



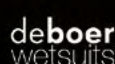
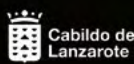
Club La Santa

# IRONMAN<sup>®</sup> LANZAROTE CANARIAS III SPAIN



# THE LEGEND FORGED IN FIRE

PLAYA GRANDE, PUERTO DEL CARMEN  
18.05.2024 | 7:00AM





Servicio Insular de Deportes



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SPORTS DESTINATION



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# WELCOME

**Fernando Clavijo Battle**  
President of the Canary Islands

With these words I want to convey all my support to all the people participating in the celebration of the 32nd edition of the Club La Santa IRONMAN Lanzarote.

Those of us who practice sports know that behind an event like this, there are many hours of dedication, perseverance and improvement that are reflected in each kilometer achieved that day.

This is undoubtedly a great experience for people passionate about triathlon and is also special because it is carried out in the incomparable setting of a biosphere reserve such as Lanzarote.

I am sure that this new edition of the Club La Santa IRONMAN Lanzarote will be full of great moments to remember and will live up to expectations, in addition to contributing to the promotion of the islands as sport destination internationally.



# WELCOME

## Oswaldo Betancort

President of the Cabildo of Lanzarote  
and La Graciosa

As President of the Cabildo, it gives me tremendous pleasure to welcome you for the first time to this XXXII edition of the IRONMAN Lanzarote, a world-renowned event thanks to the magnificent organization of Club La Santa and the excellent support it enjoys from the island society.

In addition to generating a positive economic impact. The IRONMAN Lanzarote showcases our island as a territory intimately linked to our beloved and universal artist César Manrique. Who proudly displays its status as a Biosphere Reserve and Global Geopark, and is committed to the conservation and care of the environment.

My gratitude goes to Club La Santa, the island's Sports Service, collaborating and sponsoring institutions and companies, volunteers, emergency services, security forces, and of course, to all the ironmen and women whose efforts will help reaffirm Lanzarote's prestige internationally.



# WELCOME

**Juan Monzón Rosales**  
Sports Councilor of the Lanzarote Council

Lanzarote is synonymous with sport. And this phrase, which sounds like a slogan, is possibly one of the most real statements that exists on our island.

IRONMAN and Lanzarote are two words that have had a union for decades, something that began as another race on the calendar and ended up establishing itself as an unmissable event for Lanzarote.

Our island is the scene of one of the toughest races in the world, according to the words of the triathletes themselves who have enjoyed (and suffered) the IRONMAN in Lanzarote. A place of great beauty, but with conditions, that challenge the most experienced athletes.

The Team of the Sports Area in “Cabildo de Lanzarote” work almost a year just to ensure that this race, organized by Club La Santa, has all the specifications and the necessary resources to improve edition by edition.

It is a tremendous pride for me that this race continues to be carried out and, furthermore, that more efforts continue to be invested in making the race, something much more than a sporting event, but rather an event that highlights Lanzarote idiosyncrasies, and contribute to the islands’ economy and tourism.

I wish with all my heart that Lanzarote enjoys its IRONMAN, welcoming with pride triathletes from all over the world travelling the sea and land of our island.

Enjoy, IRONMAN Lanzarote is for everyone.



# WELCOME

**Jose Juan Cruz Saavedra**  
Mayor of Tías Townhall

Puerto del Carmen shines internationally as the headquarters of the IRONMAN Lanzarote since 1992.

The Tías City Council supports Club La Santa every year with the celebration of this sporting event, considered one of the toughest in the world.

For us it is a privilege to be part of this great encounter with sport in our most touristic environment: the coast of Puerto del Carmen. The images of the start in Playa Grande with hundreds of athletes are impressive, we experienced the enthusiasm with the bicycles on the roads of the island and celebrated the arrival of the athletes at the finish line.

That heartbeat has been felt in Lanzarote since Kenneth Gasque, organized the first IRONMAN Lanzarote, and transmitted his passion for the sport to us. Gasque was the first Danish citizen to compete at the Ironman World Championships in Kona, Hawaii in 1985, 1987, 1989 and 2005.



# WELCOME

**Fabio Cabrera Cruz**  
Race Director

Dear Athlete,

The 32nd edition of the Club La Santa IRONMAN Lanzarote has arrived. You are about to live a unique and memorable experience for the rest of your days as triathletes. All the efforts before this day are just a few hours away from becoming a reality. To be seen, told, and achieved.

Being a FINISHER of the Club La Santa IRONMAN Lanzarote is not within the reach of any triathlete, only those with passion, desire, tenacity, and courage choose this goal of coming to Lanzarote to fulfill it and enter the history of the oldest IRONMAN in Europe.

This year we have innovated with a change in the transition format where the triathlete will have all the pre- and post-race services in the same space. New comfort zones in the sand of Playa Grande.

The spectators will be able to be closer and cheer on their loved ones in many areas, just a few meters apart during the race day.

We hope this change will create the best possible experience!

Remember that there will be moments of joy, hardness, and even new emotions during the race through an environment unique in the world. Lanzarote and its people will be supporting you in each of those moments of the race so that you can achieve that dream: crossing the finish line of Club La Santa IRONMAN Lanzarote.

Congratulations on everything you have achieved so far, see you at the starting line!





# WELCOME

**Adrián Ornia**

**President of the Canarian Triathlon Federation**

It is very difficult to express in words the mixture of feelings, experienced by all triathletes who are willing to take on the Iconic race of 'IRONMAN Lanzarote'. There are many months of preparation and commitment. A commitment that unites entire families and creates lasting friendships.

There is a captivating and intoxicating mystique in the sand of Puerto del Carmen, that has made thousands of triathletes choose IRONMAN Lanzarote as their favorite IRONMAN Race, for more than thirty years. The mixture of Sand, Sun, Wind and Volcanos are some of the ingredients, of a triathlon, with a level of demand.

The sensations are enormous which together with an audience that encourages and cheers everyone on, creates a unique sporting atmosphere. From the Canarian Triathlon Federation, we want to express our deepest admiration for all of them.

They are an example of courage, sacrifice, and determination for all of us.

Thanks also to CLUB LA SANTA for their unbreakable commitment that has brought so much joy to the Canary Islands triathlon.



# EVENT SCHEDULE

## WEDNESDAY, MAY 15TH 2024

<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
<b>11:30</b>	<b>12:30</b>	Technical Meeting PRO - Online via Slido platform
<b>14:00</b>	<b>14:45</b>	Technical Meeting for Age Groups in English - Online via Slido platform
<b>14:45</b>	<b>15:30</b>	Technical Meeting for Age Groups in Spanish - Online via Slido platform

## THURSDAY, MAY 16TH 2024

<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen

<b>11:00</b>	<b>12:00</b>	Press Conference open to general public- SOCO Shopping Centre, Puerto del Carmen
<b>17:00</b>		Welcome Parade - Meeting point: Oficina de Turismo, Avenida de Las Playas, Puerto del Carmen

## FRIDAY, MAY 17TH 2024

<b>10:00</b>	<b>12:00</b>	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
<b>10:00</b>	<b>19:00</b>	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
<b>11:00</b>	<b>15:00</b>	Mechanic Services (with charge) - Avenida de Las Playas (entrance of transition zone)
<b>14:30</b>		For Club La Santa Guests: Bus departure from Club La Santa to Puerto del Carmen (Bike Check- In)
<b>15:00</b>	<b>20:00</b>	Bike and bag Check In - Transition area, Avenida de Las Playas, Puerto del Carmen
<b>15:00</b>	<b>20:00</b>	Mechanic Services (free of charge) - Avenida de Las Playas (entrance of transition zone)
<b>16:30</b>		IRONKIDS - Matagorda Beach (Sol Lanzarote Hotel)

## SATURDAY, MAY 18TH 2024 - RACE DAY

<b>05:00</b>	<b>06:45</b>	Opening Transition for athletes - Avenida de Las Playas, Puerto del Carmen
<b>05:00</b>	<b>00:30</b>	IRONMAN Athlete Info Point (for participants) - Transition Area
<b>05:00</b>	<b>00:30</b>	IRONMAN Lanzarote Info Centre (for spectators) - Avenida de Las Playas, Puerto del Carmen
<b>05:00</b>		Mechanic Services at the transition for last minutes issues until the last cyclist has left transition
<b>07:00</b>		Start PRO male

<b>07:05</b>		Start PRO female
<b>07:10</b>	<b>07:20</b>	Rolling Start Age Groups
<b>09:00</b>	<b>19:00</b>	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
<b>19:00</b>	<b>00:30</b>	Check-out bikes and bags - Transition Area
<b>00:30</b>		Closure Transition Area

## **SUNDAY, MAY 19TH 2024**

<b>09:30</b>	<b>16:30</b>	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
<b>09:30</b>	<b>16:30</b>	IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
<b>12:30</b>		IRONMAN World Championship slot allocation and registration (in person) - IRONMAN Lanzarote transition, Puerto del Carmen
<b>14:00</b>		Awards Cocktail (Open for all participants) - IRONMAN Lanzarote transition, Puerto del Carmen
<b>14:00</b>		Awards Ceremony - IRONMAN Lanzarote transition, Puerto del Carmen

# UPCOMING CLUB LA SANTA RACES



28TH - 29TH SEPTEMBER 2024

# VUELTA CICLISTA A LANZAROTE

A cycling adventure like no other

2 days | 189km | +2.840m  
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## **BEST PHOTO OF IRONMAN LANZAROTE 2024**

Win a stay in Club La Santa or a free entry to one of Club La Santa Races!

### **How can I participate?**

- Take 3 pictures that show both IRONMAN Lanzarote and the beauty of the island, the spirit of the female and male athletes and/or of the spectators. Please note that photographs taken at the finish line of pro athletes will be excluded.
- Send a maximum of 3 photos to [lanzarote@ironman.com](mailto:lanzarote@ironman.com). Deadline to send the pictures: June 3rd, 2024 at 12:00 p.m

### **Prizes:**

- **1st Prize:** One-week stay on a half-board basis for 2 people with use of sports facilities included at Club La Santa to enjoy before June 30th, 2025 (Subject to availability. Not valid during high season).
- **2nd Prize:** 2 free entries to one of the Club La Santa races of 2024/2025: Vuelta Ciclista a Lanzarote 2024, Lanzarote International Running Challenge 2024, Night Run 2024, 4 Stage MTB Race Lanzarote 2025, Club La Santa Volcano Triathlon 2025 More information at [clublasanta.com/events](https://clublasanta.com/events)

## **BEST ENVIRONMENTAL IDEA IRONMAN LANZAROTE 2024**

We want to award the best creative and innovative idea that supports environmental protection during the Club La Santa IRONMAN Lanzarote.

**How can I participate?** Send us an email to [lanzarote@ironman.com](mailto:lanzarote@ironman.com) and share your idea with us. Deadline to send the email: June 3rd, 2024 at 12:00 p.m

**Prize:** Weekend stay on a half-board basis for 2 people with use of sports facilities included at Club La Santa, to be enjoyed before June 30, 2025 (Subject to availability. Not valid during high season).

**The winners of both contests will be announced publicly before June 20, 2024, by publication on the Club La Santa IRONMAN Lanzarote**

**Facebook page. The organization will not award prizes if the quality of the photos/ideas presented is not the minimum required.**





Lanzarote ↔ Fuerteventura

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Playa Blanca ↔ Puerto del Rosario

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ADULTO RESIDENTE / TRAYECTO

DESDE

**20'25€**  +   
ADULTO RESIDENTE + COCHE / TRAYECTO

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# PRE-RACE INFORMATION

## PERSONAL COMMUNICATION PLAN

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

**Information contact number before the race day:** 0034 928 59 99 99 Ext. 4455

**Race Day Emergency Contact:** 0034 686033572

## TRACK YOUR ATHLETE

The IRONMAN Lanzarote 2024 features real-time information while providing Live Results via the IRONMAN Tracker App.

## TECHNICAL MEETING

It is mandatory to watch the technical meeting which will be broadcast on Wednesday 15.05.2024. You will be able to join the online technical meeting by clicking the following link:

### 11:30 - PRO TECHNICAL MEETING:

Link available here: <https://app.sli.do/event/bUEFPGdergrd1dCEsJaeUn/live/questions>



**14:00 - AGE GROUPS TECHNICAL MEETING IN ENGLISH:**

Link available here: <https://app.sli.do/event/2tmfQ6s8Zbo4hj7uPpjiqf/live/questions>



**14:45 - AGE GROUPS TECHNICAL MEETING IN SPANISH**

Link available here: <https://app.sli.do/event/fen7t6tYR88n6iHXXSEasV/live/questions>



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 same link.

## PRESS CONFERENCE

An Press Conference open to public presenting the top PRO Athletes will be held at SOCO Shopping Centre in Puerto del Carmen. on Thursday 16.05.2024 at 11:00.

## 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.

### 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.



### BUS SCHEDULE: TRANSFER FOR CLUB LA SANTA GUESTS

Club La Santa organizes several shuttles from Club La Santa to Puerto del Carmen. Online bus registration available at: [www.IRONMAN.com/im-lanzarote-register](http://www.IRONMAN.com/im-lanzarote-register) Deadline to register: Wednesday 15.05.2024 at 13:00 CET. In case of any special request please contact [tiia@clublasanta.com](mailto:tiia@clublasanta.com) by Monday the 13.05.24 at 13:00h CET.

<b>Date</b>	<b>Activity</b>	<b>Pick up</b>	<b>Time</b>	<b>Return</b>	<b>Time</b>	<b>Price (infants are free)</b>
Thur 16/05	Athlete Check-in & Welcome Parade	CLS North Reception	14:30	Hotel Los Fariones, Puerto del Carmen	18:30	Athletes: free Companion 5€
Fri 17/05	Athlete Check-in & Bike & Bags check-in	CLS South Reception	14:00 (bus: 14:30)	Hotel Los Fariones, Puerto del Carmen	18:00	Athletes: free Companion 5€
Sat 18/05	Race day Athletess	CLS North Reception	04:30	Hotel Los Fariones, Puerto del Carmen	17:00 20:00 22:00 23:30 01:30	Athletes: Free
Sat 18/05	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€
Sun 19/05	Slot Allocation & Awards Ceremony	CLS North Reception	11:00	Hotel Los Fariones, Puerto Del Carmen	16:30	Athletes: free Companion 5€

# ATHLETE REGISTRATION

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

## RACEPACK CONTENT

On the registration you will get with the following:

- Swim cap
- 1 race number and 4 safety pins. IMPORTANT: please fill the information requested in the back.
- 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)
- Special needs bag (orange)
- 226ERS nutrition: 1 Energy Drink and 1 Isotonic Drink
- Additional purchases. You will receive any additional purchases made online with your race pack.



## ATHLETE CHECK-IN

Please prepare the following before approaching the registration counter:

- **Valid Photo ID card:** passport or ID.
- **Valid 2024 Triathlon license:** If you have not received the actual 2024 card from your federation, you will be requested to show a certificate in which

your federation recognizes your membership for 2024.

- **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.

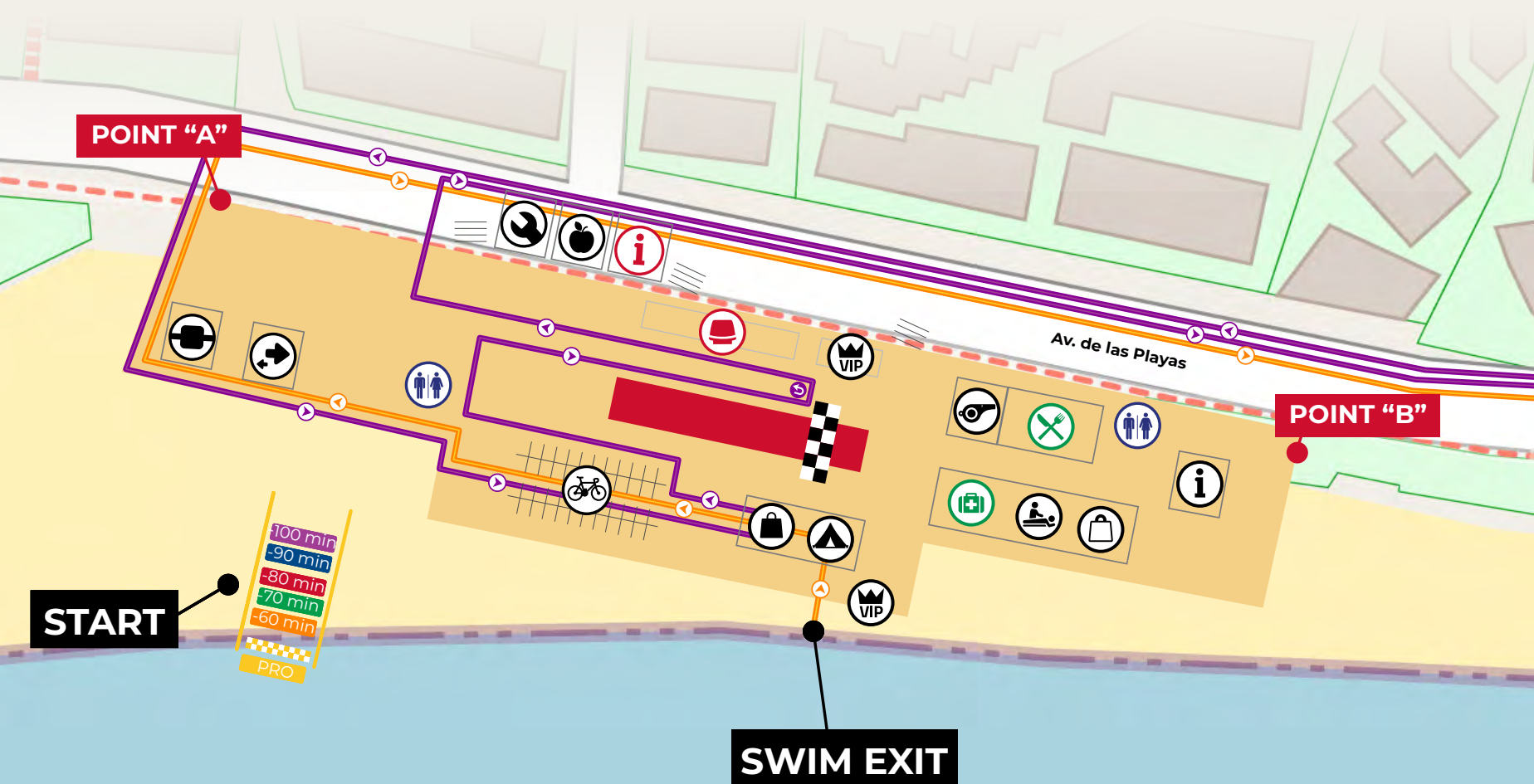
- **Your weight**

During the race, everybody talks a lot about hydration but some triathletes drink too much fluid – what kind they drink makes no difference. That's why it is so critically important for our triathletes to measure their weight at registration and write it down. In previous editions we have detected up to 8 kg weight gain in finishers (an intake of more than 8 litres during the IRONMAN) that affects to the sodium levels in blood, one of the most severe problems.

- **Medical notes on your BIB**

Before the race day, we ask all the participants to write their medical notes behind the race number in case they require any medical assistance during the race.

**PUERTO DEL CARMEN**



**LEGEND**

**BIKE CHECK IN:** Access via Point A and exit via Point B. Acceso por el punto A y salida por el punto B.  
**BIKE CHECK OUT:** Access via Point B & Exit via Point A/ Acceso por Punto B y salida por el Punto A.

- |  |  |  |
|--|--|--|
| <b>MECHANIC</b><br>MECÁNICO                                      | <b>ATHLETE INFO POINT</b><br>INFORMACIÓN ATLETAS         | <b>CHIP HANDLING</b><br>ENTREGA DE CHIPS |
| <b>PERSONAL NEEDS (DROP OFF)</b><br>NUTRICIÓN PERSONAL (ENTREGA) | <b>FINISH AREA BUFFET</b><br>BUFFET ZONA FINISHER        | <b>CHECK IN/ OUT</b>                     |
| <b>TRANSITION BAGS</b><br>BOLSAS DE TRANSICIÓN                   | <b>WHITE STREET WEAR BAG</b><br>BOLSA BLANCA STREET WEAR | <b>SWIM/ BIKE TRANSITION</b>             |
| <b>CHANGING TENTS</b><br>CASETAS DE CAMBIO                       | <b>DOCTOR MEDICO</b>                                     | <b>BIKE/ RUN TRANSITION</b>              |
| <b>TOILETS</b><br>BAÑOS  | <b>REFEREE JUEZ</b>                                      |  |
| <b>BIKE RACKS</b><br>SOPORTE BICI                                | <b>FINISH LINE META</b>                                  |  |
| <b>MASSAGE</b><br>MASAJE   | <b>VIP AREA ZONA VIP</b>                                 |  |
|  | <b>GRANDSTANDS</b><br>GRADAS                             |  |
|  | <b>SPECTATOR INFO POINT</b><br>INFORMACIÓN ESPECTADORES  |  |



# BIKE & GEAR CHECK-IN

Bike/ Bag check-in will be on Friday 17th at 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 will take place from the opposite side (Point B) after dropping the bags & Bike to maintain a steady flow.

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

### BEFORE THE RACE DAY

You will collect your Timing Chip & Strap at the Bike and bags check-in on Friday 17.05.2024. 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.

HELMET: Race number sticker: front and left side · Inside/outside condition of the

helmet · Chinstrap locking device.

## **Bike Tech Service**

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

- **Friday 17th 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 17th 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 18th 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](mailto: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

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) and one Personal Needs Bag (orange) for the Special Aid Station on the Bike Course.

***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 17TH**

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 same hook. Bike shoes can be fixed on bike pedal clips.

### **RUN GEAR BAG (RED) - FRIDAY 17TH**

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 same hook.

### **STREET WEAR BAG (WHITE) - SATURDAY 18TH**

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 18TH**

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 Avenida de las Playas by the transition.

#### **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 ow 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](http://www.puertodelcarmen.com)



#puertodelcarmen



Ayuntamiento  
de Tías

PUERTO  
DEL  
CARMEN  
LANZAROTE

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# 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 (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**

# 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 Avenida de Las Playas Puerto del Carmen and on the Bike course in Plaza de Haría.

PLEASE READ CAREFULLY THE IRONMAN RULES at:

**[www.IRONMAN.com/competition-rules](http://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).

### **OUTSIDE ASSISTANCE**

No external help is allowed, it may result in disqualification

### **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 inquires about results will be address 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](mailto: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](http://www.IRONMAN.com) in the IRONMAN Tracker App and soon after the race at the race website [www.IRONMANlanzarote.com](http://www.IRONMANlanzarote.com)

## **DNF (DID NOT FINISH)**

Should a participant choose to abandon the race, the staff at the Info Point Transition would need to be informed.

## **OFFICIAL FINISHERS**

Official finishers can collect their Finisher T-shirt and wristband from the Athlete Information Point.in Transition.

Any inquires will be address 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](mailto:events@clublasanta.com)**.

## RESULTS/ TIMING

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

# AID STATIONS

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

The 2024 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 the transition zone.

## BIKE COURSE

Please, 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).

### **Aid Station 1, Liquid nutrition only. Km 20 (Uga):**

Water (sport bottle)

226ERS Hydrzero (bike bottle)

### **Aid Station 2, Km 43 (Macha Blanca):**

Water (sport bottle)

Fruit: bananas and oranges

226ERS: Hydrzero drink, Race Day Bar, Isotonic Gel, High Energy Gel

### **Aid station 3, Liquid nutrition only, Km 64 (La Villa de Teguisse):**

Water (sport bottle)

226ERS Hydrzero (bike bottle)

### **Aid station 4, Km 85 (Tesequite):**

Water (sport bottle)

Fruit: bananas and oranges

226ERS: Hydrzero drink, Race Day Bar, Isotonic Gel, High Energy Gel

### **Personal needs, Km 90 ( 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.

No personal help is allowed in handling the own nutrition.

**Aid station 5, Km 113 (Mirador del Río):**

Water (sport bottle)

Fruit: bananas and oranges

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, High Energy Gel

**Aid station 6, Km 137 (Tesequite):**

Water (sport bottle)

Fruit: bananas and oranges

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, High Energy Gel

**Aid station 7, Km 151 (Masdache):**

Water (sport bottle)

Fruit: bananas and oranges

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, High Energy Gel

**Aid station 8, Liquid nutrition only, Km 168 (La Asomada):**

Water (sport bottle)

226ERS Hydrazero (bike bottle)

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

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.

**Aid station 1, liquid nutrition only. KM: 0,2 · 20,4 · 21 · 30,4 · 31 · 42**

Water

226ERS Hydrazero drink

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

**Aid station 2. KM: 1 · 19 · 22 · 30 · 32 · 41**

Water, CocaCola, Ice, Vaseline

Bananas, oranges, crackers, nuts

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, Energy Gel, Fructose Gel

**Aid station 3. KM: 3 · 17 · 24 · 28,5 · 35 · 39**

Water, CocaCola, Ice, Vaseline

Bananas, oranges, crackers, nuts

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, Energy Gel, Fructose Gel

**Aid station 4. KM: 5 · 15 · 26 · 26.5 · 37 · 37,5**

Water, CocaCola, Ice, Vaseline

Bananas, oranges, crackers, nuts

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, Energy Gel, Fructose Gel

**Aid station 5, liquid nutrition only. KM: 8 · 13**

Water

226ERS Hydrazero drink

**Aid station 6. KM: 9 · 11**

Water, CocaCola, Ice, Vaseline

Bananas, oranges, crackers, nuts

226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, Energy Gel, Fructose Gel

## 226ERS NUTRITION

Please note that Hydrazero is an isotonic drink and doesn't contain carbohydrates. Included in your Race Pack you will find 1 Energy Drink and 1 Isotonic Drink to complete your race nutrition.

The 226ERS nutrition's flavors will be:

- Hydrazero: Lemon, Tropical
- Race Day BCAA Bars: Black Chocolate, Apple & Cinammon, Banana & Ginger
- Race Day Bars: White Chocolate & Strawberry. Lemon, Coffe & Cocoa.
- Isotonic gel: Lime, Watermelon, Caffeine Cola, Mint & Bluberry.
- High Energy Gel: Lemon, Banana, Caffeine Espresso Coffe, Salty Strawberry.
- High Fructose Gel: Banana, Caffeine Cola, 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).



# 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: Green**

**Pro Men: Yellow**

**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.

## **SWIM 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.

1. 07:00 – PRO M
2. 07:05 – PRO F
3. 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 for the swim course*

- 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.

We recommend all swimmers to consider the following precautions when approaching the GPS buoys:

- Avoid hitting or grabbing the buoys: As rigid structures, the buoys should not be used as points of support during the swimming route to prevent any harm to the participants and the buoys themselves.
- Maintain a safe distance: Swimmers are advised to keep a reasonable distance when passing near the buoys, avoiding accidental collisions that could damage the integrity of the buoys or cause inconvenience to other competitors.

## **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 same hook.

**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 for Swim/Bike Transition*

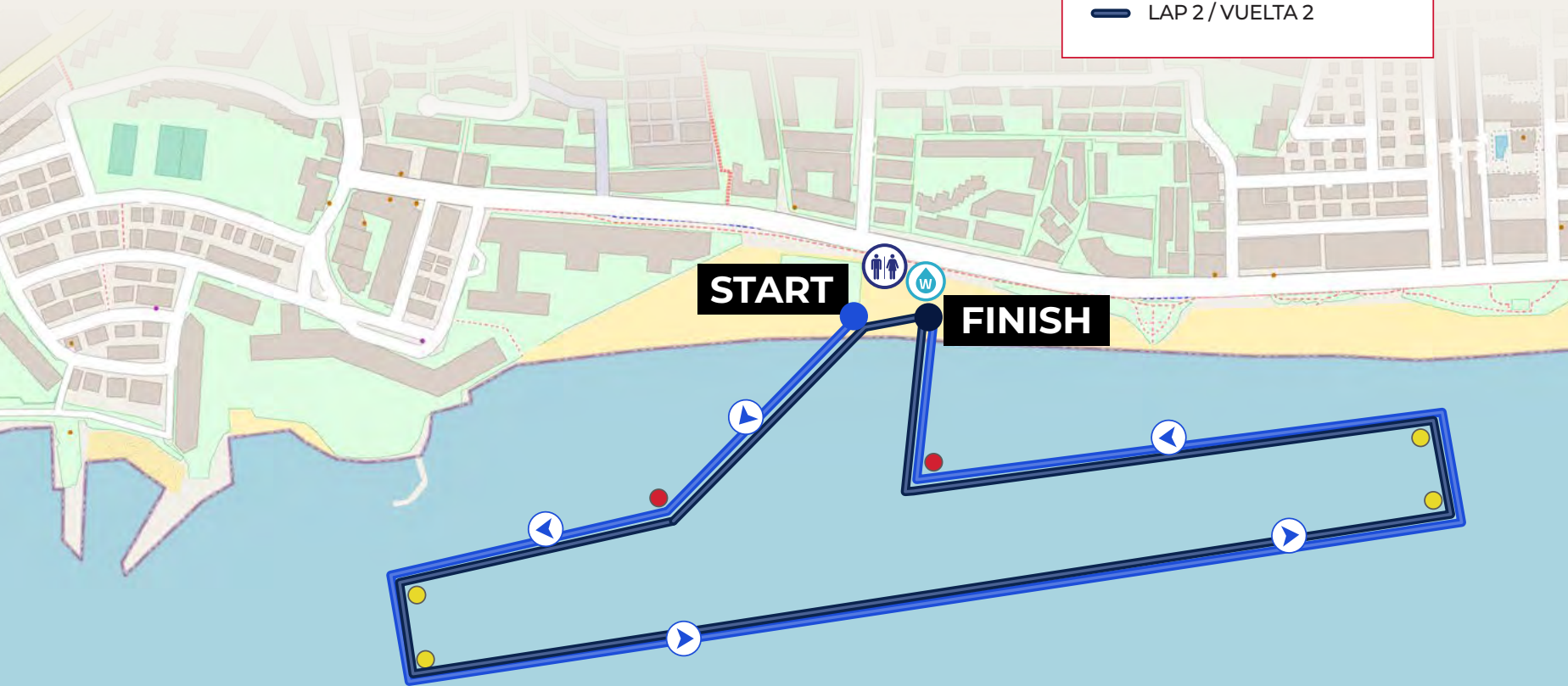
Bike mechanics are available within the bike transition area, in case you have any last-minute mechanical problems.

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

-  LIQUIDS / LIQUIDOS
-  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**



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**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).

*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 for the bike course*

### **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*

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

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 17th 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 17th 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 18th 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 8 aid stations on the bike segment: 5 aid stations with solid and liquid nutrition and 3 aid stations with liquid nutrition. There is also one 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 - Aid Station 1 (liquids only)

09:30 Mancha Blanca 43,8KM - Aid Station 2

10:05 Teguisse 64,9KM - Aid Station 3 (liquids only)  
10:35 Teseguite 87KM - Aid Station 4  
10:50 Los Valles 93,6KM - Personal Needs  
11:20 Mirador del Rio 113KM - Aid Station 5  
11:50 Teseguite 136KM - Aid Station 6  
12:20 Masdache 151KM - Aid Station 7  
12:40 Tegoyo 168KM - Aid Station 8 (liquids only)  
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.

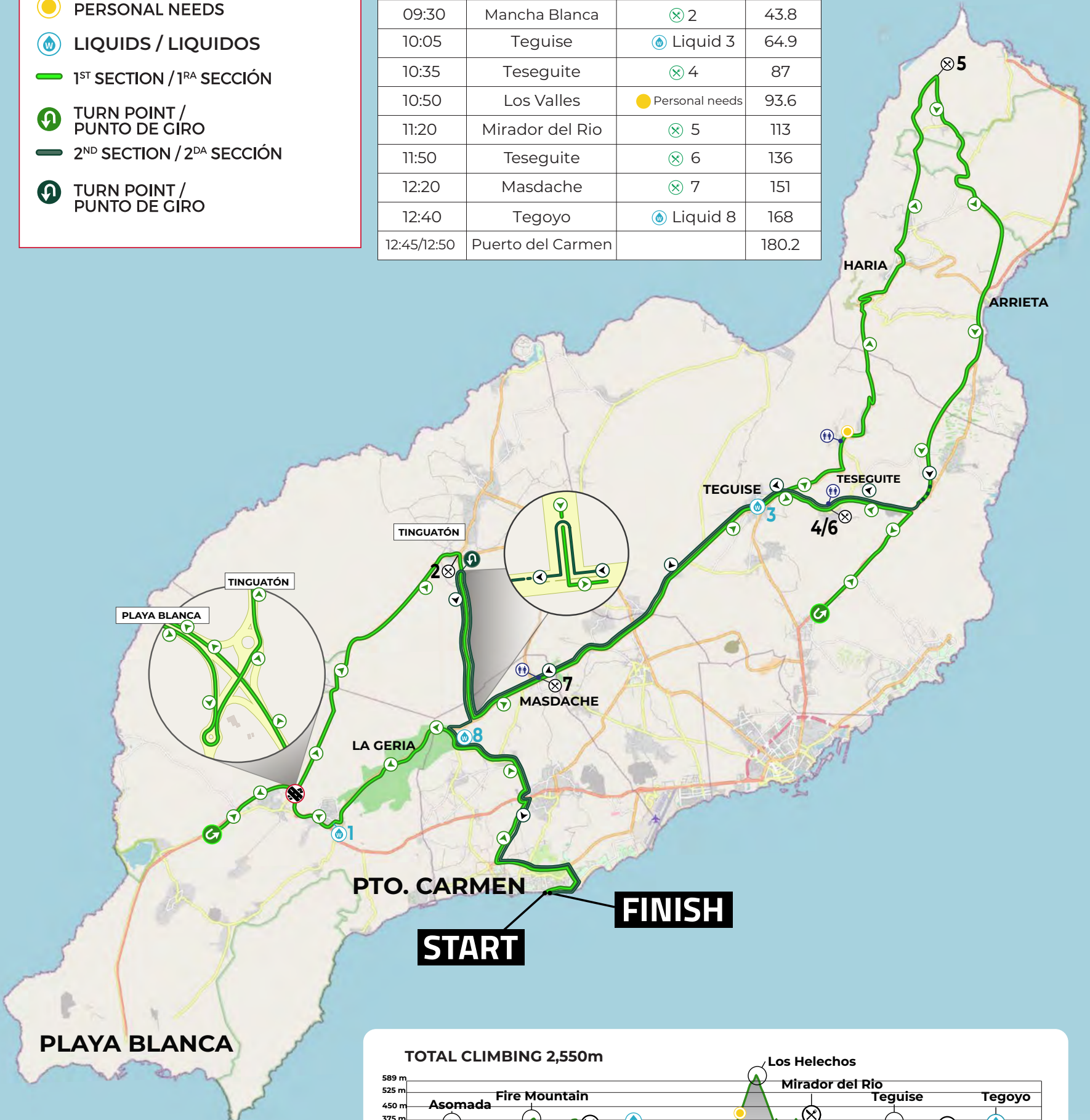


**LEGEND**

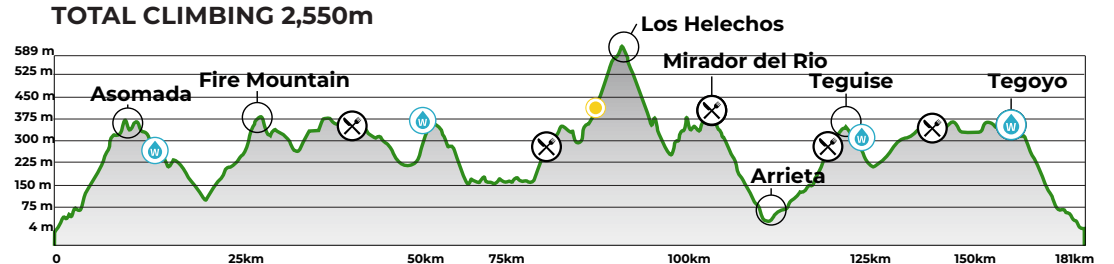
- ⊗ AID STATION / AVITUALLAMIENTO
- PERSONAL NEEDS
- 💧 LIQUIDS / LIQUIDOS
- 1<sup>ST</sup> SECTION / 1<sup>RA</sup> SECCIÓN
- ↻ TURN POINT / PUNTO DE GIRO
- 2<sup>ND</sup> SECTION / 2<sup>DA</sup> SECCIÓN
- ↻ TURN POINT / PUNTO DE GIRO

**ESTIMATED TIMES OF BIKES PASSING**

TIME	PLACE	AID STATION	KM
07:50	Puerto del Carmen		
08:35	Uga	💧 Liquid 1	20.8
09:30	Mancha Blanca	⊗ 2	43.8
10:05	Teguisse	💧 Liquid 3	64.9
10:35	Tesequite	⊗ 4	87
10:50	Los Valles	● Personal needs	93.6
11:20	Mirador del Rio	⊗ 5	113
11:50	Tesequite	⊗ 6	136
12:20	Masdache	⊗ 7	151
12:40	Tegoyo	💧 Liquid 8	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 > Los Pocillos > Playa Honda > 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 Avenida de Las Playas Puerto del Carmen. No personal help is allowed.

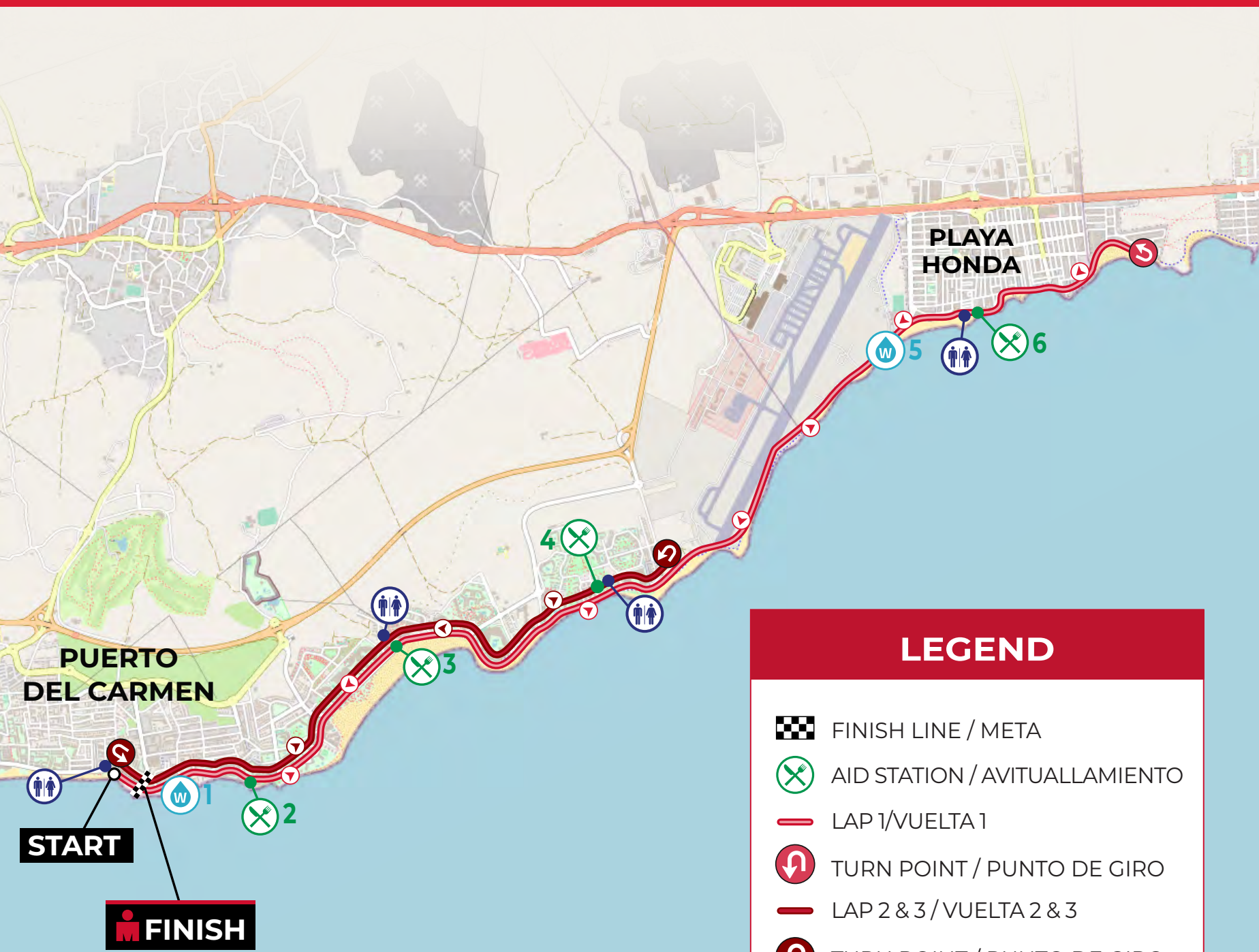
### AID STATIONS

There are 6 aid stations: 6 double on the lap 1, and 4 double on the laps 2 and 3. double aid stations. The 1st and 5th will have liquid nutrition and all the others will have solid and liquid nutrition.

Your Personal Nutrition, (labelled with the sticker included in the race pack), will be placed after the first Aid Station.

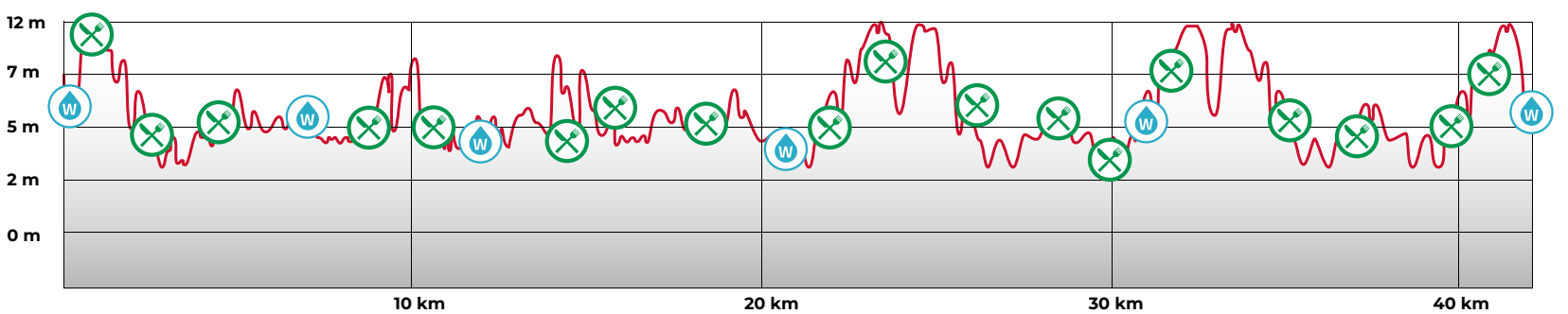
### CUT OFF TIME

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
- LIQUIDS / LIQUIDOS





# 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. can 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. You can get there: through Tías/Montaña Blanca - San Bartolomé - Tahiche - Tegui.

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).

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!



**Los tiempos  
han cambiado,  
los hornos también.**

## **iKORE**

Abre las puertas a una  
nueva forma de cocinado.



# 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: Relaxation massages provided by the students of a Massage Therapy school are available at the Finish area, on a first-come, first-serve basis. In case you need a therapeutic massage you will need to contact a licensed physiotherapist.
- 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](http://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 2024 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.

To enter the Transition area for the check-out (in case you leave before 19.00) will be at entrance B ( view on the map).

The exit of the Check-out will be at point A.

- 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 A.

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](mailto: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](http://www.IRONMAN.com) and in the IRONMAN Tracker App.

Results will be available for download at [www.IRONMAN.com](http://www.IRONMAN.com) & soon after the race at the race website [www.IRONMANlanzarote.com](http://www.IRONMANlanzarote.com)

## PRIZE MONEY

### PRO ATHLETES

The top 6 male and 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.

### TRICLUB PODIUM

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

## AWARDS CEREMONY

The Awards Ceremony will take place at the Transition in Playa Grande. on Sunday the 19th of May at 14:00, after the Slot Allocation. There will be awards for the following participants:

- **Top 3 Age Groups winners (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)**

Bus transportation from Club La Santa to Puerto del Carmen to the Awards Ceremony and back will be available. Online bus registration available at: [www.ironman.com/im-lanzarote-register](http://www.ironman.com/im-lanzarote-register)

## INFORMATION CENTRE POST RACE

Post-race information available at the transition on Sunday morning between 09:30-16:30.

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](mailto: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 the transition.

Lost & found items will be available at Club La Santa North Reception, from Sunday 16:30.

## 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](http://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.



# IRONMAN WORLD CHAMPIONSHIP

The IRONMAN Lanzarote will award 25 slots for male age groups and 35 slots for female age groups and 4 slots for PRO athletes (2 MPRO/ 2 WPRO) for the 2024 IRONMAN World Championship:

- Women Race will be in Nice, France on September 22, 2024
- Men Race will be in Kailua-Kona, Hawai`i, USA on October 26, 2024

## 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](http://www.IRONMANlanzarote.com) on race day, after the swim start.

The World Championship slots allocation for age groups will take place on Sunday 19th of May 2024 at 12:30 am at the Finish Line in Transition. **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 2024 IRONMAN® WORLD CHAMPIONSHIP. QUALIFYING: 2024 KPQ 4-PRO SLOTS: 2-MPRO/2-WPRO

The World Championship slots allocation for PRO athletes will take place on Sunday 19th of May 2024 at 12:30 pm at the Finish Line in Transition.

**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.**



# 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 12th of May 2024 at 23.59hrs.

Link available [here](#).

For more information please contact: [lanzarote@IRONMAN.com](mailto:lanzarote@IRONMAN.com)



# THE MEDICAL SUPPORT TEAM

The Club La Santa IRONMAN medical support team is back and ready to assist you during our 2024 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?

Club  
La Santa

# IRONKIDS<sup>®</sup>

## LANZAROTE



17.05.2024 | 16:30PM

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[ironman.com/im- Lanzarote-register](https://ironman.com/im- Lanzarote-register)



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DE TRIATLÓN







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 (2017-2018): 125m (run) - 50m (swim) - 125m (run)
- Benjamin (2015-2016): 250m (run) - 100m (swim) - 250m (run)
- Alevin (2013-2014): 500m (run) - 200m (swim) - 500m (run)
- Infantil (2011-2012): 1250m (run) - 500m (swim) - 1250m (run)
- Cadete (2009-2010): 1250m (run) - 500m (swim) - 1250m (run)

\*Distances can be modified by the organisation.

## **2. Date and race venue:**

The IRONKIDS will take place on Friday 17th 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 16th May and Friday 17th May in Puerto del Carmen, at Matagorda Beach in front of Hotel Sol Lanzarote. Opening times:

- Thursday 16th: Race pack collection from 17.00hrs until 20.00hrs,
- Friday 17th: Race pack collection from 14:30hrs until 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 12th 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](http://www.IRONMAN.com/im-lanzarote-register)** (under IRONKIDS section).



# 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.

Families can enjoy outdoor fun together with a variety of options: mountains, beaches, trails, and more. In this post, we'll share some ideas to make sure staying indoors isn't even on your radar.



## **TREKKING AND TRAIL RUNNING**

For lovers of trekking and trail running, the island offers a wide range 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 clear signposted routes scattered all over the island that you can either explore by yourself or with the help of a guide who can teach you about the wonders of Lanzarote: the curious and unique way of growing grapes in La Geria, the age of the mountains of Los Ajaches, the reason behind the whimsical shapes of the lava in the Timanfaya National Park or learn about the flora and fauna that you will find in the Barranco de Elvira Sanchez in the ascent to the Bosquecillo.

A day out in which all you need to do is choose the route and prepare your backpack with water, sunscreen, a mobile phone and a strong desire to enjoy every step. You can look into some of the routes on different online portals: the Tinajo Town Hall website, [senderosdeharia.com](http://senderosdeharia.com) and [senderismolanzarote.com](http://senderismolanzarote.com), all describe in detail different trails around the island.

We suggest taking a hike along Famara's extensive beach, which is approximately 6 kilometres long, and will surely delight you as you walk on its sands. On one end, you'll find the impressive Risco de Famara, and on the other, there's a lively fishing village. This village is mostly aimed at water sports enthusiasts and has plenty of restaurants to choose from.

## **MOUNTAIN BIKING OR RELAXING BIKE RIDES ON SAFE, QUIET ROADS**

If you want to explore the island with your family on bikes, there are lots of different options. There are various companies that rent out the equipment and have experts who can give you the best advice on how to make the most of your ride.

If you prefer mountain biking, make sure the trail is suitable for all members of the family. It's also smart to bring spare parts just in of any unexpected events.

Being on such a beautiful island, there are plenty of bike routes that allow you to engage with nature and enjoy some unique and spectacular sights: volcanoes, the calming sea, local flora and charming white houses. All together creating a truly memorable experience you will cherish and want to repeat time and time again.

For another unforgettable experience, consider cycling around the enchanting eighth Canary Island: La Graciosa. You can cycle all the way to the paradisaical Playa de Las Conchas or wander the sandy streets of the quaint village of Pedro Barba, that can all be done in one day of pedalling!

If coastal routes are more your style, Lanzarote has broad seaside promenades where you can enjoy long leisurely bike rides. Take advantage of the opportunity to cool off with a dip in the Atlantic Ocean before continuing your journey.



## **DIVING OR SNORKELING**

The fantastic weather and warm water temperatures always invite you to spend the day at the beach or enjoy sea-related activities. Both adults and children can dive and explore the island's waters, and we recommend visiting specialized centres for advice. They attend to families and can suggest the most popular and beautiful diving spots, along with all the details you need.

Playa Chica in Puerto del Carmen is a top choice for underwater exploration, but there are also great spots in Playa Blanca, Costa Teguisse, and La Graciosa to enjoy marine life to the fullest.

If you prefer observing the seabed without oxygen tanks, there are plenty of shallow areas with abundant biodiversity around the island where all you need is a snorkel and mask for a day of underwater adventures.

Whether it's walking, cycling, or diving, experiencing Lanzarote means creating unforgettable memories. But don't forget about food! Plan a place to eat before your activities. The local cuisine is always a hit with visitors and can be the perfect end to a fun family day.



# 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](http://www.clublasanta.com)

Good luck and have a great race!

*The IRONMAN Lanzarote Organisation*



# IRONMAN LANZAROTE AND SUSTAINABILITY

IRONMAN Lanzarote commits to contribute with the protection of the island's nature and environment. It is important for us to respect the race courses, as they are part of an environmentally sensitive area that we so much admire.

## GPS BOUYS

In our commitment to environmental protection and sustainability, we have decided to implement GPS buoys to mark the swimming route in our triathlon sporting event. This decision is based on seeking alternatives that minimize environmental impact, as GPS buoys offer significant advantages in terms of preserving the marine ecosystem.

**Preservation of the marine environment:** GPS buoys present an ideal alternative for marking the swimming route in the event, primarily because they do not involve anchoring or structures that could damage the marine floor. By not requiring cables or ropes for their placement, we avoid dragging and disturbing sensitive marine habitats. This ensures that the biodiversity and ecological balance of the area remain intact, without compromising the marine life inhabiting these areas.

**Recommendations for participants:** While GPS buoys offer an ecological and sustainable option for marking the swimming route, it is essential for participants to also commit to environmental protection during the competition. We recommend all swimmers to consider the following precautions when approaching the buoys:

- Avoid hitting or grabbing the buoys: As rigid structures, the buoys should not be used as points of support during the swimming route to prevent any harm to the participants and the buoys themselves.
- Maintain a safe distance: Swimmers are advised to keep a reasonable distance when passing near the buoys, avoiding accidental collisions that could damage the integrity of the buoys or cause inconvenience to other competitors.

The use of GPS buoys to mark the swimming route in our triathlon sporting event is a conscious decision that reflects our commitment to environmental protection. By avoiding impact on the marine floor and reducing potential damage to the marine ecosystem, we ensure that our event is sustainable and environmentally responsible.

## **SUNSCREEN**

in IRONMAN Lanzarote we offer a reef-friendly sunscreen is crucial for protecting marine ecosystems. These specially formulated sunscreens are designed to be free of harmful chemicals that can damage coral reefs and marine life.

## **RECYCLING**

During the event, we prioritize recycling as much as possible to minimize our environmental impact. We provide designated bins for recyclable materials, encouraging the staff to dispose of waste responsibly. After the event, our commitment to sustainability continues as we meticulously separate litter to ensure that all trash generated is properly recycled.

Each year, we strive to incorporate recycled materials into our textiles and signage, reducing our reliance on new resources. Moreover, we are committed to continually decreasing our use of plastic to minimize waste and environmental impact.



# 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





# CONTACT

## RACE DIRECTOR

Fabio Eligio Cabrera Cruz  
[lanzarote@IRONMAN.com](mailto:lanzarote@IRONMAN.com)

## RACE COORDINATOR & ATHLETE SERVICES

Sara Perani  
[lanzarote@IRONMAN.com](mailto:lanzarote@IRONMAN.com)

## CLUB LA SANTA

[www.clublasanta.com](http://www.clublasanta.com)  
Avenida Krogager, s/n, 35560 Tinajo,  
Lanzarote, Islas Canarias, España  
Tel: +34 928 599 999  
[info@clublasanta.com](mailto:info@clublasanta.com)

## PR, PRESS

Montse Parrizas  
Tel.: (+34) 928 599 995 # 4400  
[mp@clublasanta.com](mailto:mp@clublasanta.com)

# THANKS TO EVERYONE

Club La Santa, Cabildo Insular de Lanzarote y Servicio Insular de Deportes, Ayuntamiento de Tías y Puerto Del Carmen, Turismo Lanzarote, European Sports Destination, Gobierno de Canarias, Turismo Canarias, 226ERS, Coca Cola, Cabrera Medina, Naviera Armas, Securitas, Emerlan, Fetri, Fecantri, Guardia Civil, Guardia Civil Tráfico, Policías Municipales de Arrecife, Haría, San Bartolomé, Teguise, Tías, Tinajo, Yaiza, Protección Civil, Hospital José Molina Orosa, todos los Voluntarios.

## COLLABORATING BUSINESSES:

Agua Teror, Alcruz Canarias, Andres Eizaguirre, Argal, Ava selección, Bodegas El Grifo, Bricej, Brito Hostelería, Carnes Y Embutidos Chacón, CavasCatalanas (Meprolim), Coca Cola Company, Comit grupo comercial italiana, Compañía Cervecera Canaria, S.a. (Tropical),- (Tropical 0.0), Davigel, Dismare, Distribuciones Viera, Distribuidora Eléctrica Canarias S.A, Diproquim, Ecolab, Fagor Profesional, FERRETERÍA TÍAS, Freixenet, Furgolanz, Grupo Kalise, Guerra y Fernandez, Guillén Morales, Hermanos Pacheco, Heurafoods, HOSTELMEC , HiVision, Informática Lanzarote, Joaquin Cabrera, Lanzafrut, Maderas Marcial González E Hijos, Más Deportes, Mph, Pescaderia Titerroy, Pescatron , Precocinados Titerroy, Queso Flor Valsequillo Representaciones, Red Bull, Securitas, Rice in Action, Salinas Janubio, Sotabac, Surpan, Telefonía Móvil España - Movistar, TGT, Transportes Domingo Rijo, Tripasión, Unilever.

## COLLABORATING HOTELS:

**Puerto del Carmen:** Apartamentos La Moraña, Ereza Los Hibiscos Apartamentos, Hibiscus Hotels, Hotel Sentido Aequora Lanzarote Suites, Hotel Pocillos Playa, Relaxia Lanzaplaya , Seaside Los Jameos Playa Hotel, Plus Fariones Hotels & Apartments

**Puerto Calero:** Secrets Lanzarote Resort and Spa

**Playa Blanca:** Dreams Lanzarote Playa Dorada

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