



IRONMAN 70.3 SWANSEA CITY CENTRE ROAD CLOSURES — SUNDAY 12th JULY 2026

We are delighted to announce that IRONMAN 70.3 Swansea is returning to Swansea and Gower on Sunday 12 July 2026. The event is a middle-distance triathlon which consists of a 1.2 mile swim, 56 mile bike and 13.1 mile run with 2,000 athletes competing.

Temporary road closures will be in place on IRONMAN race day to ensure the safety of athletes and the public. These legal road closures are implemented under the Road Traffic Regulation (Special Events) Act 1994, and apply to all vehicles, bikes and horses not involved in the event.

- Please avoid parking on the bike course for safety reasons.
- Pedestrians **CAN** cross the course at any time when safe to do so.
- Essential access for carers will be facilitated, we request pre-arranging prior to 9 July to reduce delays. Please contact swansea70.3roadaccess@ironman.com
- There are **NO RESTRICTIONS** at any time to any of the Emergency Services.
- Please see the map for detailed information and possible diversion routes.
- Roads may be open earlier than advertised.

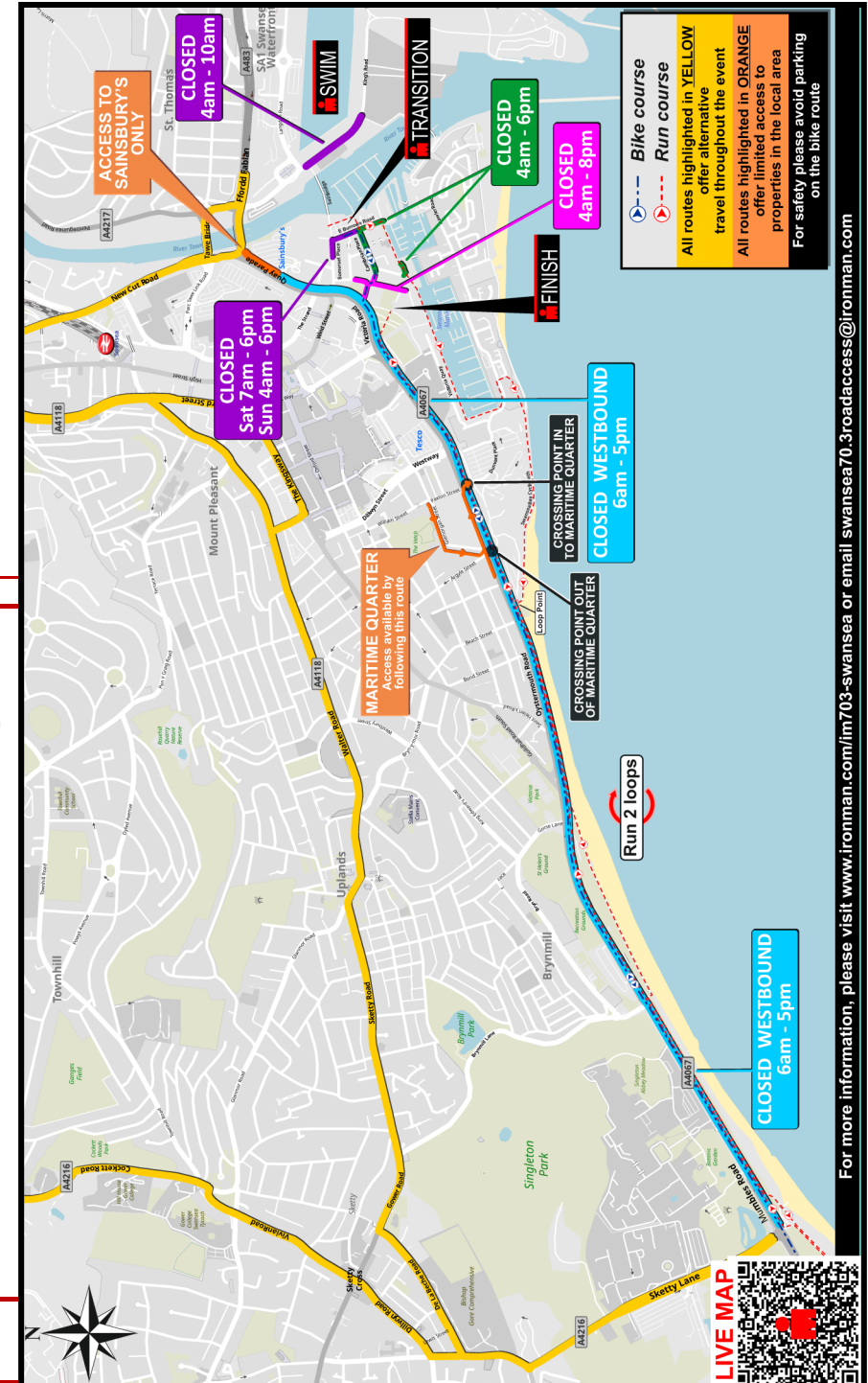
Access Enquiries - 03330 11 66 00 or swansea70.3roadaccess@ironman.com **General E-mail Enquiries** – swansea70.3@ironman.com

CAR PARKS - Sketty Lane Foreshore Car Park, St Helen's Foreshore Car Park; closed Sunday 06:00-17:00. East Burrows Car park closed Wednesday 08:00– Monday 18:00. There will be access to Civic Centre / Maritime Quarter Car Parks using below access routes.

THE GOWER AONB – The bike course continues out into The Gower before returning to Swansea. Due to there are a number of road closures in place so please check your routes and plan ahead.

PLEASE USE THE LIVE MAP QR CODE FOR LIVE ACCESS UPDATES

AREA	CLOSURES	DETAILS
OYSTERMOUTH ROAD CLOSED WESTBOUND ONLY	06:00 – 17:00	<p>After the swim in Prince of Wales Dock the athletes will run over the Sail Bridge to transition. They will start the bike course from East Burrows Road car park, travelling onto Somerset Place and west on Oystermouth Road (A4067). One side of the Sail Bridge will be open for pedestrians on race morning and Somerset Place will be closed to cars Saturday between 07:00 –18:00, Sunday between 04:00 – 18:00. Burrows Place & Adelaide Street will be closed to cars between 04:00 –20:00</p> <p>The bikes will continue along the bay through Mumbles, around parts of Gower before returning to East Burrows car park via Oystermouth Road. The 2 lap run course, leaves East Burrows car park and uses Swansea Bay Cycle Path / the prom down to the Lilliput Lane/TA Centre. On the return they will use the bike path before joining Oystermouth Road through Sketty Lane Car Park to Museum Park after their second lap.</p> <p>ACCESS ADVICE – The cycle path will be closed from Lilliput Lane to Swansea, pedestrian access will be maintained throughout. The run course will be busy 11:00 – 16:00 so please bear this in mind when accessing the beach and the surrounding area. The southside of Oystermouth Road (Westbound) will be closed between 06:00 – 17:00. Cars will be able to travel Eastbound on Oystermouth Road as normal throughout the day.</p> <p>The yellow routes on the map overleaf are unaffected by the road closures and traffic travelling West is advised to use the yellow diversion routes shown. Sainsbury's is accessible all day via the yellow/orange routes shown on the map to Quay Parade.</p> <p>There are two managed vehicle crossing points on Oystermouth Road. Please use the designated vehicle crossing locations to make your crossing as quick as possible. There will be a managed crossing system for access into the Maritime Quarter using the orange route shown on the map, Glamorgan Street, Oystermouth Road and cross the road closure into Dunvant Place. Exit out of the Maritime Quarter, please use the crossing point past the Civic Centre and turn right onto Oystermouth Road. There may be delays at these crossings at busy times.</p> <p>Pedestrian Access to Swansea Beach, Blackpill Lido, The Skate Park, Swansea Footgolf, The Secret Beach Bar and Kitchen will be maintained as normal.</p>
KINGS ROAD	04:00 - 10:00	<p>Between the Sail Bridge & Y Fforwm Building Car Park will be closed 04:00–10:00 Sunday for pedestrian safety.</p>



For more information, please visit www.ironman.com/ironman70.3swansea or email swansea70.3roadaccess@ironman.com

LIVE MAP



Cau Ffyrdd Canol Dinas IRONMAN 70.3 Abertawe — Dydd Sul 12 Gorffennaf 2026

Rydym yn falch iawn o gyhoeddi bod IRONMAN 70.3 Abertawe yn dychwelyd i Abertawe a'r Gŵyr ddydd Sul 12 Gorffennaf 2026. Triathlon pellter canol yw'r digwyddiad sy'n cynnwys nofio 1.2 milltir, beicio 56 milltir a rhedeg 13.1 milltir gyda 2,000 o athletwyr yn cystadlu.

Bydd ffyrdd wedi'u cau dros dro ar ddiwrnod ras IRONMAN er mwyn sicrhau diogelwch athletwyr a'r cyhoedd. Gweithredir cau'r ffyrdd hyn yn gyfreithiol o dan Ddeddf Rheoleiddio Traffig Ffyrdd (Digwyddiadau Arbennig) 1994, ac maent yn berthnasol i bob cerbyd, beic a cheffyl nad ydynt yn rhan o'r digwyddiad. Ymddiheurwn am yr anghyfleustra a achoswyd gan gau'r ffyrdd.

- Osgowch barcio ar y cwrs beic am resymau diogelwch, os gwelwch yn dda.
- **GALL** cerddwyr groesi'r cwrs ar unrhyw adeg pan fydd yn ddiogel i wneud hynny.
- Bydd mynediad hanfodol i ofalwyr yn cael ei hwyluso, rydym yn gofyn i chi drefnu hyn ymlaen llaw cyn 9 Gorffennaf er mwyn lleihau oedi.
- Cysylltwch â swansea70.3roadaccess@ironman.com
- **NID OES UNRHYW GYFYNGIADAU** ar unrhyw adeg i unrhyw un o'r Gwasanaethau Brys.
- Gweler y map am wybodaeth fanwl a llwybrau dargyfeirio posibl.
- Gall ffyrdd fod ar agor yn gynharach na'r hyn a hysbysebwyd.

Ymholiadau Mynediad - 03330 11 66 00 neu swansea70.3roadaccess@ironman.com

Ymholiadau Cyffredinol E-bost — swansea70.3@ironman.com

(Lle bo'n bosibl cyflwynwch eich ymholiadau mynediad cyn penwythnos y digwyddiad.)

MEYSYDD PARCIO - Maes Parcio Blaendraeth Lôn Sgeti, Maes Parcio Blaendraeth San Helen; ar gau ar ddydd Sul 06:00-17:00. Maes parcio East Burrows ar gau Dydd Mercher 08:00 — Dydd Llun 18:00. Bydd mynediad i Faes Parcio Canolfan Ddinesig/Chwarter Morwrol gan ddefnyddio'r llwybrau mynediad isod.

ARDAL	CAEDAU	MANYLOIN
Heol Ystumllwynarth Ar gau tua'r gorllewin yn unig	06:00 — 17:00	<p>Ar ôl y nofio yn Noc Tywysog Cymru bydd yr athletwyr yn rhedeg dros y Bont Hwyllo i drosglwyddo. Byddant yn cychwyn y cwrs beicio o faes parcio Heol East Burrows, gan deithio i Somerset Place a thua'r gorllewin ar Heol Ystumllwynarth (A4067). Bydd un ochr i'r Bont Hwyllo ar agor i gerddwyr ar fore'r ras a bydd Somerset Place ar gau i geir ddydd Sadwrn rhwng 07:00 — 18:00, ddydd Sul rhwng 04:00 — 18:00. Bydd Burrows Place a Stryd Adelaide ar gau i geir rhwng 04:00 — 20:00</p> <p>Bydd y beiciau'n parhau ar hyd y bae drwy'r Mwmbwls, o amgylch rhannau o Gŵyr cyn dychwelyd i faes parcio East Burrows ac hyd Heol Ystumllwynarth. Mae'r cwrs rhedeg 2 lap, yn gadael maes parcio East Burrows ac yn defnyddio llwybr beicio bae Abertawe/y promenâd i lawr i Lôn Lilliput/Canolfan TA. Wrth dychwelyd byddant yn defnyddio'r llwybr beicio cyn ymuno â Heol Ystumllwynarth trwy Faes Parcio Lôn Sgeti i Barc yr Amgueddfa ar ôl eu hail lap.</p> <p>CYNGOR MYNEDIAD — Bydd y llwybr beicio ar gau o Lôn Lilliput i Abertawe, bydd mynediad i gerddwyr yn cael ei gynnal drwy gydol y dydd. Bydd y cwrs rhedeg yn brysor rhwng 11:00 — 16:00, felly cofiwch hyn wrth gyrchu'r traeth a'r ardal gyfagos. Bydd ochr ddeheuol Ffordd Ystumllwynarth (tua'r Gorllewin) ar gau rhwng 06:00 — 17:00. Bydd ceir yn gallu teithio tua'r Dwyrain ar Heol Ystumllwynarth fel arfer drwy gydol y dydd.</p> <p>Nid yw'r llwybrau melyn ar y map yn cael eu heffeithio gan y ffyrdd caeedig a chynghorir traffig sy'n teithio tua'r Gorllewin i ddefnyddio'r llwybrau gwyr melyn a ddangosir. Mae modd cyrraedd Sainsbury's drwy'r dydd trwy'r llwybrau melyn/oren a ddangosir ar y map i Barêd y Cei.</p> <p>Mae dau fan croesi cerbydau wedi'i reoli ar Heol Ystumllwynarth. Defnyddiwch y lleoliadau croesi cerbydau dynodedig er mwyn sicrhau eich bod yn croesi mor gyflym â phosibl. Bydd system groesi wedi'i reoli ar gyfer mynediad i mewn i'r Chwarter Morwrol gan ddefnyddio'r llwybr oren a ddangosir ar y map, Stryd Morgannwg, Heol Ystumllwynarth a chroesi'r ffordd caeedig i mewn i Dunvant Place. Gadewch allan o'r Chwarter Morwrol, defnyddiwch y man croesi heibio'r Ganolfan Ddinesig a throwch i'r dde i Ffordd Ystumllwynarth. Efallai y bydd oedi ar y croesfannau hyn ar adegau prysor.</p> <p>Bydd mynediad i gerddwyr i Draeth Abertawe, Lido Blackpill, Y Parc Sglefrio, Golff-Troed Abertawe, The Secret Beach Bar and Kitchen yn cael ei gynnal fel arfer.</p>
Ffordd y Brenin	04:00 - 10:00	Bydd rhwng y Bont Hwyllo a Maes Parcio Adeilad Y Fforwm ar gau rhwng 04:00 — 10:00 Dydd Sul er diogelwch cerddwyr.

