

RACE DAY SCHEDULE

07/05/2023

07:40/07:41	Start PRO Male/ Start PRO Female
07:45-08:05	Start Age Groups and Relays
09:05	Swim Cut Off Expected
10:10	First Athlete expected on run course
11:30	First Excepted Finisher
16:35	Bike Cut-Off Expected
10:00 – 18:00	Merchandise Store, Puerto Banús
18:30	Award Ceremony & Slot Allocation

WHAT IS A 70.3 IRONMAN?

IRONMAN 70.3 is a triathlon comprising of a 1.2 mile swim, 56 mile bike ride and a 13.1 mile run (a half marathon), all to be completed consecutively within 8 hours 30 minutes.

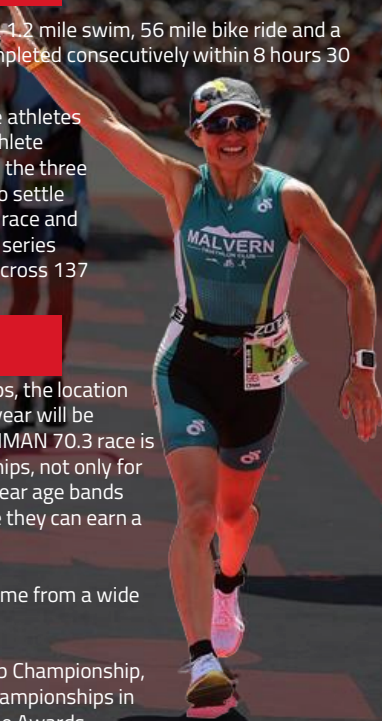
IRONMAN was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One suggested that they combine the three existing long distance events on the island to settle the debate. 13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across 137 races worldwide.

IRONMAN 70.3 WORLD CHAMPIONSHIP 2023

For the IRONMAN 70.3 World Championships, the location changes each year - those who qualify this year will be heading to Lahti, Finland in 2023. Each IRONMAN 70.3 race is a qualifying event for the World Championships, not only for PRO athletes but for every age group. Five year age bands divide the athletes, as well as gender, where they can earn a slot for the World Championships.

Athletes range in age from 18 to 80+ and come from a wide variety of sporting backgrounds.

At IRONMAN 70.3 Marbella European Triclub Championship, there are 45 slots available for the World Championships in Lahti, Finland that will be allocated during the Awards Ceremony, post race.



VIP SUPPORTER PACKAGE

If you want to live an exclusive experience at IRONMAN 70.3 Marbella European Triclub Championship, we have VIP Packages available for you! They can be purchased onsite at Registration on Friday from 10:00 to 18:00 and Saturday from 10:00 to 14:00.

For detailed information on the packages, please visit: [Supporters - IRONMAN 70.3 Marbella European TriClub Championship](#)

ACCESS ON RACE WEEKEND & PARKING

There will be a number of **road closures** in and around Marbella on the day of the event. The A7/AP7 exit 174, 175, 184, and 185, A355 and MA3303 will be completely closed on race day, and the N340 will be partially closed.

There will be a parking lot open Friday (May 5th) and Saturday (May 6th) from 10:00h to 20:00h and Sunday (Race Day) from 06:00 to 20:00. You can pay directly there and it will cost 3€. The money raised will go to [fundatutl](#) and the location can be found [here](#).

HOTSPOTS

PUERTO BANÚS

Athletes will come from transition. This is a great place to cheer on the athletes while enjoying one of the world's most renowned ports, with luxurious avenues lined with colourful gardens, washed by the sea. It also has excellent restaurants where you can have a good time while supporting your athlete.

PLAZA DE LOS NARANJOS

It is an urban space opened in 1485, after the Christian conquest of the city, which is framed by characteristic white Andalusian houses and three historic buildings: the Casa Consistorial, the Casa del Corregidor and the Ermita de Santiago. In the centre, surrounded by orange trees, there is a renacentist front.

THE COURSES

SWIM

The 1.9km loop swim begins at Puerto Banús beach, goes on a clockwise direction to exit on the right side of where they started. Supporters will be able to line around the Swim Start and Swim Exit to cheer their athletes on.

BIKE

The IRONMAN 70.3 Marbella one-loop 90 km (56 mile) bike course starts at the famous "Gold Mile" before crossing through the city of Marbella. Athletes will race through Monda, Coín and Cártama before returning to transition in Puerto Banús.

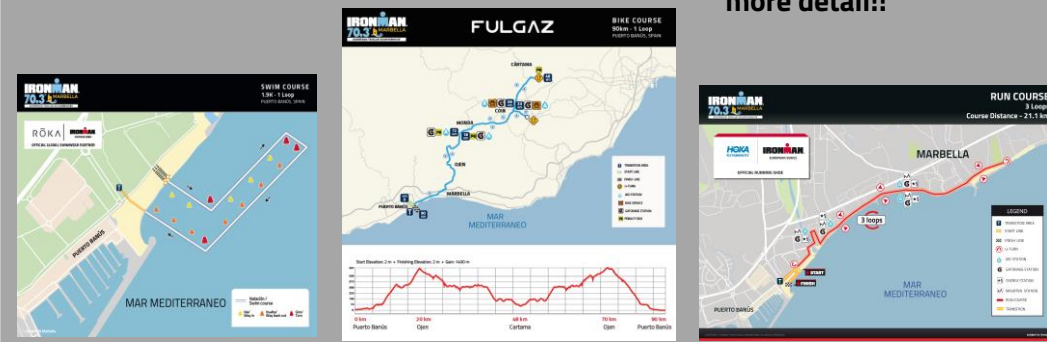
Bike course sets off from Transition, turns right to N-340, then taking Cánovas del Castillo Avenue to enter in AP-7.

This road will take athletes to take a left turn towards A355 where athletes will start the ascension to Ojen in direction to Cártama. They will then start the descension along the roads and through pretty villages, passing spectators and hot spots on it's way back to the coast through A-355. The route then takes the N-340, back into the city and to Transition.

RUN

From Transition, the course is a 3 loop run along the coast. Athletes will pass a very nice spectator point of interest located just after the Puerto Banus bridge where a DJ will be playing music. Athletes will pass by the finish line, where there will be spectator stands, 2 times before crossing the red carpet and completing the IRONMAN 70.3 Marbella European Triclub Championship.

Click to see each map in more detail!!



TRANSITION

A great location to give words of encouragement will be at [transition](#). Once athletes finish the swim, they'll run up the street which supporters can line and into the first part of transition. Supporters will be able to stand on the other side of the Transition fence where they will be able to talk to their athlete from few centimetres.

PUERTO BANÚS BRIDGE

Our recommended point for the run is the Puerto Banus bridge, on the section after the bridge there will be a DJ playing music! This bridge crosses the Rio Verde. You will also be able to watch your athlete while sunbathing on the beach or enjoying some drinks at the beach bar.

MyMaps

To see all the circuits and race locations on a single map, visit our Google MyMaps [here](#).

Don't forget to download the IRONMAN Tracker App so you can follow your athlete around the course!



Instagram - @ironmantrispain #IRONMAN70.3Marbella

