



SEASON CALENDAR
EUROPE, MIDDLE EAST AND AFRICA 2023

SEASON CALENDAR

EUROPE, MIDDLE EAST AND AFRICA 2023

	MUSCAT, OMAN - IRONMAN 70.3	FEB 04	
	NELSON MANDELA BAY, SOUTH AFRICA IRONMAN	MAR 05	★
	NELSON MANDELA BAY, SOUTH AFRICA IRONMAN 70.3	MAR 05	
	LANZAROTE, SPAIN IRONMAN 70.3	MAR 18	
	MARBELLA, SPAIN IRONMAN 70.3	MAY 07	★
	JESOLO, ITALY IRONMAN 70.3	MAY 07	
	ALCUDIA - MALLORCA, SPAIN IRONMAN 70.3	MAY 13	
	LANZAROTE, SPAIN IRONMAN	MAY 20	
	AIX-EN-PROVENCE, FRANCE IRONMAN 70.3	MAY 21	
	KRAICHGAU, GERMANY IRONMAN 70.3	MAY 21	
	HAMBURG, GERMANY IRONMAN	JUN 04	★
	DURBAN, SOUTH AFRICA IRONMAN 70.3	JUN 04	
	RAPPERSWIL-JONA, SWITZERLAND IRONMAN 70.3	JUN 11	
	STAFFORDSHIRE, ENGLAND IRONMAN 70.3	JUN 11	
	WARSAW, POLAND IRONMAN 70.3	JUN 11	
	REMICH, LUXEMBOURG IRONMAN 70.3	JUN 18	
	KLAGENFURT, AUSTRIA IRONMAN	JUN 18	
	SANDNES, NORWAY IRONMAN 70.3	JUN 18	
	WESTFRIESLAND, NETHERLANDS IRONMAN 70.3	JUN 25	

■ IRONMAN ■ IRONMAN 70.3 ■ CHAMPIONSHIP

IRONMAN WALES IS AN OUTSTANDING RACE THAT GIVES ME GOOSEBUMPS! A SPECIAL ATMOSPHERE AND A BEAUTIFUL BUT HARD COURSE. STARTING THE RACE AT TENBY NORTH BEACH IS BREATHTAKINGLY BEAUTIFUL. THE BIKE COURSE IN THIS WONDERFUL AREA IS HARD AND HILLY AND ON THE RUN COURSE THERE ARE SO MANY CRAZY WONDERFUL WELSH PEOPLE CHEERING YOU TO THE FINISH LINE!

- DIRK, GERMANY





LES SABLES D'OLONNE, FRANCE | IRONMAN 70.3 | JUL 02



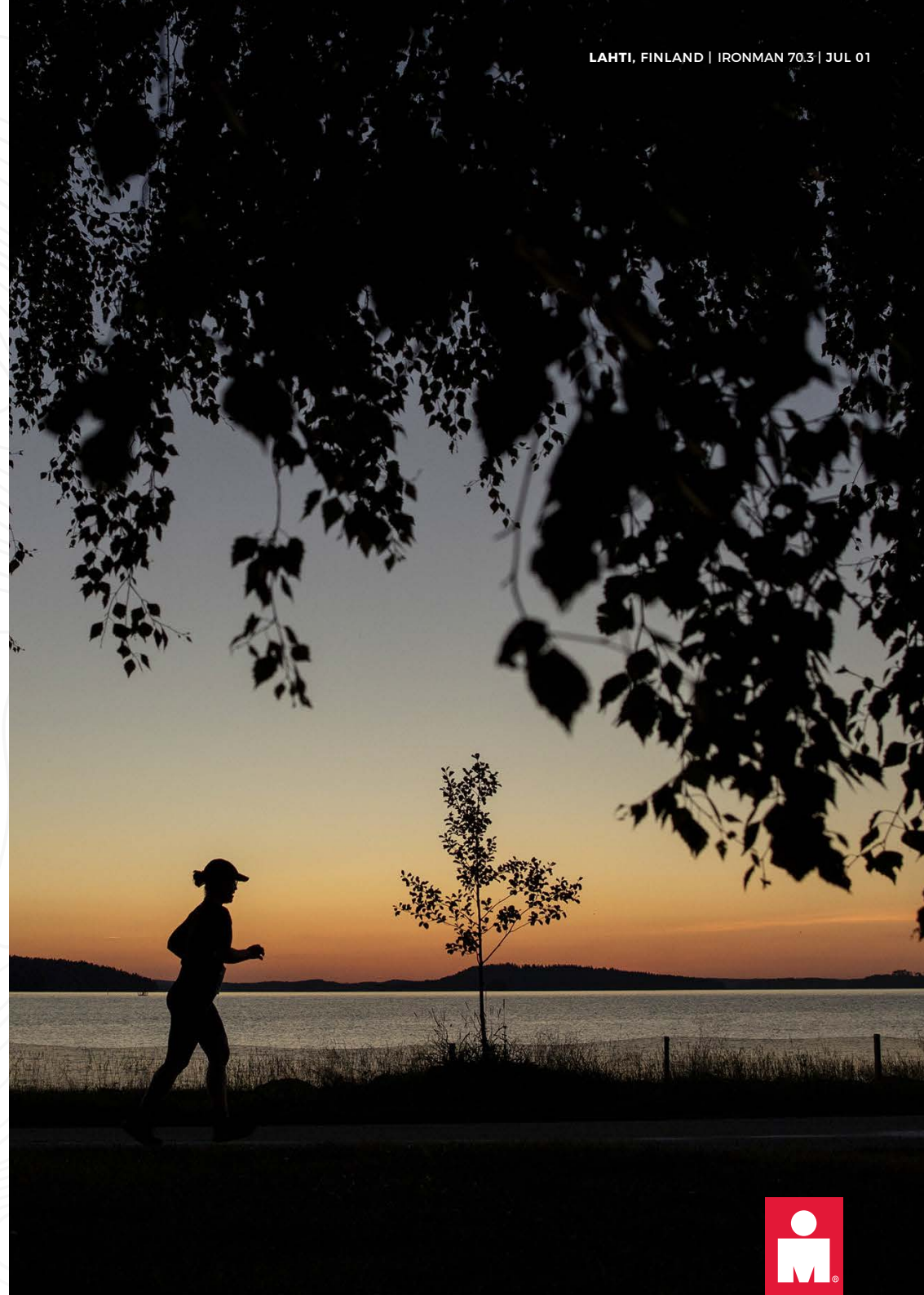


IRONMAN 70.3 MALLORCA WAS AN AMAZING EXPERIENCE! THE COURSE WAS CHALLENGING BUT BEAUTIFUL AND THE SUPPORT FROM THE VOLUNTEERS AND THE LOCAL COMMUNITY WAS INCREDIBLE. I COULDN'T HAVE ASKED FOR A BETTER RACE TO COMPETE FOR MY FIRST TIME!

- SARAH, UK

	NICE, FRANCE IRONMAN	JUN 25	
	NICE, FRANCE IRONMAN 70.3	JUN 25	
	EL SINORE, DENMARK IRONMAN 70.3	JUN 25	
	LAHTI, FINLAND IRONMAN 70.3	JUL 01	
	ASTANA, KAZAKHSTAN IRONMAN 70.3	JUL 02	
	ASTANA, KAZAKHSTAN IRONMAN	JUL 02	
	FRANKFURT, GERMANY IRONMAN	JUL 02	★
	BOLTON, ENGLAND IRONMAN	JUL 02	
	LES SABLES D'OLONNE, FRANCE IRONMAN 70.3	JUL 02	
	ANDORRA LA VELLA, ANDORRA IRONMAN 70.3	JUL 02	
	THUN, SWITZERLAND IRONMAN	JUL 09	
	JÖNKÖPING, SWEDEN IRONMAN 70.3	JUL 09	
	VITORIA - GASTEIZ, SPAIN IRONMAN	JUL 16	
	SWANSEA, WALES IRONMAN 70.3	JUL 16	
	TALLINN, ESTONIA IRONMAN	AUG 05	
	DUISBURG, GERMANY IRONMAN 70.3	AUG 06	
	MAASTRICHT, NETHERLANDS IRONMAN 70.3	AUG 06	
	TALLINN, ESTONIA IRONMAN 70.3	AUG 06	★
	GDYNIA, POLAND IRONMAN 70.3	AUG 06	

■ IRONMAN ■ IRONMAN 70.3 ■ CHAMPIONSHIP





**THE MAINOVA IRONMAN EUROPEAN
CHAMPIONSHIP FRANKFURT IS NOT JUST
A RACE: THE COURSE IS AMAZING, THE
CROWD IS UNIQUE AND THE FINISH LINE
IS ONE OF THE BEST IN THE WORLD!**

– PABLO, ARGENTINA



KLAGENFURT, AUSTRIA | IRONMAN | JUN 18



	GDYNIA, POLAND IRONMAN	AUG 06
	CORK, IRELAND IRONMAN 70.3	AUG 19
	VICHY, FRANCE IRONMAN 70.3	AUG 19
	KALMAR, SWEDEN IRONMAN	AUG 19
	CORK, IRELAND IRONMAN	AUG 20
	VICHY, FRANCE IRONMAN	AUG 20
	COPENHAGEN, DENMARK IRONMAN	AUG 20
	ZELL AM SEE-KAPRUN, AUSTRIA IRONMAN	SEP 03
	TENBY, WALES IRONMAN	SEP 03
	POZNAN, POLAND IRONMAN 70.3	SEP 03
	ERKNER, GERMANY IRONMAN 70.3	SEP 10
	CERVIA, ITALY IRONMAN	SEP 16
	KNOKKE-HEIST, BELGIUM IRONMAN 70.3	SEP 17
	CERVIA, ITALY - IRONMAN 70.3	SEP 17
	WEYMOUTH, ENGLAND IRONMAN 70.3	SEP 17
	SALALAH, OMAN IRONMAN 70.3	SEP 23
	BARCELONA, SPAIN IRONMAN	OCT 01
	BARCELONA, SPAIN IRONMAN 70.3	OCT 01
	POREC, CROATIA IRONMAN 70.3	OCT 15

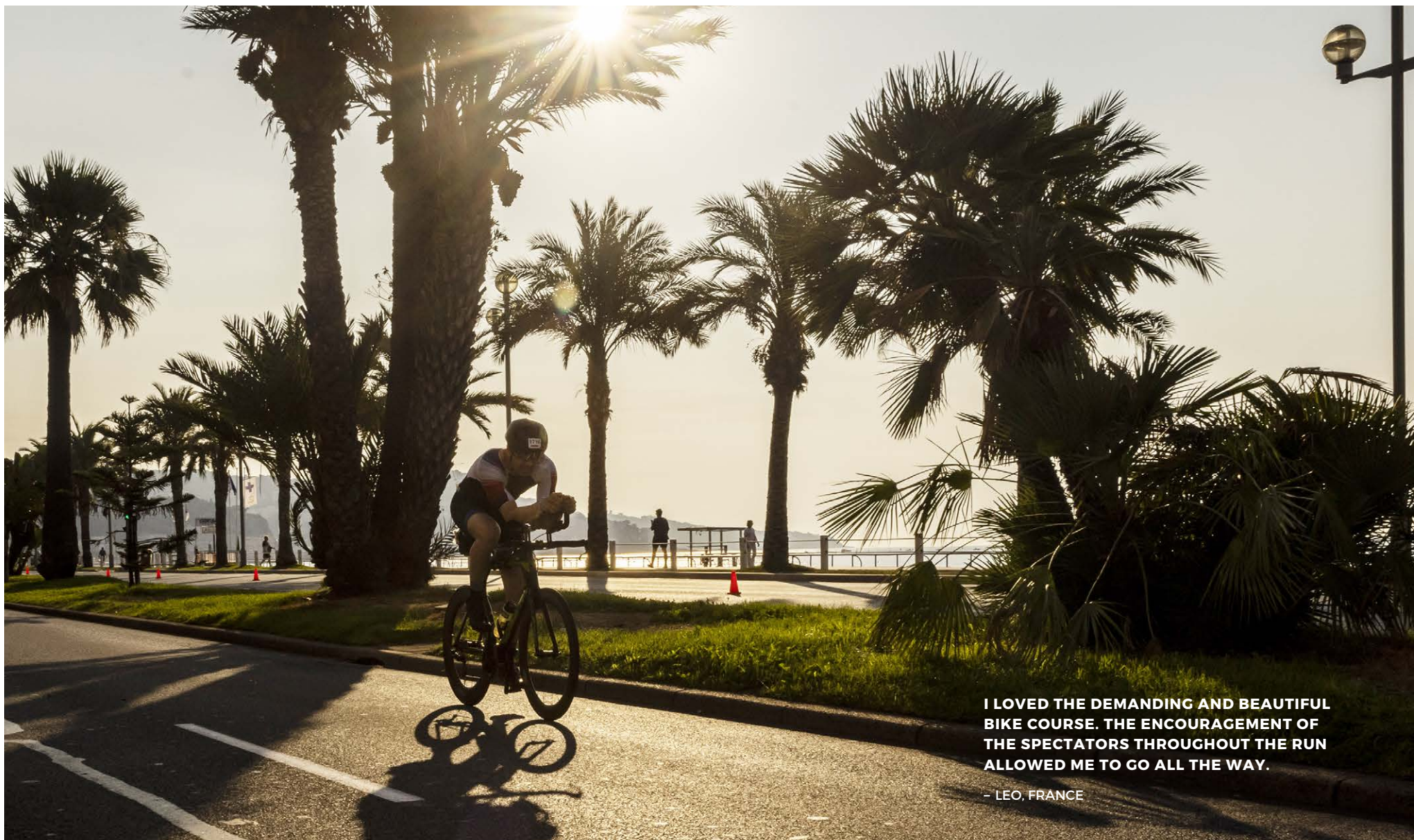
■ IRONMAN ■ IRONMAN 70.3 ■ CHAMPIONSHIP





KALMAR, SWEDEN | IRONMAN | AUG 19





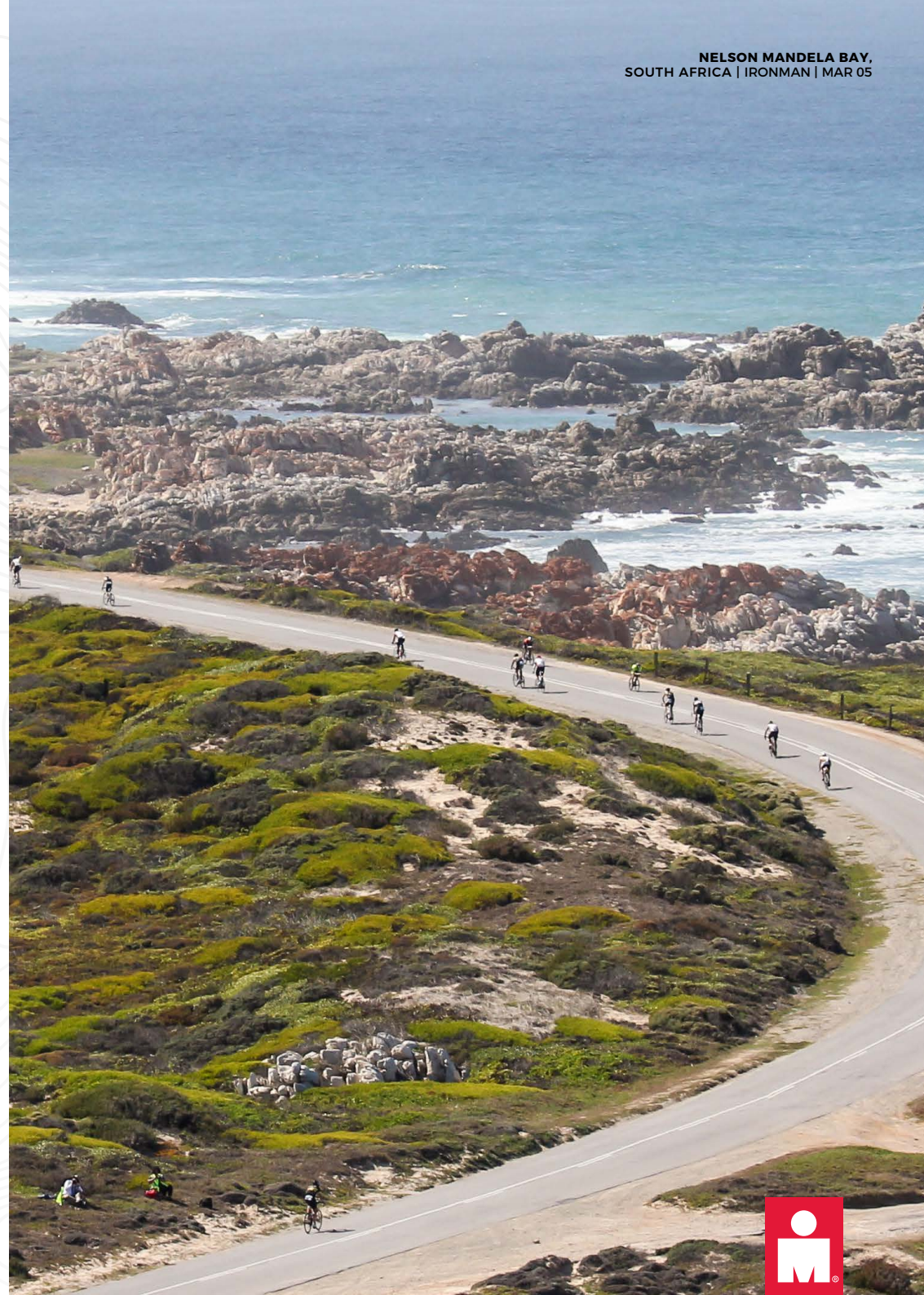
**I LOVED THE DEMANDING AND BEAUTIFUL
BIKE COURSE. THE ENCOURAGEMENT OF
THE SPECTATORS THROUGHOUT THE RUN
ALLOWED ME TO GO ALL THE WAY.**

- LEO, FRANCE

	CASCAIS, PORTUGAL IRONMAN	OCT 21
	CASCAIS, PORTUGAL IRONMAN 70.3	OCT 21
	BELEK, TURKEY IRONMAN 70.3	OCT 29
	SAHL HASHEESH, EGYPT IRONMAN	NOV 03
	MOSEL BAY, SOUTH AFRICA IRONMAN 70.3	NOV 19 ★
	DUBAI, UNITED ARAB EMIRATES IRONMAN 70.3	TBC
	VOULIAGMENI, GREECE IRONMAN 70.3	TBC
	TANGIER, MOROCCO IRONMAN 70.3	TBC
	BAHRAIN IRONMAN 70.3	TBC ★
	RUBAVU, RWANDA IRONMAN 70.3	TBC
	DRESDEN, GERMANY IRONMAN 70.3	TBC
	TIBERIAS, ISRAEL IRONMAN 70.3	TBC
	TIBERIAS, ISRAEL IRONMAN	TBC ★

*TBC – Races are still yet to be confirmed.

■ IRONMAN ■ IRONMAN 70.3 ■ CHAMPIONSHIP







SEASON CALENDAR / EMEA 2023