

REDEFINE IMPOSSIBLE

Learn how to conquer your limits with endurance in whatever your calling is.



Ministry of Tourism
& Trade Development
Cayman Islands Government



Ministry of Health,
Environment &
Sustainability
Cayman Islands Government

IRON GRIT

LOCAL & INT'L
PANELISTS

Honoring
Sports Endurance
Stalwarts

& More...



THE WESTIN
GRAND CAYMAN
RESORT & SPA

Governor's Ballroom

Friday, 3rd April, 2026
3:00 - 6:00 PM



KEYNOTE SPEAKER:
JAMES LAWRENCE

The Iron Cowboy

Multi-Record Guinness World Record Holder

Speaker • Athlete • Author • Family Man