

Club
La Santa

IRONMAN®

LANZAROTE
CANARIAS III SPAIN



20 MAY 2023

THE LEGEND
FORGED IN FIRE

PUERTO DEL CARMEN, LANZAROTE
Swim 3.8KM // Bike 180.2KM // Run 42.2KM



IRONMANLanzarote.com



IRONMANLanzarote



IRONMANLanzarote





Lanzarote
A UNIQUE ISLAND

European
Sports
Destination
by Turismo Lanzarote

FEEL THE *spirit*

#LanzaroteESD



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SPORTS *Experiences* in #LanzaroteESD

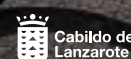


PILAR LAMADRID

LIONEL MORALES



**DISCOVER LANZAROTE ESD
THROUGH THE EXPERIENCE
OF INTERNATIONAL ATHLETES**



Lanzarote
A UNIQUE ISLAND

europa
sports
DESTINATION
Lanzarote



WELCOME

Maria Corujo

President of the Council of Lanzarote

Lanzarote embodies the spirit of IRONMAN.

The IRONMAN Lanzarote event takes place on an island that cherishes nature and landscape, which are two features highly valued by individuals who are environmentally conscious and passionate about sports.

Consequently, there is no better competition that captures the essence of the island's ideal conditions for sporting activities than the IRONMAN Lanzarote. Swimming in the sea, running, and cycling are all ideal activities for novice and professional athletes alike.

It is with great confidence that I can say the 2023 edition will reinforce the island's commitment to becoming an intelligent and sustainable tourist destination. I sincerely hope that the weather will be favourable and further enhance the magnificence of one of the most challenging triathlons in the world.

Sincerely,

María Dolores Corujo Berriel

President of the Cabildo of Lanzarote



WELCOME

Fabio Cabrera Cruz
Race Director

Dear Athlete,

If you are reading this, it is because you are close to reaching your dream, your goal. Whatever this goal is, you are just about to join the Club la Santa IRONMAN Lanzarote family in its 31st edition. The oldest IRONMAN in Europe will continue to witness women and men of iron, capable to overcome and demonstrate that everything is possible in this incredibly demanding world of sport, discipline, and perseverance.

Every part of this event; the institutions, the sponsors, volunteers, and the island of Lanzarote welcome you to this party of sport, the flagship of triathlon in the Canary Islands on the 20th of May.

We hope that every effort, encouragement, desire, passion, and energy of each person involved in Club La Santa IRONMAN of Lanzarote will reach you in each segment of the race so you can raise loud and proud your voice when you cross the finish line.

Remember that there will be intense moments in the route and also remember that there will be always someone waiting to celebrate with you, and Club La Santa team will be one of the first.

Congratulations for everything that you have achieved so far and see you at the start line!



WELCOME

Jose Juan Cruz Saavedra
Mayor of Tías Townhall

In Puerto del Carmen and in the municipality of Tías, we have welcomed with enthusiasm and gratitude the celebration of the IRONMAN Lanzarote Club La Santa for the past 30 years. It is a unique event, one of the most demanding competitions in the world with its 3.8 kilometres of swimming, 180.2 kilometres of cycling, and 42.2 kilometres of running.

It is emotional, and at many moments, awe-inspiring to be a spectator of this impressive physical and mental challenge, which is carried out by hundreds of athletes who prepare for months to achieve their goals. The beach and coastline of Puerto del Carmen offer their benefits so that the celebration of this admirable test, which dates back to 1978 in Hawaii, is one of the most cherished by the athletes, the true protagonists of the IRONMAN Lanzarote.

I would like to congratulate the participants in advance and express my gratitude for the great organizational work of Club La Santa. Thanks also to the workers and volunteers, as well as to the emergency and security administrations and entities that are involved in the event. Coordinated, we all contribute to the IRONMAN Lanzarote continuing to make history.



WELCOME

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. 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 Lanzarote.

Good luck to everyone!



EVENT SCHEDULE

WEDNESDAY, MAY 17TH 2023		
10:00	19:00	Expo IRONMAN, Basketball Court - Club La Santa
10:00	14:00	Merchandise shop in Puerto del Carmen
10:00	19:00	Registration (in time frames), IRONMAN Lanzarote Info Centre open, North Hall - Club La Santa
11:30	12:30	Technical Meeting PRO – online via Slido platform
14:00	14:45	Technical Meeting for Age Groups in English, online via Slido platform
14:45	15:30	Technical Meeting for Age Groups in Spanish, online via Slido platform
17:00	20:00	Merchandise shop in Puerto del Carmen
THURSDAY, MAY 18TH 2023		
10:00	19:00	Expo IRONMAN, Basketball Court - Club La Santa
10:00	14:00	Merchandise shop in Puerto del Carmen
10:00	19:00	Registration (in time frames), IRONMAN Lanzarote Info Centre open, North Hall - Club La Santa

11:00	12:00	Press Conference - South Conference, Club La Santa
17:00	20:00	Merchandise shop in Puerto del Carmen
17:30	18:00	Parade of Nations, starting at South Reception, ending North Hall, Club La Santa
18:00	21:00	Welcome Banquet, North Hall at Club La Santa

FRIDAY, MAY 19TH 2023

09:00	12:00	Registration (in time frames), IRONMAN Lanzarote Info Centre open, North Hall - Club La Santa
09:00	14:00	Expo IRONMAN, Basketball Court - Club La Santa
09:00	20:00	Merchandise shop in Puerto del Carmen
11:00	15:00	Mechanic Services (with charge), in Puerto del Carmen (entrance of transition zone)
14:30		Only for Club La Santa Guests - Bus departure from Club La Santa to Puerto del Carmen (Bike Check- In). .
15:00	20:00	Mechanic Services (free of charge), in Puerto del Carmen (entrance of transition zone)
15:00	20:00	Bike and bag Check In, Transition Zone, Puerto Del Carmen
16:30		IRONKIDS, Matagorda Beach (Sol Lanzarote Hotel)

SATURDAY, MAY 20TH 2023 - RACE DAY

05:00	06:45	Opening Transition zone for athletes
05:00	00:30	Opening IRONMAN Athlete Info Point - Transition
05:00		Mechanic Services at the transition for last minutes issues until the last cyclist has left transition
07:00		Start PRO male
07:05		Start PRO female

07:10	07:20	Rolling Start Age Groups
08:00	20:00	Merchandise shop in Puerto del Carmen
19:00	00:30	Check out bicycles and bags at Transition
00:30		Closure Transition Area

SUNDAY, MAY 21ST 2023

09:00	14:00	Merchandise shop in Puerto del Carmen
09:30	14:00	IRONMAN Lanzarote Info Centre open, North Hall - Club La Santa
10:00	17:30	Merchandise shop, The Square - Club La Santa
12:30		IRONMAN World Championship slot allocation and registration - in person, North Hall at Club La Santa
14:00		Awards Cocktail, North Hall at Club La Santa
14:00		Awards Ceremony, North Hall at Club La Santa
17:00	20:00	Merchandise shop in Puerto del Carmen

MONDAY, MAY 22ND 2023

10:00	14:00	Merchandise shop in Puerto del Carmen
17:00	20:00	Merchandise shop in Puerto del Carmen



CLUB LA SANTA EXPERIENCE

Club La Santa is the official organiser for IRONMAN Lanzarote and IRONMAN 70.3 Lanzarote. It is a world-class holiday resort with sport activities and options for everyone, no matter your level, fitness or age, as well as a true paradise for triathletes.

Therefore, we are pleased to offer the Club La Santa Experience to all the athletes taking part in IRONMAN Lanzarote 2023: an opportunity to take part in some of the activities we offer to our guests during their all-inclusive sports holidays.

Below, you can find the activities open to the IRONMAN Lanzarote 2023 participants available during the race week.



WEDNESDAY, MAY 17TH 2023

- 10:15 - 11:00 Running School - Stadium
- 10:30 - 11:30 Yoga - The Lawn
- 11:10 - 11:50 Recover Faster - Bar Park
- 15:00 - 15:50 Stretch & Relax - The Lawn
- 16:00 - 16:45 Running School - Stadium
- 16:00 - 18:00 Bouncy Castle (for kids only)- The Lawn

THURSDAY, MAY 18TH 2023

- 10:00 - 10:55 Yoga - The Lawn
- 11:00 - 11:45 Running School - Stadium
- 11:10 - 11:50 Recover Faster - Bar Park
- 15:00 - 15:50 Stretch & Relax - The Lawn
- 16:00 - 16:45 Running School - Stadium
- 16:00 - 18:00 Bouncy Castle (for kids only)- The Lawn



RUN SCHOOL

This session focuses on the concept of running being a skill that requires technical development. You will be guided through basic running form and technique, incorporating strengthening and coordination exercises to make you a better and injury-free runner.

STRETCH & RELAX

Take a break from hard training and come and enjoy this feel-good class, designed to improve flexibility, release tight muscles and leave you feeling totally relaxed. You will perform a series of stretches followed by a relaxation section at the end.

RECOVER

Recover Faster is a 'feel good' class, which is perfect for people who are looking to improve their recovery through movement. The class is split into two sections, lower movement and upper movement – specifically using different exercises to aid recovery. This is perfect for people who are doing a variety of classes everyday – as you push your limits it is important to give your body the attention it needs – after training hard to recover smarter

YOGA – OUR CLASSES ARE HATHA YOGA

Our hatha yoga classes are a slow, gentle style that includes the practice of asanas (yoga postures) and pranayama (breathing exercises) which help to balance and bring peace to the mind and body.



SWIM LANES

The South Pool offers perfect training conditions with water heated by sustainable energy from solar panels and underground heat pumps. Swim lanes: Swim lanes 9 - 12 are available from 10-18hrs for IRONMAN Lanzarote participants.

BOUNCY CASTLE

Bouncy Castle will be available for the youngest ones. Max age: 10 y.o.

EL LAGO

Enjoy a delicious meal or a light refreshment at El Lago. Sit in the cosy indoor area or outside on the large outdoor terrace and take in the magnificent views of the Atlantic Ocean and Club La Santa's lagoon.

SUPERMARKET

Our supermarket offers a large selection of products. We also have our own bakery.

PRESS CONFERENCE

Press conference will be host at the South Conference Centre.

BUS STOP

The official bus stop will be at the North Reception.

NORTH HALL

The North Hall will be the official IRONMAN Lanzarote information Centre at CLS. At the North Hall will be hosted the registration, welcome banquet, IM WC Slot Allocation, the Awards Cocktail & Ceremony along the IM week.

UPCOMING CLUB LA SANTA RACES





Disfruta de la brisa del mar

SALIDAS DIARIAS



Lanzarote <> Fuerteventura

Playa Blanca <> Corralejo



MÁS INFORMACIÓN:

navieraarmas.com

CALL CENTRE (+34) 902 456 500 / 91 010 98 82

EN SU AGENCIA DE VIAJES



NAVIERA

ARMAS





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 before the race day: 0034 928 59 99 99 Ext. 4455

Race Day Emergency Contact: 0034 686033572

TRACK YOUR ATHLETE

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

IRONMAN LANZAROTE INFORMATION CENTRE

The IRONMAN Information Centre is in the International Sports Resort Club La Santa, organiser, and license holder of the IRONMAN Lanzarote since 1992. The resort is approx. 25 minutes' drive from the airport. There is a shuttle service available between race venue Puerto del Carmen and Club La Santa (more information in Bus Transfer information).

IRONMAN Information Centre opening hours:

Wednesday 17/05/2023

10:00-19:00 hrs. - Athlete check-in and general information.

Thursday 18/05/2023

10:00-19:00 hrs. - Athlete check-in and general information.

Friday 19/05/2023

09:00-12:00 hrs. - Athlete check-in and general information.

Saturday 20/05/2023 Closed – Race day.

Sunday 21/05/2023

09:30-14:00 hrs. - General Information

You can also contact with the Info Centre via this phone:

+34 928 59 99 99 / Ext. 4455.

ATHLETE REGISTRATION

The race pack collection will be by time slots. You must personally collect your race pack.

RACE PACK CONTENT

On the registration you will get with the following:

- Swim cap
- 1 race number and 4 safety pins
- 1 sheet with the stickers: 1 bike sticker to wrap around the seat post, 2 stickers for the helmet, 1 nutrition run course sticker (optional to use), 3 stickers for the transition bags
- Transition bags (blue, red, white)*
- Additional purchases. You will receive any additional purchases made online with your race pack.

*If you want a personal needs bag, you must request it during the registration.

Please check if you have received everything all items.



ATHLETE CHECK IN

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 on the Website www.IRONMANlanzarote.com Athletes section, from May 9th.

Valid Photo ID card: 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 have their insurance customer service contact on the week-end. 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€) when approaching the registration (coverage to individuals up to the age of 70 years).

AT THE REGISTRATION DESK, YOU WILL BE REQUESTED:

- **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.

- **Sign the athlete waiver:**

The Waiver you have approved upon online registration has to be accepted by

each athlete personally at registration.

- **Athlete wristband**

A wristband will be affixed to your wrist at Athlete Check-In (to access the Welcome Banquet, Transition Zone and Award Ceremony).

This band will identify you as an official athlete and must be worn during race week. The wristband allows you access to both transition area and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from the transition area after the race without wearing your wristband on your wrist.

TECHNICAL MEETING

It is mandatory to watch the technical meeting which will be broadcast on Wednesday 17.05.2023. You will be able to join the online technical meeting by clicking the following link:

11:30 - PRO TECHNICAL MEETING:

Link available here: app.sli.do/event/8Qw7qET9MsqFGTv3tRkqdm



14:00 - AGE GROUPS TECHNICAL MEETING IN ENGLISH:

Link available here: app.sli.do/event/8c6TgxnAJJeJRI2MZgkJZ4p/live/questions



14:45 - AGE GROUPS TECHNICAL MEETING IN SPANISH

Link available here: app.sli.do/event/ezhjdJcWJmHh2Z4NArcV3k



The compulsory technical meeting will provide an overview of the most important race and rule information and will inform you about any possible last-minute changes. This race briefing will be available for you to re-watch on the [**CLUB LA SANTA RACES YouTube page**](#)

PRESS CONFERENCE

A Press Conference presenting the top PRO Athletes will be held at the South Conference in Club La Santa on Thursday 18.05.2023 at 11:00.

IRONMAN EXPO (BASKETBALL COURT, CLUB LA SANTA)

The official IRONMAN Expo will be available at Club La Santa, at the Basketball Court. Opening times:

- Wednesday 17/05/2023: 10.00 - 19.00h.**
- Thursday 18/05/2023: 10.00 - 19.00h.**
- Friday 19/05/2023: 09.00 - 14.00h.**
- Sunday 21/05/2023: 09.30 – 14.00h** (IRONMAN Merchandise shop at Club La Santa - La Plaza)

MERCHANDISE SHOP (AVENIDA DE LAS PLAYAS, PUERTO DEL CARMEN).

There will be official Merchandise Shop available at Puerto del Carmen. The location will be on Avenida de Las Playas between C/ Tamasú and Calle César Manrique (please check the venue map to check the right location). The opening times will be:

- Wednesday 17/05/2023: 10.00 - 14.00h. & 17.00 – 20.00h**

Thursday 18/05/2023:	10.00 - 14.00h. & 17.00 – 20.00h
Friday 19/05/2023:	09.00 - 20.00h.
Saturday 20/05/2023:	08.00 – 20.00h.
Sunday 21/05/2023:	09.00 – 14.00h & 17.00 – 20.00h
Monday 22/05/2023:	10.00 – 14.00h & 17.00 – 20.00h

PARKING AND TRANSFER



Please respect the parking signs and follow the Police officers' instructions and signs for the parking area at the race venue, Puerto del Carmen and at the registration venue, Club La Santa, before and on race day.

From the Thursday prior the race until race day, the transition zone at Avenida de Las Playas, Puerto del Carmen will be closed to traffic and an alternative route will be used. Road closure between Calle Cesar Manrique and Calle Guanapay and between Calle Cesar Manrique and Calle Anzuelo.

PARKING SOCO SHOPPING CENTRE

Soco Shopping Centre is located on the avenue of Puerto del Carmen, just a few metres from the beach. It's located in Avda. de Las Playas, 7.

The Shopping Centre has, in addition to its supermarket and shops, a 24-hour car park which is fully accessible and guarded.

Attend the sporting event of the year with all the comforts that they provide.

CLUB LA SANTA BUS SCHEDULE

BUS TRANSFERS FROM PUERTO DEL CARMEN TO CLUB LA SANTA

Club La Santa organises several shuttles from Puerto del Carmen to Club La Santa during the Club La Santa IRONMAN Lanzarote Week. The bus transfer is free of charge for athletes (fee for companion: 5€ return)

Online bus registration available at: www.IRONMAN.com/im-lanzarote-register
Deadline to register: **Tuesday, the 16th of May 2023 at 13:00 CET.**

Date	Activity	Pick up	Time	Return	Time	Price (infants are free)
Wed 17/05	Onsite registration	Jameos Playa, Puerto del Carmen	09:30	Club La Santa North Reception	13:00 17:30	Participant: free Companion 2.50€
Wed 17/05	Onsite Registration	San Antonio, Puerto del Carmen	09:35	Club La Santa North Reception	13:00 17:30	Participant: free Companion 2.50€
Wed 17/05	Onsite Registration	Hotel Fariones, Puerto del Carmen	09:40	Club La Santa North Reception	13:00 17:30	Participant: free Companion 2.50€
Wed 17/05	Onsite registration	Jameos Playa, Puerto del Carmen	13:50	Club La Santa North Reception	17:30	Participant: free Companion 2.50€
Wed 17/05	Onsite registration	San Antonio, Puerto del Carmen	13:55	Club La Santa North Reception	17:30	Participant: free Companion 2.50€
Wed 17/05	Onsite registration	Hotel Fariones, Puerto del Carmen	14:00	Club La Santa North Reception	17:30	Participant: free Companion 2.50€
Thu 18/05	Onsite registration	Jameos Playa, Puerto del Carmen	09:30	Club La Santa North Reception	13:00 17:30 20:30	Participant: free Companion 2.50€

Thu 18/05	Onsite registration	San Antonio, Puerto del Carmen	09:35	Club La Santa North Reception	13:00 17:30 20:30	Participant: free Companion 2.50€
Thu 18/05	Onsite registration	Hotel Fariones, Puerto del Carmen	09:40	Club La Santa North Reception	13:00 17:30 20:30	Participant: free Companion 2.50€
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Thu 18/05	Onsite registration	Hotel Fariones, Puerto del Carmen	16:00	Club La Santa North Reception	17:30 20:30	Participant: free Companion 2.50€
Fri 19/05	Onsite registration	Jameos Playa, Puerto del Carmen	08:30	Club La Santa North Reception	11:00	Participant: free Companion 2.50€
Fri 19/05	Onsite registration	San Antonio, Puerto del Carmen	08:35	Club La Santa North Reception	11:00	Participant: free Companion 2.50€

Fri 19/05	Onsite registration	Hotel Fariones, Puerto del Carmen	08:40	Club La Santa North Reception	11:00	Participant: free Companion 2.50€
Sun 21/05	Slot Allocation & Awards Ceremony	Jameos Playa, Puerto del Carmen	11:20	Club La Santa North Reception	16:30	Participant: free Companion 2.50€
Sun 21/05	Slot Allocation & Awards Ceremony	San Antonio, Puerto del Carmen	11:25	Club La Santa North Reception	16:30	Participant: free Companion 2.50€
Sun 21/05	Slot Allocation & Awards Ceremony	Hotel Fariones, Puerto del Carmen	11:30	Club La Santa North Reception	16:30	Participant: free Companion 2.50€

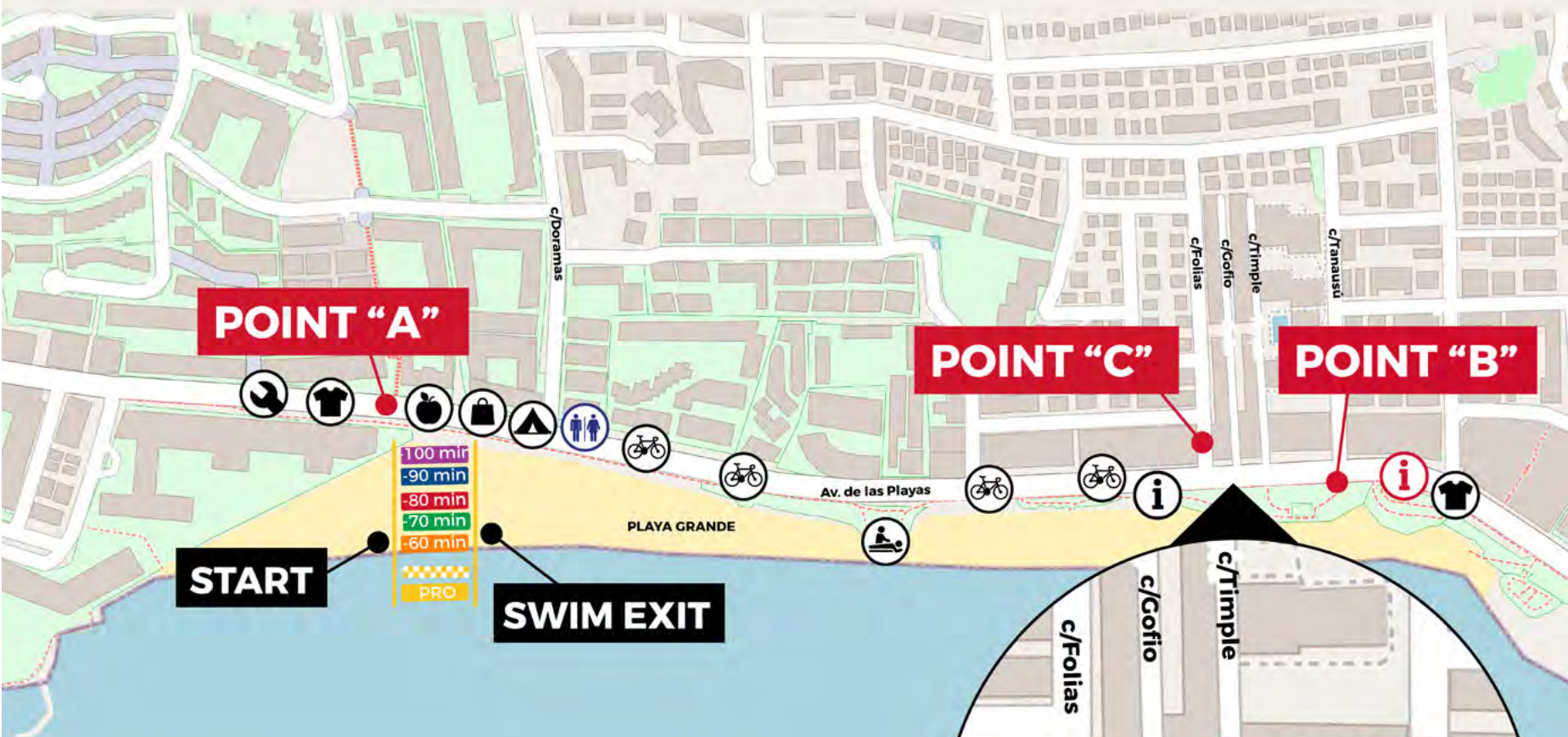


TRANSFER FOR CLUB LA SANTA GUESTS

Club La Santa organizes several shuttles from Club La Santa to Puerto del Carmen on Friday and Saturday. Online bus registration available at: www.IRONMAN.com/im-lanzarote-register Deadline to register: Tuesday 16.05.2023 at 13:00 CET. In case of any special request please contact tiia@clublasanta.com by Monday the 15.05.23 at 13:00h CET

Date	Activity	Pick up	Time	Return	Time	Price (infants are free)
Fri 19/05	Athlete Check-in & Bike & bags check-in	CLS South Reception	14:30	Hotel Los Fariones, Puerto del Carmen	18:00	Athletes: free companion 5€
Sat 20/05	Race day Athletes	CLS North Reception	04:30	Hotel Los Fariones, Puerto del Carmen	17:00 20:00 22:00 23:30 01:30	Athletes: free
Sat 20/05	Race day Companions	CLS North Reception	06:00 10:00 14:00 17:00	Hotel Los Fariones, Puerto del Carmen	11:00 17:00 20:00 22:00 23:30 01:30	Companion 5€

PUERTO DEL CARMEN



LEGEND

BIKE CHECK IN: ACCESS VIA POINT A, EXIT VIA POINT B
/ACCESO POR PUNTO A, SALIDA PUNTO B.

BIKE CHECK OUT: ACCESS VIA POINT A & EXIT VIA POINT C/
ACCESO POR PUNTO A Y SALIDA POR EL PUNTO C.

- | | |
|---|---|
| MECHANIC/
MECÁNICO | FINISH AREA BUFFET/
BUFFET ZONA FINISHER |
| MERCHANDISING | WHITE STREET WEAR
BAG/ BOLSA BLANCA
STREET WEAR |
| PERSONAL NEEDS/
NUTRICIÓN PERSONAL | HOSPITAL |
| TRANSITION BAGS/
BOLSAS DE
TRANSICIÓN | REFEREE/
JUEZ |
| CHANGING TENTS/
CASETAS DE CAMBIO | META |
| TOILETS/
BAÑOS | VIP AREA/ ZONA VIP |
| BIKE RACKS/
SOPORTE BICI | GRANDSTANDS/
GRADAS |
| MASSAGE/
MASAJE | SPECTATORS INFO
POINT/ INFORMACIÓN
ESPECTADORES |
| ATHLETE INFO POINT/
INFORMACIÓN
ATLETAS | |

BIKE & GEAR CHECK-IN

Bike/ Bag check-in will be on Friday 19th of May, 15:00-20:00 hrs. The entrance into the Transition Zone for the bike and bag check-in will be located on the Avenida de Las Playas 11, next to the Suite Hotel Fariones (Point A). The exit from transition, will be the same as the entrance on Friday (Point A).

Only athletes with an ACCREDITATION are allowed to enter the Transition Zone (except for Hand cycle athletes or athletes with special needs who are allowed to have external assistance).

Athletes staying at the Race Hotel Club La Santa will have the possibility to use the shuttle to Puerto del Carmen. The bikes will be loaded on a truck by the official Club La Santa bike staff. Please remember to register for this service [here](#)

The Bike check-in will be conducted by the official referees.

TIMING CHIP

You will collect your Timing Chip & Strap at the Bike and bags check-in on Friday 19.05.2023. Please, make sure you have your chip before you leave the transition. You will need to return it at the Bag/Bike Check-Out after the race.

No chip deposit is required. **Charge for lost chips will be 50€.**

On the Race Day:

Please attach your Velcro and chip to the left ankle. The Timing chip will be used to record your times.

If you lose your chip during the race, you can get a replacement at the Athlete Info Point inside the Transition zone.

The Timing mats for the timing system are located at the beginning and end of the transition area, turn or split time areas and at the finish line. During the competition your time will be automatically recorded as you run or bike over the mats. That means that you will get the split time of all 3 disciplines and your time in the transition zone.

Remember, without chip we will not register your times.

BIKE CHECK:

Brakes function · Bar end plug. · Handlebars, The bike sticker: around the seat post

Bike Tech Service

The official event mechanics from Shimano will be available in Mas Deportes Shimano Service Centre, next to Transition (point A).

- **Friday 19th of May:** From 11:00-15:00hrs. they will be offering Mechanic Services WITH CHARGE. If participants need the services they should paid for it and for the material.
- **Friday 19th of May:** From 15:00-20:00hrs they will be offering Mechanic Services FREE OF CHARGE. Attention: if athletes need spare parts or material they should pay for them.
- **Saturday 20th of May, Race Day:** In the Transition Zone for last minutes issues from 05:00 am until the last cyclist has left transition.

During the previous weeks and days they will be providing Special Mechanic Service for the IRONMAN participants in their store the following hours:

From Monday to Friday from 9:30 - 20:00hrs. Saturdays: 09:30-13:00hrs.

MÁS DEPORTES LANZAROTE (SHIMANO SERVICE CENTRE)

Ctra. Arrecife a Tinajo, nº21, local B, 35550 San Bartolomé,

Phone: +34 928 52 28 45

Email: masdeporteslanzarote@hotmail.com

BIKE MECHANIC ADVICE

Remember to ensure the following on your bike:

1. Enough air in the tubes
2. Front and rear brakes
3. End plugs on handle bars
4. Wheels tightened
5. Changing gears
6. No striped cables

HELMET CHECK:

Race number sticker: front and left side · Inside/outside condition of the helmet · Chinstrap locking device.

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 and bags on race morning. Athletes are not allowed to remove their bike from the transition until the official Bike check out time (19.00-00.30)

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

BAG CHECK-IN

At the athlete check-in you will receive 3 Transition Bags (blue, red and white). In case you would like to have a Personal Need Bag for the Special Aid Station on the Bike Course, you will be able to get one on the registration counter. Please ask our registration team during registration.

MAKE SURE ALL YOUR BAGS ARE LABELLED WITH YOUR BIB NUMBER BEFORE THE BIKE AND BAG CHECK-IN

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

BIKE GEAR BAG (BLUE) - FRIDAY 19.05.2023

Hang the bike bag on your hook during the Bike check-in. To be picked up after the swim

- **Helmet**
- **Glasses**
- **Socks**
- **Bike Shoes**
- **Nutrition products**
- **BIB number (compulsory)**

Swim gear including your wetsuit, must go inside your BIKE BAG. Leave the bag at the drop off area on the Transition. Bike shoes can be fixed on bike pedal clips.

RUN GEAR BAG (RED) - FRIDAY 19.05.2023

Drop your red bag in the designated area during the Bike check-in. To be picked up after the bike:

- **BIB Number (compulsory)**
- **Running shoes**

- Socks
- Glasses
- Cap

Bike gear, including your helmet & shoes unless they are clipped on your pedals, must go inside your run bag. Leave the bag at the drop off area on the Transition.

STREET WEAR BAG (WHITE) - SATURDAY 20.05.2023

Drop the white bag in the morning on race day (05:00- 06:45h). To be picked up after the race. NOTE: There will be Bike Pumps available in Transition on the race morning. If you decide to bring your own pump, please: **DO NOT PLACE YOUR BIKE PUMP INSIDE YOUR WHITE BAG!** A race number sticker will be given to identify your bike pump at the white bag area.

PERSONAL NEEDS BAG (ORANGE) - SATURDAY 20.05.2023

If you have collected your bag for your own nutrition for the bike course, you will need to place it on Race morning between 05:00 – 06:45hrs in the designated area in transition (by point A in the Transition map).

Bike course:

Your Personal Needs bag must be labelled with the race number.

The organisation will place the bags in racks in numerical order at the Special aid-station (at los Valles- 93,6km).

Please note: all uncollected own nutrition bags will NOT be returned to the Transition Zone, do not place anything of value in your bag!

Run course:

Your Personal Needs must be labelled with the race number sticker provided by the organisation.

The organisation will place athletes' personal nutrition on a table 50m after the 1st aid-station on the run course.

The uncollected items will not be returned to the Transition Zone.

Puerto del Carmen

LANZAROTE



www.puertodelcarmen.com



#puertodelcarmen



Ayuntamiento
de Tías







RACE DAY INFORMATION

TRANSITION ZONE

The Transition Zone is on Playa Grande Beach, Avenida de Las Playas, Puerto del Carmen. On race day the access to the Transition Zone will be available from both sides (point A and point B on the Transition map). Every athlete must be identifiable at all times (Welcome Banquet, Transition area, Award Ceremony, etc.). ***IT IS COMPULSORY TO WEAR YOUR WRISTBAND*** that you get at the onsite registration.

Only participants, volunteers and organisation with the required authorisation are permitted to enter the transition zone.

Transition Zone facilities:

- Changing tent
- First aid
- Portable toilets
- Race Canteen
- Water station
- Information Point for athletes
- Timing
- Bike tech service
- Medic tent (only Saturday)
- Press tent
- Penalty Box

PUERTO DEL CARMEN



LEGEND

- 1** ACCESS VIA POINT A&B/
ACCESO POR EL PUNTO A O B
- 2** WHITE BAG(STREET WEAR) DROP OFF/
ENTREGA TU BOLSA BLANCA(ROPA DE CALLE)
- 3** PERSONAL NEEDS (BIKE/RUN) DROP OFF/
ENTREGA DE NUTRICIÓN PERSONAL
- 4** ACCES TO THE SWIM START AREA
AND GO TO YOUR ESTIMATED TIME AREA/
ACCEDE A LA ZONA DE INICIO DE NATACION
Y COLÓCATE EN TU ZONA DE TIEMPO ESTIMADO

- | | |
|---|---|
| MECHANIC/
MECÁNICO | TOILETS/
BAÑOS |
| PERSONAL NEEDS/
NUTRICIÓN PERSONAL | BIKE RACKS/
SOPORTE BICI |
| TRANSITION BAGS/
BOLSAS DE
TRANSICIÓN | ATHLETE INFO POINT/
INFORMACIÓN
ATLETAS |
| CHANGING TENTS/
CASETAS DE CAMBIO | WHITE STREET WEAR BAG/
BOLSA BLANCA STREET
WEAR |

AID STATIONS

At the Aid-station there will be clear signs indicating the content of each table.

The 2023 IRONMAN Lanzarote nutrition is sponsored by 226ERS. The following products will be available at the aid stations:

SWIM COURSE

One water station will be available at the swim exit before transition zone.

BIKE COURSE

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).

Water Aid Station 1, Km 20,8 (Uga):

Water (sport bottle), 226ERS Hydrazero (bike bottle).

Aid Station 1, Km 43,8 (Mancha Blanca):

226ERS isotonic/energy drink, water (sport bottle), 226ERS endurance fuel bars, 226ERS gels, banana.

Water aid station 2, Km 64,9 (La Villa de Teguisse):

Water (sport bottle), 226ERS Hydrazero (bike bottle).

Aid station 2, Km 87 (Tesequite):

226ERS isotonic/energy drink, water (sport bottle), 226ERS endurance fuel bars, 226ERS gels, banana.

Personal needs, Km 93,6 (Los Valles):

Special Aid station: athletes' own fuel (it must be placed in the special feed bags deposited by athletes Saturday morning before the race in the transition zone in Puerto del Carmen).

The organisation will place the bags in racks in numerical order. The athlete must stop and take his/ her own bag from the rack. When you arrive at the special station, you need to make sure that your race number is visible.

Aid station 3, Km 113 (Mirador del Río):

226ERS isotonic/energy drink, water (sport bottle), 226ERS endurance fuel bars, 226ERS gels, banana.

Aid station 4, Km 136 (Tesequite):

226ERS isotonic/energy drink, water (sport bottle), 226ERS endurance fuel bars, 226ERS gels, banana.

Aid station 5, Km 151 (Masdache):

226ERS isotonic/energy drink, water (sport bottle), 226ERS endurance fuel bars, 226ERS gels, banana.

Water aid station 3, Km 168 (La Asomada):

Water (sport bottle), 226ERS Hydrazero (bike bottle).

226ERS Endurance Fuel Bar flavours: black chocolate / apple-cinnamon / white choco&strawberry.

226ERS Hydrazero flavour: Tropical / Strawberry / tropical

226ERS Isotonic Gel flavour: Lima / Watermelon / Caffeine Cola

226ERS Isotonic Drink flavour: Cola / Mango

Hydrazero drinks (electrolites) on the Bike course will be given in bike bottles (there will be clear signs to distinguish the tables with different drinks).

Fontvella Sport 750ml bottles will be given on the Bike course (water in 750ml bottles with sport cap). Water Bottle fits in Bike Water Bottle Cages.

RUN COURSE

Five double aid stations and 2 water stations will be available in the run course.

Run course aid stations will be self-service (GRAB and GO) from the tables. Volunteers will keep the tables stocked but will not pass out aid directly to athletes.

Personal Nutrition is also available on the run course. Participants can hand in their own fuel labelled with the race number on Saturday morning before the race in the transition zone in Puerto del Carmen. The organisation will place athletes' personal nutrition on a table 50m after the 1st aid-station.

Aid station 1, Km 1 / Km 23 / Km 24 / Km 32 / Km 33 / Km 41,5 (athletes will be passing this aid station 6 times):

226ERS isotonic/energy drink, 226ERS bars, 226ERS gels, water, cola, bananas, chips, nuts (dried fruits), Vaseline, ice.

Personal nutrition supplements will be available in this aid station. When you arrive at the special station, you must stop and take your own fuel from the table.

Aid station 2, Km 2,5 / Km 21 / Km 26 / Km 30,5 / Km 35 / Km 39,5 (athletes

will be passing this aid station 6 times):

226ERS isotonic/energy drink, 226ERS bars, 226ERS gels, water, cola, bananas, chips, nuts (dried fruits), Vaseline, ice.

Aid station 3, Km 4/ Km 19,5 / Km 28 / Km 28,5 / Km 37 / Km 37,5 (athletes will be passing this aid station 6 times):

226ERS isotonic/energy drink, 226ERS bars, 226ERS gels, water, cola, bananas, chips, nuts (dried fruits), Vaseline, ice.

Water aid station 1, Km 7 / Km 16,5 (athletes will be passing this water station 2 times): 226ers isotonic/energy drink, water.

Aid station 4, Km 8,5 / Km 15 (athletes will be passing this aid station 2 times):

226ERS isotonic/energy drink, 226ERS bars, 226ERS gels, water, cola, bananas, chips, nuts (dried fruits), Vaseline, ice.

Aid station 5, Km 10,5 / Km 13,5 (athletes will be passing this aid station 2 times):

226ERS isotonic/energy drink, 226ERS bars, 226ERS gels, water, cola, bananas, chips, nuts (dried fruits), Vaseline, ice.

Water aid station 2, Km 12: 226ers isotonic/energy drink, water, ice.

226ERS isotonic/energy drink flavour: Cola / Mango

226ERS gels flavour: Watermelon / Lima / Caffeine Cola

226ERS Hydrazero flavour: Strawberry / Tropical.

226ERS bars flavour: Black Chocolate / Apple & Cinnamon / White Chocolate & Strawberry.

REMINDERS AND SAFETY:

Signs will be posted approx. 400 m. before each Aid station and it is your own responsibility to secure items you require.

At the Aid-station there will be clear signs indicating 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).



SPECTATOR SITES

This map displays the different spectator points along the IRONMAN Lanzarote bike course. The bike course consists of single loop of 180.2 kilometres that passes through six of the island's seven municipalities.

The entire bike course will be completely closed to traffic. Private vehicles ARE NOT ALLOWED to drive along the same direction of the race. If you wish to follow the race, we therefore suggest the following spectator points:

1. MANCHA BLANCA.

Estimated arrival time of the first cyclist: 9:30am. How to get there: via LZ 46 La Vegueta, parking area Los Dolores.

2. TEGUISE

LZ 30 is closed to traffic. Estimated arrival time of first cyclist: 10:05am. How to get there: through Tías/Montaña Blanca - San Bartolomé - Tahiche - Teguise.

Other places where you can watch the competition:

The swim course in Puerto del Carmen, with access to the beach from Av. de las Playas, 11 (beginning of the transition zone) or from Calle Anzuelo, 1.

The run course: You can enjoy the run course along the promenade in Puerto del Carmen, Playa Honda, El Cable and Playa del Reducto. These areas have lots of bars and restaurants from where you can show your support.

Enjoy the race, support the competitors and drive carefully. Thank you!



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GET AWAY WITH YOUR FAMILY TO ENJOY SPORT IN LANZAROTE

The island of Lanzarote offers a wide range of activities for all ages.

A family getaway is always a good plan at this time of year, and Lanzarote is a great choice since it is well known that the winter season has average temperatures of around 21 °C combined with completely clear skies – the perfect conditions for enjoying nature and the outdoors.

Mountains, beaches, sea, trails, tracks or promenades are all available as options for families looking to share moments through sporting activity. In this post we share some ideas that will confirm that the worst plan is to stay indoors and do nothing.



TREKKING AND TRAIL RUNNING

For lovers of trekking and trail running, the island offers a wide variety of routes and trails of low difficulty, as well as circular routes for adults and children that are perfect for hiking, breathing in the fresh air and enjoying nature with the family. There are perfectly signposted routes scattered all over the island that can be walked on their own or with a guide to help you understand the curious way of growing grapes in La Geria, to tell you about the age of the mountains of Los Ajaches, the reason behind the whimsical shapes of the lava in the Timanfaya National Park or to give you information about the flora and fauna that you will find in the Barranco de Elvira Sanchez in the ascent to the Bosquecillo.

This is a day out in which all you have to do is choose the route and prepare your backpack with water, sunscreen, mobile phone and a huge desire to enjoy every step. You can look into some of the routes on different online portals: the Tinajo Town Hall website, senderosdeharia.com and senderismolanzarote.com, all describe in detail different trails distributed over the island.

We recommend a hike along Famara's wide beach, which is approximately 6 kilometres long, and will surely delight you as you on its sands. At one end it meets the imposing Risco de Famara, and at the other there is a lively fishing village, whose welcome is mainly aimed at lovers of water sports while offering a wide range of restaurants.

MOUNTAIN BIKING OR RELAXING BIKE RIDES ON SAFE, QUIET ROADS

For those who prefer to enjoy the island with the family on two wheels, there is also a great variety of options, with different companies renting equipment and professionals who will always give you the best advice so that you get the most out of every push of the pedal.

If your choice is mountain biking, always try to make sure that the route is appropriate to the level of all members of the family and always carry spare parts, as it can save the day in the case of any unforeseen event.

As with trails, the island has a wide variety of routes that offer the perfect connection with nature. Tracks and trails lead to spectacular places and landscapes: volcanoes, sea, flora and white houses, together form a perfect combination that will leave you wanting to repeat the experience.

A particular recommendation is to tour the island of La Graciosa by bike. Going to the paradisaical Playa de Las Conchas or visiting the unique and beautiful village of Pedro Barba are two of the great experiences that can be undertaken in a day of cycling on the eighth island.

But if you prefer not to touch land, Lanzarote has broad seaside promenades where you can enjoy long bike rides. This option offers an advantage over the mountain bike trails, and that is that you can make stops to cool off in the Atlantic Ocean and then continue the ride.



DIVING OR SNORKELING

The magnificent weather conditions and the warm water temperature continually invite you to spend the day on the beach or practice some activity related to the sea. Both adults and children can enjoy the opportunity to dive and see what the waters around the island hide, and we encourage you to visit one of the various centres specialising in the field for advice. They also work with family groups, and will indicate which are the most visited areas for their interest and beauty, as well as the details of each dive.

Playa Chica in Puerto del Carmen is the place most chosen by those who want to explore the underwater experience, although in Playa Blanca, Costa Teguise and La Graciosa there are also spots where you can enjoy the marine fauna and flora to the maximum.

Observing the seabed without having to use oxygen tanks is also a good option. The abundant biodiversity that exists in the shallow waters that surround much of the island means that a tube and goggles are all you need to enjoy a day of underwater experiences in Lanzarote.

Walking, cycling or diving in Lanzarote is synonymous with living or sharing moments that will undoubtedly turn into fantastic memories that will stay with you forever. But remember that the stomach does not understand feelings, so it is advisable to plan a place to refuel before starting any activity. The local gastronomy is always very much appreciated by visitors to the island, and savouring some of the local products can put the finishing touch to the perfect family sports day.

REGULATION

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

Penalty card colours and their associated penalty is as follows:

YELLOW CARD - means, as applicable, a Sixty (60) Second Time Penalty for IRONMAN®-branded Races.

BLUE CARD - Blue Card: 5:00 Minute Time Penalty

RED CARD - Red Card: disqualification

Penalty Box will be in Transition.

PLEASE READ CAREFULLY THE IRONMAN RULES at:

www.IRONMAN.com/competition-rules

RACE NUMBER

Your race number must not be altered and should be clearly visible. In case of loss, please ask for a new number in the Athlete Information Point.

During the swim:

- Swim cap: race number is visible on the left side.

During the bike:

- Helmet: stickers on the front and left side
- Bike: sticker under the saddle (visible from both sides)
- BIB on your back (compulsory) using safety pins on all four corners or an elastic race

During the run:

- BIB on your front (compulsory) using safety pins on all four corners or an elastic race

FAIRNESS

The competitors must not, at any time during the race, be accompanied by non-competing people, such as friends, supporters, coaches etc. Violation of this rule will lead to disqualification.

You need to follow the official rules published on the website.

NO DRAFTING

Violation of this rule will lead to disqualification.

HELMET CHINSTRAP

Your chinstrap must be securely fastened from the moment you take your bike, on race day.

LITTERING

Do not throw ANYTHING outside of official aid stations. Littering will result in a time penalty.

UNAUTHORISED EQUIPMENT

Absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO mobile phones).

SPORTSMANSHIP

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

ROAD CLOSURE

Bike course: traffic will be closed on race day. Please be careful and respect the rules, the marshals and the local police/ Guardia civil will be on the course.

DOPING CONTROL

Doping is prohibited. After finishing the race the Anti-Doping-Commission may conduct anti-doping-tests without further notification. Doping will result in disqualification.

RACE TIMING

Any inquiries about results will be addressed at the Athlete Info Point.

During the race, results will be available in the IRONMAN App Tracker.

Official complaints about your results: immediately inform the staff at the Athlete Information Point in Transition (before midnight).

After closure of the Transition Information Point you must direct any complaint about your times or possible penalties to events@clublasanta.com by 12:00 on Sunday morning after the race. Later than 12:00 it is no longer possible to make any changes in the results.

On race day, provisional results will be published in www.IRONMAN.com and in the IRONMAN Tracker App.

Results will be available for download at www.IRONMAN.com & soon after the race at the race website www.IRONMANlanzarote.com

SPLIT TIMES

- 1 - Swim start
- 2 - Swim finish
- 3 - Bike start
- 4 - Intermediate Bike Splits
- 5 - Bike finish
- 6 - Run start
- 7 - Run lap 1 (turn point 1)
- - Run lap 1 (turn point 2)
- - Run lap 2 (turn point 1)
- - Run lap 2 (turn point 2)

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 from the Athlete Information Point.

Any inquiries will be addressed at the Athlete Info Point.

ATHLETE INFORMATION POINT (TRANSITION ZONE)

The Athletes Info Point will be available inside the Transition (Playa Grande Beach).
Opening times:

Saturday 05:00- Sunday 00.30hrs. 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 to borrow including swim goggles, helmets, bike bottles, etc.

Lost and found:

Any lost and found will be brought to the Information Point on TZ on race day.
After closure, all items will be brought to the Information Centre at Club La Santa.

ATHLETES RELATIVES INFORMATION

SECURITY

Family members/friends can contact the Information Point in case of emergencies.

Contact number on race day – emergencies only: **0034 686033472**

Contact email on race day - information: **events@clublasanta.com**.

RESULTS/ TIMING

Provisional results will be regularly published on the IRONMAN Tracker APP on race day. Any inquiries about results will be addressed at the Athlete Info Point.

VOLUNTEERS

No Volunteers No RACE



SWIM COURSE SUMMARY

SWIM COURSE 3.8KM

The swim course is 3.8km is a two-lap-course and takes place at Playa Grande beach in Puerto del Carmen. Please remember to wear your numbered swim cap (race number at the left side) and timing chip (on your left ankle). There is no body marking at our event.

SWIM CAP COLOURS

Pro Women: Neon Green

Pro Men: Neon Yellow

AWA: Gold

PC-Open: White

Age group Women: Pink

Age group Men: Orange

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

DROP OFF STREET WEAR BAG

Hang your STREET WEAR bag on the bag rack, located in the Finisher Area (Located in transition by the access point B). Vaseline will be available in the changing tent. Access to beach, for the swim start, will only be available from the transition zone – Avenida Las Playas. Volunteers will be available at the beach in case you have any last-minute inquiries.

START

A Rolling Swim Start (each athlete individual race time will start when they cross the swim start-timing mat). Athletes are set off in one continuous line for the swim start. It will take approximately 20 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 final results.

RACE STARTS

1. 07:00 – PRO M
2. 07:05 – PRO F
3. 07:07 – PC Open
4. 07:10 – AG

Age Group athletes will seed themselves into these zones/corals based on their predicted swim time for the 3.8km course.

Signs placed at the swim start area will indicate the different groups:

- SUB 60`
- SUB 70`
- SUB 80`
- SUB 90`
- SUB 100`

AUSTRALIAN EXIT

The two-lap will have an Australian Exit: the athlete will exit the water after the first lap, run a distance and then enter the water again.

The swim cut off time 2:20hrs after each individual start.

Advice:

Try to relax and visualize the swim segment.

If you are not a pro-athlete, consider your starting position; i.e. stronger swimmers to the front, weaker swimmers towards the back.

The first turn is rather close to the beach; do not swim too close to the buoy as it can cause collisions between swimmers.

It is the responsibility of the individual athlete to be familiar with the swim course.

Be aware that there are often currents within the Playa Grande bay.

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

In case of any problem during the swim, simply signal to the rescue boats by raising your arm and they will come and assist you.

Should a participant choose to abandon the race during or after the swim, the volunteer staff at the Info Point Transition would need to be informed. The bike and bag check out will be available for these athletes from 09.40hrs.

SWIM/BIKE TRANSITION

After the swim, you will run towards the transition area. Wetsuits may be opened but can only be removed in the changing tent.

Check your chip band. If you have lost your chip or race number, notify it to the volunteers.

A water station will be available. Volunteers will show you where can you get the sunscreen.

You must collect your own Bike bag (blue) in Transition and change within the tent (there are two additional closed changing tents available for male and female athletes). Nudity outside the tent is not permitted. Leave your bag at the drop off area.

First, make sure your race number is clearly visible **on the back. In case of loss, please ask for a new number in the Athlete Information Point.**

Fasten your helmet before removing your bike from the rack and push it to the exit: you can start riding once past the mount line.

Advice Swim/Bike Transition

Bike mechanics are available within the bike transition area, in case you have any last-minute mechanical problems.

If a participant has forgotten or lost any equipment (helmet, race number, etc), we invite them to pass by the Race Athlete Info Point, as the organisation may have spare equipment that can be lent out.

PUERTO DEL CARMEN

LEGEND



WATER/AGUA



RIGHT SIDE BOUY/ BOYA
LADO DERECHA



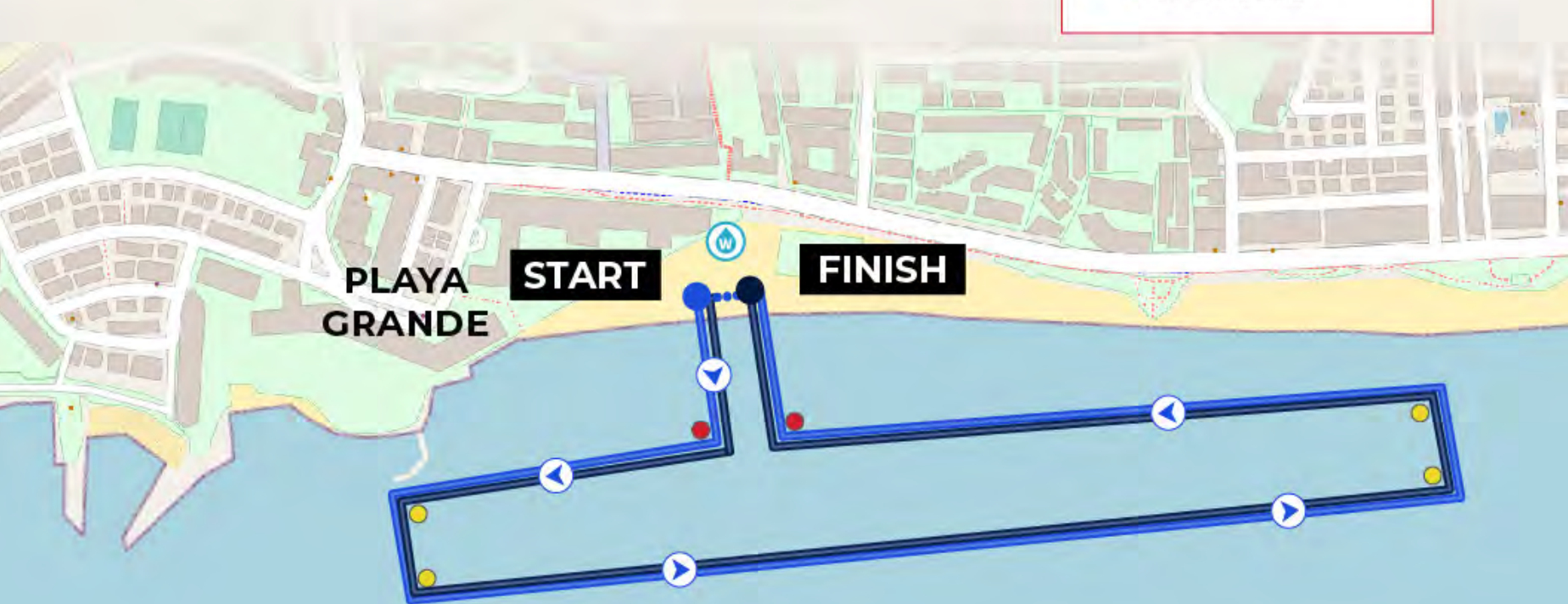
LEFT SIDE BOUY/
BOYA LADO IZQUIERDO



LAP 1/VUELTA 1



LAP 2/VUELTA 2





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



BIKE COURSE SUMMARY

BIKE COURSE 180.2KM

The 180.2 Km bike course, challenges athletes with the strong north winds and consists of one loop around the whole island, with a total climb of more than 2545m above sea level.

The whole bike circuit is closed to traffic. Please be careful and obey the police officers under all circumstances.

IRONMAN Lanzarote yellow arrows will be placed on the course one week before the actual race. Police/marshals will be at all crossings during race day. In case of dangerous sections (downhill, wind, narrow roads, etc.), "SLOW DOWN" signs will be installed.

Be aware that you may encounter strong side winds, especially in the northern part of the island. For this reason, we do not recommend the use of disk wheels at the IRONMAN Lanzarote (although per WTC rules they are allowed).

ADVICE: The following gearing is advised: back 11-25 & front 52-39.

Be especially careful in the following villages/sections:

- **Mirador de Haria:** downhill with hairpins.
- **Mirador del Rio:** downhill with hairpins and strong side winds.
- **LZ 30 La Geria** direction Uga fast descent with possible side winds.
- **Last 8k:** downhill - keep to the right.

Advice

Always carry with you:

- Tools and repair kits for punctures.
- Bring a spare, Rear Meck Hanger of your bike model.
- This is a very sensitive piece of the bike, and has 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 carried a spare.

Bike Tech Service

Athletes must make necessary repairs to their own bike during the race using their own tools and without outside assistance. Until bike start they can only accept assistance from the supporting bike tech. There will be a mobile bike tech team on the bike course.

The official event mechanics from Shimano will be available in Mas Deportes Shimano Service Centre, next to Transition.

Friday 19th of May: From 11:00-15:00hrs. they will be offering Mechanic Services WITH CHARGE. If participants need the services they should paid for it and for the material.

Friday 19th of May: From 15:00-20:00hrs they will be offering Mechanic Services FREE OF CHARGE. Attention: if athletes need spare parts or material they should pay for them.

Saturday 20th of May, Race Day: In the Transition Zone for last minutes issues from 05:00 am until the last cyclist has left transition.

AID STATIONS

There are 5 aid stations on the bike segment, 3 water aid stations and 1 Special Aid Station at Los Valles. A sign will indicate each aid station 400m in advance. A bottle drop will be available just before the aid station.

ESTIMATED TIMES OF THE 1ST CYCLIST PASSING

07:50 Puerto del Carmen 0KM

08:35 Uga 20,8KM - Water Aid Station 1

09:30 Mancha Blanca 43,8KM - Aid Station 1

10:05 Teguisse 64,9KM - Water Aid Station 2

10:35 Teseguite 87KM - Aid Station 2

10:50 Los Valles 93,6KM - Personal Needs

11:20 Mirador del Rio 113KM - Aid Station 3

11:50 Teseguite 136KM - Aid Station 4

12:20 Masdache 151KM - Aid Station 5

12:40 Tegoyo 168KM - Water Aid Station 3

12:45/12:50 Puerto del Carmen 180,2KM

CUT OFF TIMES

- **1st cut off time: at 12:00 in Tinguatón, KM 45**
- **2nd cut off time: at 15:30 in Plaza de Haría, KM 103**
- **3rd cut off time: at 16:45 in Cruce de Teseguite KM 138**
- **Final Cut off time for the bike segment: 11h 30´ after individual swim start**

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.

If you decide to abandon the race after the bike, inform the organisation in the Athlete Information Point. You will be able to do the bike and bags check out at 19:00.

BIKE/RUN TRANSITION

Dismount at the dismount line, pass the timing mats, proceed on foot (with your helmet fastened) and rack your bike again on the bike racks. You will have to park your own bike. Run to the bag area where you must take your own red bag. If needed, go into the changing tent. 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.

Make sure your race number is clearly visible **on the front. In case of loss, please ask for a new number in the Athlete Information Point.**

Check if you have your timing chip. If you have lost your chip or race number, notify it to the volunteers.

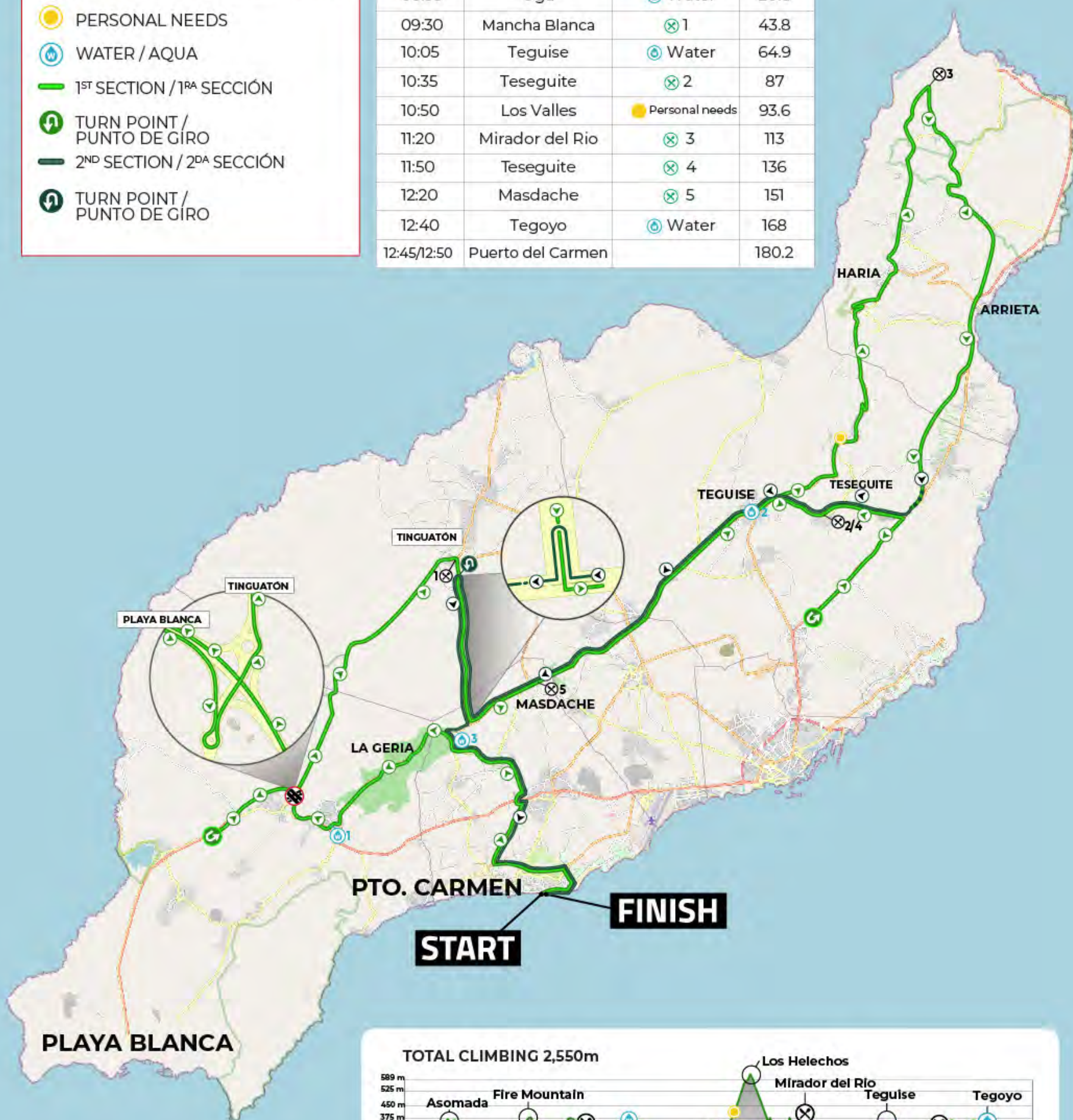
Volunteers are available to help showing you where you can get sunscreen in the transition tent.

LEGEND

- ⊗ AID STATION / AVITUALLAMIENTO
- PERSONAL NEEDS
- 💧 WATER / AQUA
- 1ST SECTION / 1^{RA} SECCIÓN
- ↻ TURN POINT / PUNTO DE GIRO
- 2ND SECTION / 2^{DA} SECCIÓN
- ↻ TURN POINT / PUNTO DE GIRO

ESTIMATED TIMES OF BIKES PASSING

TIME	PLACE	AID STATION	KM
07:50	Puerto del Carmen		
08:35	Uga	💧 Water	20.8
09:30	Mancha Blanca	⊗ 1	43.8
10:05	Teguse	💧 Water	64.9
10:35	Tesequite	⊗ 2	87
10:50	Los Valles	● Personal needs	93.6
11:20	Mirador del Rio	⊗ 3	113
11:50	Tesequite	⊗ 4	136
12:20	Masdache	⊗ 5	151
12:40	Tegoyo	💧 Water	168
12:45/12:50	Puerto del Carmen		180.2



TOTAL CLIMBING 2,550m





RUN COURSE SUMMARY

RUN COURSE 42.2 KM

The run course will consist in 3 laps (1 long lap and 2 short laps):

Lap 1: Playa Grande > Playa Honda > Arrecife > Back to Playa Grande

Lap 2: Playa Grande > Los Pocillos > Hotel Beatriz Playa > Back to Playa Grande

Lap 3: Playa Grande > Los Pocillos > Hotel Beatriz Playa > Back to Playa Grande

It is the athlete's responsibility to receive the wristbands at the end of each lap to be classified as a finisher when entering the finish area.

Remember to pass the timing mats at the run course turning points. If you do not pass the mats, you will miss your split time (this will lead to disqualification).

Penalty Box will be in Transition. No personal help is allowed.

AID STATIONS

There are 5 double aid stations - your Personal Nutrition, labelled with the sticker included in the race pack, can be handed in on Saturday morning between 05:00 and 06:45 at the designated drop off zone, located in Transition, Suite Hotel Fariones side (Point A).

Your Personal Nutrition will be placed after to the first Aid Station on the Run course.

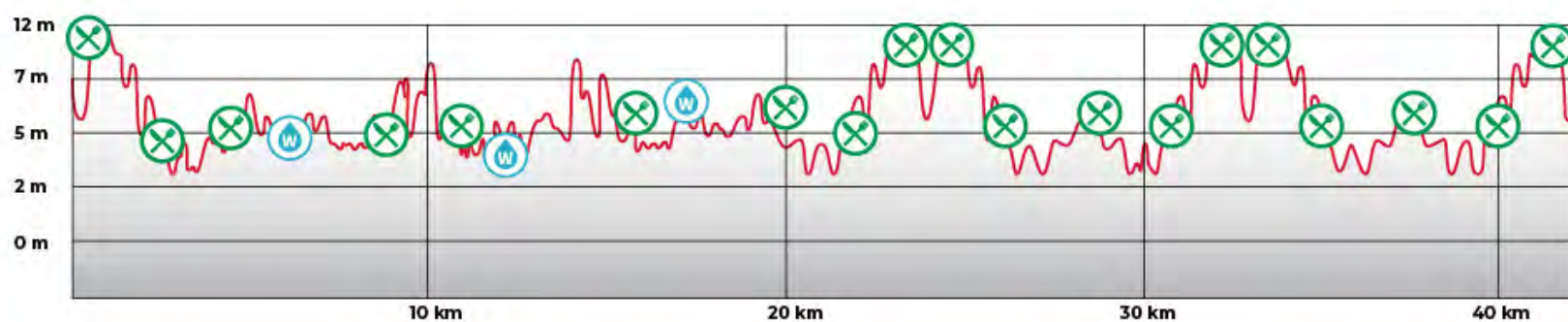
CUT OFF TIME

The cut off time of the run course will be 17 hours after the individual race start. This means the cut off time will be 00:30hrs. approx.



LEGEND

- FINISH LINE / META
- AID STATION / AVITUALLAMIENTO
- LAP 1/VUELTA 1
- TURN POINT / PUNTO DE GIRO
- LAP 2 & 3/VUELTA 2 & 3
- TURN POINT / PUNTO DE GIRO
- TOILETS / BAÑOS
- WATER / AGUA



Club
La Santa

IRONKIDS[®]

LANZAROTE



PUERTO DEL CARMEN · PLAYA DE MATAGORDA

19TH OF MAY 2023 | 4:30PM

www.ironman.com/im-lanzarote





Foodservice

Un proveedor único, una marca líder de equipamiento para el sector de la hostelería, la restauración colectiva y la lavandería que ayuda a tu negocio a competir al más alto nivel.



Cocción



Hornos



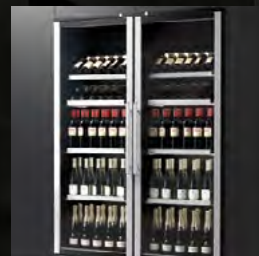
Frío Comercial



Lavado de vajilla



Distribución





POST RACE INFORMATION

FINISH LINE

IRONMAN Finisher

After crossing the IRONMAN Lanzarote Finish Line you will collect your finisher medal and then proceed to the Finisher area. The finisher area will offer the following:

- Food and drink. The race canteen will offer food for refuelling and relaxing area at the Finisher area.
- Your with bag: with your personal belongings.
- Finisher T-shirt: Collect your official Finisher T-shirt at the Athletes Info Point (Finisher Area).
- Recovery area: Get your recovery massage
- The Emergency Staff will be at the finish line. The medic facility will be next to the finish line.

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

First timer? Ring it Loud!

If you are a first timer make sure you ring the first timer bell as you go down the finish line!

Finisher Certificate

All official finishers of the IRONMAN Lanzarote can download their certificate from www.IRONMAN.com, soon after the race.



Special Achievement Medal

This special medal is given to all athletes who have finished 5 or more IRONMAN LANZAROTE including the 2023 edition, to recognize their special achievement. To receive the special medal, you will have to inform the organisation previously by sending an email to [**lanzarote@IRONMAN.com**](mailto:lanzarote@IRONMAN.com) indicating the editions you have completed. The special medal will be collected at the award ceremony on Sunday at Club La Santa.

BIKE & GEAR CHECK-OUT

You can collect your Transition bags and bike only after the bike cut off time at 19:00pm. With exception of the Street Wear bag (white) that you can collect just after finishing next to the Race Canteen. Your bike will be parked in the section corresponding to your race number. To enter the Transition area for the check-out (in case you leave before 19.00) will be at entrance A (view on the map). The exit of the Check-out will be at point C (in Calle Folías).

- Volunteers will be available to assist you.
- For athletes to exit transition with their equipment, they will be required to show their race number and give back their timing chips. NO CHIP, NO BIKE! Charge of 50€ in case of chip loss.
- Bikes need to be collected from the Transition no later than 00:30.
- All participants are responsible for the collection of their equipment after the race.
- Please note that for the check-out, participants will only be able to exit transition via point C.

Uncollected Bikes service (for Club La Santa Guests only): Guests' bikes will be transported back to Club La Santa after the race. Each bike will be marked with a sticker and then transported to Club La Santa. The uncollected bikes will be placed at the Bike Centre (security will be available). These bikes must be collected between 9-13 hrs. on Sunday morning after the race (please remember to bring your ID/BIB!).

RESULTS

During the race, results will be available in the IRONMAN App Tracker.

Official complaints about your results: immediately inform the staff at the Athlete Information Point in Transition (before midnight).

After closure of the Transition Information Point you must direct any complaint about your times or possible penalties to events@clublasanta.com by 12:00 on Sunday morning after the race. Later than 12:00 it is no longer possible to make any changes in the results. On race day, provisional results will be published in www.IRONMAN.com and in the IRONMAN Tracker App.

Results will be available for download at www.IRONMAN.com & soon after the race at the race website www.IRONMANlanzarote.com

PRIZE MONEY

PRO ATHLETES

The top male 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:

1st: \$4.000 2nd: \$2.750 3rd: \$2.000

4th: \$1.500 5th: \$1.250 6th: \$1.000

*Prizes are subject to a withholding tax of 19% for Spanish residents and 24% for non-Spanish residents.

The prize money will be paid to the athletes by bank transfer (bank commissions will be deducted).

At the Awards Ceremony, the prize money winners will receive an envelope with the information and the steps to follow to get prize money.

Trophies to top ten Professionals (Females/Males)

AGE GROUPS

IRONMAN AGE GROUPS (FEMALE & MALE CATEGORY):

18-24/ 25-29/ 30-34/ 35-39/ 40-44/ 45-49/ 50-54/ 55-59/ 60-64/ 65-69/ 70-74/ 75-79 / 80+

Trophy for top 3 in each age group, in both female and male categories. As per the IRONMAN Triathlon rules, all age group athletes will be assigned to the relevant age group category according to their year of birth.

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 on-site registration.

PC OPEN (FEMALE/MALE)

Trophy for top 3 in this category.

TRICLUB PODIUM

Awarding the 1st, 2nd, 3rd placed Tri clubs with the highest score, regardless the division.

SPANISH MILITARY CHAMPIONSHIP

Top 3 Spanish Military Championship winners (men/women).

AWARDS CEREMONY

The Awards Ceremony will take place at The North Hall, Club La Santa on Sunday the 21st of May at 14:00, after the Slot Allocation. The access will be allowed from the North entrance. There will be awards for the following participants:

- **Top 3 Age Groups winners (men/ women)**
- **Top 3 PC OPEN (men/ women)**
- **Top 3 TRI Clubs**
- **1st Conejero citizen (man/woman)**
- **Special Awards (the person receiving the award will be contacted before)**
- **Top 10 PRO Athletes (men/ women)**
- **Top 3 Spanish Military Championship winners (men/ women)**

Bus transportation from Puerto del Carmen to the Awards Ceremony and back will be available. Online bus registration available at: www.IRONMAN.com/im-lanzarote-register

INFORMATION CENTRE POST RACE

Post-race information available at Club La Santa:
on Sunday morning between 09:30-14:00. at the Information Centre, North Hall,
Club La Santa.

From Monday you can contact the following telephone number for post-race
inquiries: 0034 928 59 99 95 # tone # 4455 or email to:

lanzarote@IRONMAN.com

Lost and found

On race day, all lost and found will be brought to the Athlete Information Point,
Transition Zone. On Sunday morning between 09:30-14:00 you can come and
collect any lost items on at the Information Centre in Club La Santa, Stadium.

Lost & found items will be available at Club La Santa North Reception, from
Sunday 14:00.

OFFICIAL PHOTO SERVICE

Get your personal race photos with Sportograf.

Sportograf is proud to be the official athlete photo service at the IRONMAN
Lanzarote. They 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**

- 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!
- 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.

THE IRONMAN LANZAROTE 2023 PARTICIPANTS WEAR GOBIK

IRONMAN Lanzarote participants will wear the kit manufactured by the Spain-based firm Gobik.





IRONMAN WORLD CHAMPIONSHIP

The IRONMAN Lanzarote will award 50 slots for male age groups and 25 slots for female age groups and 4 slots for PRO athletes (2 MPRO/ 2 WPRO) for the 2023 IRONMAN World Championship:

- Women Race will be in Kona, Hawaii on October 14th, 2023.
- Men Race in Nice, France on September 10th, 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.IRONMANlanzarote.com on race day, after the swim start.

The World Championship slots allocation for age groups will take place on Sunday 21st of May 2023 at 12:30 am at the North Hall, Club La Santa. **Athletes must be present on-site at 12.30** 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 + 8% processing fees.
- Payment by credit card only.

ROLLDOWN

Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 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 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 Lanzarote is a qualifying race of the 2023 IRONMAN® WORLD CHAMPIONSHIP. QUALIFYING: 2023 KPQ 4-PRO SLOTS: 2-MPRO/2-WPRO

The World Championship slots allocation for PRO athletes will take place on Sunday 21st of May 2023 at 12:30 pm at the North Hall, Club La Santa.

Athletes must be present on-site at 12:30 during official Slot Allocation and Rolldown ceremony to accept the starting slot - otherwise slot will be rolled accordingly to next category finisher.



The IRONKIDS Lanzarote is a race for children aged 6-15 years. The race is included in the Club La Santa IRONMAN Lanzarote Week Schedule and will take place on the 19th of May at Matagorda Beach (Sol Lanzarote Hotel), Puerto del Carmen.

1. Participants and distances*: There will be different distances according to the categories.

Prebenjamin (2016-2017): 125m (run) - 50m (swim) - 125m (run)

Benjamin (2014-2015): 250m (run) - 100m (swim) - 250m (run)

Alevin (2012-2013): 500m (run) - 200m (swim) - 500m (run)

Infantil (2010-2011): 1250m (run) - 500m (swim) - 1250m (run)

Cadete (2008-2009): 1250m (run) - 500m (swim) - 1250m (run)

*Distances can be modified by the organisation.

2. Date and race venue:

The IRONKIDS will take place on the 19th of May at Matagorda Beach, Puerto del Carmen. Race will start at: 16.30hrs

3. Race pack collection:

Race pack collection will be available Thursday 18th May and Friday 19th May in Puerto del Carmen, at Matagorda Beach in front of Hotel Sol Lanzarote. Opening times:

- Thursday 18th: Race pack collection from 17.00hrs until 20.00hrs,

- Friday 19th: Race pack collection from 14:30hrs – 17:00hrs

It will be mandatory to present original DNI or Passport.

4. Registration:

Limited slots, pre-registration is required. Registrations are available until the 15th of May at 12.00hrs CET or as soon as the race slot contingent has been exhausted. Price: 5 euros entry fee.

Link to registration platform is available **here: www.IRONMAN.com/im-lanzarote-register** (under ironkids section).



VOLUNTEERS

Volunteers are the main structure for any event, if your relatives or friends would like to help and contribute to the success of this International Sports Event, they will be able to sign up as volunteers in the Event official website. The deadline to register online is Sunday the 14th of May 2023 at 23.59hrs.

Link available [here](#).

For more information please contact: lanzarote@IRONMAN.com



THE RACE HOST

Club La Santa is the best active holiday resort in the world, offering over 80 different sports and more than 500 scheduled weekly activities with an instructor included in the accommodation price. The facilities include tennis and badminton courts, a full-sized football pitch, running track, 3 x 50m swimming pools plus leisure pool and a lagoon where windsurfing takes place, a fitness Centre, a Bike Centre with over 500 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. All this not to mention four restaurants, two bars and a choice of leisure and recreational spaces. Club La Santa organises more than 200 events, races, training camps and theme 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: www.clublasanta.com

Good luck and have a great race!

The IRONMAN Lanzarote Organisation





THE MEDICAL SUPPORT TEAM

The Club La Santa IRONMAN medical support team is back and ready to assist you during our 2023 event. Our team will be providing safety via kayaks, SUP boards, Jet skis and zodiacs, ready to transfer any swimmer experiencing difficulties to a safe area for medical attention.

Hypothermia is our biggest concern. Older swimmers and those of smaller stature are more susceptible. Our onshore facilities have the adequate facilities to help you recover lost body heat. Falls are our main concern on the bike leg. Doctors and nurses accompany the race on rapid intervention vehicles which can assist in case of accident. Strategically located ambulances with basic and advanced life support are on standby to safely transfer any injured triathlete to the most suitable hospital. Our medical staff follow the marathon by bike and some are also positioned near each turn point. Once you cross the finish line, remember we are at the medical tent, and always ready to help you if needed. Avoid drinking too much water during the race. We can analyse your blood on the spot if necessary and provide you with the appropriate treatment.

As in previous editions, our doctors will always be close by, striving to follow the example of our beloved Antonio Zoido: Javier Arroyo, Verónica Sansano and their team of doctors and Nurses.

And finally, dear triathlete, remember we are nothing without you. You are the only ones who can abide by the three Golden Rules – in the words of respected friend Kenneth Gasque: 1. No accidents, 2. No accidents and 3. ...can you guess what the third is?

securitas.es



**Nosotros creamos
tu zona de confort.**

**Tú trabajas
para ir más allá.**

Ochenta años protegiendo a las personas,
las instalaciones y los activos nos han permitido
ver lo que realmente importa y cómo puede ser la
vida cuando el mundo se siente seguro.

See a different world.



GEORGE ANTHONY JOHN LEIGH - 05/04/2000 – 28/03/2023

The following is a heartfelt reflection on how Club La Santa and the IRONMAN Lanzarote held a special place in the life of George Leigh. George participated in the IRONMAN 70.3 Lanzarote, and it only deepened his desire to take part in the full IRONMAN in 2022. However, an injury prevented him from joining the race. Instead, he volunteered with his family at the event and looked forward to competing this year. George sadly passed away recently before accomplishing his dream.

We would like to honour his memory with this lovely message he sent us when he registered for the 2023 IRONMAN Lanzarote.

“Lanzarote has been a huge part of my life, especially Club la Santa, my parents met in the early 80s when my Dad was windsurfing on the lagoon and my Mum was having a few days off before her next flight as cabin crew. When Club La Santa started they continued to come back to Lanzarote, and I have been to Lanzarote most years. My Dad loves triathlon and it seemed only right that if I was going to do an IRONMAN it would be this one. We came in October 2021 for the 70.3 which was just an incredible event, I loved every moment. It put me in good stead for the full IRONMAN in May 2022. However I unfortunately detached my hamstring in March 2022, unable to

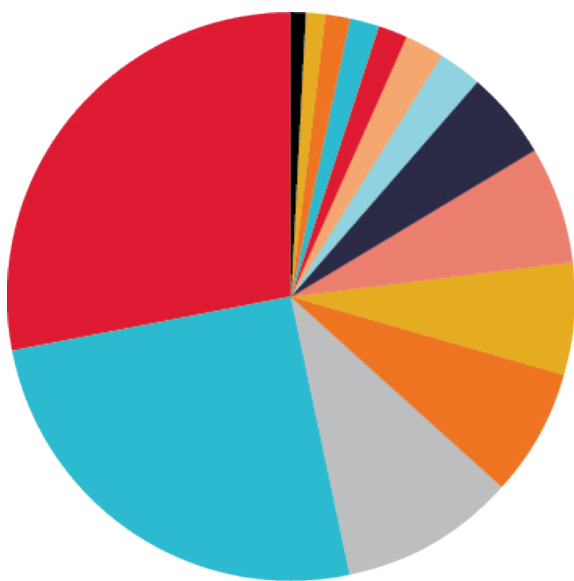
recover sufficiently to compete I deferred my place. With flights and our stay at Club la Santa all booked, we thought well obviously we will still come out for a holiday. So instead of competing I volunteered at the event and had an amazing time marshalling for the day. It was really powerful seeing things from the other side, watching these incredible people push themselves. I did have a moment of reflection when I saw athletes coming off their bike or finishing their run in the times that I would like to be doing so, really cemented my need to come back next year and experience it for myself. So now with just under a year to go, I am excited. Its going to be an amazing day and I couldn't think of a better place to race."

Our deepest love to his family and friends



George Anthony John Leigh

WHERE DO OUR **ATHLETES** COME FROM?



ESP (Spain)	276	NLD (Netherlands)	25
GBR (United Kingdom)	249	USA (United States)	22
DEU (Germany)	99	POL (Poland)	17
FRA (France)	71	CHE (Switzerland)	16
ITA (Italy)	64	DNK (Denmark)	13
IRL (Ireland)	63	AUT (Austria)	10
BEL (Belgium)	50	MEX (Mexico)	8

ARG (Argentina)	7	JPN (Japan)	2
CAN (Canada)	5	NOR (Norway)	2
CYP (Cyprus)	5	SVK (Slovakia)	2
COL (Colombia)	4	THA (Thailand)	2
ECU (Ecuador)	4	CRI (Costa Rica)	1
ZAF (South Africa)	4	EGY (Egypt)	1
AUS (Australia)	3	EST (Estonia)	1
BRA (Brazil)	3	GEO (Georgia)	1
CHL (Chile)	3	GLP (Guadeloupe)	1
LVA (Latvia)	3	HUN (Hungary)	1
MLT (Malta)	3	IDN (Indonesia)	1
PHL (Philippines)	3	ISL (Iceland)	1
PRT (Portugal)	3	LUX (Luxembourg)	1
ROU (Romania)	3	MDA (Moldova (Republic of))	1
SVN (Slovenia)	3	NZL (New Zealand)	1
SWE (Sweden)	3	PRY (Paraguay)	1
AND (Andorra)	2	QAT (Qatar)	1
BGR (Bulgaria)	2	SRB (Serbia)	1
CZE (Czech Republic)	2	TWN (Taiwan, Province of China)	1
IND (India)	2	UKR (Ukraine)	1
ISR (Israel)	2	VGB (British Virgin Islands)	1

IRONMAN LANZAROTE WINNERS

	Name	Gender	Country	Swim	Bike	Run	Total
1992	Ben Van Zelst	M	NED	00:53:43	05:12:02	02:55:45	09:01:30
	Janine Daley	F	USA	00:58:25	06:19:04	03:27:38	10:45:07
1993	Ben Van Zelst	M	NED	01:00:54	05:09:10	02:51:39	09:01:43
	Katinka Wiltenburg	F	NED	01:10:20	05:44:58	03:23:00	10:18:18
1994	Frank Heldoorn	M	NED	00:45:04	04:58:46	02:54:34	08:38:24
	Paula Newby-Fraser	F	ZIM	00:46:50	05:29:52	03:12:54	09:29:36
1995	Thomas Hellriegel	M	GER	00:50:57	04:47:03	02:57:37	08:35:37
	Paula Newby-Fraser	F	ZIM	00:48:55	05:26:32	03:09:12	09:24:39
1996	Frank Heldoorn	M	NED	00:49:52	05:04:05	02:54:37	08:48:34
	Katinka Wiltenburg	F	NED	00:57:28	05:41:27	03:34:32	10:13:22
1997	Peter Reid	M	CAN	00:50:09	05:03:36	03:01:40	08:55:25
	Paula Newby-Fraser	F	USA	00:52:52	05:45:41	03:33:52	10:12:25
1998	Rolf Lautenbacher	M	GER	00:50:50	05:08:17	02:53:26	08:52:33
	Melissa Spooner	F	CAN	00:55:00	05:36:40	03:20:07	09:51:07
1999	Matthew Belfield	M	GBR	00:52:22	05:07:45	03:04:46	09:04:53
	Lena Wahlquist	F	SWE	00:58:09	06:09:21	03:35:34	10:43:04
2000	Dirk Van Gossum	M	BEL	00:52:46	04:59:19	02:50:47	08:47:10
	Lena Wahlquist	F	SWE	00:55:14	05:55:45	03:19:03	10:15:19
2001	Christoph Mauch	M	SUI	00:48:37	05:10:16	02:58:50	09:01:32
	Laura Bieger	F	GER	01:00:49	06:14:50	03:20:09	10:41:29
2002	Peter Sandvang	M	DEN	00:43:22	05:00:52	03:00:39	08:48:44
	Maribel Blanco	F	ESP	00:47:13	06:04:04	03:12:55	10:11:14
2003	Thomas Hellriegel	M	GER	00:50:52	05:57:46	02:53:47	08:56:44
	Maribel Blanco	F	ESP	00:52:25	06:08:38	03:20:08	10:29:50
2004	Rene Rovera	M	FRA	00:50:31	05:03:03	02:51:29	08:48:31
	Virginia Berasategui	F	ESP	00:51:53	05:29:07	03:15:37	09:41:51
2005	Ain-Alar Juhanson	M	EST	00:55:26	04:57:24	02:58:24	08:55:37
	Virginia Berasategui	F	ESP	00:52:10	05:51:54	03:20:54	10:09:39
2006	Ain-Alar Juhanson	M	EST	00:53:05	04:56:41	03:00:14	08:54:11
	Karin Thuerig	F	SUI	00:59:30	05:27:30	03:18:47	09:52:43
2007	Eneko Llanos	M	ESP	00:49:18	04:53:18	03:01:33	08:49:38
	Tiina Boman	F	FIN	00:55:16	05:35:02	03:22:22	09:58:41
2008	Bert Jammaer	M	BEL	00:49:39	05:03:29	02:59:16	08:59:38
	Bella Comerford	F	GBR	00:56:17	05:48:14	03:09:20	10:02:28
2009	Bert Jammaer	M	BEL	00:50:30	05:00:18	02:56:51	08:54:03
	Bella Bayliss	F	GBR	00:56:00	05:46:37	03:04:06	09:54:58



	Name	Gender	Country	Swim	Bike	Run	Total
2010	Eneko Llanos	M	ESP	00:47:49	04:53:26	02:50:21	08:37:43
	Catriona Morrison	F	SCO	00:52:39	05:58:02	03:04:36	10:03:53
2011	Timo Bracht	M	GER	00:47:53	04:49:53	02:47:20	08:30:34
	Rachel Joyce	F	GBR	00:49:05	05:30:25	03:02:04	09:28:12
2012	Victor del Corral	M	ESP	00:53:36	04:54:31	02:50:10	08:44:40
	Michelle Vesterby	F	DEN	00:51:44	05:39:25	03:20:16	09:58:00
2013	Faris Al-Sultan	M	GER	00:47:48	04:53:03	02:55:03	08:42:40
	Kristin Moeller	F	GER	01:00:03	05:31:47	02:58:37	09:37:34
2014	Romain Guillaume	M	FRA	00:47:31	04:56:07	02:57:55	08:47:39
	Lucy Gossage	F	GBR	00:55:37	05:31:38	03:07:20	09:41:40
2015	Alessandro Degasperi	M	ITA	00:51:10	05:12:12	02:47:15	08:56:49
	Diana Riesler	F	GER	00:55:40	05:37:11	03:16:20	09:56:03
2016	Jesse Thomas	M	USA	00:50:56	04:58:34	02:46:57	08:42:34
	Tine Holst	F	DEN	01:01:16	05:34:26	03:19:49	10:02:36
2017	Bart Aernouts	M	BEL	00:50:34	04:48:23	02:48:29	08:34:13
	Lucy Charles	F	GBR	00:47:06	05:23:30	03:18:35	09:35:40
2018	Alessandro Degasperi	M	ITA	00:49:20	05:03:32	02:54:23	08:52:16
	Lucy Gossage	F	GBR	00:58:43	05:29:06	03:15:39	09:49:27
2019	Frederik Van Lierde	M	BEL	00:50:25	05:01:32	02:53:23	8:51:16
	Nikki Bartlett	F	GBR	00:58:35	05:38:00	03:14:52	9:59:10
2021	Andi Boecherer	M	GER	00:51:37	4:50:26	2:46:34	8:34:11
	Michelle Vesterby	F	DEN	00:59:45	5:35:27	3:13:12	9:55:04
2022	v Vandendriessche	M	BEL	00:57:10	4:56:04	2:40:37	8:39:56
	Lydia Dant	F	ENG	1:00:55	5:19:22	3:09:56	9:37:26

RECORDS

SWIM RECORD

Nick Croft	AUS	00:42:24	1994
Paula Newby-Fraser	ZIM	00:46:50	1994

BIKE RECORD

Maik Twelsiek	GER	04:40:58	2010
Lucy Charles	GBR	05:23:30	2017

RUN RECORD

Gerrit Schellens	BEL	02:44:29	2005
Kristin Moeller	GER	02:58:37	2013

FULL COURSE RECORD

Timo Bracht	GER	08:30:34	2011
Paula Newby-Frazer	ZIM	09:24:39	1995

AGE GROUP RECORDS WOMEN

18-24	Alina Khakimova	UZB	10:53:14	2021
25-29	Louise Collins	GBR	10:05:21	2010
30-34	Paula Newby-Fraser	ZIM	09:24:39	1995
35-39	Katinka Wiltenburg	NED	09:54:47	1994
40-44	Lillan Sindahl Glümer	DNK	11:01:00	2016
45-49	Angela Stefani	ITA	11:01:12	2017
50-54	Gabriele Celette	GER	11:44:30	2008
55-59	Gabriele Celette	GER	11:41:02	2012
60-64	Lynne Pattle	NZL	13:20:46	2012
65-69	Felicitas Kuld	DEU	15:23:30	2019
70-74	Edwina Brocklesby	GBR	16:43:39	2013

AGE GROUP RECORDS MEN

18-24	Thomas Hellriegel	GER	08:35:37	1995
25-29	Frank Heldoorn	NED	08:38:24	1994
30-34	Rik Van Trigt	NED	08:45:01	1994
35-39	Mario Huys	BEL	09:03:50	1994
40-44	Gosse Beerda	NED	09:26:14	2010
45-49	Preben Jacobsen	DEN	09:30:35	2012
50-54	Jørgen Hansen	DEN	09:59:58	1995
55-59	Yves Tarbarant	FRA	10:11:09	2007
60-64	Daniel Churlet	FRA	10:47:23	2012
65-69	Mink Zeilstra	NED	12:11:09	2012
70-74	Mink Zeilstra	NED	13:27:43	2017
75-79	Peter David Norman	GBR	16:43:07	2012



CONTACT

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THANKS TO EVERYONE

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