



RACE ON ANOTHER PLANET

Club
La Santa

IRONMAN
70.3 LANZAROTE
CANARIAS SPAIN

18 MARCH 2023



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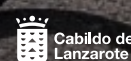


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DISCOVER LANZAROTE ESD
THROUGH THE EXPERIENCE
OF INTERNATIONAL ATHLETES



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WELCOME



María Dolores Corujo Berriel
President of the Cabildo Insular Lanzarote

Lanzarote, climate and landscape

An unbeatable climate and a unique landscape is the best welcome card that the island of Lanzarote can offer to the athletes who have registered for a new edition of IRONMAN 70.3 Lanzarote, which, under the sponsorship of Club La Santa, will be held in the municipality of Yaiza.

The race will take place two days before the official arrival of spring, but, being Lanzarote and the Canary Islands, we have been enjoying the good weather for a few weeks now. In fact, the maximum temperature in March in Lanzarote is around 24° C (75.2° F) and the average sea water temperature is around 18° C (64.4° F).

Therefore, I predict a colourful open water swimming competition, cycling through the volcanic landscape of the Timanfaya National Park and running through the streets of Playa Blanca.

Good luck and success.



Fabio Eligio Cabrera Cruz
Race director

From Club La Santa and the whole triathlon community we have achieved it again, record number of registered participants in the Club La Santa IRONMAN 70.3 Lanzarote in this 2023. Thank you very much to all of you!

From the Canary Islands the season of the well-known IRONMAN 70.3 distance will start in Europe.

More than twelve hundred people registered, from more than forty countries have agreed to come to Lanzarote on the 18th March 2023 and complete one of their goals for this year.

We would like to thank all the parties involved in making these people's dreams come true, as Lanzarote and the Canary Islands once again demonstrate to be a reference point as a destination and for the organization of sporting events.

As they say in the IRONMAN house, "ANYTHING IS POSSIBLE", and you: athletes, families, volunteers, collaborators, sponsors make this happen.

Let's enjoy this great milestone and see you at the start line!

WELCOME



D. José Hidalgo
President of the Spanish Triathlon Federation

For yet another season, one of the longest running races in Europe, IRONMAN Lanzarote is set to welcome triathletes from all around Spain and the rest of the world ready to take on a special competition held in the Biosphere Reserve, with its iconic volcanic landscape that reminds us of Hawaii. And on this occasion for the IRONMAN 70.3 Lanzarote event. Once again, in Lanzarote the triathletes will fight to fulfil their dreams. The first ones for the glory of the top positions, and all of them for their personal goals, to achieve their objectives, whatever they may be.

There is not long time left to enjoy another year of IRONMAN 70.3 Lanzarote. Good luck to everyone!

WELCOME



Ángel Lago
Councillor for Sport, Yaiza townhall

Today no one in Lanzarote doubts that Yaiza is the islands capital of sport. The support for grassroots sport and municipal sports schools in different disciplines, which promote training and healthy activities from an early age; investments in rehabilitation and construction of new sports centres; and the sponsorship of sporting events, the IRONMAN 70.3 Lanzarote is a clear example, they strengthen the tourism-sport binomial and therefore the local and island economy. The trend for destinations is to move towards higher quality tourism and high purchasing power, and in Yaiza we not only have the natural conditions and the ability to meet service needs, but also the conviction to invest more in sport, because investing more in sport is investing more in wellbeing. We are delighted to welcome the whole IRONMAN family, it will be the women and men athletes, accompanying persons and sponsors, who will happily tell the world about their good experience and connection with Playa Blanca and its friendly people.



Óscar Noda
Mayor of Yaiza

Yaiza is the municipality that leads the economy of Lanzarote. We invest more in public infrastructure, with a strong commitment to sports facilities, we are the municipality with the lowest unemployment rate among the tourist destinations on the island and also the leading municipality in the creation of companies last year. We are consolidating our position as a destination of tourist and sporting excellence thanks to our affective and material commitment to powerful competitions with international repercussions such as the IRONMAN 70.3 Lanzarote, hosted by the town of Playa Blanca, or the pre-Olympic sailing events, among others. We have ideal weather conditions all year round and high-quality tourist services that position us as a privileged place for sports practice, training and competition, and we continue to grow thanks to the public-private partnerships that make us stronger. This is your destination, fall in love with Yaiza.

UPCOMING CLUB LA SANTA RACES



Club La Santa
IRONMAN
LANZAROTE
CANARIAS "SPAIN"

20/5/2023



Club La Santa
NIGHT RUN

25/11/2023



Club La Santa
Lanzarote International Running Challenge

26 - 29/11/2023



Club La Santa
LANZAROTE TRIATHLON
VOLCANO

24/02/2024



EVENT SCHEDULE

WEDNESDAY 15.03.2023

- | | |
|---------------|--|
| 15:00 - 16:00 | Technical Meeting PRO – online via Slido platform |
| 16:00 - 17:00 | Technical Meeting in English, Age Groups, online via Slido |
| 17:00 - 18:00 | Technical Meeting in Spanish, Age Groups, online via Slido |

THURSDAY 16.03.2023 - MARINA RUBICÓN HARBOUR, PLAYA BLANCA

- | | |
|---------------|---|
| 10:00 - 18:00 | IRONMAN 70.3 SHOP, at the Rubicón Shop & Fun Shopping Centre |
| 10:00 - 19:00 | Registration (race n° collection by time shifts), IRONMAN 70.3 Lanzarote, at the Rubicón Shop & Fun Shopping Centre |
| 11:00 - 12:00 | Press Conference PRO Athletes at the Rubicón Shop & Fun Shopping Centre |
| 18:00 - 21:00 | Welcome Banquet at the Rubicón Shop & Fun Shopping Centre |

FRIDAY 17.03.2023- MARINA RUBICÓN HARBOUR, PLAYA BLANCA

- | | |
|---------------|---|
| 10:00 - 13:00 | Registration (race n° collection by time shifts), IRONMAN 70.3 Lanzarote, at the Rubicón Shop & Fun Shopping Centre |
| 10:00 - 15:00 | Bike Tech Support, Transition zone (Not Free Service). |
| 10:00 - 18:00 | IRONMAN 70.3 SHOP at the Rubicón Shop & Fun Shopping Centre |
| 15:00 - 19:30 | IRONMAN 70.3 Athlete Info Point and Bike Tech Support (no charge) at the Transition |
| 15:00 - 19:30 | Bike and bag check in (Bike & Run gear), Transition zone |
| 17:00 - | IRONKIDS at the Marina Rubicón Harbour |

SATURDAY 18.03.2023 - MARINA RUBICÓN HARBOUR, PLAYA BLANCA

05:00 - 06:45	Opening Transition zone for athletes
05:00 - 06:45	Bike Tech Support, Transition
05:00 – 16:30	IRONMAN 70.3 Athlete Info Point, Transition
07:00	Swim Start PRO Men - Marina Rubicón harbour
07:05	Swim Start PRO Women - Marina Rubicón harbour
07:07	Swim Start PC-OPEN - Marina Rubicón harbour
07:10 - 07:20	Swim Rolling Start Age Groups, Marina Rubicón harbour
10:00- 18:00	IRONMAN 70.3 SHOP at the Rubicón Shop & Fun Shopping Centre
11:00 - 16:30	IRONMAN 70.3 Finisher Info Point, Marina Rubicón harbour
13:00 - 16:30	Bike/bag check out
16:30	Closure Transition Area

SATURDAY 18.03.2023 - RUBICÓN SHOP & FUN SHOPPING CENTRE, PLAYA BLANCA

19:00	Awards cocktail
19:00	Slot allocation in-person for PRO athletes & Age Groups
19:45	Awards Ceremony: Age Groups, PC Open, Special Awards, Tri Clubs, Lanzarote Citizen, PRO athletes



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PRE RACE INFORMATION

PERSONAL COMMUNICATION PLAN

Prior to departing for Lanzarote, be sure to establish a communication plan with your family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency:

INFORMATION CONTACT NUMBER:

0034 686 03 34 72

RACE DAY EMERGENCY CONTACT:

0034 686 03 34 72

TRACK YOUR ATHLETE

The IRONMAN 70.3 Lanzarote 2023 features real-time information while providing Live Results via the IRONMAN Tracker App.

IRONMAN 70.3 INFORMATION CENTRE

The IRONMAN 70.3 Information Centre is based at the Rubicón Shop & Fun Shopping Centre Marina Rubicón, Playa Blanca. The opening hours are as follows:

Thursday: 16.03.2023

10:00-19:00h, Athlete check-in and Information

Friday: 17.03.2023

10:00-13:00h, Athlete check-in and Information

Saturday: 18.03.2023: Closed – Race Day

(Information available in the Athlete Info Point in Transition 5.00-16.30 and Finisher Area 11.00-16.30 at Marina Rubicón Harbour, Playa Blanca).

ATHLETE CHECK-IN

You must personally collect your race pack. Please, prepare the following before approaching the registration counter:

- **Bib/ Race number**

Please find your race number on the final participants list which will be available from the 13 of March 2023 on the Website

www.IRONMAN703lanzarote.com.

- **Photo identification:** Passport or ID.

- **Valid 2023 Triathlon license.**

If you have not received the actual 2023 card from your federation, you will be requested to show a certificate in which your federation recognizes your membership for 2023.

- **Insurance on Race day:** it is the participants' responsibility to ensure they are covered by their Federation insurance on race day (Triathlon Federation/National Governing Body for Triathlon). The participants must

PRE RACE INFORMATION

have their insurance customer service contact for the weekend. In case participants are not covered by their Federation, they must purchase a 1-day license. The Spanish 1-day license can be purchased online (20€ + Active fee) or at the designated desk (25€) before approaching the registration (coverage to individuals up to the age of 75 years).

AT THE REGISTRATION DESK, YOU WILL BE REQUESTED

1. Last check of your personal details.

All athletes must check all personal registration details, such as; first/last name, emergency contact details, birthday, age group (as per the rules of the World Triathlon Corporation, all age group athletes will be assigned to the relevant age group category according to their year of birth), etc.

2. Sign the Athlete Waiver:

The Waiver you have approved upon online registration has to be accepted by each athlete personally at registration.

ATHLETE WRISTBAND

You will receive a wristband to wear on your wrist at the Athlete Check-In (to access the Transition Zone). This band will identify you as an official athlete and must be worn during race week. The wristband allows you:

- to access to both transition area and post-race athlete recovery areas.

- to remove your bicycle and/or gear from the transition area

Please, do not remove your wristband until after race day,

TECHNICAL MEETING

It is mandatory to watch the technical meeting which will be broadcasted on Wednesday 15.03.2023. You will be able to join the online technical meeting in Slido by clicking the following link or QR code:

15:00 PRO Technical Meeting:

[app.sli.do/
event/4JVt8F3VrCL1N437XmwGh1](https://app.sli.do/event/4JVt8F3VrCL1N437XmwGh1)



16:00 Age Groups Technical Meeting in English:

[app.sli.do/event/
qnzH22iDBjWpNKMnKWgoua](https://app.sli.do/event/qnzH22iDBjWpNKMnKWgoua)



17:00 Age Groups Technical Meeting in Spanish

[app.sli.do/event/
d4dErwsf7FKdprs1sNKxN9](https://app.sli.do/event/d4dErwsf7FKdprs1sNKxN9)



The most important information/rules

PRE RACE INFORMATION

and any possible last-minute changes will be mentioned. This race briefing will be available for you to rewatch on the CLUB LA SANTA RACES YouTube.

BIKE & GEAR CHECK-IN

The Bike & Bag check-in will take place on Friday prior to race between 15:00-19:30 in the Transition Zone at Marina Rubicón Harbour (after this time, no more bikes will be accepted in the Transition Zone). Only athletes and official staff with an identification wristband are allowed to enter the Transition Zone.

The Bike check-in will be conducted by the official referees. They will check your brakes, handlebars, gear shifters, and helmet; in accordance with the rules of the Spanish Triathlon Federation. Make sure that your bike label is clearly put on the frame or under the saddle, visible from the left side and that the 2 stickers are correctly placed on your helmet (front and left side).

The official bike tech support will be also available at the entrance of the Transition Zone (10:00-19:30). From 15.00-19.30 when transition is open, there is no charge for bike tech support.

After the official check-in you will need to park your bike in the designated bike racks, numbered according to race/ bib number. You must rack your bike by hanging it from the front of the saddle (metal bike racks). It is not allowed to leave anything (clothes, shoes, helmet, towel, etc) on the

ground next to your bike. Any items will be moved by the referees from the ground to the Race Info Point in Transition. Athletes are permitted to leave bike shoes clipped to the bike – the helmet must be placed in the bike bag.

Athletes will have access to their bike on race morning, but they are not allowed to remove their bike from the transition until the official Bike check out time (13.00-16:30).

Do not leave your bike unattended outside the transition zone! The organisation cannot be held responsible for any theft inside or outside the transition area.

BAG CHECK-IN

Volunteers and security guards will be available in the bag areas.

The organisation is not responsible for any loss or damage to athletes' items inside and outside the Transition.

Do not leave any valuable item on the bike (i.e. Garmin, sun glasses, etc.). Athletes will have access to their bike and bags on race morning. At the athlete check-in you will receive 3 Transition Bags.

*Drop off location of the Transition bags:



PRE RACE INFORMATION

BIKE GEAR BAG (BLUE): **FRIDAY 17.03.2023** **15:00-19:30h, Transition**

Hang the bike bag on your numbered hook, this bag rack will be located at the end of the Bike check-in, to be picked up after the swim. In the bag, you should have:

- Bib number (mandatory)
- Helmet
- Glasses
- Socks – if needed
- Bike Shoes
- Nutrition products

Swim gear including your wetsuit, must go inside your BLUE BAG after your swim. Rack the bag at your specific hook at the bag area. Bike shoes can be fixed on bike pedals.



RUN BAG (RED) **FRIDAY 17.03.2023** **15:00-19:30h Transition**

Hang the run bag on your numbered hook, this bag rack will be located at the end of the Bike check-in, to be picked up after the bike course. In the bag you should have:

- Bib number (mandatory)

- Running shoes
- Socks
- Glasses
- Cap

Bike gear, including your helmet & shoes unless they are clipped on your pedals, must go inside your RED BAG. Rack the bag at the bag area.



STREET WEAR BAG (WHITE) **SATURDAY 18.03.2023** **05:00-06:45h Finisher Area**

Drop the white street wear bag in the morning on race day by the Finisher Area, close to the swim start area, to be picked up after the race at the same Finisher area in Marina Rubicón Harbour.

NOTE: DO NOT PLACE YOUR BIKE PUMP INSIDE!

You can hand the bike pump in to the bag area team and they will mark it with your bib number.

OFFICIAL IRONMAN 70.3 **LANZAROTE SHOP**

The official IRONMAN 70.3 SHOP will be available at Rubicón Shop & Fun Shopping Centre, Marina Rubicón, Playa Blanca.

PRE RACE INFORMATION

OPENING HOURS:

Thursday 16/03

10:00 - 18:00

Friday 17/03, Saturday 18/03:

10:00 - 18:00

PRESS CONFERENCE

A Press Conference presenting the top PRO Athletes will be held at Rubicón Shop & Fun Shopping Centre, Marina Rubicón, Playa Blanca, on 16.03.2023 at 11.00hrs.

PARKING IN PLAYA BLANCA

On race day, Saturday the 18th of March, please follow the police officers' directions. There will be a parking zone available in Playa Blanca. Please check the map below (parking at the P sign):



TRANSFER

Club La Santa organizes several shuttles from Club La Santa to Playa Blanca during the Club La Santa IRONMAN 70.3 Lanzarote Week (only for Club La Santa guests).

Online bus registration available at: www.IRONMAN.com/im703-lanzarote-register

Deadline to register: Tuesday 14.03.2023 at 12:00 CET.

In case of any special request please contact tiia@clublasanta.com by Monday the 13.03.23 at 12:00h.



RACE DAY INFORMATION

RACE MORNING PROCEDURE/ TRANSITION ZONE

The Transition Zone is located at the Marina Rubicón pier in Playa Blanca. On race morning, the Transition Zone opens at 05.00am.

You will receive a timing Chip at the bike check-in. You should place the chip on your left ankle. You will have to give back the chip at the bike Check-out.

Every athlete must be always identifiable (transition, Award ceremony for winners, etc).

IT IS COMPULSORY TO WEAR YOUR ID WRISTBAND that you get at the onsite registration.

The following facilities are available in the Transition Zone:

- Changing tent
- Bike Tech service
- Portable Toilets
- Penalty Box

Close to the finish line you will find:

- Water station
- Finisher Info Point
- Press tent
- Finisher buffet
- Timing
- Toilets

At the Swim exit and Finish area a medical team will be ready to help you in case of need.

AID STATIONS

Aid stations will provide the nutrition listed below and will be positioned to ensure the most efficient hand over of these items with the minimum delay. Please, remember that the volunteers will be doing their best to assist you in the most efficient way.

226ers will be the official nutrition brand for IRONMAN 70.3 Lanzarote 2023. The following products will be available at the aid stations:

SWIM

One water station will be available on the swim exit.

BIKE COURSE NUTRITION

There are 3 aid stations:-

- **Aid station 1, KM 21:** 226ERS Hydrazero + 226ERS Isotonic Drink + 226ERS bars + 226ERS Gels-
- **Aid station 2, KM 46:** 226ERS Hydrazero + 226ERS Isotonic Drink + 226ERS bars + 226ERS Gels
- **Aid station 3, KM 71:** 226ERS Hydrazero + 226ERS Isotonic Drink + 226ERS bars + 226ERS Gels

RACE DAY INFORMATION

Water will be handed in water bottles (Font Vella Sport 750ml - mineral water with sport top).

Slow down when you pass through the aid station zones. Always use the aid stations on your right.

RUN COURSE NUTRITION

Three water Aid station to be passed at the run course (Approx. 300m / KM 10.5 / KM 21): Water, 226ERS Hydrazero, 226ERS Isotonic Drink.

Four aid Stations on the course with 226ERS Hydrazero, 226ERS Isotonic Drink., 226ers bars, 226ers gels, water, cola, bananas, chips, nuts (dried fruits), vaseline, ice.

Athletes will pass by this aid station just once:

- Aid station 1 (Approx. KM 1):

Special nutrition in Aid station 1.

Athletes will pass by these aid stations twice:

- Aid Station 2 (Approx. KM 3.5 / KM 18.5)
- Aid Station 3 (Approx. KM 5.5 / KM 16.5)
- Aid Station 4 (Approx. KM 8.5 / KM 14)

Portable toilets are available in Aid Stations 2, 3, 4, 5 & transition.

AVAILABLE FLAVOURS:

- 226ERS BCAA flavour: Black choco, Apple & Cinnamon.
- 226ERS ENERGY GEL flavour: Watermelon & Lime.
- 226ERS Hydrazero drinks flavour:

Tropical & strawberry

- 226ERS Isotonic Gel: Watermelon, Lima
- 226ERS Isotonic Drink: Cola

SPECIAL NUTRITION FOR RUN

On race day the personal nutrition must be handed at the entrance to the swim start area and must be clearly marked with the race number (sticker included in the race pack). It will be placed at the 1st run aid station.

No personal help is allowed!

IMPORTANT INFORMATION

226ERS Hydrazero on the Bike course will be given in bike bottles of 700ml. (there will be clear signs to distinguish the tables with different drinks), Fontvella Sport Water bottles will be given on the Bike course (mineral water in 750ml bottles with sport cap).

The drinks at the aid station for the Swim course and Run course will be given in cups. Throw your cup away in the designated garbage areas!

AID STATION FINISHER AREA

Take away food and drinks will be available. Drinks and food on aid stations will only be given by volunteers of the organisation. No personal help is allowed!

REMINDERS AND SAFETY

- Signs will be posted approx. 400 m. before each Aid station, and it is your

PRE RACE INFORMATION

own responsibility to secure items you require.

- At the Aid station clear signs will indicate the content of each table.
- If you need to stop at the Aid station for first aid, toilet or other emergency, move to the right of the passing cyclists, slow down, enter the station area just before one of the tables and dismount
- Discard empty bike bottles in the designated area located at the approach of each Aid station (it is not possible to recuperate your personal bike bottle after the race).

RACE TIMING & CUT-OFFS

The race will officially end 8 hours and 30 minutes after the individual start. In your total time it will be included the aids station stops and transition time. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF

The cut-off times for the swim course is 1 hour and 10 minutes after the individual start.

Athletes who take longer will be listed as Did Not Finish.

BIKE CUT-OFF

1st Bike Course cut off time:

09.30 h (Km 15 approx., Playa Blanca)

2nd Bike Course cut off time:

10.00 h (Km 26 approx. road to El Golfo – LZ-704)

3rd Bike Course cut off time:

12.00 h (Km 53 approx. at “Taro Timanfaya”)

Final Bike Course cut off time: 13:05 h at the transition.

RUN CUT-OFF

The Run course cut off time: 8 hours and 30 minutes after individual swim start. The athletes who take longer than this time will receive a Did Not Finish.

NOTE: Please remember to pass the timing mats! If you do not pass the mats, you will not have your Split time which means that you will be disqualified from the race.

ROAD CLOSURE

The bike course is closed to traffic (more information will follow at the technical meeting). Marshals and police officers will control the traffic and participants must always obey traffic rules during the race.

JUDGES

The Spanish Triathlon Federation referees will ensure that all rules are followed. They will be on the swim, bike and run course (in boats, cars, motorbikes and bikes). They will all wear official vests of the Spanish Triathlon Federation. All participants have to read the IRONMAN rules carefully (in the Event official website) and to familiarize themselves with the content. The Organisation reserves the right to refuse admission of any participant (federated and not federated). Race Referees will notify athletes of a rule violation by

PRE RACE INFORMATION

showing the athlete a coloured card in combination with a verbal directive.

Penalty card colours and their associated penalty is as follows:

Yellow Card

Means, as applicable, a Thirty (30) Second Time Penalty for IRONMAN® 70.3®-branded Races;

Blue Card

5:00 Minute Time Penalty;

Red Card

DSQ disqualification;

PLEASE READ THE IRONMAN RULES CAREFULLY AT:

www.IRONMAN.com/competition-rules

ATHLETE INFO POINTS

The Info Points (only for athletes) will be open at transition zone and at the finish line area on the following days/ times:

ATHLETE INFO POINT/ TRANSITION

Friday 17.03.2023 15:00-19:30 h

Saturday 18.03.2023 05:00-16:30 h

The following services are available:

• All race inquiries

Athletes can obtain any kind of information about the race.

• New Race number/ timing chip

In case of loss of you can ask for a replacement

• Basic tools/ spares

Basic tools will be available to borrow including swim goggles, helmets, bike bottles, etc.

• DNF (Did Not Finish)

The organisation will have an overview of

athletes who did not complete the race.

FINISHER POINT/PUERTO MARINA RUBICÓN

Saturday 18.03.2023 11:00-16:30h

The following services are available:

• DNF (Did Not Finish)

The organisation will have an overview of athletes who did not complete the race.

• Official finishers

Official finishers can collect their Finisher T-shirt and wristband

• Results/ timing/ penalties

Provisional results will be regularly published on the IRONMAN Tracker APP on race day. Any inquiries about results will be address to the Finisher Info Point.

• Lost & Found

Any lost and found will be brought to the Finisher Point on race day. After closure all items will be brought to the North Reception at Club La Santa.

ATHLETES' RELATIVES INFORMATION

• Security

Family members/ friends can contact the Information Point in case of emergencies as follows: Contact number on race day – emergencies only: 0034 686 03 34 72
Contact email on race day - information: events@clublasanta.com.

• Results/ timing/ penalties

Provisional results will be available in the IRONMAN Tracker APP on race day.

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5 INTERESTING FACTS ABOUT LANZAROTE:

1. LANZAROTE IS A VOLCANIC ISLAND:

The island was formed by volcanic activity millions of years ago, and there are over 300 volcanic cones on the island. The Timanfaya National Park, located in the southwest of the island, is a must-see attraction for visitors.

2. CÉSAR MANRIQUE'S INFLUENCE:

Lanzarote is known for the artist and architect César Manrique, who had a major influence on the island's development. Manrique's unique style can be seen in many of the island's attractions, such as the Jameos del Agua, the Cactus Garden, and the Mirador del Río.

3. BIOSPHERE RESERVE:

In 1993, UNESCO declared Lanzarote a Biosphere Reserve due to its unique and fragile ecosystem. The island is home to many rare and endangered species of plants and animals.

4. WINE PRODUCTION:

Despite its arid landscape, Lanzarote has a thriving wine industry. The island's unique vineyards are protected from the harsh winds by semi-circular stone walls, known as "zocos," which help to trap moisture from the sea.

5. BEACHES:

Lanzarote is known for its beautiful beaches, such as Papagayo, Playa Blanca, and Famara. The island's beaches offer a variety of activities, such as surfing, windsurfing, and kiteboarding. The waters surrounding the island are also popular with divers and snorkelers.



3 PLACES NOT TO BE MISSED IN PLAYA BLANCA

1. MONTAÑA ROJA:

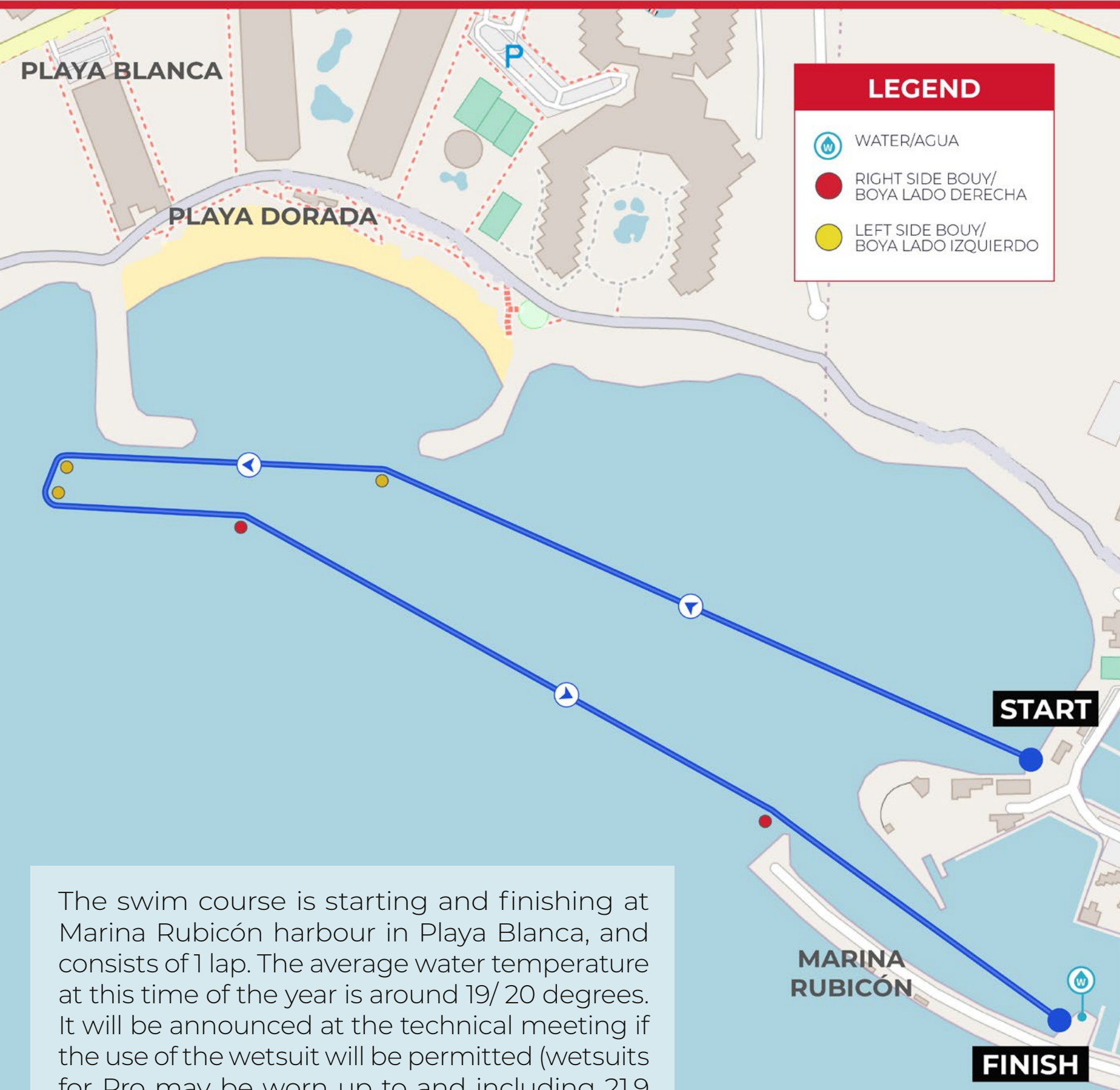
Montaña Roja is a volcanic mountain located in the southern part of Playa Blanca. This spot is ideal for triathletes who want to improve their running performance. The trail to the top is challenging, but the views are worth it. At the summit, triathletes can enjoy a panoramic view of the island and the ocean. This trail is also used by athletes for hill training, which can improve endurance and strength.

2. TIMANFAYA NATIONAL PARK:

Timanfaya National Park is a protected area that offers a unique volcanic landscape that's definitely worth exploring by either bike or car. The park's scenic road offers stunning views of the volcanic landscape. Although the road has some steep short climbs along the way, it's suitable for all cyclists. It's also worth noting that in one part of the park, access is only allowed with guided bus tours. These tours are ideal for visitors who want to learn more about the geological history of the area. Overall, Timanfaya National Park is a remarkable natural wonder that's definitely worth visiting. So whether you choose to explore by bike, car, or tour bus, get ready to be mesmerized by the beauty of this unique volcanic landscape.

3. PLAYA DORADA

Playa Dorada is a beautiful, sandy beach located in the heart of Playa Blanca. This beach is ideal for triathletes who want to swim in open water. The beach is sheltered from the wind and waves, making it a safe place to swim. Triathletes can swim in the calm waters of the bay and use the nearby facilities to change, shower, and store their equipment.



The swim course is starting and finishing at Marina Rubicón harbour in Playa Blanca, and consists of 1 lap. The average water temperature at this time of the year is around 19/ 20 degrees. It will be announced at the technical meeting if the use of the wetsuit will be permitted (wetsuits for Pro may be worn up to and including 21.9 degrees C; for age group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees). Please remember to wear your numbered swim cap (race number on the left side) and timing chip (on your left ankle).

COURSE MAPS SWIM

SWIM CAP COLOURS

Pro Women: Yellow

Pro Men: Neon Green

Age group Women: Pink

Age group Men: Orange

AWA: Gold

PC Open: White

Some athletes might have to wear a different colour swim cap in order to be recognized by the press/organisation.

DROP OFF WARM-UP/ SWIM BAG:

At Marina Rubicón harbour, you will have to personally drop off your street bag (white) in the marked area.

OFFICIAL SWIM ENTRANCE:

All participants MUST be at the swim entrance by 06.45hrs.

START

Swim Start Professionals: 07.00h Men/
07.05h Women

PC Open 7.07h Swim Start

Age Groups 7.10h Rolling start

ROLLING START

As part of IRONMAN ongoing race development and improvements, the IRONMAN 70.3 Lanzarote will be using a “Rolling Swim Start” for Age Groupers.

Athletes are set off in one continuous line for the swim start: Around 10 athletes every 5 seconds. It will take approximately 10 minutes to get the entire field across the swim start line.

In effect, this will create a “time trial” dynamic for the race and for the determination of the results.

Each athlete individual race time will start when they cross the swim start-timing mat, under the swim start arch.

HOW DOES THIS WORK?

The (on-shore) pre swim start area will be divided into starting zones/corals based on an athletes predicted swim time for the 1.9km course. There are 6 swim zone/corals:

PRO

PC Open

- Sub 25 mins

- Sub 35 mins

- Sub 45 mins

- over 45 mins

Athletes’ timing chips will activate once they cross-designated swim start timing mat, at the arch to the swim course.

SWIM ADVICE!

Try to relax and visualize the swim segment and think about your race plan.

Ensure that you have the numbered swim cap provided to you at registration and check your goggle

COURSE MAPS SWIM

strap.

It is the responsibility of the individual athlete to be familiar with the swim course; information is available in the event website.

As you exit the water after the swim, use the opportunity to enjoy the atmosphere.

Upon exiting the water, ensure that you still have your timing chip in place before passing the timing mats. If you need a replacement chip, please approach the volunteers.

If you have any problems during the swim, roll onto your back and signal by raising your arm in the air to the rescue Kayaks/Lifeguards and they will come to assist you.

SWIM CUT OFF TIME:

The swim cut off time: 1:10hrs after individual start.

*The Swim Cut-Off times are based on each athlete's start time, registered electronically when you begin the swim (rolling start). Athletes will seed themselves into these zones/corals based on predicted swim times.

SWIM/ BIKE TRANSITION

After the swim, you will run towards the transition. Nudity is forbidden (there will be a changing tent if needed). In transition you must collect your own Bike Bag (blue) and change at the benches. Nudity outside the tent is not permitted. Leave your bag at the rack again. NO VOLUNTEERS




AVAILABLE FOR THIS TASK. You will then run up to the bike parking. You then collect your bike, fasten your helmet before you take your bike and push the bike to the exit. Also check your chip. If you have lost your chip, you must collect another one in the Athlete Info Point (Transition). You may begin riding once past the mount line.

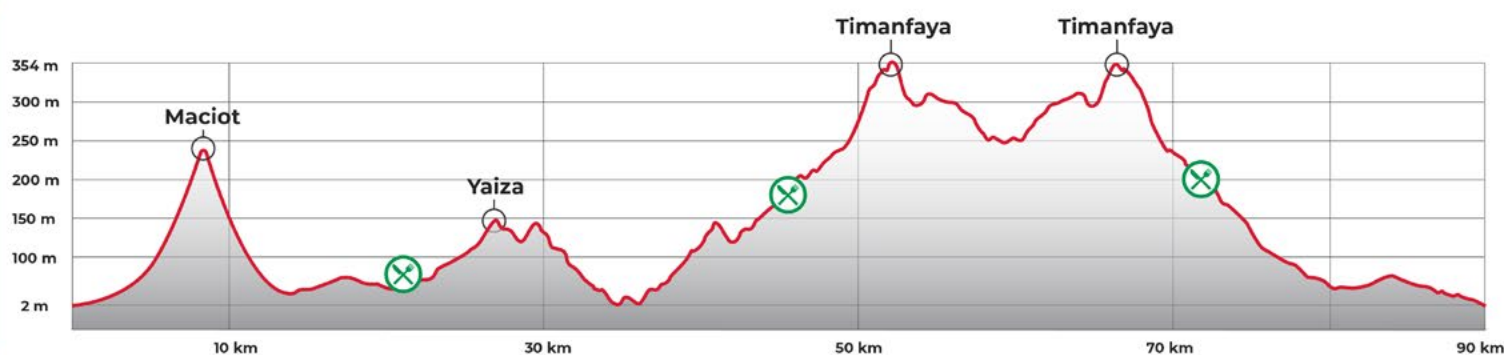
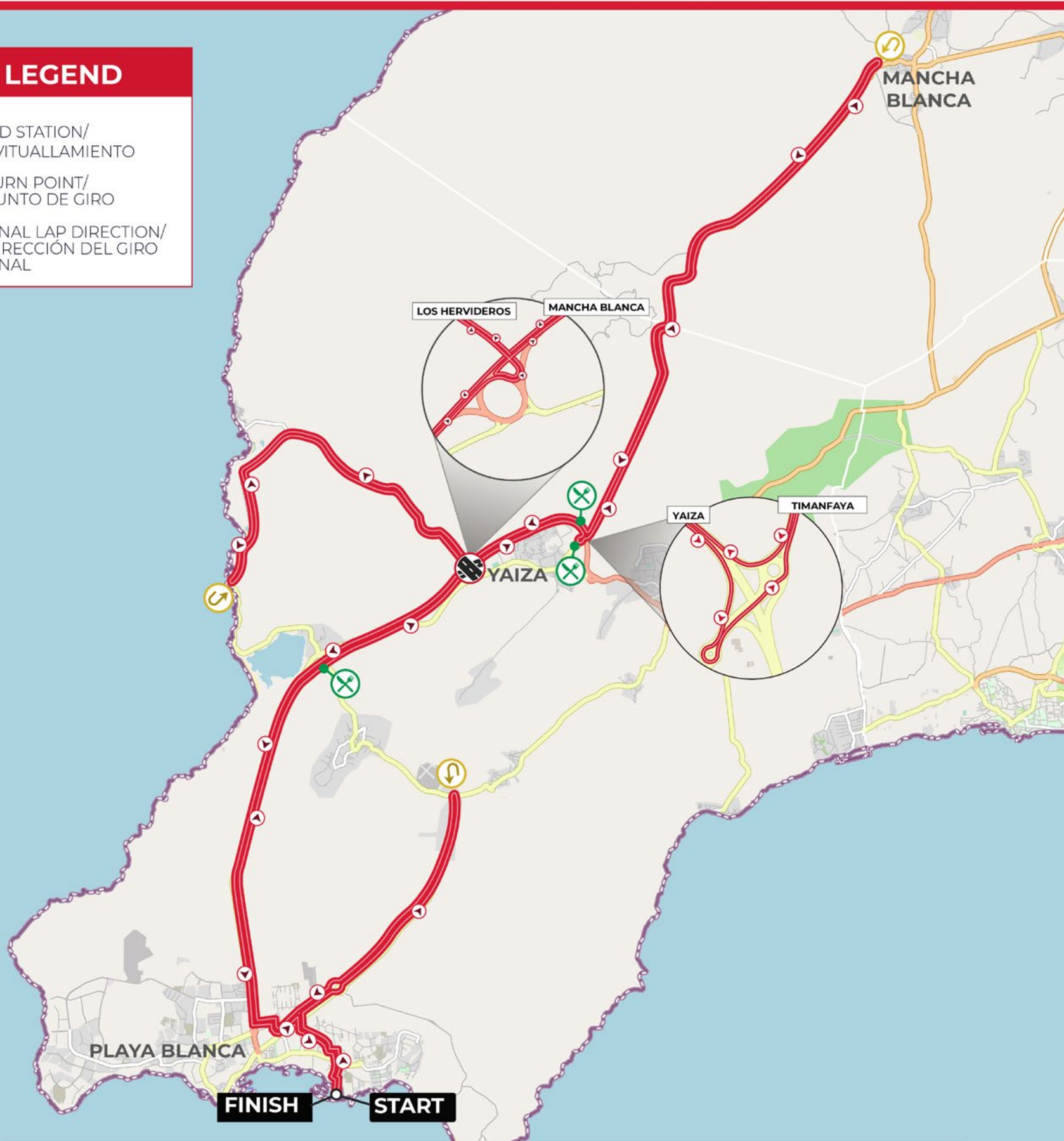
If you decide to abandon the race after the swim, inform the organisation in the Athlete Info Point!

ADVICE IN TRANSITION!

- Bike mechanics are available in the Transition area, if you have a last-minute mechanical problem.
- In case you have forgotten/ lost anything, please pass by the Athlete Info Point. We might be able to lend you spare equipment.

LEGEND

-  AID STATION/
AVITUALLAMIENTO
-  TURN POINT/
PUNTO DE GIRO
-  FINAL LAP DIRECTION/
DIRECCIÓN DEL GIRO FINAL



COURSE MAPS BIKE

BIKE COURSE 90.1KM

Due to traffic restriction laws for sports events, the full race course must be closed to traffic. A challenging route riding through the unique volcanic landscape of Lanzarote. Elevation+: 1017m. Please be careful at all times. Obey police officers and marshals under all circumstances. Always keep to the right-hand side of the road and only use the aid stations on the right to avoid any collisions!

IRONMAN70.3 Lanzarote arrows will be put on the course one week before the actual race. Police and/or marshals will be controlling traffic on race day.

According to WTC rules disk wheels are allowed, we do not recommend using them for the IRONMAN 70.3 Lanzarote.

Although athletes must make any necessary repairs to their bike during the race using their own tools and without assistance, they may accept assistance from the supporting bike mechanics. There will be a bike support team moving around on the bike course.

On the bike course there are 3 aid stations. A sign will indicate each aid station 400m in advance. A bottle drop will be available just before the aid station.

BIKE ADVICE!:

The following gearing is advised: 11/25 (back) and 53/39 (front) – slowest cyclists could use 50/36 (front). If you must drop out of the race, you can wait for the official support vehicle that

follows the last participant or inform a referee in the race.

- 1st cut off time:
09:30, Km. 15
- 2nd cut off time:
10:00, Km. 26, LZ-704
- 3rd cut off time:
12:00, Km. 53, Taro Timanfaya
- Final Bike Course cut off time:
13:05, Transition

Athletes who take longer will receive a Did Not Finish.

BIKE/ RUN TRANSITION

When you come back from the bike course, please dismount at the bike dismount line, pass the timing mats and proceed on foot (with your helmet fastened!) to your bike rack. You will have to park your own bike in the rack (volunteers will not take your bike!) and continue to the bag area where you will have to take your own bag (volunteers will not hand you the bag!) and change at the provided benches. After changing into your running gear, please put all bike gear in the bike bag and place it on the same rack as you took it from.

Your race number must not be altered and should be clearly visible on the front affixed with safety pins or elastic band. In case of loss, please ask for a new number in the Athlete Info Point. Check your timing chip. In case of loss, please ask for a new one at the Athlete InfoPoint. No chip, no time!

COURSE MAPS BIKE

Sunscreen Lotion protection is available in the Transition.

If you decide to abandon the race after the bike, please inform the organisation in the Athlete Info Point! The official bike and bag check out starts at 13.00h at the main entrance of the Transition Zone. It is not allowed to take your bike out of the Transition zone another way than through the official exit.

BIKE TECH SERVICE

The Team of mechanics will be available on Friday morning at transition from 10.00-15.00hrs (PAID SERVICE) and Friday from 15.00-19.30hrs (FREE SERVICE).

On race day they will be offering their assistance in the Transition Zone for last minute repairs in the morning from 05:00 until the last cyclist has left after the swim. There will be a mobile bike tech team on the bike course.

Although athletes must make any necessary repairs to their bike during the race using their own tools and without assistance, they may accept assistance from the official bike mechanics.

OFFICIAL BIKE TECH CONTACT:

MAS DEPORTES LANZAROTE
(SHIMANO SERVICE CENTER)
Ctra. Arrecife a Tinajo, no21, local B,
35550 San Bartolome,

Phone: 928 52 28 45

Email: masdeporteslanzarote@

hotmail.com




BIKE MECHANIC ADVICE!

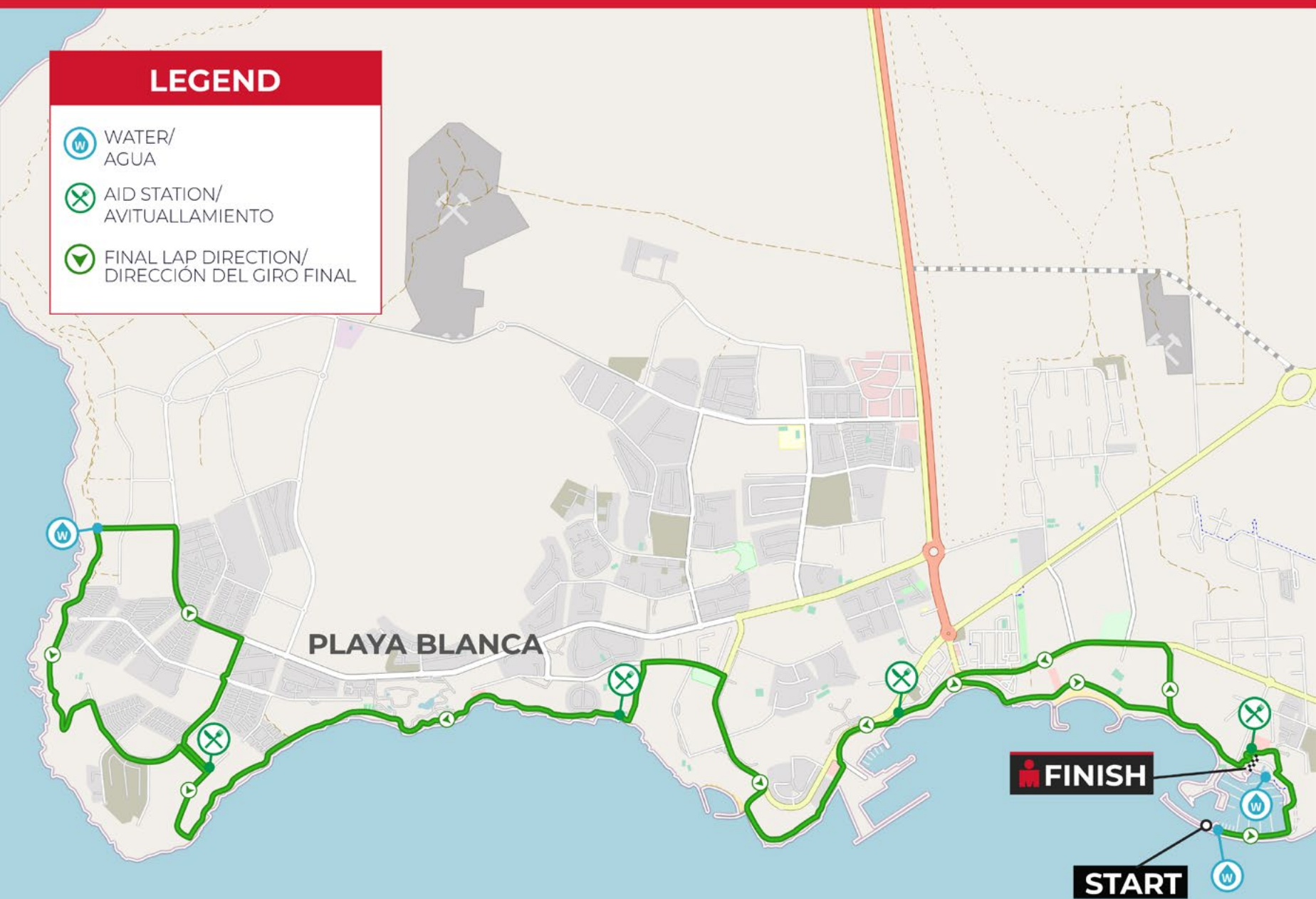
Remember to ensure the following on your bike:

- Enough air in the tubes?
- Front and rear brakes are operable?
- End plugs are on handle bars?
- Wheels are tightened?
- Changing gears?
- No loose headsets?
- No stripped cables?

We advise the athletes to bring extra inner tubes/tyres, chain link and a pump. A mobile Bike Tech team is on the course, but they might not be available immediately. We recommend that you bring a spare Rear Meck Hanger of you bike model. This is a very sensitive piece of the bike and is known to snap or damage from either miss handling or bad packing. It would be easier and quicker to repair by a bike mechanic if you carry a spare.

LEGEND

-  WATER/
AGUA
-  AID STATION/
AVITUALLAMIENTO
-  FINAL LAP DIRECTION/
DIRECCIÓN DEL GIRO FINAL



COURSE MAPS RUN

RUN COURSE 21.1 KM

Consisting of 1 lap. The course takes you on the Playa Blanca Avenue. Remember to pass the timing mats on the turning points of the run course! If you do not pass the mats, you will not have your split time which means that you will be disqualified from the race.

RUN COURSE CUT OFF TIME

08h.30 after individual race start.





LEGEND

- | | | |
|--|---|---|
| FINISH AREA BUFFET /
BUFFET ZONA FINISHER | RESTING AREA /
ZONA DE DESCANSO | REGISTRATION /
REGISTRO |
| FINISH LINE / META | CHANGING TENTS /
CASETAS DECAMBIO | EXPO |
| TRANSITION BAGS /
BOLSAS DE TRANSICIÓN | WHITE STREET WEAR BAG /
BOLSA BLANCA STREET WEAR | PODIUM |
| RESTROOMS / BAÑOS | MASSAGE / MASAJES | DOCTOR / MEDICO |
| ORGANISATION TENT /
ORGANIZACIÓN | BIKE RACKS /
SOPORTE BICI | WELCOME BANQUET /
BANQUETE DE BIENVENIDA |



POST-RACE INFORMATION

FINISH LINE

As you cross the finish line you will go to the Finisher Area to collect your official Finisher t-shirt, wristband and medal. An aid station will be available to refuel in the finisher area.

Emergency staff will be at the finish line for those who need medical assistance. The medic facility will be next to the finish line.

No family members/ relatives are allowed to enter this facility.

BIKE & GEAR CHECK-OUT

You can collect your white street wear bag at the finisher area right after you finish the race and your transition bags and bike after 13:00 from the transition area. Please note that there is only one entrance and exit for check out, where you need to show your bib number and return your Timing Chip in order to leave with your equipment. Bikes and bags need to be collected from the Transition zone no later than 16:30 h. The Organisation will not be responsible for any loss.

LOST & FOUND

On race day, all lost and found items will be brought to the Athlete Info Point. After the closure of the transition zone the Lost & Found will be available at the North Reception, Club La Santa. The Race organisation is not responsible for lost/stolen property.

SPORTGRAF

Sportograf is proud to be the official athlete photo service at the IRONMAN 70.3 Lanzarote. We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here: www.sportograf.com

Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT of you to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!

POST-RACE INFORMATION

- Celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on Facebook and Instagram

INFORMATION CENTRE POST RACE

Post-Race Information:

Phone: 0034 928 59 99 95 # tone # 4455 or contact us by email at lanzarote70.3@IRONMAN.com.

RESULTS

During the race, results can be checked on the IRONMAN APP: IRONMAN Tracker.

Results claims are accepted until 16:00 in Transition (Athletes Info Point) on race day and by email at events@clublasanta.com until 19.03 at 12:00pm. Later than then it will be no longer possible to make any changes in the results. Results will be available for download at www.IRONMAN.com & soon after the race at the event website: www.IRONMAN703lanzarote.com

FINISHER CERTIFICATE

All official finishers of the IRONMAN 70.3 Lanzarote can download their certificate from the IRONMAN TRACKER App soon after the race.

THE RACE ORGANISER

Club La Santa is the best active holiday resort in the world, offering over 80 different sports with an instructor, included in the accommodation price. The facilities include tennis and badminton courts, a full-sized football pitch, running track, swimming pools plus leisure pool and a lagoon where windsurfing takes place, a fitness Centre, a Bike Centre with over 200 bikes and much more. Our guests can choose from an amazing variety of classes and activities in our extensive Weekly Programme, use our sports facilities and enjoy our entertainment free of charge. The resort also offers a complete range of optional services to ensure that our guests have everything they need; Wellness Centre, physio therapy and a range of relaxation and sports therapy services, and a Club La Santa Dive Centre. Not to forget four restaurants, two bars and a choice of leisure and recreational spaces to enjoy the company of your family and friends.

Club La Santa organises more than 200 events, races, training camps and social weeks. Improve your skills and technique or get inspired to try something new and meet new friends in the process! For further information go to:

clublasanta.com



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T



PRIZE MONEY & AWARDS

PRIZE MONEY

The top 6 males and 6 female finishers in the professional class are eligible for the prize money*. The total prize money is US\$ 25.000. The distribution will be as follows:

1. \$4000
2. \$2750
3. \$2000
4. \$1500
5. \$1.250
6. \$1000

The prize money will be paid to athletes by bank transfer after the results of the anti-doping control are confirmed as negative.

*Personal tax will be deducted according to the International agreement for each country; bank commissions are not included.

The prize money winners will receive a form via email a few days after the race. This form must be completed and returned to the event organizers along with a copy of the athlete's ID/ passport.

TROPHIES FOR:

Professional athletes: Top 10 (female/ male)

Age groups: Top 3 in each Age group (male & female): As per the World Triathlon Corporation rules, all age group athletes will be assigned to the relevant age group category according to their year of birth.

PC open: (Female/ Male): Trophies for top

3 in this category.

Triclub podium: Top 3 Triclubs

First Lanzarote citizen (Female/ Male): To be eligible for this prize you must submit a certificate stating that the Island of Lanzarote is your place of birth at the onsite registration.

Special Award: The person receiving the award will be contacted previously.

AWARDS CEREMONY

The Awards Ceremony takes place at Rubicón Shop & Fun Shopping Centre, Playa Blanca the 18th of March 2023. Please see the following time frames:

19:00:

Awards Cocktail

19:00 Slot allocation IRONMAN 70.3 World Championship- **in person** - for PRO athletes & Age Groups

19:45:

Awards Ceremony

Top 3 Age Groups winners (m/w)

Top 3 PC OPEN.

Top 3 TRI Clubs

1st Conejero (m/w)

Top 10 PRO Athletes (m/w)



IRONMAN 70.3 WORLD CHAMPIONSHIP

QUALIFYING SLOTS FOR THE IRONMAN 70.3 WORLD CHAMPIONSHIP

The IRONMAN 70.3 Lanzarote will award 45 slots for age groups and 4 slots for PRO athletes (2 MPRO/ 2 WPRO) for the 2023 IRONMAN 70.3 World Championship in Lahti, Finland on Saturday, August 26 (Women's Race) and Sunday, August 27 (Men's Race), 2023

SLOTS FOR AGE GROUPS:

Athletes wishing to compete in the World Championship must qualify. The slots will be distributed according to the number of participants in each group, guaranteeing always at least one slot in each age group. The official slot allocation will be published on www.IRONMAN.com/im703-lanzarote (Athlete section) on race day, after the swim start.

The World Championship slots allocation for age groups will take place on Saturday 18.03.2023 at 19:00 at Rubicón Shop & Fun Shopping Centre, Marina Rubicón Playa Blanca,

Athletes must be present on-site at 19:00 during the official Slot Allocation and Rolldown ceremony to accept the starting slot and must pay the entry fee directly onsite.

AT THE REGISTRATION YOU WILL BE ASKED FOR:

- A valid photo identification
- Entry fee 650.00 (EUR) + 9.25% Active fee
- Payment by credit card only.

Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

SLOTS FOR PRO ATHLETES:

The IRONMAN 70.3 Lanzarote is a qualifying race of the 2023 IRONMAN® 70.3 WORLD CHAMPIONSHIP. QUALIFYING: 2023 KPQ 4-PRO SLOTS: 2-MPRO/2-WPRO

The World Championship slots allocation for PRO athletes will take place on Saturday 18.03.2023

at 19:00 at Rubicón Shop & Fun Shopping Centre, Marina Rubicón Playa Blanca,

Athletes must be present on-site at 19:00 during official Slot Allocation and Rolldown ceremony to accept the starting slot - otherwise slot will be rolled accordingly to next category finisher.



DOCTOR AND EMERGENCY

Doctor Javier Arroyo will be available at La Santa Medical Centre Clinic, Club La Santa, Monday to Friday 16:00-18:00 and Saturday 11:00-12:00. If you are suffering from any chronic health problems such as asthma, diabetes, high blood pressure, heart or metabolic diseases, etc. Please inform the race doctor prior to the race day. If you are currently taking any medicine, please make sure that it is not included in WTC's list of prohibited substances. If you have a certificate issued by your federation's medical services, please hand it in to a crew member at the registration desk. It is important to write on the back of your race number: your full name, any important medical information or allergies you might have, and an emergency contact name and phone number.

The medic team has a list of all competitors' emergency contact details. If these contact details have changed, please remember to inform the registration staff and write it on the back of your race number.

ADVICE

We recommend all athletes to share the race day emergency contact below, with those who may need to reach you in an emergency: Race Day Emergency Contact - 0034 686 03 34 72

We advise athletes to protect themselves against the burning sun with high factor sunscreen. They should avoid long exposure to the sun two days before the race, and use a cap, light clothing and sunglasses during the race.

MEDICAL AID

If you need any medical aid, please inform the nearest volunteers or staff. Please remain where you are when you call for medical assistance. If you drop out, give your chip to the Finisher Info Point at the Marina Rubicón harbour, at the Athlete Info Point in transition or to a race official. After reaching the finish line, a medical team will be ready to assist the athletes in the medical tent, if needed. The medical tent is in the finish area and this service is only for those athletes who need it. In the sake of

DOCTOR AND EMERGENCY

privacy, access to friends or family members is not allowed; they will have to contact the Race Day Emergency Contact - 0034 86 03 34 72 to receive more information.

If athletes have any problems during the race, all aid stations will be in contact with the Medical Team to get the adequate medical assistance.

PROFESIONAL ATHLETES



ANNE HAUG, *DEU*, 1



DANIEL BÆKKEGÅRD, *DNK*, 25



ELISABETTA CURRIDORI, *ITA*, 6



EMMA PALLANT-BROWNE, *GBR*, 2



INDIA LEE, *GBR*, 3



LYDIA DANT, *GBR*, 4



MAURICE CLAVEL, *DEU*, 29



PIETER HEEMERYCK, *BEL*, 44



THOMAS DAVIS, *GBR*, 33



THOMAS DAVIS, *GBR*, 33



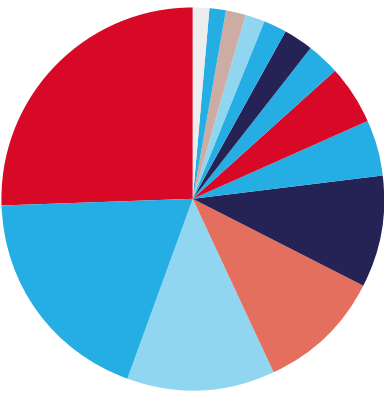
JORDI MONTRAVETA MOYA, *ESP*, 34

WINNERS IRONMAN 70.3 LANZAROTE

	Name	Country	Swim	Bike	Run	Total
2012	Iván Raña Fuentes	ESP	00:22:18	02:27:44	01:13:27	04:07:39
	Danne Boterenbrood	NED	00:24:06	02:44:56	01:26:30	04:40:06
2013	Victor Del Corral Morales	ESP	00:25:02	02:24:11	01:13:21	04:06:42
	Agnieszka Jerzyk	POL	00:24:53	02:47:20	01:22:42	04:39:48
2014	Will Clarke	GBR	00:22:14	02:25:10	01:14:50	04:04:16
	Helle Frederiksen	DEN	00:22:56	02:38:08	01:26:44	04:29:58
2015	Eneko Llanos	ESP	00:23:50	02:23:38	01:15:37	04:06:26
	Jodie Ann Swallow	GBR	00:23:52	02:39:44	01:22:58	04:29:48
2016	Pieter Heemercyck	BEL	00:25:11	02:23:16	01:16:07	04:08:22
	Lisa Huetthaler	AUT	00:28:38	02:45:26	01:28:58	04:47:06
2017	James Cunnama	ZAF	00:22:53	02:06:32	01:14:02	03:47:07
	Anne Haug	DEU	00:24:36	02:25:23	01:18:15	04:12:38
2018	Tom Lecomte	FRA	00:26:02	02:08:59	01:12:48	03:51:41
	Lucy Gossage	GBR	00:29:30	02:26:30	01:27:46	04:28:02
2019	Frederic Funk	DEU		02:12:46	01:17:50	03:35:00
	Emma Pallant	GBR		02:36:23	01:27:09	04:08:14
2021	Daniel Bækkegård	DEN	00:23:30	02:16:58	01:17:25	04:03:30
	Anne Haug	DEU	00:28:40	02:35:20	01:20:48	04:30:31
2022	Léo Bergère	FRA	00:21:50	2:18:27	1:10:56	3:55:44
	Kat Matthews	GBR	00:26:36	2:27:56	1:17:55	4:17:46

Centros de Arte,
Cultura y Turismo
Cabildo de Lanzarote

NATIONALITIES OF THE ATHLETES



GBR (United Kingdom) 280	NLD (Netherlands) 29
ESP (Spain) 205	CHE (Switzerland) 27
FRA (France) 136	CAN (Canada) 23
DEU (Germany) 115	USA (United States of America) 17
ITA (Italy) 103	POL (Poland) 17
IRL (Ireland) 54	UKR (Ukraine) 15
BEL (Belgium) 54	FIN (Finland) 15

DNK (Denmark)	14	VEN (Venezuela (Bolivarian Republic of))	2
AUT (Austria)	9	AUS (Australia)	1
RUS (Russian Federation)	7	BLR (Belarus)	1
ZAF (South Africa)	7	BRA (Brazil)	1
PRT (Portugal)	6	CCK (Cocos (Keeling) Islands)	1
ECU (Ecuador)	5	CYP (Cyprus)	1
MLT (Malta)	5	GLP (Guadeloupe)	1
SVK (Slovakia)	4	GRC (Greece)	1
SWE (Sweden)	4	ISL (Iceland)	1
EST (Estonia)	3	ISR (Israel)	1
LUX (Luxembourg)	3	JEY (Jersey)	1
MEX (Mexico)	3	MAR (Morocco)	1
NOR (Norway)	3	NZL (New Zealand)	1
SVN (Slovenia)	3	PER (Peru)	1
ARG (Argentina)	2	PHL (Philippines)	1
CZE (Czech Republic)	2	PRY (Paraguay)	1
EGY (Egypt)	2	QAT (Qatar)	1
HRV (Croatia)	2	REU (Réunion)	1
HUN (Hungary)	2	SGP (Singapore)	1
LTU (Lithuania)	2	TUN (Tunisia)	1
ROU (Romania)	2	UZB (Uzbekistan)	1
TUR (Turkey)	2		



CONTACT

CLUB LA SANTA

www.clublasanta.com

Avenida Krogager, s/n, 35560
Tinajo, Lanzarote, Islas Canarias,
España

Tel: +34 928 599 999

lanzarote70.3@ironman.com

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RACE DIRECTOR

Fabio Eligio Cabrera Cruz

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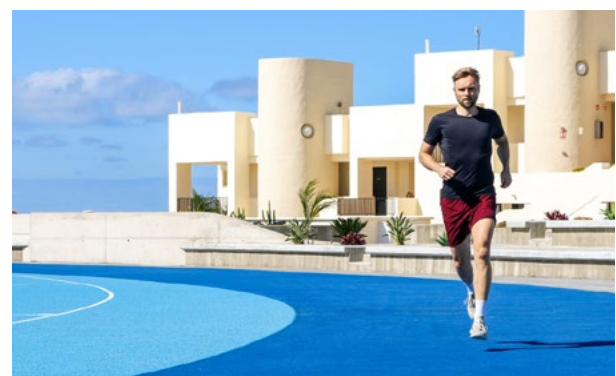
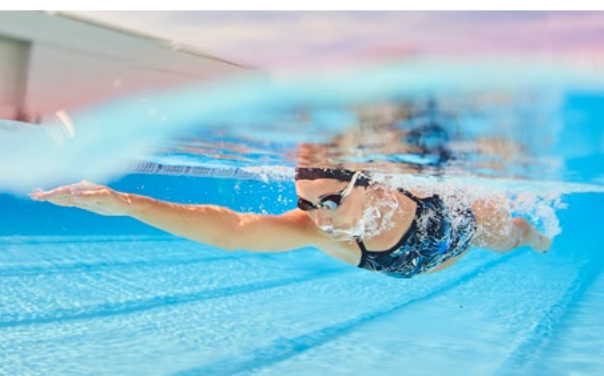
PRESS AND SOCIAL MEDIA

Montse Parrizas

Tel.: (+34) 928 599 995 # 4400

mp@clublasanta.com

The world's best sports resort



At Club La Santa you have access to a brand-new CONIPUR Vmax running track, 50m heated pools and a large bike centre with a wide range of free and rental bikes.

And just outside the resort, discover some exceptional running routes and highly maintained asphalt roads perfect for biking.

Everything you need for your triathlon training on your doorstep.