

25 · OCTUBRE · 2025
PUERTO DEL CARMEN · TÍAS



OCEANILAVA

BY KENNETH GASQUE

LANZAROTE





Dear triathletes, friends, and supporters of Lanzarote,

It is an honor to welcome you to the fifteenth edition of Ocean Lava Lanzarote, an event that, year after year, has established itself as one of the most iconic competitions on the Canary Islands sporting calendar and as an international benchmark in the world of triathlon.

On this 25th of October, Puerto del Carmen once again becomes the heart of Canarian triathlon, hosting hundreds of athletes of all ages, levels, and origins. From the Plaza de las Naciones, the epicenter of the event, will emanate the energy and excitement that have distinguished Ocean Lava since its inception.

Celebrating fifteen years of history is, without a doubt, a source of pride. These fifteen editions represent commitment, respect for the environment, and collaborative work between institutions, organizers, and sponsors. On behalf of the Lanzarote Island Council, we extend our gratitude to K3 Event Services, the organizer of the competition, for their dedication and attentiveness in providing significant discounts on transportation and accommodation to facilitate the participation of the athletes. We also recognize the essential support of PROMOTUR del Gobierno de Canarias, el Ayuntamiento de Tías, la Sociedad de Promoción Exterior de Lanzarote y los Centros de Arte, Cultura y Turismo de Lanzarote; (PROMOTUR of the Canary Islands Government, the Tías Town Hall, the Lanzarote Society for External Promotion, and the Lanzarote Centers of Art, Culture, and Tourism), as well as the Servicio Insular de Deportes (Island Sports Service) and the other private collaborators of the event.

Together, we help strengthen the distinctive character of Lanzarote as a tourist destination.

Ocean Lava Lanzarote 2025 once again offers the Supersprint and Olympic distances. As in previous editions, the Olympic distance can be completed as a relay team. This diversity reflects the inclusive and participatory spirit of a competition that welcomes everyone, from first-time participants to the most experienced athletes.

Each segment of the course—from swimming along our coast to cycling and running along Avenida de las Playas—is a tribute to the natural and volcanic beauty of Lanzarote, declared a Biosphere Reserve in 1993, and to the inseparable bond between sport and environmental respect that defines our island.

I invite all participants, along with their families and companions, to enjoy the many attractions that Lanzarote and La Graciosa offer during these days: their unique landscapes, gastronomy, culture, and the warm hospitality of our people. May Ocean Lava Lanzarote 2025 be not only a sporting experience but also an opportunity to live and share the essence of our islands.

Wishing you a wonderful Ocean Lava Lanzarote 2025, and the best of luck.

Oswaldo Betancort

President of Cabildo de Lanzarote





Dear athletes, visitors, and friends,

It is an honor for me, as Mayor of Tías, to welcome you to our land on the occasion of the Ocean Lava Lanzarote 2025 sporting event, a year in which we begin the celebration of the 60th anniversary of Puerto del Carmen as a tourist destination. In this oceanic and volcanic municipality, with its unique landscape and active spirit, we firmly believe in the value of sport as a bridge that unites communities, personal challenges, and nature.

I invite you to enjoy every segment of the course: the sea, our paths, and the winds of Lanzarote. I trust that this experience will leave you with unforgettable memories and bring you closer to our island, full of radiant energy, hospitality, and beauty.

I wish to congratulate the organizers, volunteers, sports clubs, and all those who make this event possible. Your effort is essential in promoting Tías and Puerto del Carmen as a venue for international sporting events.

I wish you success, strength, and enjoyment. May enthusiasm, camaraderie, and love for sport prevail.

José Juan Cruz Saavedra

Mayor of Tías





Dear residents, visitors, and athletes,

As Councilor for Sports of the Tías Town Hall, it is a true honor to welcome all of you who have come today to enjoy Ocean Lava 2025 here in Puerto del Carmen.

This year is particularly significant for us, as we celebrate the 60th anniversary of Tías as a tourist destination. Six decades full of history, effort, and hospitality. What better way to commemorate this milestone than with a sporting event that reflects the spirit of perseverance, camaraderie, and passion that defines our people.

To all the triathletes, I wish you a great competition. Enjoy the course, the surroundings, and the warmth of our municipality. Today, more than ever, Tías and sport go hand in hand.

Welcome, and long live Ocean Lava 2025!

Ismael Cruz

*Councilor for Sports
Tías Town Hall*





Dear participants,

It is an honor to welcome you to a new edition of Ocean Lava Lanzarote, an event that, year after year, transforms our island into the epicenter of international triathlon and a true stage of effort, passion, and achievement.

Ocean Lava was born in Lanzarote with the purpose of uniting sport and nature, celebrating the unique beauty of this volcanic land and the spirit of those who dare to challenge it. Today, thanks to all of you —athletes, technical teams, volunteers, sponsors, and spectators— we continue to keep that dream alive.

Every stroke, pedal, and stride in this race represents far more than a physical challenge: it symbolizes a commitment to the values of sport, sustainability, and cultural exchange. From the organization, we have worked tirelessly to offer you an experience that is safe, exciting, and true to the spirit of Ocean Lava.

I wish you an unforgettable competition, where your efforts are rewarded with the satisfaction of crossing the finish line, and where every moment becomes a celebration of active living and the love of sport.

Welcome to Lanzarote, welcome to Ocean Lava 2025.

With my utmost respect and gratitude,

Juan Antonio Carreño Clemente (Chico)

Event Director

K3

K3 Servicios Deportivos Integrales is a sports organization dedicated to providing professional services in training, consultancy, advisory, and event management within the sports sector.

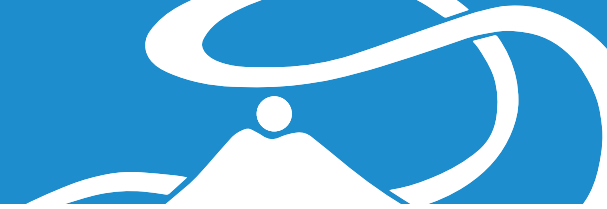
Formed by professionals from the fields of sport, marketing, and tourism, K3 has been operating in the Canary Islands since 2016. Its mission is to promote high-quality sporting experiences that combine performance, sustainability, and community values — creating events that leave a positive impact both on athletes and on the environment.





Official Sponsors





EVENT SCHEDULE

OCT. 24 FRIDAY

- **10:00-13:00H**
16:00-20:00H
DELIVERY OF
BIB NUMBERS
- **19:00H**
BRIEFING
Technical talk

OCT. 25 SATURDAY

- **6:30-7:15H**
DELIVERY OF
BIB NUMBERS
(exceptional cases authorized
by the organization)
- **6:00-7:30H**
CHECK-IN

- ⌚ 7:45H
CALL ROOM
- ⌚ 8:00H
OLYMPIC START
AND RELAY
- ⌚ 8:10H
SUPERSPRINT
START
- ⌚ 9:15H
KIDS CALL ROOM
- ⌚ 9:30H
KIDS START
- ⌚ 12:00H
AWARDS
CEREMONY

CLOSURES FRIDAY, OCTOBER 24

FROM 08:00 ON FRIDAY, OCTOBER 24
UNTIL 16:00 ON SATURDAY, OCTOBER 25

The section of Avenida de las Playas between
Calle Rusia and Calle Yugoslavia will be closed to traffic.
Diversion: via Calle Rusia → Calle Suiza → Calle Yugoslavia.

CLOSURES SATURDAY, OCTOBER 25

7:00 A 14:00 H

The closure of Avenida de las Playas will be
extended between Calle Noruega and Calle Lapa.
Diversion: via Calle Rusia → Calle Suiza → Avenida Francia → Calle Hungría.

7:00 A 11:30 H, the following roads will also be closed:

- Calle Noruega, between Avenida de las Playas and Rambla Islas Canarias.
- The section of Rambla Islas Canarias, between Calle Noruega and the roundabout at Calle Finlandia.
- Both lanes of the LZ-40, between the El Toro roundabout and the Matagorda exit.

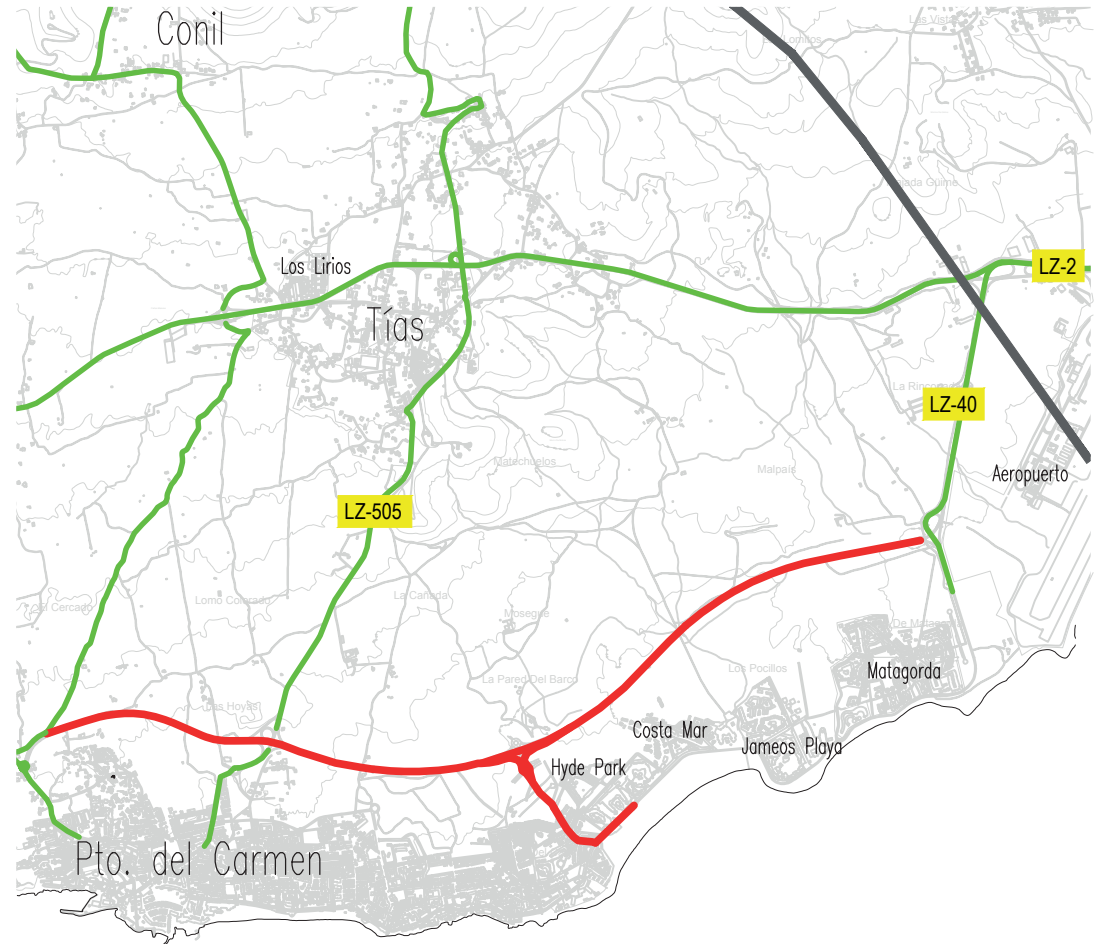
RECOMMENDATIONS:

ACCESS TO PUERTO DEL CARMEN:
FROM 7:00 AM TO 1:30 PM IT IS RECOMMENDED
TO AVOID PASSING THROUGH THE AREA

ALTERNATIVE ROUTES:

**MOST GREEN ROUTES WILL BE OPEN TO
DIVERT TRAFFIC.**

CHECK ROAD CLOSURE MAP
WWW.OCEANLAVALANZAROTE.COM



AFFECTED ROADS AND SCHEDULES

- 1 AVENIDA LAS PLAYAS _____ between C/ Lapa hasta C/ Rusia _____ 07:00 to 12:00 h.
- 2 AVENIDA LAS PLAYAS _____ between C/ Yugoslavia hasta C/ Rusia _____ 07:00 to 16:00 h.
- 3 CALLE NORUEGA _____ between Av. La Playas to the Canary Islands Rambla _____ 07:00 to 11:30 h.
- 3 LZ - 40 (AEROPUERTO - PTO. DEL CARMEN) _ from the Matagorda detour to El Toro _____ 07:00 to 11:30 h.



OCEAN LAVA LANZAROTE OFFERS A WIDE RANGE OF SERVICES TO ENSURE THAT EVERY ATHLETE ENJOYS A SAFE, ORGANIZED, AND UNFORGETTABLE RACE EXPERIENCE.

COMPREHENSIVE SAFETY PLAN: COORDINATION WITH LOCAL AUTHORITIES, EVACUATION POINTS, ACTION PROTOCOLS, WATER AND ROAD SAFETY, PRIVATE SECURITY, AND VOLUNTEER SUPPORT.

MEDICAL ASSISTANCE: MEDICAL STATIONS, PROFESSIONAL HEALTHCARE STAFF, AND AMBULANCES ON SITE.

RACE PACK PICK-UP: RACE PACK PICK-UP:

RACE BRIEFING: MANDATORY PRE-RACE MEETING FOR ALL PARTICIPANTS.

INFORMATION POINT: STAFF AVAILABLE TO ASSIST WITH ANY QUESTIONS OR LOGISTICS.

BAG DROP: SECURE AREA FOR PERSONAL BELONGINGS.

RESTROOMS: AVAILABLE AT KEY LOCATIONS AROUND THE VENUE.

MASSAGE SERVICE: FOR OLYMPIC ATHLETES AFTER THE RACE.

TIMING SYSTEM: ELECTRONIC TIMING WITH CHIP TECHNOLOGY.

LIVE TRACKING: MONITOR YOUR RACE PROGRESS THROUGH THE TRIPASIÓN EVENTOS APP.

SPEAKERS & ANNOUNCERS: KEEPING THE ATMOSPHERE LIVELY THROUGHOUT THE EVENT.

FINISHER MEDAL & DIPLOMA: RECOGNITION FOR EVERY ATHLETE WHO CROSSES THE FINISH LINE.

POST-FINISH REFRESHMENTS: BEVERAGES AT THE FINISH LINE.

FINAL MEAL & DRINKS AREA: FOR RECOVERY AND CELEBRATION AFTER THE RACE.

OFFICIAL PHOTO ALBUM & SUMMARY VIDEO: RELIVE YOUR OCEAN LAVA EXPERIENCE.

**ATHLETE
SERVICES**



OLYMPIC REFRESHMENT POINTS

SWIM



1500 M



WATER

BIKE



40 KM

**NO AID STATIONS
ON THE BIKE COURSE.**

RUN



10 KM



WATER



COKE



ISOTONIC



GELS



FRUIT



WATER

**DON'T FORGET
YOUR WATER BOTTLE!**

SUPERSPRINT REFRESHMENT POINTS

SWIM



400 M



WATER

BIKE



11 KM

**NO AID STATIONS
ON THE BIKE COURSE.**

RUN



2,5 KM



WATER



COKE



ISOTONIC



GELS



FRUIT

OCEAN\LAVA
BY KENNETH GASQUE




OCEAN\LAVA
BY KENNETH GASQUE

PLANET





SANTACRUZ

Ocean Lava Tenerife

OLYMPIC | HALF



LANZAROTE

Ocean Lava Lanzarote

SPRINT | OLYMPIC | HALF



MONTENEGRO

Ocean Lava Montenegro

OLYMPIC | HALF



TRIATHLON POLAND

BYDGOSZCZ
BOROWO

Ocean Lava Poland

SPRINT | HALF | LONG



LIDO DI JESOLO ITALIA

Ocean Lava Italy - Jesolo

SPRINT DISTANCE



WALES/CYMRU

Ocean Lava Mumbles Wales

SPRINT | OLYMPIC



VRSAR | CROATIA

Ocean Lava Vrsar Croatia



MALTA

Ocean Lava Malta



RHODES

Ocean Lava Rhodes Greece



MADEIRA

Ocean Lava Madeira



Thank you to everyone who has come to Lanzarote this year to take part in the Ocean Lava Planet finals.

It fills me with joy to see more than 500 athletes enjoying this island — a place that welcomed me many years ago and became my home.

Ocean Lava is much more than a sports event; it is a celebration of the spirit of sport.

Here, people of all abilities, ages, and fitness levels come together to challenge themselves, to enjoy, and to fulfill their dreams — in one of the most extraordinary places in the world for triathlon.

Welcome to Ocean Lava Lanzarote.

Welcome to the place where your dreams — and mine — come true.

Thank you!

Kenneth Gasque

Founder of Ocean Lava



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