow additional time when planning journeys

For further information visit www.ironmanwales.com or call 01437 807202

For safety please avoid parking on the cycle & run routes