Club La Santa

IRONMAN LANZAROTE

CANARIAS III SPAIN

QUALIFYING EVENT
IRONMAN WORLD CHAMPIONSHIP
2024

THE LEGEND

FORGED IN FIRE

PLAYA GRANDE, PUERTO DEL CARMEN

18.05.2024 | 7:00AM

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Club La Santa

Cabildo de Lanzarote

LANZAROTE SPORTS DESTINATION

Servicio Insular de Deportes

Financiado por la Unión Europea NextGenerationEU

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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 experiences 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 them!
unbreakable commitment that has brought so much joy to the Canary Islands triathlon.



EVENT SCHEDULE

WEDNESDAY, MAY 15TH 2024		
10:00	**19:00**	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
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
THURSDAY, MAY 16TH 2024		
10:00	**19:00**	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen

11:00	**12:00**	Press Conference open to general public- SOCO Shopping Centre, Puerto del Carmen
17:00		Welcome Parade - Meeting point: Oficina de Turismo, Avenida de Las Playas, Puerto del Carmen
FRIDAY, MAY 17TH 2024		
10:00	**12:00**	Registration, IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	IRONMAN Lanzarote EXPO - Avenida de Las Playas, Puerto del Carmen
10:00	**19:00**	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
11:00	**15:00**	Mechanic Services (with charge) - Avenida de Las Playas (entrance of transition zone)
14:30		For Club La Santa Guests: Bus departure from Club La Santa to Puerto del Carmen (Bike Check- In)
15:00	**20:00**	Bike and bag Check In - Transition area, Avenida de Las Playas, Puerto del Carmen
15:00	**20:00**	Mechanic Services (free of charge) - Avenida de Las Playas (entrance of transition zone)
16:30		IRONKIDS - Matagorda Beach (Sol Lanzarote Hotel)
SATURDAY, MAY 18TH 2024 - RACE DAY		
05:00	**06:45**	Opening Transition for athletes - Avenida de Las Playas, Puerto del Carmen
05:00	**00:30**	IRONMAN Athlete Info Point (for participants) - Transition Area
05:00	**00:30**	IRONMAN Lanzarote Info Centre (for spectators) - Avenida de Las Playas, Puerto del Carmen
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
09:00	**19:00**	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
19:00	**00:30**	Check-out bikes and bags - Transition Area
00:30		Closure Transition Area
SUNDAY, MAY 19TH 2024		
09:30	**16:30**	IRONMAN Lanzarote Merchandise shop - Avenida de Las Playas, Puerto del Carmen
09:30	**16:30**	IRONMAN Lanzarote Info Centre open - Avenida de Las Playas, Puerto del Carmen
12:30		IRONMAN World Championship slot allocation and registration (in person) - IRONMAN Lanzarote transition, Puerto del Carmen
14:00		Awards Cocktail (Open for all participants) - IRONMAN Lanzarote transition, Puerto del Carmen
14:00		Awards Ceremony - IRONMAN Lanzarote transition, Puerto del Carmen

UPCOMING CLUB LA SANTA RACES









Club La Santa

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Ayuntamiento de Tías · Ayuntamiento de YAIZA · Ayuntamiento de Teguise · Ayuntamiento de Arrecife Concejalía de Deportes · Ayuntamiento de San Bartolomé · Ayuntamiento de Haría

For IRONMAN Lanzarote spectators...

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. 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**

BEST ENVIROMENTAL 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 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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3 SALIDAS DIARIAS



Playa Blanca ⇄ Puerto del Rosario

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NAVIERA ARMAS

Trasmediterránea



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 Shoping 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 Deadline to register: Wednesday 15.05.2024 at 13:00 CET. In case of any special request please contact **tiia@clublasanta.com** by Monday the 13.05.24 at 13:00h CET.

Date	Activity	Pick up	Time	Return	Time	Price (infants are free)
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.

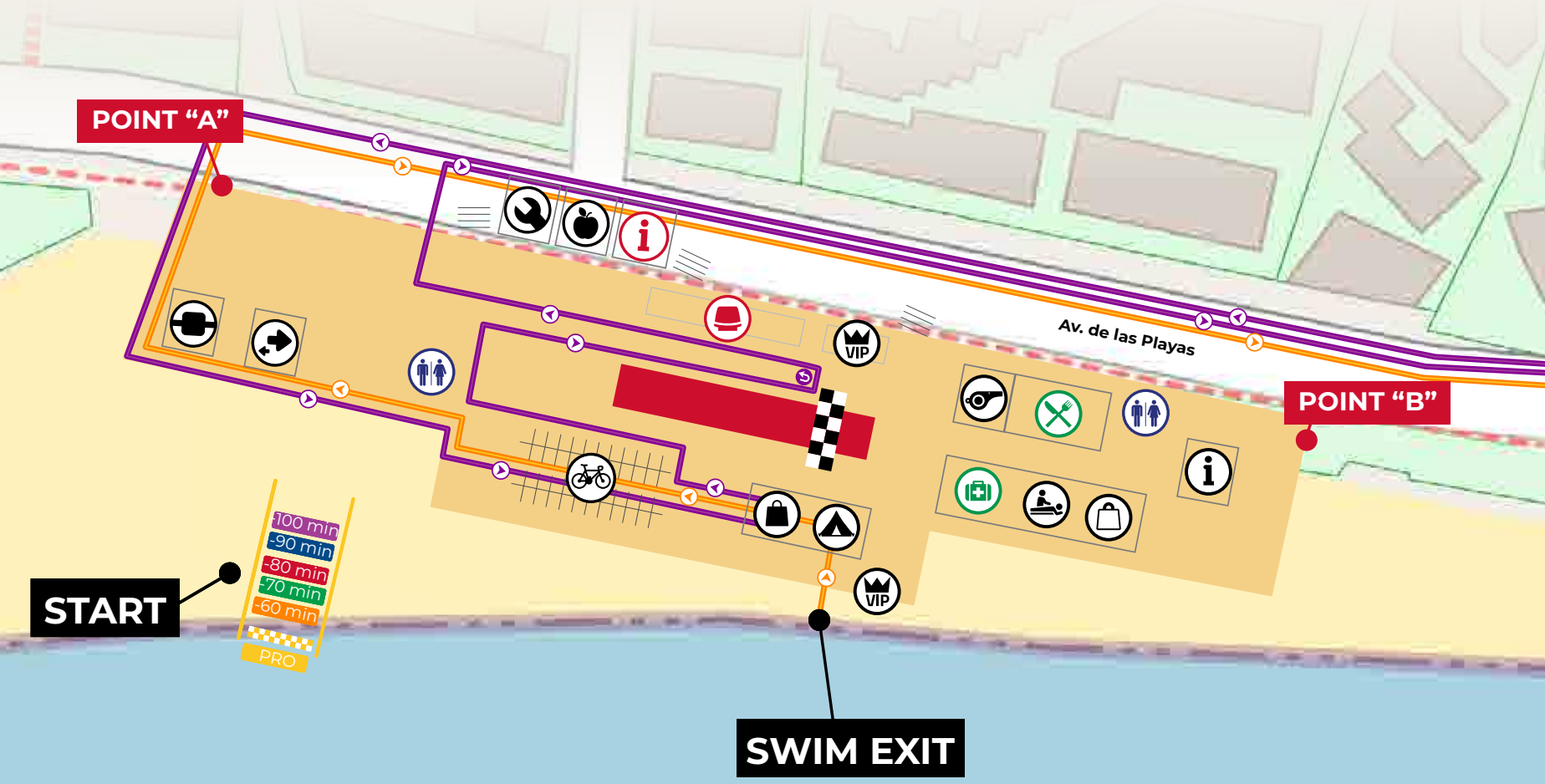
- **Medical notes on your BIB**

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.

Club La Santa
IRONMAN LANZAROTE
CANARIAS III SPAIN

TRANSITION MAP
MAPA DE TRANSICIÓN

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.

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

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**

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 (orage) 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 are 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

#puertodelcarmen

Ayuntamiento de Tías

PUERTO DEL CARMEN LANZAROTE





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 Transition and in the Bike course in Plaza de Haría.

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).

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** 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** in the IRONMAN Tracker App and soon after the race at the race website **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.**

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 Hydrazero (bike bottle)

Aid Station 2, Km 43 (Macha Blanca):
Water (sport bottle)
Fruit: bananas and oranges
226ERS: Hydrazero drink, Race Day Bar, Isotonic Gel, High Energy Gel

Aid station 3, Liquid nutrition only, Km 64 (La Villa de Teguise):
Water (sport bottle)
226ERS Hydrazero (bike bottle)

Aid station 4, Km 85 (Teseguite):
Water (sport bottle)
Fruit: bananas and oranges
226ERS: Hydrazero 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 (Teseguite):
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 content 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 Expresso 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.

Club La Santa
IRONMAN
LANZAROTE
CANARIAS SPAIN

NATACIÓN / SWIM 3.8km

VUELTAS / LAPS	2
AGUA / WATER	MAR / SEA
TEMPERATURA / WATER TEMP	19-20°C









ALWAYS REMEMBER YOUR RACE

get your personal pictures on SPORTOGRAF.COM





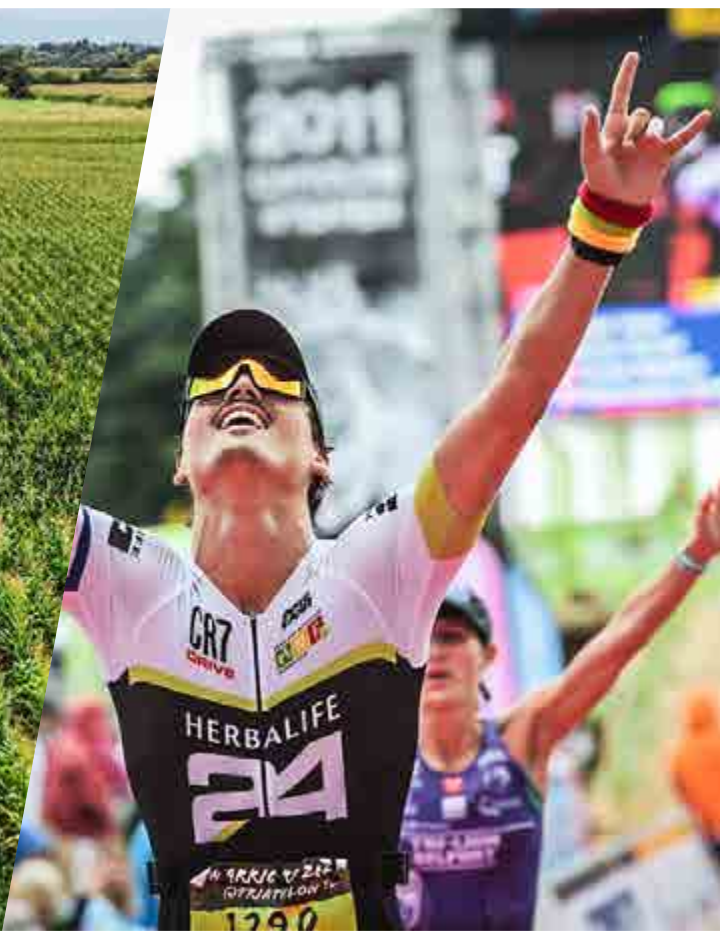


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FLAT



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 Teguise 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.

Club La Santa
IRONMAN LANZAROTE
CANARIAS SPAIN

CICLISMO / BIKE 180.2km

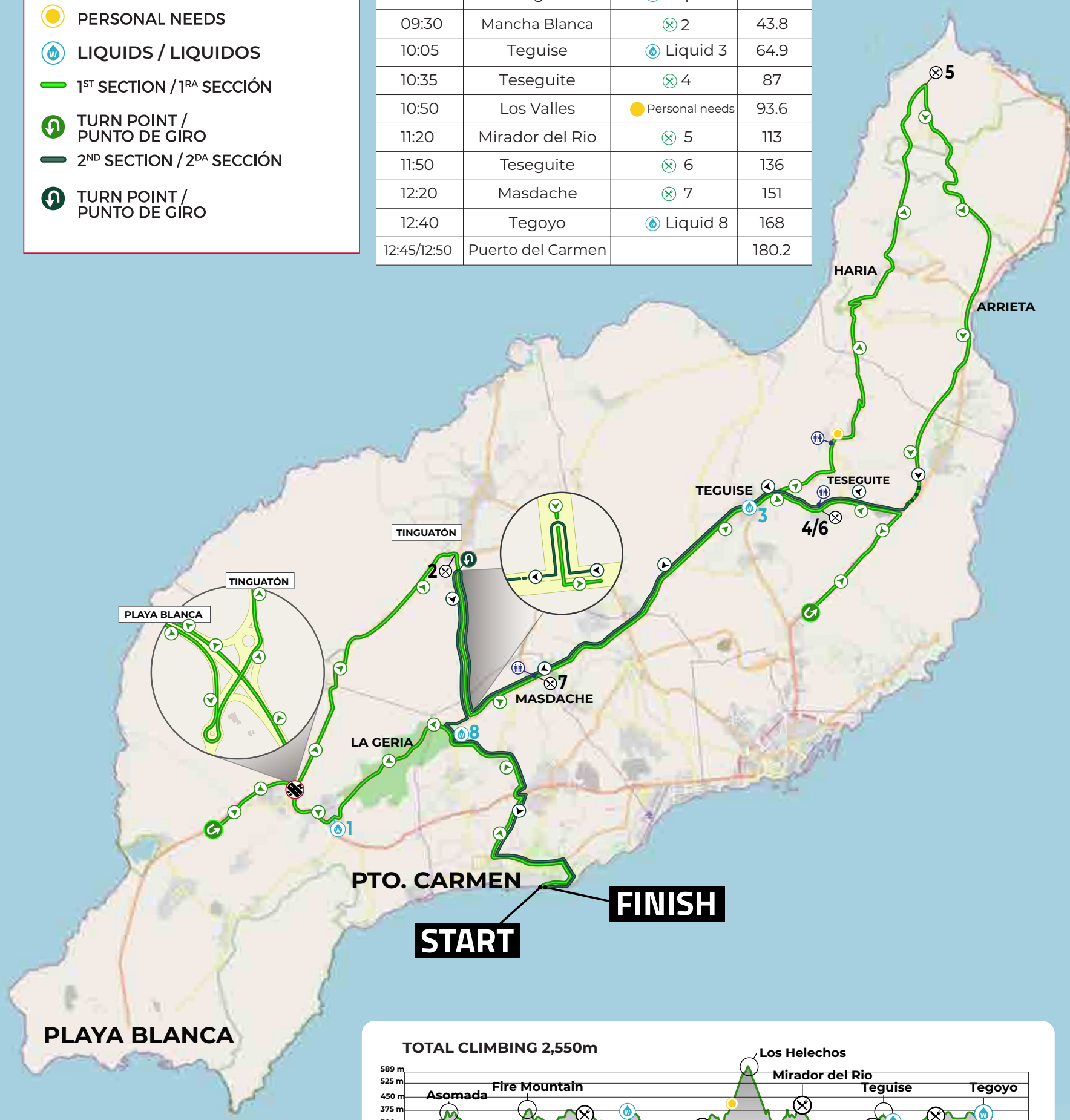
VUELTAS / LAPS 1
DESNIVEL / ELEVATION D+ 2,550m APROX.
PUNTO MÁS ALTO / HIGHEST POINT 589M
DIFICULTAD / DIFFICULTY ●●●●○

LEGEND

- AID STATION / AVITUALLAMIENTO
- PERSONAL NEEDS
- LIQUIDS / LIQUIDOS
- 1ST SECTION / 1RA SECCIÓN
- TURN POINT / PUNTO DE GIRO
- 2ND SECTION / 2DA 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	Teguise	Liquid 3	64.9
10:35	Teseguite	4	87
10:50	Los Valles	Personal needs	93.6
11:20	Mirador del Rio	5	113
11:50	Teseguite	6	136
12:20	Masdache	7	151
12:40	Tegoyo	Liquid 8	168
12:45/12:50	Puerto del Carmen		180.2





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 Transition. 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 to 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.

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LANZAROTE
CANARIAS SPAIN

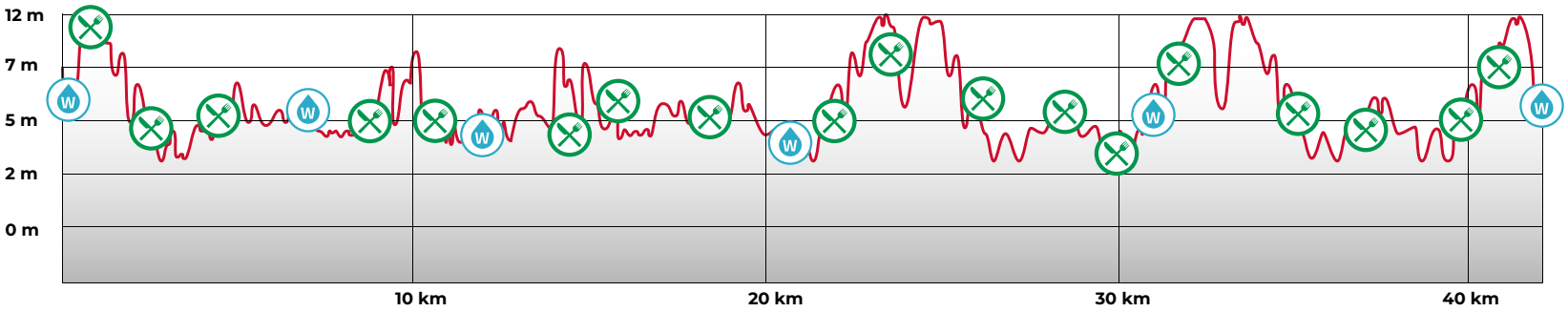
CARRERA / RUN 42.2km

VUELTAS / LAPS 3
DESNIVEL / ELEVATION 228m
DIFICULTAD / DIFFICULTY ●●●○○



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 - 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).

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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Los tiempos han cambiado, los hornos también.

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nueva forma de cocinado.

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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**, 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** 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** 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 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**

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

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**

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** 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 19ht 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**



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®

LANZAROTE



17.05.2024 | 16:30PM

PUERTO DEL CARMEN - PLAYA DE MATACORDA

ironman.com/im-lanzarote-register

Club La Santa · Cabildo de Lanzarote · Lanzarote A unique island · european sports DESTINATION · Financiado por la Unión Europea · Ministerio de Industria y Turismo · Canary Islands · Gobierno de Canarias · Ayuntamiento de Tías · Puerto Carmen Lanzarote · 226ERS · deboer wetsuits · Carrera Medinas · Securitas · Coca-Cola · Riviera Armas · Trasmediterránea · Fetri

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** (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.

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 paradisical 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.





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

IRONMAN LANZAROTE AND SUSTAINABILITY

iRONMAN Lanzarote commits to contirbute 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 Helllriegel	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	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
2023	Arthur Horseau	M	FRA	00:49:23	4:47:02	2:39:20	8:22:31
	Lydia Dant	F	GBR	0:58:36	5:31:25	3:21:28	9:59:13



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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, Sotabac, Surpan, Telefonía Móvil España - Movistar, TGT, Transportes Domingo Rijo, Tripasión, Unilever.

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Puerto del Carmen: Apartamentos La Moraña, Ereza Apartamentos, Hibiscus Hotels, Hotel Aequora Lanzarote Suites, Hipotels La Geria, La Isla y el Mar Hotel Boutique, Villas Alondra, Hotel Pocillos Playa, Guinate Club, Relaxia Lanzaplaya , Seaside Los Jameos Playa Hotel.

Puerto Calero: Secrets Lanzarote Resort and Spa

Playa Blanca: Dreams Lanzarote Playa Dorada

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