

STATS

Water temp **16°C**
 Bike elevation **2,095m**
 Run elevation **350m**
 2015 DNF rate **12.4%**
 2015 median finish time **13:41:48**



IRONMAN WALES

WITH BUMPER SUPPORT AND PLENTY OF BEAUTY, IT'S BECOME A CLASSIC ON THE IRONMAN CIRCUIT. BUT FACING DOWN IRONMAN WALES AIN'T FOR THE FAINT-HEARTED. HERE ARE YOUR ULTIMATE TIPS TO TACKLE TENBY...

TIPS MARK KLEANTHOUS

246th in 2014 (12:07:31). Mark is a tri coach and finisher of 440+ triathlons.



PRE-RACE

In Tenby you have a 1km walk from transition to the swim start. If it's cold and wet, wear your wetsuit to the start, otherwise put it on when you arrive. Allow enough time to get to the start and place your shoes and a drink in your allotted number spot on the zigzag stairs for the run to T1.

THE SWIM

This is a scenic two-loop triangular swim. Keep left at the start to keep you out of the congestion during the rest of the swim. Use the giant rock that juts out in the bay, the lifeboat house, moored boats and the colourful houses overlooking the skyline to navigate. But be careful running in soft sand

after the first loop. Jog instead of running as you still have plenty of running to come. Remove your wetsuit after exiting the swim before the long 1km stretch to T1.

THE BIKE

Hold back for the first 30mins of the bike and start hydrating after 5-10mins with water, and then start your nutrition plan. I'd use a road over a TT bike to combat the 18-22% steep hills.

The steepness of the climbs makes Tenby one of the hardest 180km courses, which requires you to have suitable gears to spin up and save your strength for the marathon. I'd recommend those wanting to complete the ride to use a 34/28t chainset. Those with sub 6:45hr ambitions go for a 34/26t or 42/32t.

There are a few technical sections, especially 'Heartbreak Hill' at Saundersfoot. Drive this section before and mentally plan how you'll tackle it in both the dry and wet. Don't get

sucked in by the crowds; hold back and ride within your ability.

THE RUN

The run course is demanding with the first 3km going straight uphill, which you have to complete four times. Because the hills are short and steep or long, the 42.2km demands that you keep mental control to hold back. The downhills require you to relax and keep your shoulders loose to reduce impact. Far too many triathletes, including experienced Ironman competitors, push too hard on the early hills and are forced to slow up. Success is only achieved by maintaining a constant effort. I'd wear a supportive run shoe to give you protection for the descents and cobbled parts.

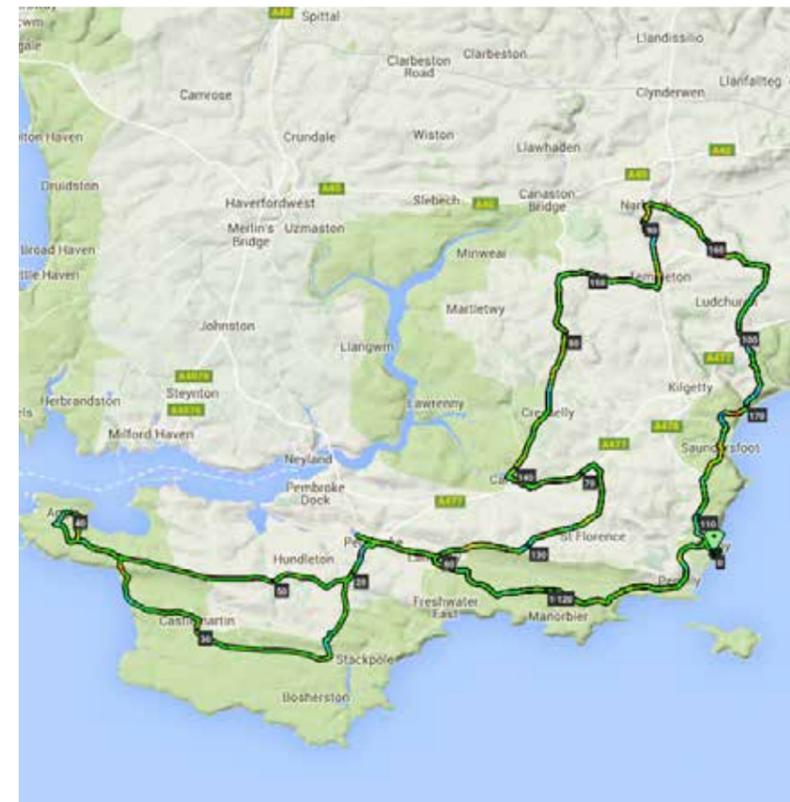
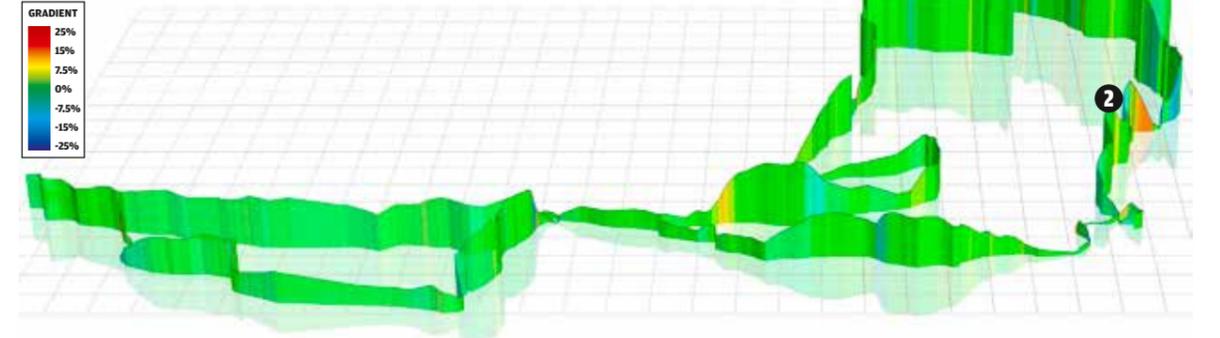
KEY INFO
 DATE» 18 September 2016
 LOCATION» Tenby, Pembrokeshire
 WEBSITE» ironman.com

TENBY BIKE COURSE



The 180km Tenby bike leg takes athletes through Pembrokeshire Coast National Park, offering both eye candy and leg-sapping climbs. The first 60km heads to Angle before

a tricky high at Pembroke. Then the first of two laps begins at Lamphey with major climbs east of Ludchurch (1) and at 'Heartbreak Hill' (2) in Saundersfoot.



FINISHER TIPS
 TOP TENBY TIPS FROM FACEBOOK'S IRONMAN JOURNEY

f "Learn how to swim with bilateral breathing. The waves are big and, if you only breathe to one side, you'll get a mouthful of sea water!"
 PAUL LETCHWORTH, VIA FACEBOOK

f "Have a goal time. Work out when you expect to pass certain points or feed stations. Write down these times and stick them to your bars."
 ROBERT GOVIER, VIA FACEBOOK

f "Practise sea swimming as much as you can!"
 DAVID WRIGHT, VIA FACEBOOK

f "Doing July's Long Course Weekend first is an amazing sighter for the swim and bike. It'll also allow you to recce the town and help with the logistics of race weekend."
 CONOR WHELAN, VIA FACEBOOK

f "Do the coached swim the day before the race. Don't get bent out of shape over the hilly bike. It's up and down but, as long as you have the right gearing and don't ride up them like you've stolen the bike, you'll be fine."
 IAIN EDGAR, VIA FACEBOOK ■ 220

KEY CLIMBS
 A QUINTET OF NASTIES FROM PEMBROKESHIRE



IMAGE DIRTY GREEN TRAINERS

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