

# THE FIRST IRONMAN WALES 2011

Tenby Event week 4<sup>th</sup> to 11<sup>th</sup>  
September 2011



Ironman guests - first year

# SPECIAL NEEDS

## Athletes special needs

- Pure water
- Diets carefully controlled
- Meal times to suit their programme
- Food supplements
- Lots of fruit

## ○ Diet

# Energy boost

### **BOB's GRANOLA BARS**

*Home made with the following ingredients:-*

*Oatmeal,*

*Macademia Nut and Walnut*

*Fruit: - Raisin, Sultana, Cranberry*

*Sugars: - Syrup and Brown Sugar*

*Fat:- Butter - salt free*

## ○ Diet

# Dinner menu

Friday 9th September 2011

**Welsh cawl** - a traditional Welsh soup, home made with lamb and vegetables.

**Gremolata Fish Roast** with wild Salmon Fillets and Cod Fillets served in a vegetable roast with Penne Pasta and salad.

**Blackberry and Apple Crumble** with Creme Frais

## ○ Diet

# Dinner menu

Saturday 10th September 2011

**Feta Cheese Salad** with fresh salad and herbs  
from the garden

**Spicy Spanish Chicken** wrapped in Serrano Ham  
and served with plain Basmati Rice

**Fresh Fruit Salad**

# BIKES

## Bikes

- Secure storage
- Workshop facilities
- Insurance and risk

# EXTRA THINGS

## Extra things:

- Constant hot water
- Drying room
- Laundry
- Safe parking



# AND DON'T FORGET

## And don't forget:

- Daily weather reports
- WiFi
- Evening meals
- Local information

# DAY OF THE COMPETITION



## **IRONMAN**

SATURDAY DINNER—7.30 P.M.

SUNDAY BREAKFAST 4.30 A.M.  
Porridge  
Cereals and toast, coffee and tea.

# DAY OF THE COMPETITION

- Results
- Jaime Menendez, Spain, 1st Group E, 17th overall
- Jose Salom, Gran Canarias, 1st in group, 9th overall
- Christian Meuser, Belgium, 1st in age group 55 to 59





# WELCOME TO IRONMAN WALES 2012 TENBY, SUNDAY SEPTEMBER 16TH

