



BE ON THE START LINE WHEN IRONMAN 70.3 RETURNS TO COSTA NAVARINO

Swim. Cycle. Run. And all in some of the most beautiful scenery in Europe. That's what is on offer when the IRONMAN 70.3 Greece, Costa Navarino returns in 2020 for its second edition.

This year's event attracted more than 4,500 athletes, visitors and volunteers to the southwest Peloponnese, from more than 60 countries, to see Mexico's Juliana Villasante secure the women's title and Ernesto Espinoza, from Costa Rica, the men's.

Villasante was hugely impressed with both the location and the event. She said: "It was a demanding race, with rough sea and a highly technical bike leg, but in an impressive landscape. It's the first time I've been to Greece and I'm really impressed by the place, the people and the hospitality. It's a race that I will definitely suggest to anyone who is interested to run the distance."

[Registration](#) for the 2020 event – to be held on Sunday, April 5 – is now open, with tier-two pricing still available. Additionally, entry is also available for a [relay](#) race and, for the first time, [IRONKIDS](#), a running event designed especially for youngsters aged two to 13 years old, takes place the day before, in the picturesque seafront village of Gialova.

The main event will see participants swim 1.9km in the Ionian Sea, cycle 90km of asphalt roads through picturesque villages, ancient olive groves and pine-covered hills, before running a half-marathon of 21km along pristine beaches and cobblestone paths. The race offers 40 qualifying slots for the 2020 IRONMAN 70.3 World Championship, in Taupō, New Zealand.

For those who are members of a club, the Tri Club benefits and reward system offers a range of benefits and prizes and the chance to compete against other clubs year round. Clubs can earn a free entry for every 12 members' registration and a free female entry for every five women's registrations.

The entry fee includes race organisation – transition area, swim safety over, traffic management and stewards; entry to welcome dinner; entry to award ceremony; race day on-course nutrition at aid stations; athlete backpack; finisher T-shirt, medal and certificate; timed race results; post-race food; and post-race massage.

Accommodation is available at [Costa Navarino](#) at [The Westin Resort Costa Navarino](#), or at [The Romanos, a Luxury Collection Resort](#), in an enchanting seaside location amid olive groves, and featuring a wide range of deluxe rooms, family rooms and suites overlooking the Ionian sea, as well as signature golf courses, and a wide array of sports and cultural choices for children and adults alike.

Plenty of water sports are available in the crystal-clear water of the Ionian Sea and the historic Bay of Navarino, including surfing, kite-surfing, wind-surfing, yachting, paddle boarding, waterskiing,

COSTA NAVARINO

wakeboarding, sailing, kayaking, scuba diving and snorkeling. There is also an abundance of bike rides, hiking and climbing spots locally, with opportunities to explore the surrounding lush nature.

■ For further information on the IRONMAN 70.3 Greece, Costa Navarino, visit www.ironman.com/im703-greece or check out the [video](#).