



3 & 4 MAY  
2025

# ATHLETE GUIDE

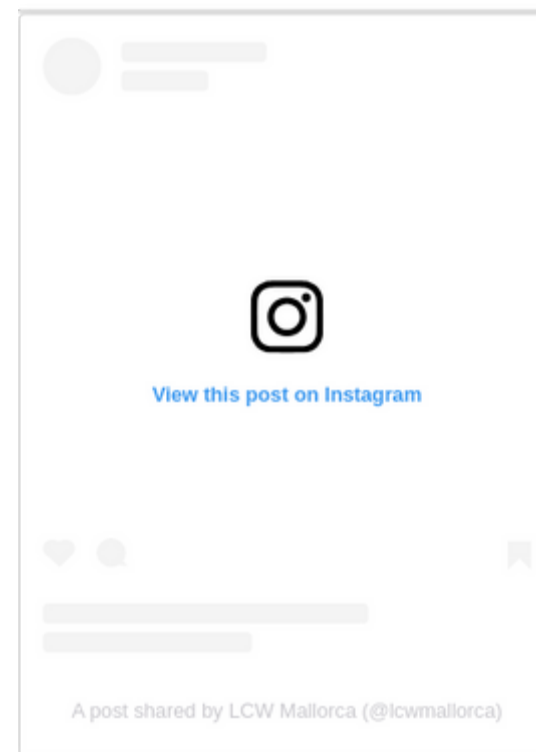
**MALLORCA  
SWIM**

1.9KM 3.8KM

**UNIVERSAL  
MALLORCA MARATHON**

5KM 10KM 21.1KM 42.2KM

## FEEL THE VIBES OF LCW DUO MALLORCA 2024

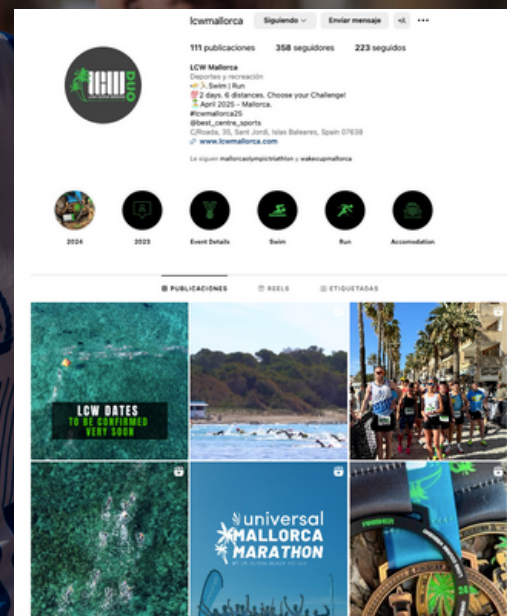




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# FOLLOW US ON INSTAGRAM & SHARE YOUR MEMORIES



## #LCWMALLORCA @LCWMALLORCA





## WELCOME

We're beyond excited to welcome you to one of Europe's most thrilling endurance experiences - Long Course Weekend DUO Mallorca - set against the breathtaking backdrop of Colonia Sant Jordi.

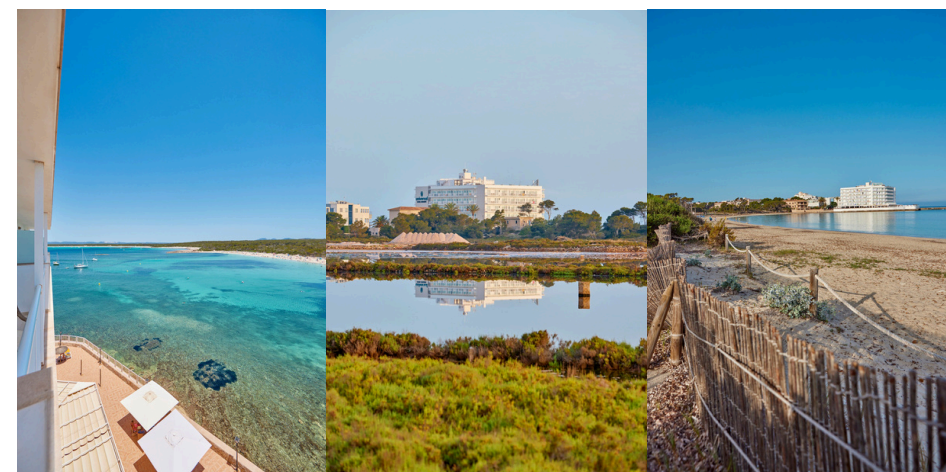
Whether you're joining us for the very first time or returning for another unforgettable edition, this weekend is all about celebrating your passion, dedication, and love for the sport.

- To our first-time participants - get ready for a weekend full of challenges, camaraderie, and memories that will last a lifetime.
- To our returning athletes - it's an absolute pleasure to have you back at the start line.
- To our LCW global family - whether you've raced with us in Wales, Belgium, or Australia - welcome to the magic of Mallorca!

It's your energy, spirit, and determination that make this event truly special. We're here to support you every step of the way and can't wait to see what you'll achieve.

Let the adventure begin - welcome to the LCW family!

## UNIVERSAL BEACH HOTELS



### Universal Hotel Marqués

Plaça Molí de sa Sal, s/n, Colònia de Sant Jordi

The Universal Hotel Marqués, located in Colonia Sant Jordi, is a 4\* hotel with a Mediterranean design. Its location is unbeatable, right between two wonderful fine sand beaches with spectacular views of Es Trenc, the most famous beach in Majorca.

DISCOUNT: 7,5% | DISCOUNT CODE: UNIVERSALBEST25  
[Find Out More](#)

### Universal Hotel Don León

Carrer Sol, s/n, 07638 Colònia de Sant Jordi

If you're looking for somewhere to relax and unwind, then this is the place for you: The Universal Don León Hotel is located in Colònia de Sant Jordi (Mallorca). The facilities include an indoor and outdoor swimming pool, and a large area furnished with sun beds and a chill-out zone overlooking the sea, so all you'll have to do is lie back and soak up the sun.

DISCOUNT: 7,5% | DISCOUNT CODE: UNIVERSALBEST25  
[Find Out More](#)





THE DAILY NEWS OF OPEN WATER SWIMMING'S  
**2024 BEST TOWN  
IN THE WORLD  
FOR OPEN WATER  
SWIMMING**

*Colònia Sant Jordi*



# MALLORCA OLYMPIC TRIATHLON

24.05.2025



MALLORCATRIATHLON.COM

## BEST CENTRE SPORTS *Mallorca*

EUROPE'S N°1 OPEN WATER SWIMMING FESTIVAL

# BEST FEST

24TH - 30TH MAY 2025

COLÒNIA DE SANT JORDI - MALLORCA

[WWW.BESTOPENWATER.COM](http://WWW.BESTOPENWATER.COM)



# EVENT SCHEDULE

	TIME	EVENT	LOCATION
FRIDAY 2ND MAY 2025	15:00 - 18:00	CHIP & GOODY BAG COLLECTION & LATE ENTRIES SWIM & RUN	BEST CENTRE SPORTS
SATURDAY 3RD MAY 2025	8:00 - 09:00	CHIP & GOODY BAG COLLECTION SWIM COURSE / SWIM COURSE CHECK IN	EXPO ZONE - PORT COLÒNIA SANT JORDI
	9:30	SWIM COURSE - BRIEFING	EXPO ZONE - PORT COLÒNIA SANT JORDI
	10:00	START 1.9KM & 3.8KM SWIM	PORT COLÒNIA SANT JORDI
	12:00	MEDAL CEREMONY - MALLORCA SWIM	EXPO ZONE - PORT COLÒNIA SANT JORDI
	12:00	FREE ENSAIMADA FOR ALL PARTICIPANTS	EXPO ZONE - PORT COLÒNIA SANT JORDI
	12:00	LAST ATHLETE CUT OFF - SWIM COURSE	
	16:00 - 18:00	CHIP & GOODY BAG COLLECTION - RUN COURSE / LATE ENTRIES RUN COURSE	BEST CENTRE SPORTS
SUNDAY 4TH MAY 2025	07:30 - 8:30	CHIP & GOODY BAG COLLECTION - RUN COURSE / RUN COURSE CHECK IN	EXPO ZONE - PORT COLÒNIA SANT JORDI
	8:30	BRIEFING - RUN COURSE	EXPO ZONE - PORT COLÒNIA SANT JORDI
	8:45	START KIDS RUN	PORT COLÒNIA SANT JORDI
	9:00	START MARATHON (42.2KM)	PORT COLÒNIA SANT JORDI
	10:15	START HALF MARATHON (21.1KM)	PORT COLÒNIA SANT JORDI
	11:00	START 10KM & 5KM	PORT COLÒNIA SANT JORDI
	14:00	LAST ATHLETE CUT OFF - RUN COURSE	
	14:00	FREE PAELLA FOR ALL PARTICIPANTS	EXPO ZONE - PORT COLÒNIA SANT JORDI
	14:00	MEDAL CEREMONY	EXPO ZONE - PORT COLÒNIA SANT JORDI



# CHIP & GOODY BAG COLLECTION

	TIME	EVENT	LOCATION
FRIDAY 2ND MAY 2025	15:00 - 18:00	CHIP & GOODY BAG COLLECTION & LATE ENTRIES SWIM & RUN	BEST CENTRE SPORTS
SATURDAY 3RD MAY 2025	8:00 - 09:00	CHIP & GOODY BAG COLLECTION SWIM COURSE	EXPO ZONE - PORT COLÒNIA SANT JORDI
	16:00 - 18:00	CHIP & GOODY BAG COLLECTION - RUN COURSE	BEST CENTRE SPORTS
SUNDAY 4TH MAY 2025	07:30 - 8:30	CHIP & GOODY BAG COLLECTION - RUN COURSE	EXPO ZONE - PORT COLÒNIA SANT JORDI



# LATE ENTRIES

	TIME	EVENT	LOCATION
<b>FRIDAY 2ND MAY 2025</b>	<b>15:00 - 18:00</b>	<b>LATE ENTRIES SWIM &amp; RUN</b>	<b>BEST CENTRE SPORTS</b>
<b>SATURDAY 3RD MAY 2025</b>	<b>16:00 - 18:00</b>	<b>LATE ENTRIES RUN COURSE</b>	<b>BEST CENTRE SPORTS</b>

# PRICES FOR LATE ENTRIES

RACE	DISTANCE	RESIDENTS PRICE	STANDARD PRICE
FULL LCW DUO	3.8K SWIM & 42.2K RUN	145€	155€
HALF LCW DUO	1.9K SWIM & 21.1K RUN	115€	125€
SWIM	1.9K	50€	55€
	3.8K	65€	70€
RUN	21.1K	60€	65€
	42.2K	75€	80€
	KIDS	5€	5€

## IMPORTANT INFORMATION

Please note, the **5k and 10k races are now fully booked**, and we are unable to accommodate any further registrations for these distances.

Once the online registration system closes, you may still register in person; however, please note that entries will be subject to a €10 admin surcharge per event.

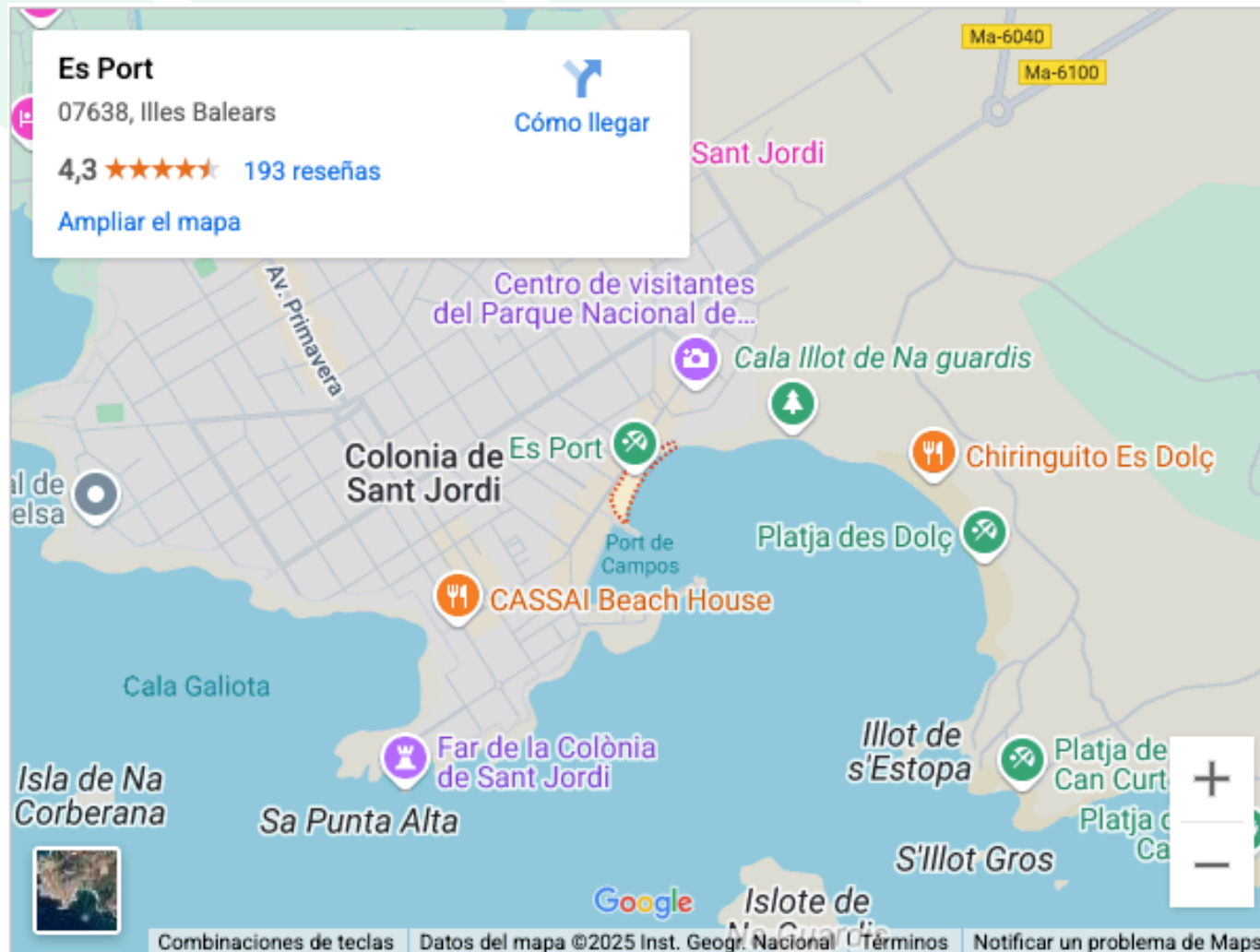


# EVENT MAP



- 1- EXPO ZONE: REGISTRATIONS, WARDROBE, MERCHANDISE & FOOD AREA**
- 2 - SWIM START & FINISH LINE**
- 3 - RUN START & FINISH LINE**

# EXPO ZONE



Both the start and finish lines, as well as the expo area, will be located at the Port of Colònia de Sant Jordi.

Parking in the area is easy and free of charge.

**LOCATION:**  
**PORT COLÒNIA SANT JORDI**



# EXPO ZONE

**MERCHANDISE**

**CHIP, BIB NUMBER & GOODY BAG**

**REGISTRATIONS**

**PHOTOCALL**

**TOILETS**

**TROPHIES**

**MEDICAL  
SERVICE**

**WARDROBE**

**EVENT INFO**

**MASSAGE**

**FOOD & DRINKS**

# BEST CENTRE SPORTS



Registration and goody bag collection will take place at Best Centre Sports – the official organiser of LCW DUO Mallorca.

Known as Europe's number one outdoor Olympic swim centre, BEST – Bluewater Elite Sports Training Centre has been welcoming elite teams and individual athletes from around the world for over 15 years, hosting high-performance training camps and clinics in the heart of Colònia de Sant Jordi.

## **BEST CENTRE SPORTS**

### **PUBLIC SWIMMING FOR ALL LCW PARTICIPANTS**

All LCW participants will also have free access to the pool and can swim in the lanes reserved for public use. Please note that public lane availability depends on team bookings, and schedules can be found in the “**Public Swimming**” section on our website.



# GETTING HERE

Getting here is easy. Whether by taxi, by private car or with a transfer service, the approximate travel time from Palma to Best Centre Sports is approximately 30/40 minutes.

Directions from Google Maps to get to BEST Centre, you can find them here:

[GOOGLE MAPS DIRECTIONS](#)

## TRANSFERS SERVICE

We want to make your stay in Mallorca as comfortable as possible. For this reason, we offer you a transfer service from the airport to Colonia Sant Jordi or vice versa.

- 1-4 people - 80€ - each way.
- 5-7 people - 145€ - each way.

If you are a family of 8 or more people, please contact us to know the price of the transfer. You can book it at the following link or by sending an email to [recepcion@bestcentresports.com](mailto:recepcion@bestcentresports.com)

[BOOK](#)

# SWIM COURSE MAP



**1.9KM (1 LOOP)**  
**3.8KM (3 LOOPS)**



# RUN COURSE MAP - 42.2 KM & 21.1 KM

**42.2km (4 loops) / 21.1km (2 loops)**





# RUN COURSE MAP - 10KM & 5KM

**5km (1 loop)/ 10km (2 loops)**





# FEEDING STATIONS



There will be three aid stations strategically placed along the triathlon course.

Two are located in the city center, while the third is set farther out in the scenic area of Ses Salines.

**First station:** Colònia de Sant Jordi Port (Expo area)

**Second station:** Iberostar Selection Es Trenc Hotel

**Third station:** Ses Salines

# CAP - SWIMMING COURSE



**PINK:  
WOMEN**



**YELLOW:  
MEN**



**ORANGE:  
HALF LCW DUO**



**GREEN:  
FULL LCW DUO**



# BIB NUMBER



## SWIMMING COURSE

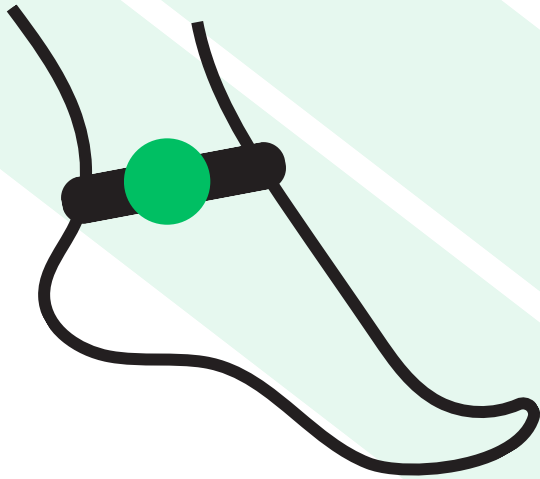
Every swimmer must to have the number painted in their hand for the swimming course.



## RUN COURSE

Every swimmer must wear the BIB number, which includes the chip, attached to their T-shirt using the safety pins provided during registration.

# CHIP



## SWIMMING COURSE

Every swimmer will receive a chip at registration, which must be worn on their ankle during the race. After finishing, the chip must be returned in the box located next to the finish line arch.



## RUN COURSE

The chip for the run course is included in the BIB Number that the participants must to wear handle it in their t-shirts.



# MALLORCA SWIM - RACE PACK

- ONE DAY OF SWIMMING IN CRYSTAL-CLEAR MEDITERRANEAN WATERS
- CHIP TIMING TO RECORD YOUR OFFICIAL SWIM TIME
- BIB NUMBER
- SWIM CAP PROVIDED ACCORDING TO YOUR CATEGORY:
  - PINK CAP: WOMEN
  - YELLOW CAP: MEN
  - GREEN CAP: FULL LCW DUO
  - ORANGE CAP: HALF LCW DUO
- A GOODY BAG WITH SELECTED EVENT ITEMS
- 1 LCW DUO T-SHIRT (GENERIC DESIGN - NOT ONE PER DISCIPLINE)
- 1 OFFICIAL SWIM MEDAL

# UNIVERSAL MALLORCA MARATHON - RACE PACK

- ONE DAY OF RACING THROUGH STUNNING SCENERY
- CHIP TIMING TO TRACK YOUR OFFICIAL RACE TIME
- BIB NUMBER
- A GOODY BAG WITH SELECTED ITEMS FOR THE EVENT
- 1 GENERIC LCW DUO T-SHIRT (PLEASE NOTE: NOT ONE PER DISCIPLINE)
- 1 OFFICIAL RUN MEDAL



# HALF LCW DUO – RACE PACK

- TWO DAYS OF RACING IN A BEAUTIFUL SETTING, WITH SWIM AND RUN EVENTS ACROSS A BREATHTAKING COURSE
- CHIP TIMING FOR EACH EVENT AND AN OVERALL TIME CALCULATED ACROSS BOTH DAYS
- BIB NUMBER
- SWIMMING CAMP EXPERIENCE AS PART OF YOUR WEEKEND
  - ORANGE SWIM CAP TO IDENTIFY HALF LCW DUO PARTICIPANTS
- EXCLUSIVE HALF LCW DUO POLO SHIRT
- EXCLUSIVE XL GOODIE BAG – CAREFULLY PREPARED WITH PREMIUM ITEMS, SPECIALLY FOR THIS EVENT
- THREE MEDALS:
  - SWIM MEDAL
  - RUN MEDAL
  - UNIQUE THIRD MEDAL FOR COMPLETING THE HALF LCW DUO
- SEPARATE CLASSIFICATION FOR HALF LCW DUO ATHLETES – COMPETE AND BE RECOGNISED WITHIN YOUR OWN CATEGORY

# FULL LCW DUO - RACE PACK

- TWO DAYS OF RACING IN A BEAUTIFUL SETTING, WITH SWIM AND RUN EVENTS ACROSS A BREATHTAKING COURSE
- CHIP TIMING FOR EACH EVENT AND AN OVERALL TIME CALCULATED ACROSS BOTH DAYS
- BIB NUMBER
- SWIMMING CAMP EXPERIENCE AS PART OF YOUR WEEKEND
  - GREEN SWIM CAP TO IDENTIFY FULL LCW DUO PARTICIPANTS
- EXCLUSIVE FULL LCW DUO POLO SHIRT
- EXCLUSIVE XL GOODIE BAG – CAREFULLY PREPARED WITH PREMIUM ITEMS, SPECIALLY FOR THIS EVENT
- THREE MEDALS:
  - SWIM MEDAL
  - RUN MEDAL
  - UNIQUE THIRD MEDAL FOR COMPLETING THE FULL LCW DUO
- SEPARATE CLASSIFICATION FOR FULL LCW DUO ATHLETES – COMPETE AND BE RECOGNISED WITHIN YOUR OWN CATEGORY

# RESULTS

**THE OFFICIAL RACE RESULTS WILL BE PUBLISHED ON OUR WEBSITE THE AFTERNOON FOLLOWING THE COMPETITION AT THE FOLLOWING LINK:**

**[LCW DUO 2025 - RESULTS](#)**

**YOU WILL ALSO FIND UPDATES AND HIGHLIGHTS ON OUR SOCIAL MEDIA CHANNELS, SO STAY TUNED!**



# EVENT PHOTOS

**ALL OFFICIAL EVENT PHOTOS WILL BE UPLOADED TO OUR WEBSITE DURING THE WEEK FOLLOWING THE EVENT.**

## **GALLERY - LCW DUO 2025**

**YOU WILL RECEIVE AN EMAIL WITH ACCESS DETAILS, SO KEEP AN EYE ON YOUR INBOX!**

**YOU'LL ALSO FIND A SELECTION OF PHOTOS SHARED ON OUR SOCIAL MEDIA CHANNELS.**

# ACCOMMODATION DISCOUNTS

## UNIVERSAL HOTEL MARQUÉS

Plaça Molí de sa Sal, s/n, Colònia de Sant Jordi

**DISCOUNT: 7,5% | DISCOUNT CODE:**  
**UNIVERSALBEST25**

## UNIVERSAL HOTEL DON LEÓN

Carrer Sol, s/n, 07638 Colònia de Sant Jordi

**DISCOUNT: 7,5% | DISCOUNT CODE:**  
**UNIVERSALBEST25**

## BLAU COLÒNIA SANT JORDI\*\*\*\*

Camí de Sa Síquia 3, 3, 07638 Colònia de Sant Jordi, Illes Balears

**DISCOUNT: 5% | DISCOUNT CODE:**  
**FSHBLAU2025**

## HONUCAI HOTEL \*\*\*\*

c/Bonança, 1 07638 Colònia de Sant Jordi, Mallorca, Illes Balears

**DISCOUNT: 5% | DISCOUNT CODE:**  
**BESTFEST5**

## ISLA CABRERA HOTEL & APARTMENTS

C/ Roció s/n - CP : 07638 Colonia Sant Jordi - Mallorca

**DISCOUNT: 5% | DISCOUNT CODE:**  
**FSHISLACABRERA2025**

## VILLA PICCOLA APARTMENTS

Avenida Primavera 2, 07638 Colonia de Sant Jordi, Mallorca

**DISCOUNT: 3,5% | CONTACT US TO MAKE BOOKING: INFO@BESTCENTRESPORTS.COM**

## APARTAMENTOS POSIDONIA

C/ Caravel·la, 12 Colonia de Sant Jordi

**DISCOUNT: 2,5% | DISCOUNT CODE: BEST**

## HOTEL BIKINI ISLAND & MOUNTAIN HOTEL ES TRENC | COLÒNIA DE SANT JORDI

Carrer Esmeragda, 6, 07638 Colònia de Sant Jordi, Illes Balears

**DISCOUNT: 10% | DISCOUNT CODE:**  
**BESTBIKINI2025**

# BRACELET DISCOUNT

## BRACELET DISCOUNTS BARS & RESTAURANTS

Bar Restaurante Ca'n Gori	10%
Cafeteria El Dolç	10%
Restaurante Marisol	10%
Restaurante La Mallorquina	10%
Surikata Burger	10%
Pizzería el 44	10%
Heladeria Colonial	5%
Restaurante Hotel Colonial	10%
Flor d'Àmetler Restaurant	10% menu
Bar Gelateria Es Port	10%
Vermuteria Es Port	10%
Tambucho Bar	10%
5 Illes Beach & Sunset	10%
5 Illes Port	10%
5 Illes Eat & Drink	10%
Restaurante Strandkorb	10%
Bodeguita El Cubano -	10% drinks

## BRACELET DISCOUNTS SHOPS & OTHERS

La Noria	10%
Esplendor	10%
Tilka	10%
Mundisport	10%
Tocamadera	10%
Team Double J	10%
Blue Chic	10%
Blue Mare	10%
Blue	10%
Suus	10%
Labal	10%
Molecule	10%
Excursions a Cabrera	10%
Silentia Spa by Boutique El Coto	10%
Boutique, Gourmet y Decoración	10%

All LCW DUO Mallorca participants will receive a wristband that grants them exclusive discounts throughout the event weekend at selected restaurants, bars, shops, and local businesses in the area.





**[WWW.LCWMALLORCA.COM](http://WWW.LCWMALLORCA.COM)**