



**JOIN THE RACE
OF LEGENDS**



**LAGUNA PHUKET
TRIATHLON**
THE RACE OF LEGENDS

RACE PROGRAM

16-17 NOVEMBER 2024

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JOIN THE RACE OF LEGENDS

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LAGUNA PHUKET
TRIATHLON
THE RACE OF LEGENDS



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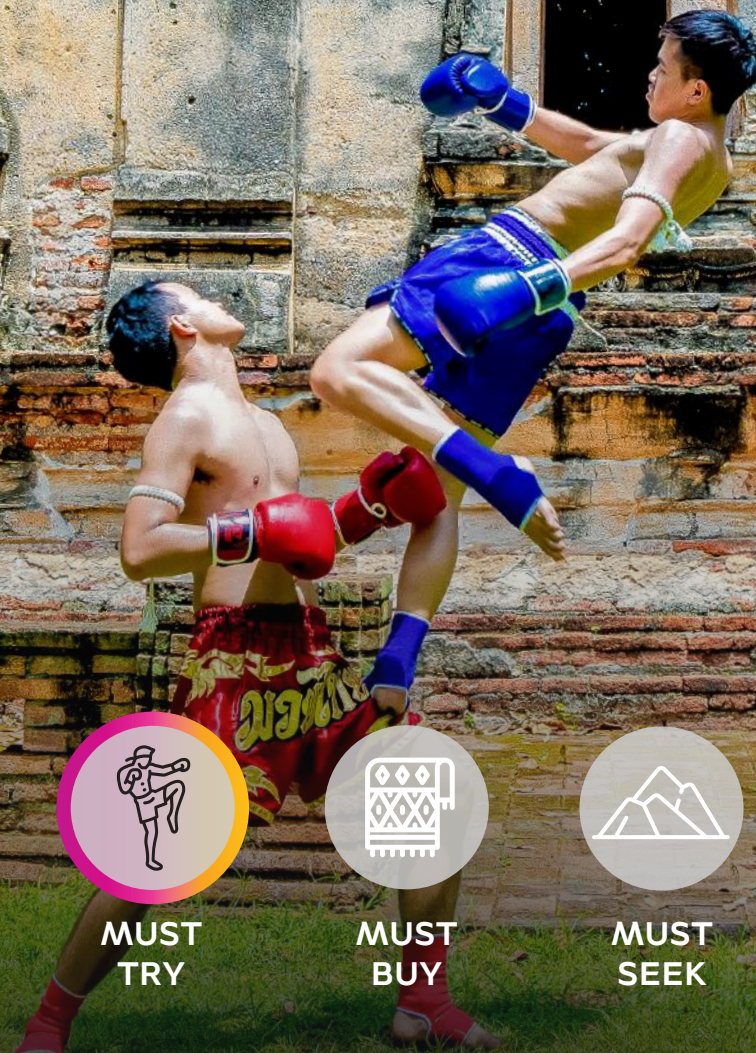


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amazing
THAILAND

5 Must Do IN THAILAND

📍 Wat Borom Phuttharam, AYUTTHAYA



**MUST
TASTE**



**MUST
TRY**



**MUST
BUY**



**MUST
SEEK**



**MUST
SEE**

More Information : <https://www.tatnews.org/>



From the Governor of Phuket Province

On behalf of Phuket Province, I am honored to welcome all athletes to the 30th Laguna Phuket Triathlon 2024. This prestigious competition is not only a symbol of sporting success. However, it also demonstrates the outstanding cooperation between the public and private sectors in developing activities that benefit Phuket and Thailand.

Promoting financial circulation within the community and boosting Phuket Province's economy, as well as reinforcing its position as a world-class sports city and tourism destination that offers unique and captivating travel experiences to all.

The 30th Laguna Phuket Triathlon competition demonstrates Phuket Province's dedication to organizing top-tier athletic events and promoting sustainability. Not only will it bring top athletes from all over the world to Phuket, but it will also showcase our natural beauty, culture, and exceptional service to the rest of the world.

On this occasion, I would like to welcome all athletes and visitors to Phuket. May everyone have the opportunity to enjoy the breathtaking beauty of the sea, sandy beaches, and welcoming local communities while creating unforgettable memories at the 30th Laguna Phuket Triathlon competition.

Mr. Sophon Suwannarat
Governor of Phuket Governor



LaGuna
PHUKET



From Laguna Phuket

We are delighted to extend a warm welcome to each and every one of you as you participate in the thirty-first edition of the Laguna Phuket Triathlon. This event has been a source of tremendous pride for us for the past three decades, and we are thrilled to be able to share this memorable year with each and every one of you.

This year, we've added some exciting new features to make the event even more inclusive and interesting for everyone. We're bringing back the 'Charity Fun Run' in which we fundraising to Laguna Phuket Foundation which has established "Children First Fund (CFF) to 4 orphanages in Phuket hosting more than 200 children. The event brings together families, friends, and the local community for a day of fun and fitness.

Our 'Open Water Swim Presented by TriHub' will be a new challenge for those looking to test their endurance in Phuket's stunning waters. In addition, we are pleased to present new award categories in the Sprint Triathlon, which recognise our triathletes' incredible diversity and talent.

To our triathletes, we wish you the best of luck as you face the trials ahead. Thank you to the audience for your passion and energy; your support means everything to each competitor.

Together, let us make the 30th Laguna Phuket Triathlon an amazing celebration of sportsmanship, community, and sustainability. We look forward to welcoming you all to Laguna Phuket, and we hope this year's event is the finest ever!

Mr. Eddy See
President, Chief Executive Officer
Laguna Phuket

Mr. Paul Wilson
VP, Deputy Managing Director
Laguna Phuket

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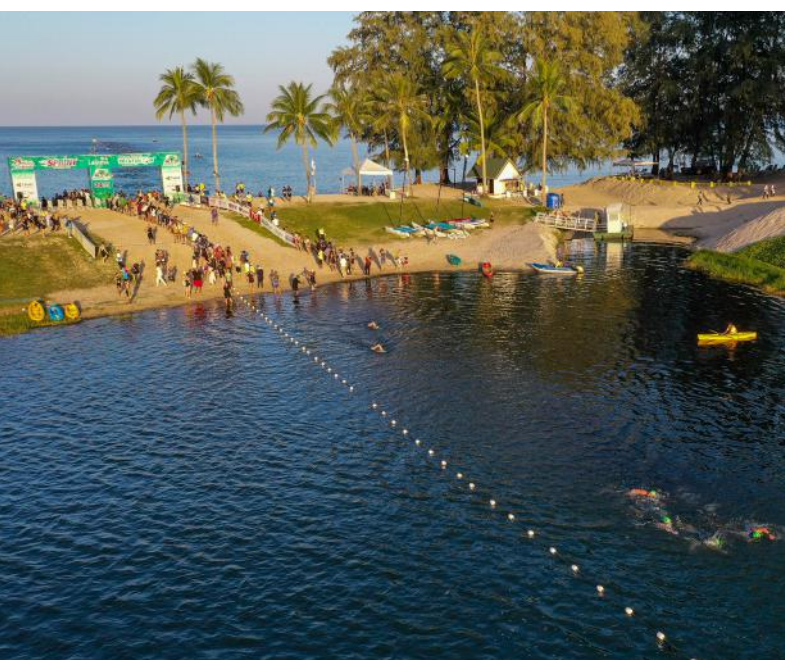


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About Laguna Phuket Triathlon

Known as “The Race of Legends”, Laguna Phuket Triathlon is Asia’s longest-standing triathlon race. Featuring a unique race distance of 1.8K swim, 50K bike and 12K run through the spectacular tropical scenery of Asia’s premier vacation destination Laguna Phuket, and the local communities in the northern part of Phuket Island.

The first race in 1994, at the time a unique made-for-television sporting event to showcase the destination to the world, attracted 284 registered competitors and was timed manually with stop watches. Since then, the race has grown from strength to strength and is renowned for its challenging technical bike course, parties and exceptional hospitality. Over the past 29 years, the race has attracted thousands of age group athletes as well as triathlon legends; Mark Allen, Greg Welch, Craig Alexander, Paula NewbyFraser, Jan Frodeno, Mirinda Carfare, Karen Smyers and Leanda Cave, to name just a few.



Globally award winning, the Laguna Phuket Triathlon has been previously named, “Dream Destination Triathlon, the Most Beautiful 46 Races in the World” (Christine Waitz, Germany, 2015), “Top 10 Exotic Triathlons” by Triathlon Magazine Canada (2015), “Race of Your Life: 12 bucket-list Triathlons” by Triathlete Magazine USA (2016), “World’s Best Triathlons: 31 Races to Do Before You Die” by 220 Triathlon Magazine UK (2017) and “Triathlon Bucket List” by Global Triathlon Network, USA (2018).

Laguna Phuket Triathlon has also been named “Best Amateur Sports Event of the Year in Thailand” at Sports Industry Awards (SPIA) Asia, Bronze in 2016 and Silver in 2017. In 2018, Laguna Phuket won gold as “Best Sports Event Venue in Thailand” at SPIA Asia while LPT was named “Best Overall Triathlon Race”, “Best Destination Triathlon Race” and “Most Challenging Triathlon Race” (Short Course) at AsiaTri’s 2018 Best Triathlon Races in Asia.

THE RACE OF LEGENDS

2024



The “30th Laguna Phuket Triathlon” is scheduled to take place on November 16-17, 2024 at Laguna Grove, and promises to be a grand celebration of its world-class competition and breathtaking tropical setting. Alongside the renowned full distance Triathlon, which includes a 1.8 km swim, 50 km bike, and a 12 km run, there is also a Duathlon race (4 km run – 50 km bike – 12 km run) for athletes to enjoy the challenging bike course. For those seeking a different level of thrill, the event introduces the Sprint Triathlon award categories for various age groups, featuring a 0.5 km swim, 20 km bike, and 6 km run.



This year, the Laguna Phuket Triathlon is enhancing the event to be even more captivating and inclusive with thrilling new enhancements. Experience the highly anticipated “Charity Fun Run” as it makes its grand return, providing an opportunity for families, friends, and the community to partake in a delightful 6 Km run on Saturday, November 16th. Moreover, the introduction of the new “Laguna Phuket Open Water Swim Presented by TriHub” brings forth an exhilarating opportunity for individuals seeking to test their boundaries in the breathtaking waters of Phuket, welcoming both seasoned triathletes and first-time swimmers.

More information including special rates at all Laguna Phuket hotels available at www.LagunaPhuketTri.com.



1 Race Office Tel: 076-362300 ext.1417 **2** Swim Start: SAii Laguna Phuket **3** Swim Exit; Transition Area; Bike Mechanic; Triathlon Expo Show; Registration, Press Conference, Finish Line; Medical Booths; VIP Hospitality Tent, Post Race Athlete Food **4** Briefings in English & Thai, Pasta Party: Angsana Convention and Exhibition Space (ACES) **5** Xana: Award Party **P** Parking Area

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2024



Angsana Laguna Phuket

- 376 luxuriously appointed rooms
- ACES (Convention & Exhibition Space of 1,500 sq.m.)
- 1 Ballroom & 4 breakout rooms
- 5 dedicated board rooms
- 7 dining outlets & bars

Banyan Tree Phuket

- 218 villas with private pools, including the luxurious DoublePool Villas
- 781 sq.mt of event space with 5 multi-compatible venues
- 5 restaurants & 2 bars on-site
- Nature House that includes Apothecary Room, Culinary Studio & Banyan Spa & Wellbeing Academy
- Award-winning Banyan Tree Spa

Cassia Phuket

- 309 stylish suites & lofts, One & Two Bedroom
- Pet-friendly stay with full in-room pet amenities
- 24/7 in-house Grab & Go café & convenient shop
- Open Kitchen, Farm-to-Fork & Sustainable healthy dining options
- Little Big Room for private conferences & gatherings

Dusit Thani Laguna Phuket

- 245 hotel rooms, suites, & villas including deluxe rooms, Dusit club rooms, lagoon & ocean front pool villas
- 5 dining outlets & 1 lounge
- 4 Meeting rooms



Laguna Golf Phuket

- 18-hole, par 71 golf course
- PGA - Branded Golf Academy
- Host to several Professional Tour events



SAii Laguna Phuket

- 255 rooms & suites
- 3 restaurants & bars
- Main ballroom (448 sq.m.up to 320 pax)
- 8 meeting rooms (2 ballrooms+6 breakout rooms) & pre-conference area
- Beach/seaside venue function



HOMM Suites Laguna

- 79 spacious suites with Lagoon & Golf views
- Seedlings Restaurant
- Fitness Centre & Kids club
- Grab n' Go Lunches

Laguna Phuket Triathlon Schedule 14 - 17 November 2024

DATE/TIME	ACTIVITY	VENUE
THU 14 NOV , 09:00 - 17:00	Bike Mechanic Service	Laguna Grove
FRI 15 NOV , 07:00 - 17:00	Bike Mechanic Service	Laguna Grove
08:00 - 10:00	Practice Bike Session on 50 KM Bike Course (Police escorted) (Limited spots, only for those who sign up in advance through online registration)	LPT and Duathlon Bike Course
13:00 - 17:00	Race Pack Collection for 'Laguna Phuket Open Water Swim by TriHub'	TriHub Booth - Laguna Grove
SAT 16 NOV , 05:30 - 06:30	Athlete check-in for Laguna Phuket Open Water Swim by TriHub	SAii Laguna Phuket - Beach
06:30	Start 6.0 KM	SAii Laguna Phuket - Beach
07:00	Start 4.5 KM	SAii Laguna Phuket - Beach
07:30	Start 3 KM	SAii Laguna Phuket - Beach
08:00	Start 1.5 KM	SAii Laguna Phuket - Beach
08:30 - 09:30	Awards Presentation	SAii Laguna Phuket - Beach
09:30	Race Finish	SAii Laguna Phuket - Beach
10:00 - 17:00	Race Pack Collection and Expo	Big Marquee, Laguna Grove
10:00 - 17:30	Bike Mechanic Service	Laguna Grove
10:00 - 17:30	Mandatory Bike Check-In (Compulsory)	Laguna Grove - Transition Area
11:00 - 12:00	Race Briefing in English for Pro & Elite categories (Compulsory)	ACES - Angsana Laguna Phuket
12:00 - 13:00	Race Briefing in English (Compulsory)	ACES - Angsana Laguna Phuket
13:00 - 14:00	Race Briefing in Thai (Compulsory)	ACES - Angsana Laguna Phuket
14:30 - 15:30	Press Conference	Friends & Family Area - Laguna Grove
16:00 - 17:00	30th Anniversary Charity Fun Run	Laguna Grove - Start Line
16:45 - 17:00	Awards Presentation	Friends & Family Area - Laguna Grove
17:00 - 21:00	Pasta Party (Carbo-load)	ACES - Angsana Laguna Phuket
SUN 17 NOV , 05:00 - 06:15	Athlete Check-in	Laguna Grove - Transition Area
05:00 - 11:00	Bike Mechanic Service	Laguna Grove
05:00 - 12:30	Medical Service Available	Laguna Grove
05:00 - 13:00	Bag Drop Service	Big Marquee - Laguna Grove
05:30 - 06:50	LPT and Sprint Athletes Transfer to Swim Start	SAii Laguna Phuket - Beach
06:30	Start LPT - Pro/Elite Males	SAii Laguna Phuket - Beach
06:35	Start LPT - Pro/Elite Females	SAii Laguna Phuket - Beach
06:37	Start LPT Age Groups Rolling Start (6 athletes every 5 seconds)	SAii Laguna Phuket - Beach
06:45	Start Duathlon	Laguna Grove - Start Line
06:55 (approx.)	LPT First Athlete Swim Finish	Laguna Grove - Swim Finish
07:15	Start Sprint Triathlon Rolling Start (6 athletes every 5 seconds)	SAii Laguna Phuket - Beach
07:40	Sprint Swim Cut-off	Laguna Grove - Swim Finish
07:50	LPT Swim Cut-off	Laguna Grove - Swim Finish
07:50	Sprint Bike Start Cut-off	Laguna Grove - Bike out Transition Area
07:50	Duathlon Run Cut-off at 4 km	Laguna Grove - Run in Transition Area
07:55	LPT & Duathlon Bike Start Cut-off	Laguna Grove - Bike out Transition Area
08:00 - 13:00	Athlete Post Race Buffet & Massage Service	Athlete Area - Laguna Grove
08:00 - 13:00	Expo	Big Marquee - Laguna Grove
08:10 (approx.)	LPT First Athlete Bike Finish	Laguna Grove - Transition Area
08:17 (approx.)	Sprint First Athlete Finisher	Finish Line - Laguna Grove
08:50 (approx.)	LPT First Athlete Finisher	Finish Line - Laguna Grove
09:20	LPT & Duathlon Bike Cut-off at 20 km (Athletes will be sent on a shortened course and allowed to continue but will be DNF)	On Bike Course - Thalang school
09:20	Sprint Bike Cut-off	Laguna Grove - Bike in Transition Area
09:30 - 10:30	Awards Presentation for Sprint age group winners	Friends & Family Area - Laguna Grove
10:30	LPT & Duathlon Bike Cut-off	Laguna Grove - Bike in Transition Area
10:30 - 13:30	Bike Check-out (Athlete must collect equipment from the transition area before closing time)	Laguna Grove - Transition Area
11:40	LPT & Duathlon Run Cut-off at 6 km	Laguna Grove - Run in Transition Area
12:30	Race Finish (Cut-off all distance)	Finish Line - Laguna Grove
18:00	Awards Party Open	Xana - Angsana Laguna Phuket
18:30	Awards Presentation for Age Group & Overall Winners	Xana - Angsana Laguna Phuket
20:00 - 22:00	Firework & Live Music	Xana - Angsana Laguna Phuket
22:00	Awards Party Finish	Xana - Angsana Laguna Phuket

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LPT



RELAY



SPRINT



DUATHLON



LP OWS



FUNRUN



Race Results ผลการแข่ง

THE RACE OF LEGENDS

**16
NOV
2024**



LAGUNA PHUKET
OPEN WATER
SWIM

Presented by **trihub**



1.5KM



3KM



4.5KM (TEAM)



6KM



 **LPT SWIM COURSE, LAGUNA PHUKET**

REGISTRATION



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RACE INFORMATION

LAGUNA PHUKET OPEN WATER SWIM by TRIHUB

Location: SAii Laguna Phuket - Beach
Distance: 1.5KM, 3KM, 4.5KM (team) and 6KM
Date: Saturday, 16 November 2024
Time: 06:30 h - 09:30 h
 Please refer to the event schedule on page 9 for operating hours.

REGISTRATION & RACE PACK COLLECTION

Location: Trihub booth, Laguna Grove
Date: Friday, 15 November 2024
Time: 13:00 - 17:00 h

Each race pack will include:

- Swim cap
- Timing chip
- Finisher T-Shirt (after finish)

30th ANNIVERSARY CHARITY FUN RUN

Location: Laguna Grove
Distance: 6 KM
Date: Saturday, 16 November 2024
Time: 16:00 - 17:00 h

REGISTRATION & RACE PACK COLLECTION

(available for both online and walk-in registration)
Location: Big Marquee, Laguna Grove
Date: Saturday, 16 November 2024
Time: 10:00 - 15:00 h

Each race pack will include:

- Race number
- T-shirt
- Medal (after finish)
- Race Bag
- 1st, 2nd and 3rd trophies Male and Female

BAG DROP

Location: Big Marquee, Laguna Grove
Date: Saturday, 16 November 2024
Time: 15:00 - 17:30

LAGUNA PHUKET TRIATHLON (LPT, SPRINT, DUATHLON)

REGISTRATION & RACE PACK COLLECTION

Location: Big Marquee, Laguna Grove
Date: Saturday, 16 November 2024
Time: 10:00 - 17:00 h

Each race pack will include:

- Race number
- Bike sticker set
- Race belt
- Swim cap
- Race bag
- Medal (after finish)
- Finisher T-Shirt (after finish)
- Timing chip - You will receive at the bike check-in (transition area)
- Wristband (to enter the transition area, pasta party and awards party)

Please prepare your ID card or passport to collect your race pack.

ATHLETE WRISTBAND

All athletes will be given a wristband in the race pack. The wristband will give athletes access to the bike transition area, pasta party and awards party.

EXPO

Location: Big Marquee, Laguna Grove
Date: Saturday, 16 November 2024
Time: 10:00 - 17:00 h
Date: Sunday, 17 November 2024
Time: 08:00 - 13:00 h

After completing your race pack collecting, we warmly invite all athletes to explore our sponsors' and merchant's booths during the exciting one and half day expo.

BIKE CHECK-IN

Location: Transition Area, Laguna Grove
Date: Saturday, 16 November 2024
Time: 10:00 - 17:30 h

Please collect your race pack before checking in your bike into the transition area, as you will need to present the wristband to enter. Bike check-in is mandatory for all athletes. Failure to check-in during the designated hours may lead to disqualification from the race. (You will receive your timing chip at the bike check-in).

BIKE STORAGE

Bikes are permitted to be stored in the athletes' hotel rooms. There will also be bike racks at the lobby of each hotel. However, all maintenance must be done in hotel car parks to prevent damage to room furnishings.

BIKE MECHANIC SERVICE

It is difficult to rent racing or mountain bikes in Phuket. We recommend athletes bring their own bikes with them. Athletes are encouraged to bring spare parts with them as well. A bike mechanic will be stationed at Laguna Grove from Thursday, 14 November to Sunday, 17 November. Please refer to the event schedule on page 9 for operating hours.

BIKE PRACTICE SESSION

Location: Friends & Family Area, Laguna Grove
Date: Friday, 15 November 2024
Time: 07:00 h - 10:00 h

An organized ride on the LPT bike course will depart from Laguna Grove at 08:00 h, led by a police escort vehicle. It's strongly recommended that athletes train on the bike course only during this organized ride. (Limited spots, only for those who sign up in advance through online registration)

RACE BRIEFING

The mandatory race briefing will be held in English and Thai. Please check the event schedule for details on page 9.

PASTA PARTY

Location: ACES, Angsana Laguna Phuket
Date: Saturday, 16 November 2024
Time: 17:00 - 21:00 h

All athletes are invited to attend the Pasta Party free of charge, upon presentation of wristband. Additional tickets for family and friends will be on sale during registration. A limited number of tickets may be available for sale at the door. Tickets cost THB 1,000 for adults and 500 for children (5-12 years old).

RACE DAY / PARKING

Athletes and spectators driving to Laguna Phuket on race morning should follow all signs and volunteer directions for available parking areas. Please arrive no later than 05:30 h. Free shuttle buses will circulate between the hotels.

BAG DROP

Location: Big Marquee, Laguna Grove
Date: Sunday, 17 November 2024
Time: 05:00 - 13:00

The main bag drop point is in the big marquee at Laguna Grove and will be open until 13:00h on the race day. After this time, any remaining items will be transferred to the race office (Laguna Resorts and Hotels Company Limited T: +66 (0)76 362 300 Ext. 1417) and will be available for pick up on Monday, 18 November 2024 during office hours.

The second bag drop point is located at the swim start, SAii beach front. After 08:00h, all the items will be brought back to the Big Marquee and athletes must collect the items from there.

TRANSITION AREA

Location: Transition Area, Laguna Grove
Date: Sunday, 17 November 2024
Time: 05:00 - 06:15 h (LPT/Sprint/Duathlon)
 Transition area opens for placing equipment. From the transition area, athletes will be transferred to the swim start via ferry behind the big marquee.

AID STATIONS

There will be the following aid stations:

LPT:

- Swim Start: 1 aid station
- Swim Exit: 1 aid station
- Bike Course: 2 aid stations
- Run Course: 3 aid stations
- Athlete Area: 1 aid station
- Finish Line: 1 aid station

SPRINT:

- Swim Start: 1 aid station
- Swim Exit: 1 aid station
- Run Course: 3 aid stations
- Athlete Area: 1 aid station
- Finish Line: 1 aid station

DUATHLON:

- Run Course (4km): 1 aid station
- Bike Course: 2 aid stations
- Run Course (12km): 3 aid stations
- Athlete Area: 1 aid station
- Finish Line: 1 aid station

MEDICAL SERVICE

Location: Laguna Grove
Date: Sunday, 17 November 2024
Time: 05:00 - 12:30 h

A medical tent will be located at Laguna Grove for athletes who require medical attention before and after the race. After this area closes, athletes in need of medical attention should go to the Bangkok Hospital Phuket Clinic at Canal Village.

PERSONAL SAFETY

Always train with another person, especially in the water. Before getting in the water, please wear bright colored swim cap. While biking and running, please take precautions as Phuket drivers and motorcyclists are unpredictable. Take extreme caution when biking on ALL public roads.

WEATHER CONDITIONS

The average temperature for November and December in Phuket is 27°C / 81°F with 85% humidity. Contestants MUST hydrate properly during race week, race morning and throughout the race. Bikes should be equipped with at least two water bottle cages.

Race Categories

Triathlon (Full Distance) | 17 NOV 2024

Individual Male	Individual Female
18-24	18-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-64	60-64
65-69	65 & Over
70-74	
75 & Over	

Duathlon | 17 NOV 2024

Male	Female
18 & Over	18 & Over

Sprint Triathlon | 17 NOV 2024

Male	Female
16-19	16-19
20-29	20-29
30-39	30-39
40-49	40-49
50-59	50-59
60 & Over	60 & Over

OPEN WATER SWIM | 16 NOV 2024

INDIVIDUAL AGE GROUPS

Male	Female
18-29	18-29
30-39	30-39
40-49	40-49
50-59	50-59
60 & Over	60 & Over

30th Anniversary Charity Fun Run (6km) | 16 NOV 2024

Male	Female
Open	Open

TEAM RELAY | 4.5KM

Male & Female
18 & Over

and inclusivity, showcasing diverse talents within each group!

AWARDS PRESENTATION FOR SPRINT ONLY

Location: Friends & Family Tent
Date: Sunday, 17 November 2024
Time: 09:30 - 10:30 h

AWARDS PRESENTATION & PARTY

Location: XANA, Angsana Laguna Phuket
Date: Sunday, 17 November 2024
Time: 18:00 - 23:00 h

All athletes are invited to attend the awards presentation and party free of charge, upon presentation of wristband. Additional tickets for family and friends will be on sale during registration and possibly at the entrance of XANA. Tickets cost THB 1,000 for adults and 500 for children (5-12 years old)

E-CERTIFICATES

E-certificates will be available for download on www.sportstats.asia.

ATHLETE HOSPITALITY & MASSAGE SERVICE

Location: Athlete Area, Laguna Grove
Date: Sunday, 17 November 2024
Time: 08:30 - 13:00 h

Post race hospitality includes lunch and a complimentary 15-minute massage. Please note that massage service is only available for athletes.

FINISHER MEDALS

Medals will be presented to every athlete who completes the race at the finish line.

FINISHER T-SHIRT

Finisher t-shirts will be given to every athlete who completes the race and will be distributed in the big marquee immediately after the race. Please report

to our staff to claim the finisher t-shirt. Those who do not collect their finisher shirt after the race can collect it at the awards party.

PRIZE MONEY & AGE GROUP AWARDS

Location: XANA, Angsana Laguna Phuket
Date: Sunday, 17 November 2024
Time: 18:00 - 20:00 h

Since last year, athletes can compete for a cash prize by joining the Elite division alongside professional triathletes. For age group awards, the top 3 in each category will receive trophies at the ceremony. This year is extraordinary as we're allowing athletes to compete in the SPRINT competition across five age groups instead of one overall category. This change promotes fairness

POST RACE EQUIPMENT PICK-UP

The bike transition opens for bike, swim and run gear check out after the bike cut-off. All bags, equipment and bikes must be claimed and removed from the transition area by 13:30 h. To claim left items, your race number must correspond to the number on the bags. You will be responsible for transporting your own gear back to your hotel after the race.

LOST AND FOUND

Located in the big marquee at Laguna Grove and will be open until 13:30 h on race day. After this time, any remaining lost property items will be transferred to the race office. Please remember to label all your equipment before the race.

CUT OFF TIMES REMARK *Time Limit after race start

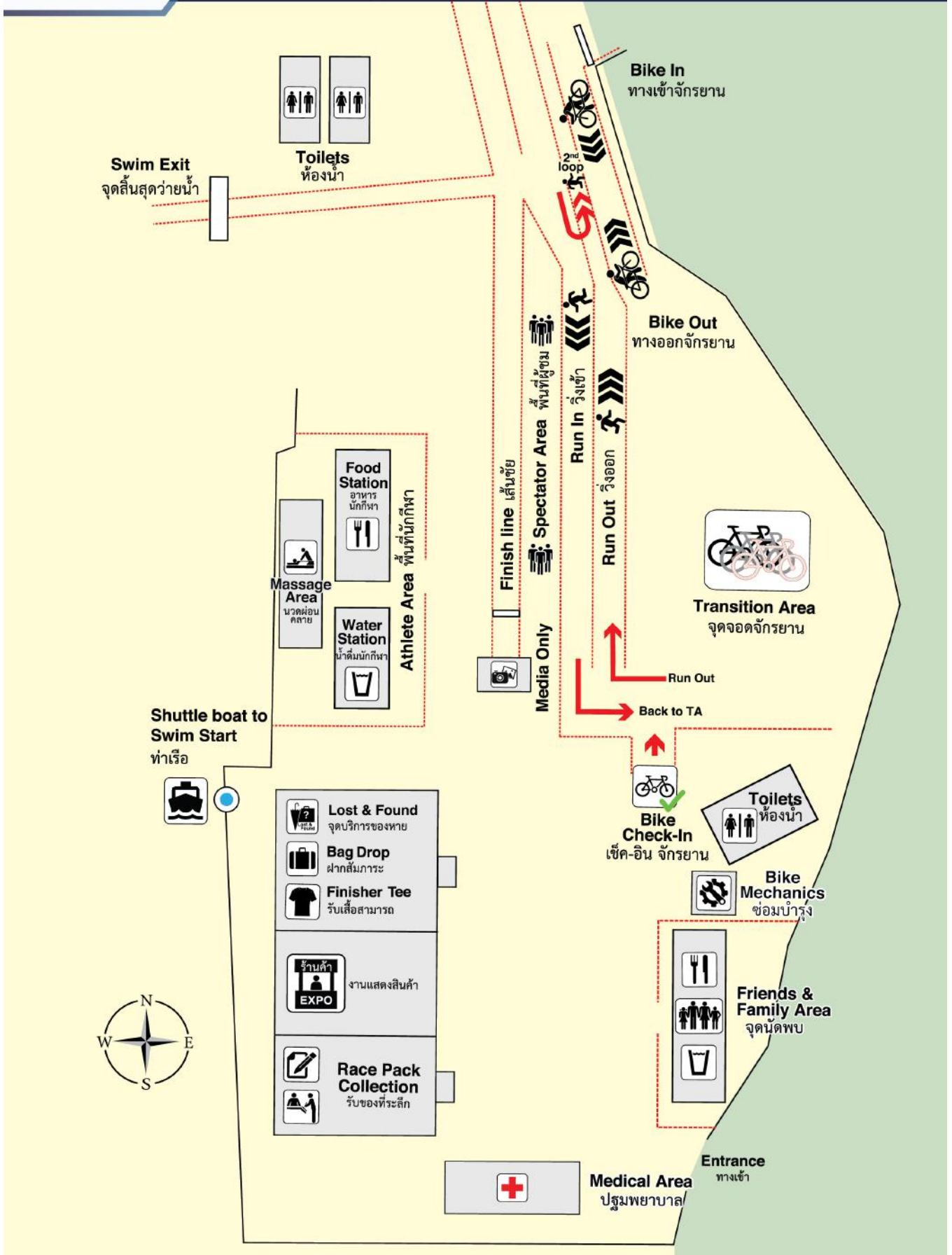
Race Categories ประเภทการแข่งขัน	Start time เวลา (น.) เวลาปล่อยตัว	Time of Day เวลา (น.)	Location จุดตัดเวลา	Remarks หมายเหตุ
LPT (Pro & Elite) [6:30/6:35] LPT (Age Groups) [6:37] LPT (Team) [6:37]	6:37	7:50	Swim Exit - transition area	Chip Return - DNF
		7:55	Bike Out - transition area	Chip Return - DNF
		9:20	Bike Course at Muang Thalang School	Athletes will be sent on a shortened course and allowed to continue but will be DNF on race result
		10:30	Bike In - transition area	Chip Return - DNF
		11:40	Run In 1st Loop (6km) - transition area	Chip Return - DNF
		12:30	Finish Line	DNF
SPRINT	7:15	7:40	Swim Exit - transition area	Chip Return - DNF
		7:50	Bike Out - transition area	Chip Return - DNF
		9:20	Bike in - transition area	Chip Return - DNF
		12:30	Finish line	DNF
DUATHLON	6:45	7:50	Run in (4 km)- transition area	Chip Return - DNF
		7:55	Bike out - transition area	Chip Return - DNF
		9:20	Bike course at Muang Thalang School	Athletes will be sent on a shortened course and allowed to continue but will be DNF on race result
		10:30	Bike in - transition area	Chip Return - DNF
		11:40	Run in 1st Loop (6km) - transition area	Chip Return - DNF
		12:30	Finish line	DNF

THE TRANSITION AREA WILL BE CLOSED AT 13:00

Attention All Athletes: It's crucial to understand that if any athlete fails to reach a checkpoint before the designated cut-off time, they will be marked as "Did Not Finish" (DNF) and will not be permitted to continue the race. This rule applies to individual participants as well as team relay members. Remember, the performance of the entire team relies on each member meeting these time requirements. Stay focused, pace yourself wisely, and give it your all. Best of luck out there!

TRANSITION AREA

จุดเปลี่ยนการแข่งกัน

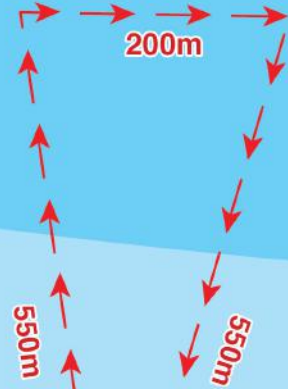


1994
2024



SWIM 1.8 KM

ว่ายน้ำ 1.8 กม.



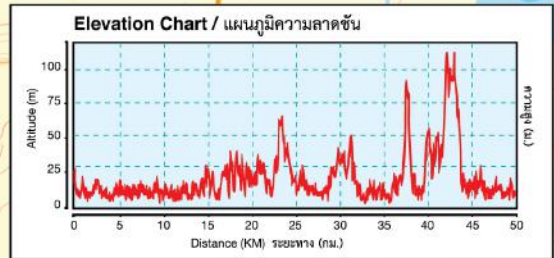
Andaman Sea
ทะเลอันดามัน



1994
2024

BIKE 50 KM

ปั่นจักรยาน 50 กม.



1994
2024



- Outbound Route การแข่งขันขาออก
- Inbound Route การแข่งขันขาเข้า
- Transition จุดเปลี่ยนการแข่งขัน



(6 km x 2 loops)
RUN 12 KM
วิ่ง 12 กม.(6 กม. 2 รอบ)



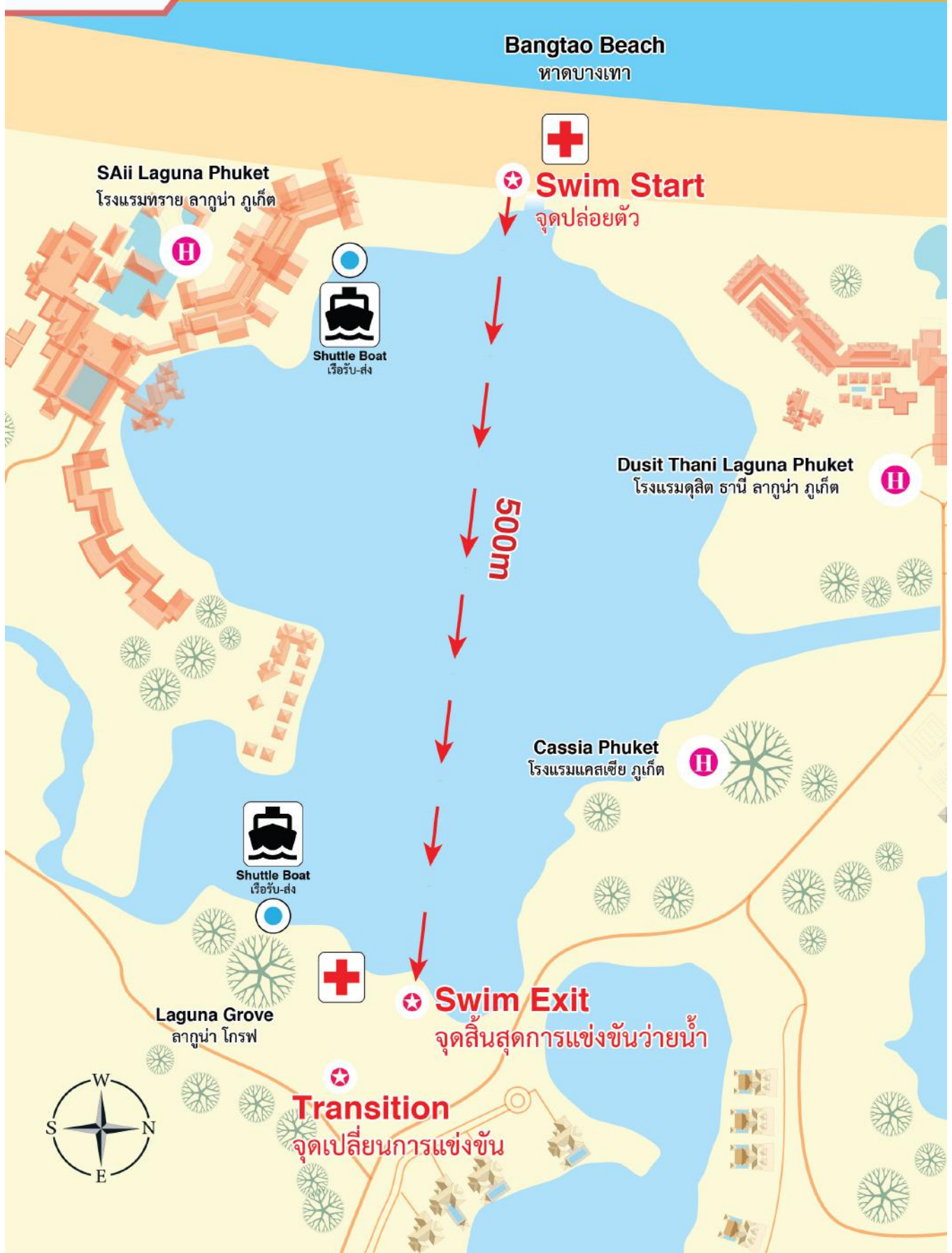
← **Outbound Route:** การแข่งขันขาออก
→ **Inbound Route:** การแข่งขันขาเข้า



1994
2024

SWIM 500 M

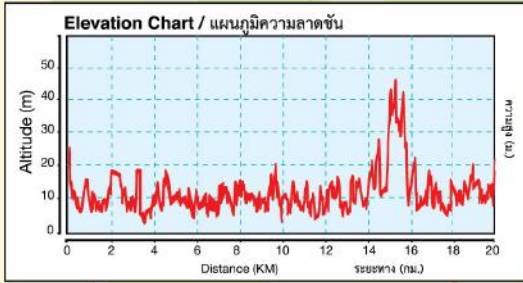
ว่ายน้ำ 500 ม.





BIKE 20 KM

ปั่นจักรยาน 20 กม.



- ← **Outbound Route:** การแข่งขันขาออก
- **Inbound Route:** การแข่งขันขาเข้า
- ★ **Transition** จุดเปลี่ยนการแข่งขัน



1994
2024

RUN 6 KM

วิ่ง 6 กม.

- ← Outbound Route: การแข่งขันขาออก
- Inbound Route: การแข่งขันขาเข้า

Bang Tao Beach
หาดบางเทา

Allamanda Laguna Phuket
อัลลามันดา ลากูน่า ภูเก็ต

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Wedding Chapel
โบสถ์แต่งงาน

Canal Village
คานัล วิลเลจ

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Transition/Finish

จุดเปลี่ยนการแข่งขัน/เส้นชัย

1994
2024



RUN 4 KM

วิ่ง 4 กม.



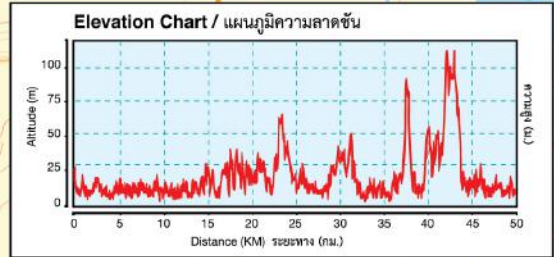
← Outbound Route: การแข่งขันขาออก
 → Inbound Route: การแข่งขันขาเข้า



1994
2024

BIKE 50 KM

ปั่นจักรยาน 50 กม.



1994
2024



(6 km x 2 loops)
RUN 12 KM
วิ่ง 12 กม.(6 กม. 2 รอบ)



← **Outbound Route:** การแข่งขันขาออก
→ **Inbound Route:** การแข่งขันขาเข้า







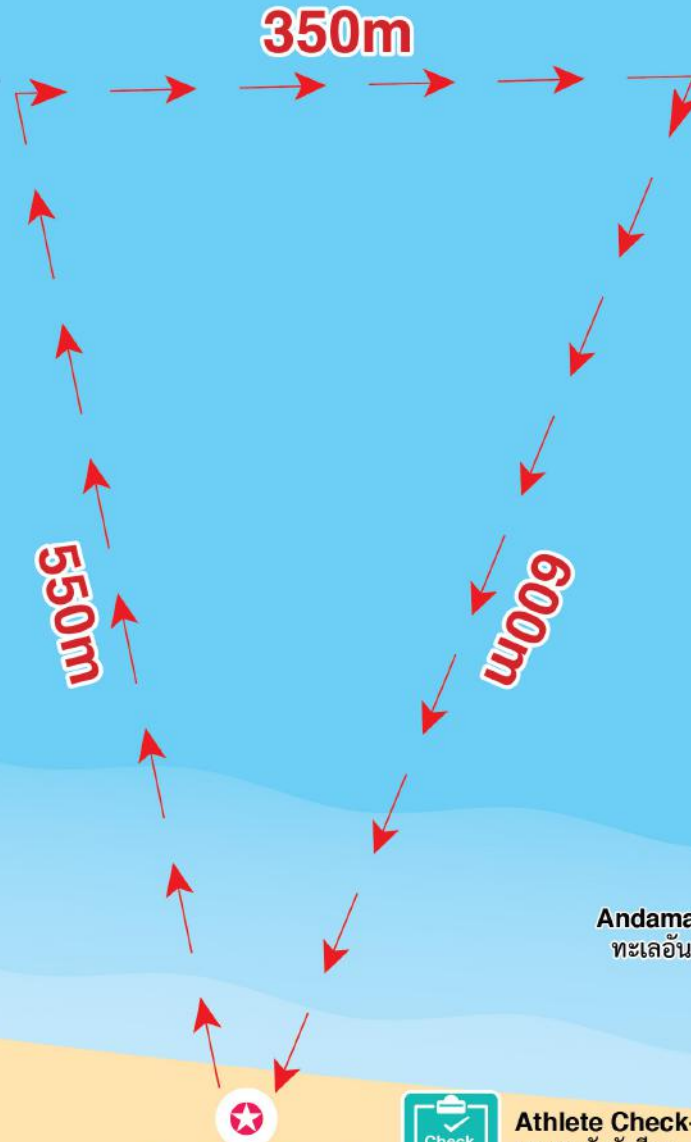
1994
2024

LAGUNA PHUKET
OPEN WATER SWIM
Presented by trihub

**LAGUNA PHUKET
OPEN WATER SWIM BY TRIHUB**
SATURDAY, 16 NOVEMBER 2024

RACE CATEGORY

-  **6.0 KM (3 LOOPS)**
-  **4.5 KM (TEAM OF 3)**
-  **3.0 KM (2 LOOPS)**
-  **1.5 KM (1 LOOP)**



Andaman Sea
ทะเลอันดามัน

Swim Start
จุดปล่อยตัว



Athlete Check-in
รายงานตัวนักกีฬา



Awards Presentation
จุดมอบรางวัล



Bag drop
ฝากกระเป๋า



First Aid
จุดพยาบาล



Toilets
ห้องน้ำ

SAii Laguna Phuket
โรงแรมทราย ลากูน่า ภูเก็ต



Shuttle Boat
เรือรับ-ส่ง

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

1994
2024



FUN RUN 6 KM

วิ่ง 6 กม.



- Outbound Route:** การแข่งขันขาออก
- Inbound Route:** การแข่งขันขาเข้า
- Start / Finish:** จุดปล่อยตัว / เส้นชัย



1994
2024

Yvonne van Vlerken



Pro Legends

Date of Birth: 5 November 1978

Nationality: Dutch

Laguna Phuket Triathlon:

- 3rd LPT 2017
- 2018, 2019

Greatest Career Achievements:

- World record half and full distance Triathlon
- European and World Champion Triathlon and Duathlon

“LPT is such a special event, both my husband and me are thrilled to come back to the magical Phuket for the anniversary of the 30th Laguna Phuket Triathlon. This event make’s memories for a life time. Once you have attended the LPT, it will always bring a smile on your face when thinking back of the entire experience. The racing, the people, the whole atmosphere is one of a kind! It’s a wonderfull feeling to finally come back after being here in 2017, 2018 and 2019.”

1994
2024

Listen Up! from our legends who will be joining us this year to compete and celebrate the 30th anniversary of LPT!

Date of Birth: 10 December 1977

Nationality: Australian

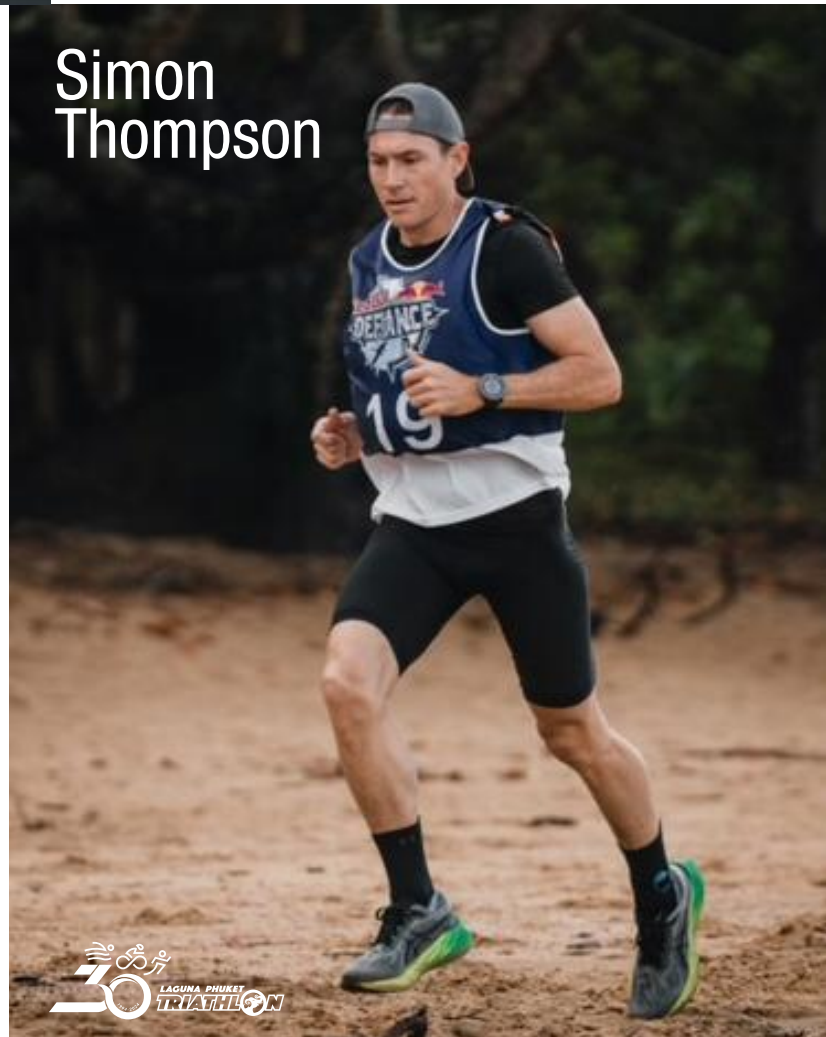
Laguna Phuket Triathlon: 2003 and 2004

Greatest Career Achievements:

- World Teams Champion 2022
- 3x Australian National titles
- 10th, Olympic Games 2004
- Commonwealth Games
- 5x 70.3 Victories
- 2x World Cup Wins

“When anyone asks me what was my favourite triathlon I ever competed it (and there was well over 200), I genuinely always tell them Laguna Phuket Triathlon. I am SO excited to be heading back again 20 years later for the 30th anniversary event this year!”

Simon Thompson





Pro Male Athletes



Max Stapley

Date of Birth: 30 January 1999

Nationality: British

Greatest Career Achievements:

- 2nd, Yeongdo World Cup
- 2nd, Mixed Relay WTCS Sunderland
- 5th, SLT London
- 6th, U23 World Champs

Laguna Phuket Triathlon:

- 1st LPT 2023

Quote for LPT 2024:

"If you're not first you're last" Ricky Bobby



Hayden Wilde

Date of Birth: 1 September 1997

Nationality: New Zealand

Greatest Career Achievements:

- Achievement: Olympic silver Paris Olympic bronze Tokyo

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:

Super excited to be participating in my first LPT. Coming up to its 30 years, it should be an epic one.

1994
2024



Charlie Quin

Date of Birth: 11 April 1995

Nationality: Australian

Greatest Career Achievements:

- 1st, Noosa Tri 2022
- 2nd, Melbourne 70.3 2022
- 1st, Laguna Phuket 2022

Laguna Phuket Triathlon:

- 2022
- 2023

Quote for LPT 2024:

Can't wait to come back for the 30th Anniversary of this great race.



Antony Costes

Date of Birth: 19 December 1989

Nationality: French

Greatest Career Achievements:

- Multiple Ironman and Ironman 70.3 Winner
- Challenge Thailand winner
- Currently PTO ranked #3

Laguna Phuket Triathlon:

- 2nd LPT 2016 & 2017
- 3rd LPT 2023

Quote for LPT 2024:

"If you cannot measure it, you cannot improve it".



Tayler Reid

Date of Birth: 2 October 1996

Nationality: New Zealand

Greatest Career Achievements:

- 3rd, common wealth games
- U23 world champion

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:

So amped to be racing LPT 2024, hard course, hot conditions and beautiful scenes Im all about it.

Pro Male Athletes



Guy Crawford

Date of Birth: 3 September 1979
Nationality: New Zealand
Greatest Career Achievements:

- 1st, 70.3 Taiwan 2015
- 2nd, 70.3 Qujing 2018
- 3rd, Challenge Taiwan Full Distance 2017

Laguna Phuket Triathlon:

- 2017
- 6th LPT 2023

Quote for LPT 2024:
 Magical Race location, with fantastic people and super event support.



Van Vlerken

Date of Birth: 20 March 1985
Nationality: German
Greatest Career Achievements:

- 3rd, IM Switzerland
- 3rd, IM Barcelona
- 3rd, IM Western Australia

Laguna Phuket Triathlon:

- 3rd LPT 2018

Quote for LPT 2024:
 I am here for a hard race and the well deserved good Thai food afterwards.



Richard Varga

Date of Birth: 28 January 1989
Nationality: Slovak
Greatest Career Achievements:

- 2x Olympian
- 4x World aquathlon champion
- European champion
- The fastest swimmer amongst pro triathletes - the most "first out of the water" at the world circuit

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:
 Let's Rock & Roll Laguna Phuket Triathlon 2024

1994
2024



Tom Bishop

Date of Birth: 9 July 1991
Nationality: British
Greatest Career Achievements:

- 2nd, Roth 2024

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:
 I first visiting Phuket last December and loved it. Cant wait to experience the race.



Fetaud Gaetan

Date of Birth: 25 November 1991
Nationality: France
Greatest Career Achievements:

- Professional Triathlete and Cyclist from 2011
- Won International Race in 35 Countries
- Caribbean Champions Triathlon in 2015

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:
 I never do race in Thailand , I am really excited to put my name on the podium in this Amazing race.



Joel Wooldridge

Date of Birth: 27 September 2000
Nationality: Australian
Greatest Career Achievements:

- 3rd, Challenge Taiwan 2024
- 4th, Laguna Phuket triathlon 2023

Laguna Phuket Triathlon:

- 4th LPT 2023

Quote for LPT 2024:
 The Red Rocket is looking forward to 'pain in paradise'!



Pro Female Athletes



Kate Waugh

Date of Birth: 13 February 1999

Nationality: British

Greatest Career Achievements:

- 2022 - U23 World Champion
- 2023 - 2nd Grand Final
- 2023 - Winner Superleague Triathlon Toulouse
- 2023 - 4 x World Cup Podiums
- 2023 - 6th, World Series ranking

Laguna Phuket Triathlon:

- 1st LPT in 2023

Quote for LPT 2024:

'Go to Laguna Phuket' - Stuart Hayes (everytime you talk to him)



Claire Michel

Date of Birth: 13 October 1998

Nationality: Belgian

Greatest Career Achievements:

- 3x Olympian (Rio, Tokyo, Paris)
- 5th Mixed Team Relay in Tokyo
- 8x World Cup Podium, Bronze European Championships (2019)
- 8x top 10 in WTCS
- 2x Belgian Champion

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:

Since this is my last season as a professional triathlete, my motto for this race is 'last one, fast one'



Dimity-Lee Duke

Date of Birth: 17 November 1983

Nationality: Australian

Greatest Career Achievements:

- Multi time podium finisher over 5150, OD, 70.3 and IM distance

Laguna Phuket Triathlon:

- 4th LPT 2023

Quote for LPT 2024:

One of the most unique race formats on the triathlon calendar. A must do for all triathlete enthusiasts.



Cassie Heaslip

Date of Birth: 23 November 1996

Nationality: Australian

Greatest Career Achievements:

- Racing as a professional is a dream-is now my second year pro

Laguna Phuket Triathlon:

- 2023

Quote for LPT 2024:

Dreams don't work unless you do.

1994
2024



Alanis Siffert

Date of Birth: 21 November 2001

Nationality: Swiss

Greatest Career Achievements:

- 2nd, place at Triathlon de Gérardmer 2023 (France)

Laguna Phuket Triathlon:

- 5th LPT 2023

Quote for LPT 2024:

Give it all and have fun!



Kate Bevilaqua

Date of Birth: 4 August 1977

Nationality: Australian

Greatest Career Achievements:

- 3x Ironman Champion 2016
- Ultraman World Champion

Laguna Phuket Triathlon:

- 2017
- 6th LPT 2023

Quote for LPT 2024:

I love the entire Race Weekend, atmosphere and Vibe of LPT! Its like noting else!



Sian Rainsley

Date of Birth: 19 April 1997

Nationality: British

Greatest Career Achievements:

- European bronze medallist 2022, 2024
- Hong Kong World Cup Winner

Laguna Phuket Triathlon:

- First time in 2024

Quote for LPT 2024:

I'm really excited to take part in LPT. I've trained twice in Phuket the last 12 months and love it here. I can't wait to get stuck in on what looks like an epic course.

Laguna Phuket Triathlon - Competition Rules

1. INTRODUCTION TO COMPETITION RULES

Section 1.01 INTENTION

Competition Rules are intended to:

- Facilitate fair play, equality, and sportsmanship;
- Support ingenuity and skill without unduly limiting athletes; and
- Penalize athletes who gain, or seek to gain, an unfair advantage.

Section 1.02 RACE PERSONNEL DEFINITIONS

- "Race Director" is the person appointed by the event owner to be in charge of the Event;
- "Head Referee" is the person appointed by the event to be in charge of rule enforcement for the Race;
- "Head Timer" is the person appointed by the event to be in charge of timing for the Race;
- "Race Officials" are each person appointed by the event to manage and/or supervise the Event; and
- "Race Referees" are the Head Referee and each person appointed by the Head Referee to enforce rules for the Race.

Section 1.03 PRIZE MONEY

- This year LPT allows Thai and non-Thai pros and amateurs to compete for prize money by register for the elite league and choosing the "Elite Category" instead of age group. (However, you will not be eligible to participate in the age group division) 1st place overall Thai winners are still accessible.
- The prize money will be offered equally between male and female athletes in both amount and depth. For each placing where prize money is offered for one gender, there must be a corresponding and equal place for the other gender offering the same amount of prize money.

Section 1.04 COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

2. CONDUCT OF ATHLETES

Section 2.01 GENERAL BEHAVIOR

Each athlete must:

- Practice good sportsmanship at all times;
- Be responsible for his/her own safety and the safety of others;
- Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- Obey traffic regulations and instructions from Race Officials;
- Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification;
- Avoid the use of abusive language;
- Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02);
- Not dispose of trash or equipment on the course (except at aid stations or other designated trash-disposal points). Intentional or careless littering will result in a time penalty or disqualification;
- Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing; and (m)
- Avoid indecent exposure and public nudity at all times during to Event. Indecent exposure/public nudity may result in a disqualification.

Section 2.02 OUTSIDE ASSISTANCE

- Assistance provided by Race Referees or Race Officials is allowed but such assistance is limited to: providing drinks, nutrition, mechanical and medical assistance, and other necessary assistance (as may be approved by the Event Director or Head Referee). Athletes competing in the same Race may assist each other with incidental items such as, but not restricted to: nutrition and drinks after an aid station and pumps, tires, inner tubes, and puncture repair kits; and
- Athletes may not provide any item of equipment to an athlete competing in the same Race if it results in the donor athlete being unable to continue with his/her own Race. Such equipment includes but is not restricted to: shoes, complete bicycle, frame, wheels, or helmet. The penalty for this will be disqualification of both athletes.

Section 2.03 ANTI DOPING

- Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules.
 - Anti-Doping Rules" means all anti-doping rules adopted set by the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by the event.
- Each athlete acknowledges that event's Anti-Doping Rules may be amended from time to time and at any time by the event without notice to athlete other than, as the case may be, posting such amendments on events's www.lagunaphukettri.com;

- Each athlete acknowledges that the WADA Code and International Standards, including WADA's Prohibited List, may be amended from time to time and at any time by WADA without notice to athlete other than, as the case may be, posting such amendments on WADA's website;
- Each athlete is personally responsible for knowing what constitutes a violation of the Anti-Doping Rules (including, without limitation, all substances and methods that have been included on the Prohibited List). Certain medications, common beverages, supplements and other "over-the-counter" or otherwise legal products may contain banned substances. Each athlete is fully responsible for knowing what substances are banned in accordance with the Prohibited List and for monitoring his/her own compliance with the Anti-Doping Rules;
- Each athlete is required to inform applicable third parties (e.g. including, without limitation, medical personnel and athlete support personnel) of athlete's obligations under the Anti-Doping Rules (including, without limitation, (i) restrictions against the use of prohibited substances and prohibited methods and (ii) it is the athlete's responsibility to make sure that any medical treatment received does not violate the Anti-Doping Rules); and
- Any athlete using or intending to use a prohibited substance or prohibited method, for a legitimate medical reason, must seek a Therapeutic Use Exemption ("TUE") from their National Anti-Doping Organization ("NADO") or Regional Anti-Doping Organization ("RADO") as applicable in accordance with the policies and procedures of the applicable NADO and RADO organizations and the Anti-Doping Rules.

Section 2.04 ELIGIBILITY

- An athlete's racing age is determined by their age on December 31st in the year of the Event;
- The minimum racing age for the LPT and duathlon distance is 18 years of age, for the sprint triathlon is 16 years of age as of the race date.
- An athlete who competes in a category different from his/her age will be disqualified from the Event(s) in which he/she participated in. Any awards, prizes, and/or points will be revoked;
- Any athlete that commits fraud by entering any Event under an assumed name or age, falsifying an affidavit or giving false information will be disqualified and risk suspension or expulsion from other Events;

Section 2.05 RACE FINISH, TIMING, AND RESULTS

- An athlete will be judged as finished the moment any part of his/her torso crosses a vertical line extending from the leading edge of the finish line;
- A Race will be won by the athlete who has the shortest time from the applicable start signal to the moment when the athlete finishes the Race;
- The Head Referee, in consultation with the Head Timer, will use all resources reasonably available to decide the final position of every athlete. Information from technology may be used to assist in the decision-making process. The Head Referee or Head Timer may decide, based on the available evidence, that a Race is tied if there is no reasonable way of clearly determining which athlete crossed the line first. Results of tied athletes will be sorted according to Race bib numbers, provided, however, that athletes who finish in a contrived tie situation (e.g., where no effort is made by either athlete to separate the athlete's finish time from the finish time of the other athlete) will be disqualified;
- Results will be official once the Race Director signs them. Incomplete results can be declared official at any time; and
- Results will include athletes who do not finish the Race ("DNF"), and those who are disqualified ("DQ"). All available splits will be listed for DNF athletes.

3. PENALTIES

Section 3.01 GENERAL

- Failure to comply with any of the Competition Rules may result in an athlete being punished with a Stop-and-Go Time Penalty, a 4:00 Minute Time Penalty, disqualification from the Event, suspension from multiple Events, or expulsion for life from all Events;
- Race Referees will notify athletes of a rule violation by showing the athlete a colored card in combination with a verbal directive. Penalty card colors and their associated penalty is as follows:
 - Yellow Card: Stop - and - Go Time Penalty;
 - Blue Card: 4:00 Minute Time Penalty; and
 - Red Card: disqualification;
- The nature of the rule violation will determine the type of penalty;
- A suspension or an expulsion will occur for serious violations of the Competition Rules (the severity of Competition Rule violations shall be determined by the Race Director in consultation with the Head Referee, in their sole and absolute discretion);
- The most common rule violations and penalties are set forth in Appendix A; and
- In any circumstance where a Race Referee deems an unfair advantage has been gained by an athlete, or if a Race Referee determines that an athlete has intentionally or recklessly created a dangerous situation, such Race Referee may, at the Race Referee's discretion, assess penalties to or disqualify athletes (even if such violations by the athlete are not expressly set forth in the Competition Rules).

Section 3.02 TIME PENALTIES

- For purposes of clarity and for the athlete's convenience, certain Competition Rules may expressly cite a corresponding time penalty being expressly cited herein or disqualification penalty. However, the absence of a corresponding penalty with respect to any rule does not preclude Race Referees from issuing a penalty for the violation of any such rule. Each applicable penalty (if one is expressly stated in these Competition Rules) may be stated within the context of the rule or may be stated in parentheses following the rule (e.g., "Stop-and-Go Time Penalty", "4:00 Minute Time Penalty", or disqualification "DQ");

- (b) Race Referees are not required to give athletes a warning before issuing a penalty;
- (c) Swim-course time penalties will be served in the swim-to-bike transition area ("T1") under instructions from a Race Referee;
- (d) Bike-course time penalties will be served in the penalty tent ("PT") at the bike-to-run transition area ("T2"). It is the athlete's responsibility to report to the PT. Failure to stop at the PT on the bike course will result in disqualification;
- (e) Run-course time penalties will be served at the point of the rule violation, under instructions from a Race Referee (there are no PTs on the run course);
- (f) A blue card will be used for drafting violations and intentional littering, and a yellow card will be used for certain other rule infringements;
- (g) When a rule violation is issued by a Race Referee with respect to conduct on the bike course, the Race Referee will:
 - (i) Notify the athlete that the athlete has received a yellow card, blue card, or red card and will show the athlete the corresponding card; and
 - (ii) Instruct the athlete to report to the PT at T2
- (h) When cited for a rule violation on the bike course, the athlete must:
 - (i) Report to the PT and tell the PT official the color of the card received. If the athlete fails to report to the next PT or fails to report the correct color of the card, the athlete will be disqualified;
 - (ii) Have bike numbers marked by the PT official with a slash (/);
 - (iii) Register on the PT sign-in sheet;
 - (iv) Upon receiving a yellow card, resume the Race only after completion of (ii) and (iii) above; and
 - (v) Upon receiving a blue card, resume the Race only after remaining in the PT for 4:00 Minutes (and only after completion of (ii) and (iii) above).

Section 3.03 DISQUALIFICATION

- (a) Any athlete who accumulates three (3) blue cards will be disqualified. If disqualified, an athlete may finish the Race unless otherwise instructed by a Race Referee;
- (b) A red card may be issued to an athlete for severe rule violations including, but not limited to, repeated rule violations, disregard for directives given by Race Referees or Race Officials, or dangerous or unsportsmanlike conduct;

Section 3.04 SUSPENSION

- (a) A suspension may be issued for fraudulent conduct or certain rule violations including, but not limited to, illegal transfer of entries, repeated rule violations, intentional course cutting, or dangerous or unsportsmanlike conduct;
- (b) Suspensions will be assessed by the Race Director based on information submitted by the Head Referee or other race officials;
- (c) Suspensions from future events will be issued by the Race Director for periods of no less than one year up to life time depending on the severity of the violation(s);
- (d) Suspended athletes will be prohibited from competing in the Event during the suspension period;
- (e) Suspended athletes will be notified, in writing, by the Race Director. and
- (f) A list of common rule violations that may result in a suspension are set forth in Appendix A.

Section 3.05 RIGHT OF PROTEST OR APPEAL

- (a) The athlete's right to protest or appeal, if any, will be governed and handled by the Event's sanctioning body, and/or the competition rules of the relevant National Federation;
- (b) No protest may be filed with respect to matters which were observed by or previously ruled upon by a Race Referee. No person may file a protest which requires a judgment call. A "judgment call," as used in these Competition Rules, means the resolution of a dispute involving one or more material facts that cannot be determined with certainty solely through the production of tangible physical evidence. The term "judgment call" shall include but shall not be limited to a resolution of:
 - (i) any purported violation of the cycling position foul rules (including alleged drafting violations);
 - (ii) allegations of blocking, obstruction, or interference; or
 - (iii) allegations of unsportsmanlike conduct.
- (c) Appeals by athletes penalized for judgment calls will not be considered.

4. SWIM CONDUCT

Section 4.01 GENERAL

- (a) Each swimmer must wear an official swim cap provided by the Race Officials. Failing to wear a swim cap at all times during the swim segment of the Race may result in a time penalty enforced by Race Referees after the swim segment in T1.
- (b) Wearing swim goggles or a face mask is neither prohibited nor required;
- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DQ)
- (d) The use of a cast or splint must be pre-approved by the Event specific Head Referee; (Stop-and-Go Time Penalty or DQ)
- (e) Neoprene or any other booties are prohibited.
- (f) Clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment; (DQ)
- (g) Individual paddlers or escorts are prohibited; (DQ)
- (h) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;
- (i) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- (j) Indecent exposure/public nudity is prohibited at all times during an Event; (DQ) and
- (k) Swim course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 4.02 WETSUIT RULES

- (a) Due to the warm sea conditions in Phuket year round, wetsuits are prohibited for the event.

Section 4.03 SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED

- (a) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DQ)
- (b) Swimwear may contain a zipper;
- (c) Sleeves that extend from shoulder to elbow may be worn;
- (d) Wetsuit (neoprene) shorts/bottoms are prohibited (DQ);
- (e) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DQ) and
- (f) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DQ)

Section 4.04 ILLEGAL EQUIPMENT

- (a) Headsets or headphones are prohibited during the swim segment of the Race. (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (b) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are strictly prohibited during the swim segment of the Race; (DQ) and

5. BIKE CONDUCT

Section 5.01 GENERAL

- (a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is; (DQ and indefinite suspension)
- (b) Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes; (DQ)
- (c) It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- (d) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case can a cyclist cross a solid yellow line indicating a no passing zone; (Stop-and-Go Time Penalty or, depending upon severity of violation, DQ)
- (e) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified;
- (f) All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident; (DQ)
- (g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-op at all times during the cycling segment of the Race; (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (h) Athletes must wear a bike helmet number on the front of their helmet; (Stop-and-Go Time Penalty)
- (i) The athletes' bike frame sticker must be securely attached to the bike and must be visible from both sides; (Stop-and-Go Time Penalty)
- (j) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited; (4:00 Minute Time Penalty) in disqualification
- (k) Headsets or headphones are prohibited during the Race; (Stop-and-Go Penalty, DQ if not remedied promptly)
- (l) Except as set forth below in Section 5.02(b), additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race (whether such equipment is worn under the athlete's clothing, over the athlete's clothing, or is otherwise attached to the athlete's body or the athlete's bike); (DQ) and (m) Bike course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 5.02 EQUIPMENT

- (a) **Wheels**
 - (i) The front wheel must be of spoke construction (aero rim with spokes is permitted) and must not be solid; (DQ)
 - (ii) The rear wheel may be either spoke or solid construction (disc wheel). Wheel covers are permitted only on the rear wheel.
 - (iii) Wheels of spoke construction may consist of an aero rim with spokes (spokes may be bladed, round, flattened, or oval); and
 - (iv) No wheel may contain any mechanism capable of accelerating or artificially causing the continued rotation of the wheel. (DQ)
- (b) **Helmets**
 - (i) A helmet must be worn by athletes who are riding a bike during the Event: (e.g., including but not limited to the Race competition, familiarization of Race course, and training sessions); (Stop-and-Go Time Penalty, DQ if not remedied promptly)
 - (ii) An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, is prohibited; (DQ)

Laguna Phuket Triathlon - Competition Rules

- (iii) The helmet must be securely fastened at all times when the athlete is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike segment of the Race, until after the athlete has placed the athlete's bike on the rack at the finish of the bike segment of the Race; (Stop-and-Go Time Penalty, DQ if not remedied promptly) and
- (iv) If an athlete moves the athlete's bike off of the Race course for any reason, the athlete may not unfasten or remove the helmet until after the athlete has moved outside the boundary of the bike course route and has dismounted from the bike. Before returning onto the bike course or before remounting the bike the athlete must fasten the helmet securely on the athlete's head. (Stop-and-Go Time Penalty, DQ if not remedied promptly)

(c) Illegal Equipment

- (i) Helmet mirrors or mirrors attached to the bike or body are prohibited (unless needed for a verifiable medical reason and pre-approved by the Head Referee). Athletes granted permission to use a mirror will be ineligible for to receive awards including, without limitation, World Championship entry slots. Athletes using a mirror without prior approval, will be disqualified;
- (ii) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are prohibited during the Race. Use of such devices during the Race will result in disqualification;
- (iii) Headsets or headphones are prohibited during the Race; (Stop-and-Go Penalty, DQ if not remedied promptly); and
- (iv) Bike or parts of the bike not complying with the bike specifications (as set forth in Section 5.03) are prohibited; (Stop and Go Time Penalty or DQ depending on severity).

Section 5.03 POSITION RULES

- (a) "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (4:00 Minute Time Penalty)
- (b) The bicycle draft zone is 7 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (4 bike lengths of the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (4:00 Minute Time Penalty)
- (c) Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (4:00 Minute Time Penalty)
- (d) Athletes must remain outside of the draft zone (4 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (4:00 Minute Time Penalty)
- (e) A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken;
- (f) The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (4:00 Minute Time Penalty)
- (g) An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation; (Stop-And-Go Time Penalty)
- (h) Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (4:00 Minute Time Penalty)
- (i) Athletes must ride single file on the far-left side of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted and may result in a drafting or blocking violation; (4:00 Minute Time Penalty or Stop-and-Go penalty)
- (j) Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
 - (i) If an athlete enters the drafting zone and completes a pass within 25 seconds;
 - (ii) For safety reasons;
 - (iii) Entering and exiting an aid station or transition area;
 - (iv) An acute turn; and
 - (v) If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.
- (k) Athletes who impede the forward progress of other athletes will be given a blocking violation; (Stop and Go Time Penalty) and
 - (l) Athletes violating rules under this Section 5.04 will be notified "on the spot" by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete "on the spot" (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

Section 5.04 PENALTY TENT

- (a) All bike-course time penalties will be served in a designated Penalty Tent at the Bike-Run transition ("T2") ("PT"). After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the PT will result in disqualification;
- (b) While in the PT, athletes can consume only the food and/or water that is on the athlete's bike or person; (DQ)
- (c) Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and
- (d) Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DQ)

6. RUN CONDUCT

Section 6.01 GENERAL

- (a) Athletes may run, walk, or crawl;
- (b) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete's final Race time);
- (c) All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in a time penalty or disqualification (depending upon severity of the violation);
- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the run segment of the Race; (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (e) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited (4:00 Minute Time Penalty)
- (f) Athletes must wear their event issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the Race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification; and
- (g) Run course cut-off times will be stated in the Event-specific Athlete Information Guide.

Section 6.02 ILLEGAL EQUIPMENT

- (a) Headsets or headphones are prohibited during the run segment of the Race. (Stop-and-Go Time Penalty, DQ if not remedied promptly)
- (b) Unless pre-approved by the Head Referee, communication devices of any type, such as cell phones and two-way radios are strictly prohibited during the run segment of the Race; (DQ) and

7. TRANSITION AREA CONDUCT

Section 7.01 GENERAL

- (a) Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack; (Stop-and-Go Time Penalty)
- (b) Each athlete's equipment must be placed either in the athlete's transition bags, on the athlete's bike, or in the designated transition spot, depending on the policy stated in the Event-specific Athlete Information Guide; (Stop-and-Go Time Penalty)
- (c) Athletes must not interfere with another athlete's equipment in the transition area; (Stop-and-Go Time Penalty)
- (d) Athletes must not impede the progress of other athletes in the transition area; (Stop-and-Go Time Penalty)
- (e) A mount and dismount line will be clearly designated at the entrance and exit of the transition area. Mounting the bike before the designated mount-line is prohibited. Dismounting after the dismount line is prohibited; (Stop-and-Go Time Penalty)
- (f) Athletes cannot stop in the flow zones of the transition area; (Stop-and-Go Time Penalty) and
- (g) Public nudity or indecent exposure is prohibited. (DQ)

8. RACE OFFICIATING

Section 8.01 POWERS OF THE HEAD REFEREE

The Race Director and Head Referee have the power to:

- (a) To interpret and enforce the Competition Rules and any other regulations or policies;
- (b) To supervise and control the general conduct of all athletes, and to intervene during the Race at any stage to ensure that the Competition Rules are observed;
- (c) To enforce the Competition Rules and impose penalties for violations of the Competition Rules;
- (d) To make decisions with respect to any Race-related situation before, during, and/or after the Race (including situations not specifically covered in the Competition Rules);
- (e) To instruct, direct, assign duties to, and delegate authority to all other Race Referees;
- (f) To overrule any Judge, Marshal, or other Race Official on any point of interpretation of the Competition Rules;
- (g) To examine the equipment or other items of any athlete at any time to check compliance with the Competition Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized; and
- (h) To establish all aspects of protest procedures (including the time and place of hearing), to impose sanctions for noncompliance with established procedures, and to assess penalties in accordance with the resolution of any protests.

Section 8.02 RACE REFEREES

Race Referees will follow all instructions of the Head Referee and Race Director. Race Referees shall have jurisdiction over all persons in their respective areas of assignment and shall enforce these Competitive Rules by reporting, in writing, violations to the Head Referee.

Section 8.03 HEAD TIMER

The Head Timer is responsible for collecting and processing all data relevant to the calculation and determination of official Race results.

APPENDIX A: Common Competition Rule Violations and Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties (“Summary”). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

SUMMARY OF GENERAL COMPETITION

**RULES	PENALTIES
Public nudity or indecent exposure	DQ
Littering outside of the trash/rubbish drop zones	4:00 Minute Time Penalty
Using unsportsmanlike behavior	DQ and potential suspension
Failure to follow the prescribed course	DQ
Failure to wear a shirt or sport top during the bike or run	Stop-and-Go if remedied, DQ if not remedied promptly
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a Stop-and-Go Time Penalty will be assessed, If not: DQ
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DQ
Unless pre-approved by the Head Referee, using communication devices of any type during Race competition	DQ
**SUMMARY OF SWIM RULES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DQ
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DQ
Wearing a wetsuit that measures more than 5mm thick	DQ
Using a snorkel	DQ
**SUMMARY OF BIKE RULES	PENALTIES
Drafting violation	4:00 Minute Time Penalty
Blocking (side by side riding)	Stop-and-Go Time Penalty
Once overtaken, re-passing prior to dropping out of the draft zone	Stop-and-Go Time Penalty
Once overtaken, remaining in the draft zone for more than 25 seconds	4:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	Stop-and-Go if remedied, DQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	Stop-and-Go if remedied, DQ if not remedied promptly
Wearing headsets or headphones during competition	Stop-and-Go if remedied, DQ if not remedied promptly
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions	Stop-and-Go if remedied, DQ if not remedied promptly
Make forward progress without bike during the bike segment	Stop-and-Go if remedied, DQ if not remedied promptly
**SUMMARY OF RUN RULES	PENALTIES
Wearing headsets or headphones during competition	Stop-and-Go if remedied, DQ if not remedied promptly
Failure to wear a shirt or sport top during the run portion	Stop-and-Go if remedied, DQ if not remedied
Crossing the finish line with a non-participating individual	DQ
**SUMMARY OF TRANSITION AREA RULES	PENALTIES
Blocking the progress of other athletes	Stop-and-Go Time Penalty
Interfering with another athlete’s equipment	Stop-and-Go Time Penalty

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Laguna Phuket Triathlon 2023

Key Race Results

LPT - PRO MALE (1.8 swim, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
1st place	MAX STAPLEY	GBR	02:32:53
2nd place	MAX STUDER	CHE	02:34:09
3rd place	ANTONY COSTES	FRA	02:35:32
4th place	JOEL WOOLDRIDGE	AUS	02:36:46
5th place	RUDOLF WILD	CHE	02:38:47
6th place	GUY CRAWFORD	NZL	02:43:30
LPT - PRO FEMALE (1.8 swim, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
1st place	KATE WAUGH	GBR	02:46:04
2nd place	JULIE DERRON	CHE	02:47:45
3rd place	SOPHIE MALOWIECKI	AUS	02:52:12
4th place	DEMITY LEE DUKE	AUS	02:54:58
5th place	ALANIS SIFFERT	CHE	02:58:43
6th place	KATE BEVILAQUA	AUS	03:07:24
LPT - INDIVIDUAL (1.8 swim, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
F 18-24	-	-	-
F 25-29	HO TING YU	HKG	04:03:35
F 30-34	EMMA RICKARD	GBR	03:37:54
F 35-39	MELANIE SPEET	AUS	03:43:27
F 40-44	LUCY RICHARDSON	GBR	03:25:14
F 45-49	SABINE CLAUDIA EGGER-WEICKHARDT	AUS	03:34:17
F 50-54	YIM SHUM	HKG	03:40:53
F 55-59	NIOBE MENÉNDEZ	ESP	03:39:29
F 60-64	SABINA FENNER	CHE	03:48:42
F 65+	-	-	-
M 18-24	LUKE MASON	GBR	02:57:35
M 25-29	JATURON JEENJITMAN	THA	03:07:51
M 30-34	FRANCESCO CAUZ	ITA	02:54:07
M 35-39	CRAIG BICKERTON	GBR	03:01:39
M 40-44	COLIN O'SHEA	IRL	02:50:57
M 45-49	ASSAD ATTAMIMI	AUS	02:51:46
M 50-54	STUART DANIELS	AUT	02:59:42
M 55-59	CHARLES SMITH	USA	03:13:22
M 60-64	DARIO ZARRO	CHE	03:22:18
M 65-69	SANDRO ANGELASTRI	CHE	03:23:34
M 70-74	EDWARD	FRA	04:00:14
M 75+	-	-	-
LPT - THAI ATHLETE (1.8 swim, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male	TANADOL WITSARUTSIN	THA	02:51:50
Female	JINDAPORN LIMTONG	THA	04:03:37
LPT - TEAM RELAY (1.8 swim, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Relay	Team Pho3nix	-	02:35:54
Female Relay	Singha All Star Tri	-	03:46:14
Mixed Relay	Hong Kong's Dream Team	-	02:48:33
LP SPRINT (0.5km swim, 20km Bike, 6k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	TYLER SMUDA	DEU	01:05:20
Female Open	SARAH VIRGINIA COSTEIRA	PRT	01:12:50
DUATHLON (4km Run, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	MATT HOFFMANN	DEU	02:52:17
Female Open	JENNA-CAER SEEFRIED	CAN	03:12:05

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เข้าถึงใจ
เข้าถึง **คุณ**

SCB รู้จักคุณผ่านข้อมูล
รู้ใจคุณผ่านความรู้สึก
รู้สึกถึงความต้องการของคุณ



SCB 

DIGITAL BANK WITH

Human Touch

Baan Bang Tao-Cherngtalay Community Based Tourism



“Beautiful Beach, Clear Water, Sweet Pineapple, Spicy Rice Salad”.

Cherngtalay District was located on the beach, where the seawater could not reach. Because of this attribute, it was named Cherngtalay District. People here are agriculturists, merchants, fishermen, and labors. Buddhists and Muslims coexist with a diverse range of cultures and lifestyles. Agricultural products and agricultural processing products are the main products here. The community in Bang Tao Cherngtalay is characterized by a simple way of life. Their traditional jobs include gardening, raising livestock, or fishing. Even today, the community is experiencing a surge in business due to the stunning beauty of its beaches. The community still maintains its original way of life, or even better, it seamlessly blends in.

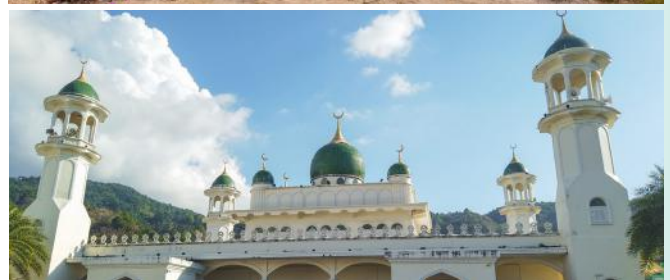
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The Mukaram mosque is where the full-day excursion to Baan Bangtao begins. It is Phuket's most exquisite and significant mosque. Next, visit the rubber tree plantation to learn more about the local agriculture.

After that, proceed to the Phu Pa viewpoint, from which you can overlook Surin Beach, Layan Beach, and Nai Thon Beach. After that, join the women's group cooking the local food and desserts. One of the main course menus at Baan Bangtao is Khao Yam (rice salad); its main ingredients are the local herbs: the fever vine leaves, lime berry, torch ginger, kaffir lime leaves, and lime. The recipe includes torch ginger, which helps to relieve flatulence and contains antioxidants. The ingredients include fish fillet and garcinia cambogia, and you can top the soup with sun-dried fish or boiled eggs. Desserts abound, including A-pong, a popular deep-fried crepe typically enjoyed with a cup of tea in the morning or afternoon, Champedak cake, pineapple cake, and steamed sticky rice wrapped with coconut leaves, all part of Bangtao's traditional cuisine. Finally, let's experience Bangtao's atmosphere by taking a long-tail boat to Waek Island. If you prefer not to visit Waek Island, you can also opt for a half-day trip.

Many good things in Bang Tao-Cherngtalay are waiting for all of you to explore, visit, and experience.

For more information; please contact Bung Tik by phone number (+66)6 2228 7896.





6K



Celebrating Laguna Phuket Triathlon's 30th anniversary with the 6K Charity Fun Run. A portion of the proceeds will be donated to the Children First Fund (CFF) in support of orphanages in Phuket.



16 Nov 2024

Laguna Phuket

JOIN THE RACE OF LEGENDS

REGISTER NOW!



"วิ่งมหาสนุก ส่งสุขให้น้อง"

- ฉลองลากูน่าภูเก็ตไตรกีฬา ครบรอบ 30 ปี กับ กิจกรรมวิ่งการกุศล
- รายได้บางส่วนจากค่าสมัครวิ่ง มอบให้กองทุน ซีเอฟเอฟ (CFF) เพื่อช่วยเหลือเด็ก ๆ ณ บ้านกำพร้า และสถานสงเคราะห์ในภูเก็ต

Laguna Phuket Foundation Big Changes for the Little Ones

A big THANK YOU to all of our donors who donated to Laguna Phuket Foundation at various fundraising activities and many Laguna Phuket's international sporting events. In addition to Laguna Phuket Kindergarten, Fully Booked! Mobile Learning Centre have been giving local children and our community members the learning and self-development opportunity,

Laguna Phuket Foundation has established "Children First Fund (CFF)" in 2017 to commemorate Laguna Phuket's 30th anniversary.

With "Nourishing Heart, Inspiring Dreams" as mission, CFF raised millions of Baht at big events and through number of fundraising activities. Since 2017, CFF delivers food and sustenance to 4 orphanages in Phuket, housing more than 200 children on a monthly basis.

Please visit Laguna Phuket Triathlon's Friends and Family Area to learn more.



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Acknowledgement

Laguna Phuket Triathlon wishes to acknowledge and thank the following parties for their contribution to the success of this event:

Laguna Phuket President & CEO:	Eddy See
Event Director:	Paul Wilson & Prapa Hemmin
Race Director:	Raimund Wellenhofer
Event Manager:	Sunipa Teerapongnapalai
Government Liaison:	Prapa Hemmin & Nittakarn Karnjananopinit
Event Coordinator:	Tananun Nakakitviboon
Race Announcer:	Whit Raymond, Kamonchanok Supawatee
Graphic Designer:	Umarin khongyang
Website:	www.lagunaphukettri.com
Aid Station Coordinator:	Jaturong Sanorjit & Adisorn Thongsri
Swim Course Coordinator:	Mahachat Suwannarut, Jaturong Sanorjit
Bike Course Coordinator:	Suchart Takthin, Jaturong Sanorjit
Run Course Coordinator:	Jaturong Sanorjit
Volunteer Coordinator:	Jaturong Sanorjit & Adisorn Thongsri
Construction & Site Preparation:	Ahmad Mahsalee
Community Relations:	Tarika Dangnak
Bike Mechanic Service:	Bike Works
Communications:	Phuket Amateur Radio Club (HAM Radio)
Co-Organizer:	GAA Events
Timing:	Sportstats Asia
Hotel Hospitality:	Angsana Laguna Phuket Banyan Tree Phuket Cassia Phuket Dusit Thani Laguna Phuket HOMM Suites Laguna SAii Laguna Phuket
Medical Services:	Bangkok Hospital Phuket
Photography:	Thai Run
Road Safety:	Phuket Police
Sponsors & Supporters:	Phuket Provincial Government Ministry of Tourism and Sports Tourism Authority of Thailand Sports Authority of Thailand
Volunteers:	Laguna Phuket staff and all the other volunteers far too numerous to list here.
Water Safety:	Marine Police & Navy Force, Cherngtalay Sub-District Administration Organization

1994
2024

Regrettably we cannot mention everyone who has played a part in the 2024 Laguna Phuket Triathlon on one page. But you know who you are and we couldn't do it without you. Your support and assistance is greatly appreciated. THANK YOU.

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