



LAGUNA PHUKET TRIATHLON

19 NOV 2023

RACE PROGRAM

JOIN THE RACE OF LEGENDS

LagunaPhuketTri

LagunaPhuketTri.com



OFFICIAL SPONSORS

SUPPORTED BY

CHARITY PARTNER

OFFICIAL SUPPLIERS



From the Governor of Phuket Province



Sawadsee Krub. On behalf of Phuket Province, we are delighted to co-host this competition as part of the 29th anniversary of the Laguna Phuket Triathlon.

Phuket Province has set an important goal for itself: to become a hub for sports tourism. To foster economic growth and promote equitable distribution of income in Phuket Province, we are committed to implementing measures that ensure sustainable stability for the local population.

The Laguna Phuket Triathlon is one of the most prestigious sporting events, and it stands as a symbol of our province, renowned worldwide. Participating in the Laguna Phuket Triathlon not only transforms Phuket into a sports tourism destination but also promotes the region and boosts our potential as a sports-focused economic driver.

We welcome all athletes, families, and friends to join us in celebrating this, experiencing Phuket's beauty and culture, and returning home with memories to share with your loved ones ensuring that you return to Phuket year after year.

Mr. Sophon Suwannarat
Governor of Phuket Governor



From Laguna Phuket



Welcome athletes and supporters to the 29th edition of our Laguna Phuket Triathlon. The world-renowned Race of Legends returns to the spectacular tropical scenery of Laguna Phuket, Asia's premier integrated destination.

We extend a warm welcome to all participants and supporters of this year's Laguna Phuket Triathlon. The historical 'Race of Legends' returns to the breathtaking tropical setting of Laguna Phuket, Asia's most renowned integrated destination.

On Sunday, November 19, 2023, we are excited to welcome everyone back for Asia's longest-standing triathlon. This event will feature our one-of-a-kind triathlon race durations, which include a 1.8 kilometer swim, a 55 kilometer cycle ride, and a 12 kilometer run along with the popular duathlon and sprint distances.

Over the course of its 29-years history, the race has drawn thousands of the sport's most accomplished athletes and legendary triathletes. This year, we are delighted to welcome back notable athletes, including Jamie Riddle, who recently achieved a podium finish at the 2023 South African National Champion, and Charlie Quin, the champion of our 2022 Laguna Phuket Triathlon, Noosa Triathlon, 70.3 Melbourne, and Challenge Salou. Additionally, we are honored to host a diverse group of professional athletes from countries such as Switzerland, France, Australia, the United Kingdom, New Zealand, Italy, and Thailand.

The Laguna Phuket Triathlon is an event that caters to athletes of all skill levels, thanks to its stunning landscapes, fresh air, and natural surroundings. Our race distance is unlike any other, and our course design is one of a kind. Participants will get the opportunity to experience a demanding yet gorgeous bike course ride, a one-of-a-kind swim that takes place in both the Andaman Sea and a freshwater lagoon, and finish with a run course that encompasses the entirety of the Laguna Phuket resort.

The race venue is conveniently within walking distance of the seven hotels within the Laguna Phuket complex. Participants can also benefit from the included, unlimited destination transport services at their convenience. The experience of staying in Laguna Phuket and taking part in our Laguna Phuket Triathlon is one that will remain in one's memory for a very long time.

Lastly, we would like to sincerely thank all of our long-term event sponsors and partners whose consistent support has made it possible for us to host this gathering.

We trust that the 29th edition of the 'Race of Legends' will be an enjoyable experience for all competitors and attendees. We extend our best wishes for your happiness and success throughout the event.

Mr. Eddy See
President, Chief Executive Officer
Laguna Phuket

Mr. Paul Wilson
VP, Deputy Managing Director
Laguna Phuket

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, 55K 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 28 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 29th Laguna Phuket Triathlon is scheduled to take place on Sunday 19 November 2023. In addition to the full distance race, the event also features a "Sprint" distance comprising 0.5K swim, 20K bike and 6K run and the inaugural Laguna Phuket Duathlon, comprising of a 4K run, 55K bike and 12K run.

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

“

**EVER
IMAGINED
IMMERSING
YOURSELF
IN THE SERENITY
OF NATURE ?**”

 Mae On , CHIANG MAI




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A STAR ALLIANCE MEMBER 

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1 Race Office Tel: 076-362300 ext.1404 **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** Dusit Thani Laguna Phuket: Award Party **P** Parking Area



Angsana Laguna Phuket

- 377 luxuriously appointed rooms
- ACES (Convention and Exhibition Space of 1,500 sq. m.)
- 6 meeting rooms
- 6 dedicated board rooms
- 8 dining venues and 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 & 1 bar on-site
- Award-winning Banyan Tree Spa



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

Cassia Phuket

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

Dusit Thani Laguna Phuket

- 248 hotel rooms, suites, and villas including deluxe rooms, Dusit Club Rooms, Lagoon and Ocean Front Pool Villas
- 6 dining venues and bars
- 5 Meeting rooms



Saii Laguna Phuket

- 255 rooms and suites
- Main ballroom (448 sq. m.)
- 3 spacious meeting rooms
- 3 spacious meeting rooms
- 3 restaurants and 2 bars

Homm Suites Laguna

- 79 spacious suites
- Seedlings Restaurant
- Poolside Bar
- Room Service



Laguna Phuket Triathlon

Schedule 16th - 25th November

DATE/TIME ACTIVITY

THURSDAY, 16TH NOVEMBER

09:00 - 17:00 Bike Mechanic Service

FRIDAY, 17TH NOVEMBER

07:00 - 17:00 Bike Mechanic Service

07:00 - 08:00 Introduction, safety briefing and warm up for Practice Bike Session*

08:00 - 10:00 Practice Bike Session on 55 KM Bike Course (Police escorted)*

10:00 - 11:00 Bike Clinic by Cycosports*

**(Limited spots, only for those who sign up in advance through online registration)*

SATURDAY, 18TH NOVEMBER

07:00 - 09:00 Test Swim*

07:30 - 08:30 Open Water Swimming Workshop by TriHub and Fishlike Thailand*

**(Limited spots, only for those who sign up in advance through online registration)*

10:00 - 17:00 Race Pack Collection and Expo

10:00 - 17:30 Bike Mechanic Service

10:00 - 17:30 Mandatory Bike Check-In**

11:00 - 12:00 Race Briefing in English for Pro**

12:00 - 13:00 Race Briefing in English**

13:00 - 14:00 Race Briefing in Thai**

14:30 - 15:30 Press Conference

17:00 - 21:00 Pasta Party (Carbo - load)

17:00 - 21:00 Lifestyle Night Market (Shuttle bus and jetty service available from Angsana)

****Athlete attendance is compulsory**

SUNDAY, 19TH NOVEMBER

05:00 - 06:15 Athlete Check-in

05:00 - 11:00 Bike Mechanic Service

05:00 - 12:30 Medical Service Available

05:30 - 06:50 LPT and Sprint Athletes Transfer to Swim Start

06:30 Start LPT - Pro/Elite Males

06:35 Start LPT - Pro/Elite Females

06:37 Start LPT Age Groups - Rolling Start (6 athletes every 5 seconds)

06:45 Start Duathlon

06:55 (approx.) LPT First Athlete Swim Finish

07:15 Start Sprint Triathlon - Rolling Start (6 athletes every 5 seconds)

07:35 Sprint Swim Cut-off

07:47 LPT Swim Cut-off

07:40 Sprint Bike Start Cut-off

07:52 LPT & Duathlon Bike Start Cut-off

08:00 - 13:00 Athlete Post Race Buffet & Massage Service

08:00 - 13:00 Expo

08:10 (approx.) LPT First Athlete Bike Finish

08:17 (approx.) Sprint First Athlete Finisher

08:50 (approx.) LPT First Athlete Finisher

09:20 LPT & Duathlon Bike Cut-off at 24.8 km

(Athletes will be sent on a shortened course and allowed to continue but will be DNF)

09:25 Sprint Bike Cut-off

10:30 LPT & Duathlon Bike Cut-off

10:30 - 13:30 Bike Check - Out (Athlete must collect equipment from the transition area before closing time)

11:30 LPT & Duathlon Run Cut-off at 6km

12:30 Race Finish (Cut-off all distances)

18:00 Awards Party Open

19:00 Awards Presentation for Overall Winners

22:00 Awards Party Finish

VENUE

Laguna Grove

Laguna Grove

Friends & Family Area, Laguna Grove

LPT and Duathlon Bike Course

Big Marquee, Laguna Grove

SAii Laguna Phuket - Beach Front

SAii Laguna Phuket - Beach Front

Big Marquee, Laguna Grove

Laguna Grove

Laguna Grove - Transition Area

ACES, Angsana Laguna Phuket

ACES, Angsana Laguna Phuket

ACES, Angsana Laguna Phuket

Big Marquee Laguna Grove

ACES, Angsana Laguna Phuket

Canal Village

Laguna Grove - Transition Area

Laguna Grove

Laguna Grove

SAii Laguna Phuket - Beach Front

SAii Laguna Phuket - Beach Front

SAii Laguna Phuket - Beach Front

SAii Laguna Phuket - Beach Front

Laguna Grove - Start Line

Laguna Grove - Swim Finish

SAii Laguna Phuket - Beach Front

Laguna Grove - Swim Finish

Laguna Grove - Swim Finish

Laguna Grove - Bike out Transition Area

Laguna Grove - Bike out Transition Area

Athlete Area, Laguna Grove

Big Marquee, Laguna Grove

Laguna Grove - Transition Area

Finish Line, Laguna Grove

Finish Line, Laguna Grove

On Bike Course - Thalang school

Laguna Grove - Bike in Transition Area

Laguna Grove - Bike in Transition Area

Laguna Grove - Transition Area

Laguna Grove - Run in Transition Area

Finish Line, Laguna Grove

La Trattoria Lawn - Dusit Thani Laguna

La Trattoria Lawn - Dusit Thani Laguna

La Trattoria Lawn - Dusit Thani Laguna

LPT



RELAY



SPRINT



DUATHLON



Race Results

ผลการแข่งขัน

MONDAY, 20TH NOVEMBER

08:00 Recovery day (Yoga & healthy breakfast)

Open Kitchen Restaurant, Cassia Phuket

TUESDAY, 21ST NOVEMBER

18:00 Laguna Phuket Four-Man Championship to showcase legendary Thai martial art

Big Marquee, Laguna Grove

SATURDAY, 25TH NOVEMBER

17:00 - 21:00 Lifestyle Night Market (Shuttle bus and jetty service available from Angsana)

Canal Village

RACE INFORMATION

REGISTRATION & RACE PACK COLLECTION

Location: Big Marquee, Laguna Grove
Date: Saturday, 18th November 2023
Time: 10:00 - 17:00 h

Each race pack will include:

- Race number • Numbering tattoos
- Bike sticker set • Race belt
- Swim cap • Race bag • Timing chip
- Wristband (to enter the transition area, pasta party and award party)

Please prepare your ID card, or passport and a signed e-waiver form 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 award party.

EXPO

Location: Big Marquee, Laguna Grove
Date: Saturday, 18th November 2023
Time: 10:00 - 17:00 h
Date: Sunday, 19th November 2023
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 two-day expo.

BIKE CHECK-IN

Location: Transition Area, Laguna Grove
Date: Saturday, 18th November 2023
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.

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 in order 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, 16th November to Sunday, 19th November 2023. Please refer to event schedule on page 8 for operating hours.

BIKE PRACTICE SESSION

Location: Friends & Family Area, Laguna Grove
Date: Friday, 17th November 2023
Time: 07:00 - 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)

BIKE CLINIC by CYCSPORTS

Location: Big Marquee, Laguna Grove
Date: Friday, 17th November 2023
Time: 10:00 - 11:00 h

During the Bike Clinic session, riders will have the opportunity to discuss various topics of concern, aimed at optimizing their performance in the upcoming LPT race.

TEST SWIM & OPEN WATER SWIMMING WORKSHOP by TRIHUB & FISHLIKE THAILAND

Location: SAii Laguna Phuket - Beach Front
Date: Saturday, 18th November 2023
Time: 07:00 - 09:00 h

From 07:00 - 09:00 h, Trihub and LPT have set up a 500m test swim course to allow participants to test their swimming abilities in a real environment close to the race day, with a lifeguards on duty.

From 07:30 - 08:30 h, in addition to the Test Swim, Trihub along with Fishlike Thailand, will organize an open water swimming workshop for participants who want to build more confidence in open water swimming with the right mindset and proper technique. (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 8.

PASTA PARTY

Location: ACES, Angsana Laguna Phuket
Date: Saturday, 18th November 2023
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 at racepack collection. A limited number of tickets may be available for sale at the door. Tickets cost THB 950 for adults and THB 475 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

BAG DROP

Location: Big Marquee, Laguna Grove
Date: Sunday, 19th November 2023
Time: 05:00 - 13:00 h

The main bag drop point is located in the big marquee at Laguna Grove and will be open until 13:00 h on the race day. After this time, any remaining items will be transferred to the race office, Laguna Resorts and Hotels Office, Tel. +66 (0)76 362 300 Ext. 1417 and will be available for pick up on Monday, 20th November 2023 during office hours.

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

TRANSITION AREA

Location: Transition Area, Laguna Grove
Date: Sunday, 19th November 2023
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.

Free shuttle buses will be circulated between the hotels. Fill up bike bottles from your hotel room or home before arriving at the race venue. Pre-race aid stations will be available at the transition area and the swim start.

RACE INFORMATION

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, 19th November 2023

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.

ATHLETE HOSPITALITY & MASSAGE SERVICE

Location: Athlete Area, Laguna Grove

Date: Sunday, 19th November 2023

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.

PRIZE MONEY & AGE GROUP AWARDS

Location: La Trattoria Lawn - Dusit Thani Laguna

Date: Sunday, 19th November 2023

Time: 18:00 - 20:00 h

This year is extraordinary as we're offering athletes the chance to complete for a cash prize alongside professional triathletes by sign up in the Elite division.

For the age group awards, the top 3 finishers in each age group category will receive a trophy at the awards presentation ceremony.

AWARDS PRESENTATION & PARTY

Location: La Trattoria Lawn - Dusit Thani Laguna

Date: Sunday, 19th November 2023

Time: 18:00 - 22:00 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 door of La Trattoria. Tickets cost THB 950 for adults and THB 475 for children (5-12 years old)

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, Laguna Resorts and Hotels Office, Tel +66 (0)76 362 300 Ext. 1417 Please remember to label all of your equipment before the race.

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.

E-CERTIFICATES

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

RECOVERY DAY

A relaxing recovery yoga session and breakfast at the farm-to-table restaurant Open Kitchen, Cassia Phuket at 07:00 h on Monday 20th November 2023

LIFESTYLE NIGHT MARKET

On Saturday, 18th and 25th of November, a Lifestyle Night Market features a wide range of food stalls, selling local Thai delicacies and plenty of unique products, art, craft, and fashion stalls from 17:00 h onwards at Canal Village.

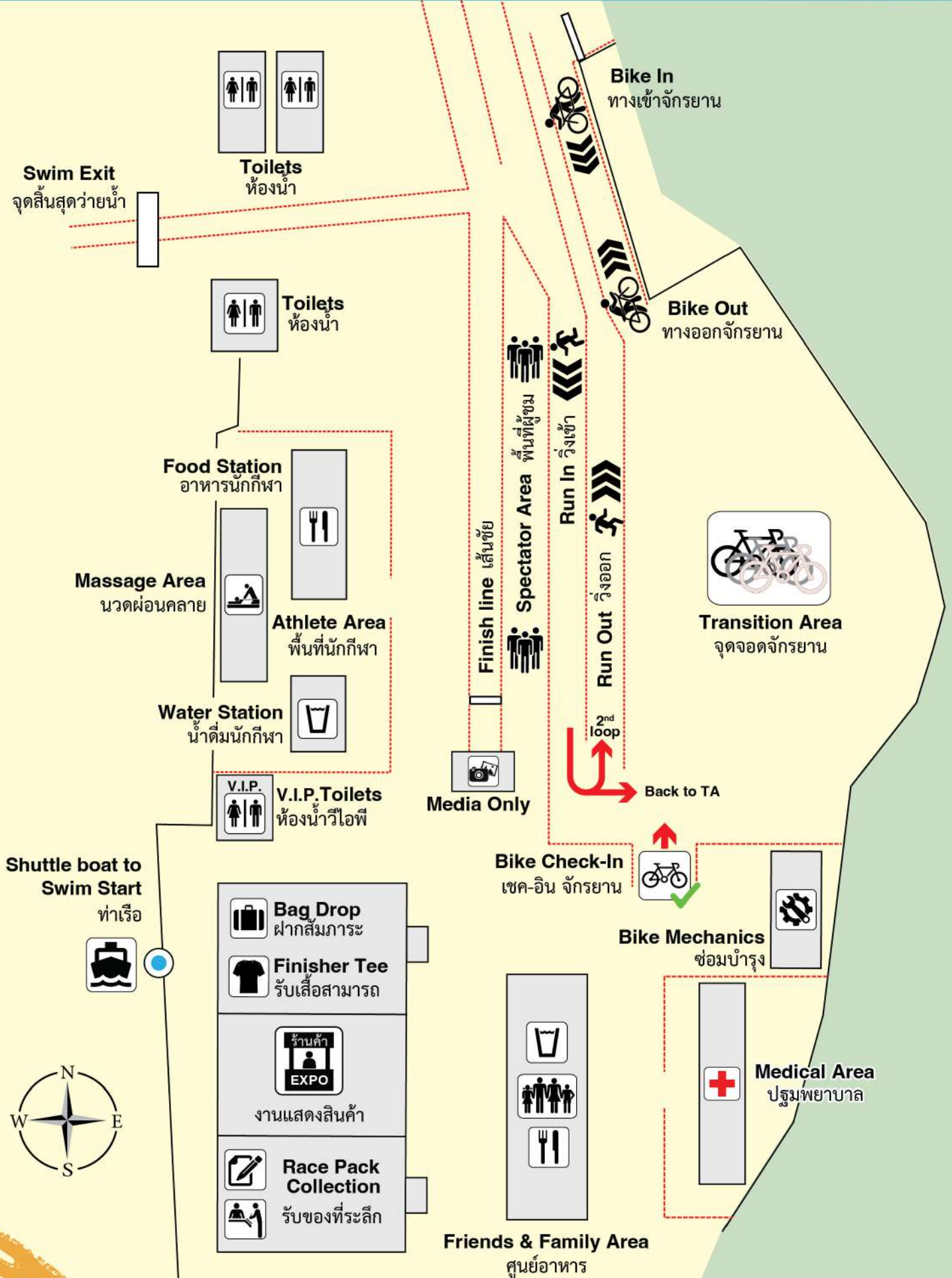
MUAY THAI BOXING SHOW

Introducing the highly anticipated "Laguna Phuket Four-man Championship" by Bangla Boxing Stadium. A brutal fight between four top fighters, with only one victor will take place on Tuesday, September 21st, at 18:00 h at Laguna Grove.



TRANSITION AREA

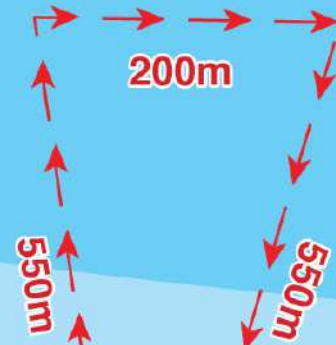
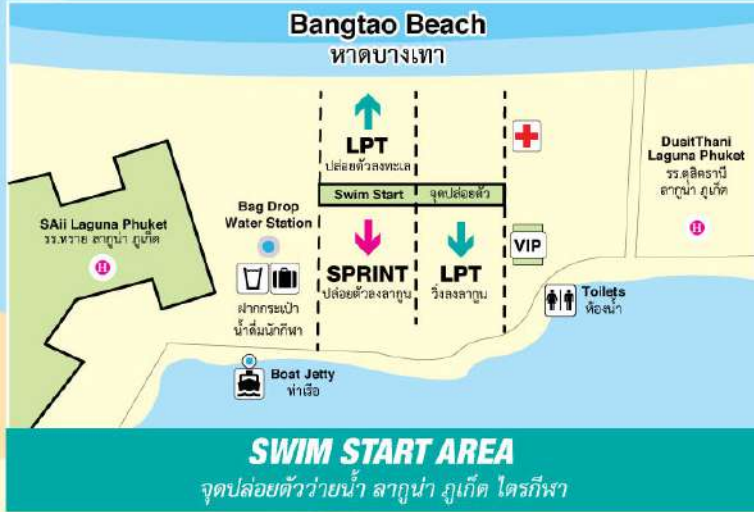
จุดเปลี่ยนการแข่งปั่น





SWIM 1.8 KM

ว่ายน้ำ 1.8 กม.



Andaman Sea
ทะเลอันดามัน

SAii Laguna Phuket
โรงแรมทราย ลากูน่า ภูเก็ต

Swim Start
จุดปล่อยตัว

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Swim Exit
จุดสิ้นสุดการแข่งขันว่ายน้ำ

Transition
จุดเปลี่ยนการแข่งขัน



BIKE 55 KM

ปั่นจักรยาน 55 กม.



- **Outbound Route** การแข่งขันขาออก
- ← **Inbound Route** การแข่งขันขาเข้า
- ★ **Transition / Finish** จุดเปลี่ยนการแข่งขัน/เส้นชัย
- **Aid Station** จุดให้น้ำ



RUN 12 KM - 2 LOOPS

วิ่ง 12 กม. - 2 รอบ

- Outbound Route:** การแข่งขันขาออก
- Inbound Route:** การแข่งขันขาเข้า
- Aid Station:** จุดให้น้ำ

Bang Tao Beach
หาดบางเทา

Allamanda Laguna Phuket
อัลลามันดา ลากูน่า ภูเก็ต

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Wedding Chapel
โบสถ์แต่งงาน

Canal Village
คาแนล วิลเลจ

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Transition/Finish

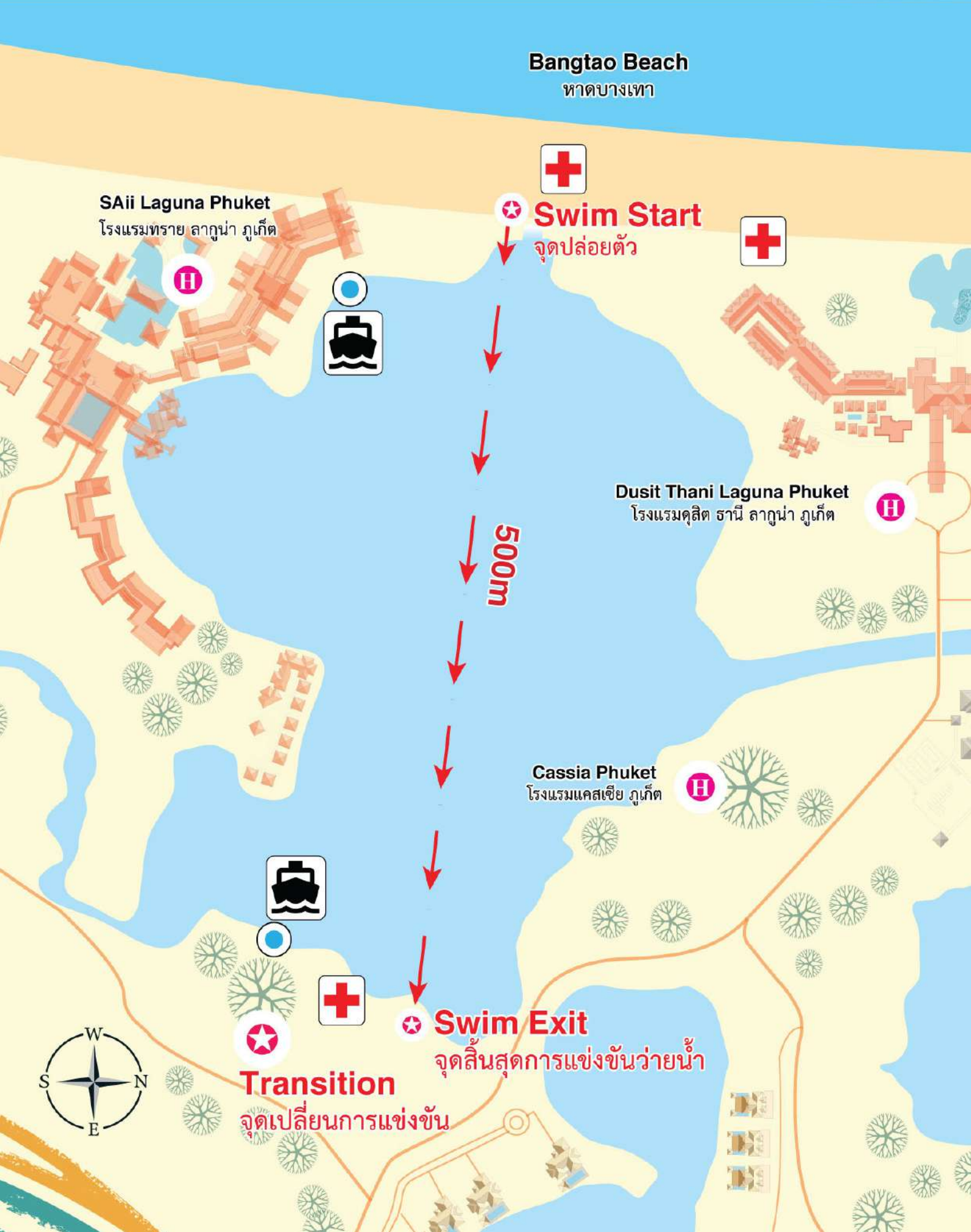
จุดเปลี่ยนการแข่งขัน/สิ้นสุดการแข่งขัน





SWIM 500 M

ว่ายน้ำ 500 ม.





BIKE 20 KM

ปั่นจักรยาน 20 กม.



Baan Pru-Sompan
บ้านพรุสมภาร

- Outbound Route** การแข่งขันขาออก
- Inbound Route** การแข่งขันขาเข้า
- Transition / Finish** จุดเปลี่ยนการแข่งขัน / เส้นชัย

Baan Prujampa
บ้านพรุจำปา

Baan Rieng
บ้านเหรียญ

Baan Layan
บ้านลายัน

4018

Angsana Villas Resort Phuket
โรงแรมอังสนา วิลล่า รีสอร์ท ภูเก็ต

Thalang Battle Field
ทุ่งกลางชนะศึก

402

Thalang
ถลาง

Banyan Tree
โรงแรมบันยันทรี

4018

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Ban Don
บ้านดอน

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

4030

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

SAii Laguna Phuket
โรงแรมทราย ลากูน่า ภูเก็ต

Cherngtalay
เชิงทะเล

4025

Thep Krasatri
ถนนเทพกระษัตรี



RUN 6 KM

วิ่ง 6 กม.

- Outbound Route:** การแข่งขันขาออก
- Inbound Route:** การแข่งขันขาเข้า
- Aid Station:** จุดให้น้ำ

Bang Tao Beach
หาดบางเทา

Allamanda Laguna Phuket
อัลลามันดา ลากูน่า ภูเก็ต

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Wedding Chapel
โบสถ์แต่งงาน

Canal Village
คาแนล วิลเลจ

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Transition/Finish

จุดเปลี่ยนการแข่งขัน/สิ้นสุดการแข่งขัน





RUN 4 KM - 1 LAP

วิ่ง 4 กม. - 1 รอบ

Bang Tao Beach
หาดบางเทา

← Outbound Route: การแข่งขันขาออก
→ Inbound Route: การแข่งขันขาเข้า
● Aid Station: จุดให้น้ำ



Allamanda Laguna Phuket
อัลลามันดา ลากูน่า ภูเก็ต

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Wedding Chapel
โบสถ์แต่งงาน

Canal Village
คานาล วิลเลจ

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Transition
จุดเปลี่ยนการแข่งขัน

BIKE 55 KM

ปั่นจักรยาน 55 กม.



Phuket International Airport
สนามบินภูเก็ต

Sirinart National Park
อุทยานแห่งชาติสิรินาถ



Andaman Sea
ทะเลอันดามัน

Naiyang Beach
หาดไนยาง

Baan Sakoo
บ้านสาคู

Baan Nop-Pring
บ้านนบปริง

Naithon Beach
หาดไนทอน

Baan Nai-Thon
บ้านไนทอน

Baan Prujampa
บ้านพรุจำปา

Baan Pru-Sompan
บ้านพรุสมภาร

Baan Layan
บ้านลายัน

Baan Rieng
บ้านเหียง

Thalang
ถลาง

Banyan Tree
โรงแรมบันยันทรี

Angsana Laguna Phuket
โรงแรมอังสนา ลากูน่า ภูเก็ต

Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

SAii Laguna Phuket
โรงแรมทราย ลากูน่า ภูเก็ต

Cherngtalay
เชิงทะเล

- Outbound Route** การแข่งขันขาออก
- Inbound Route** การแข่งขันขาเข้า
- Transition / Finish** จุดเปลี่ยนการแข่งขัน/เส้นชัย
- Aid Station** จุดให้น้ำ



RUN 12 KM - 2 LAPS

วิ่ง 12 กม. - 2 รอบ

- Outbound Route:** การแข่งขันขาออก
- Inbound Route:** การแข่งขันขาเข้า
- Aid Station:** จุดให้น้ำ

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

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต

Homm Suites Laguna
โรงแรมโฮมสวีท ลากูน่า

Transition/Finish

จุดเปลี่ยนการแข่งขัน/สิ้นสุดการแข่งขัน



ช้อป

ชิม

ชิล

ขายดีทั่วไทย ขายได้ทั่วประเทศ
ด้วย SCB MERCHANT SOLUTIONS
โซลูชันการรับชำระค่าสินค้าและบริการสำหรับผู้ประกอบการ



ช้อป . ชิม . ชิล

Pro Athletes



Max Studer

Date of Birth: 16 January 1996

Nationality: Swiss

Greatest Career Achievements:

- 9th, Tokyo Olympic Games 2021

Race Results 2022:

- 6th, Triathlon Supersprint World Championships
- 11th, Triathlon Olympic Test Event

Quote for LPT 2023:

Happy to attend my first ever middle distance event



Charlie Quin

Date of Birth: 11 April 1995

Nationality: Australian

Greatest Career Achievements:

- 1st, Noosa Tri 2022
- 2nd, 70.3 Melbourne 2022
- 3rd, Challenge Salou 2022

Laguna Phuket Triathlon:

- 2022

Race Results 2022:

- 1st, Noosa Tri 2022
- 1st, Laguna Phuket Triathlon 2022
- 2nd, 70.3 Melbourne 2022
- 3rd, Challenge Salou 2022

Quote for LPT 2023:

Love the Pain



Jamie Riddle

Date of Birth: 26 June 2000

Nationality: South African

Greatest Career Achievements:

- 2023 South African National Champion

Race Results 2022:

- WTCS Abu Dhabi
- 20th, WTCS Sunderland
- 15th, South African National Championship
- 1st, U23 WT World Championship
- 7th, WT WC Tangie

Quote for LPT 2023:

I am excited to line up for one of the world's great triathlons. With so many incredible past winners I hope to add my name to the list of champions in 2023.

Pro Athletes



Antony Costes

Date of Birth: 19 December 1989

Nationality: French

Greatest Career Achievements:

- 11th, 70.3 World Champs 2023

Laguna Phuket Triathlon:

- 2016 & 2017

Race Results 2022:

- 1st, Challenge Belgium

Quote for LPT 2023:

Twice second in 2 starts, aiming to change that this year!



Joel Wooldridge

Date of Birth: 27 September 2000

Nationality: Australian

Greatest Career Achievements:

- 8hr 32min Ironman distance PR

Race Results 2022:

- 5th, Challenge Korea
- 5th, Allgau International Triathlon
- 7th, Ironman Australia
- 10th, Ironman Western Australia

Quote for LPT 2023:

The Red Rocket is looking forward to 'pain in paradise'!



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

Quote for LPT 2023:

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



Guy Crawford

Date of Birth: 3 September 1979

Nationality: New Zealand

Greatest Career Achievements:

- 70.3 Taiwan Champion
- Podiums at 70.3 Quijing and Korea

Laguna Phuket Triathlon:

- 2017

Race Results 2022:

- 7th, Challenge Korea (full)
- 5th, Airlie Beach tri
- 2nd, Broome tri
- 6th, Buselton 100

Quote for LPT 2023:

"The Laguna Phuket Triathlon has an amazing location, a fantastic race, and wonderful people."



Massimo Cigna

Date of Birth: 5 May 1974

Nationality: Italy

Greatest Career Achievements:

- 1st, 70.3 Austria St. Polten 2008
- 1st, LD Alpe d'huez triathlon 2009
- 1st, Trumer triathlon (Austria) 2010 & 2013
- 1st, Laguna Lang Co Vietnam 2013

Laguna Phuket Triathlon:

- Since 2005 - present

Race Results 2022:

- 1st, Duathlon Manerba (Italy)
- 1st, Olympic triathlon Ligna o (Italy)
- 1st, Duathlon cross Maleo (Italy)
- 3rd, Laguna Phuket Triathlon (Thailand)



Ruedi Wild

Date of Birth: 3 April 1982

Nationality: Swiss

Greatest Career Achievements:

- 3th, World Champs 70.3
- IM in 7:36:35, Olympian
- 2x Team World Champ

Laguna Phuket Triathlon:

- 2012, 2013, 2014, 2015, 2019, 2022

Race Results 2022:

- 2th, at LPT

Quote for LPT 2023:

The one event not to miss

Pro Athletes



Alanis Siffert

Date of Birth: 21 November 2001

Nationality: Swiss

Greatest Career Achievements:

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

Quote for LPT 2023:

Give it all and have fun!



Dimity-Lee Duke

Date of Birth: 17 November 1983

Nationality: Australian

Greatest Career Achievements:

- 2022 - 3rd, Pro Female Ironman Frankfurt
- 2022 - 2nd, Pro Female LPT
- 2023 - 1st, Overall Woman Tour of Phuket
- 2023 - 2nd, Pro Female Challenge Half Taiwan
- 2023 - 1st, Open Female Weihai Extreme Triathlon China
- 2023 - 3rd AG 40-44 UCI World MTB Marathon Championship Dwellingup

Laguna Phuket Triathlon:

- 2015, 2018, 2019, 2022

Race Results 2022:

- 2nd Pro Female

Quote for LPT 2023:

A race that legends are made of!



Kate Bevilaqua

Date of Birth: 4 August 1977

Nationality: Australian

Greatest Career Achievements:

- 3X Ironman Champion
- 2016 Ultraman World Championchip

Race Results 2022:

- 2nd, Challenge Ironman Korea

Quote for LPT 2023:

I love the race weekend atmosphere and vibe of LPT! Can't wait to be back in 2023!



Cassandra Heaslip

Date of Birth: 23 November 1996

Nationality: Australian

Greatest Career Achievements:

- 2023 - 3rd ,Place Challenge Taiwan (First year racing professionally)

Race Results 2022:

- 1st, Port Mac IM 70. (Age group racing)
- 3rd, Sunny Coast IM 70.3
- 19th, IM 70.3 World Champs in St George

Quote for LPT 2023:

Dreams don't work unless you do



Julie Derron

Date of Birth: 10 September 1996

Nationality: Swiss

Greatest Career Achievements:

- 2021 - European Champion Olympic Distance
- 2021 - Winner World Cup Karlov Vary
- 2023 - 3x Top 8 WTCS
- 3x Winner at XL Triathlon de Gérardmer

Quote for LPT 2023:

I am very excited to race this iconic and tough race in what looks like paradise!



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

Race Results 2023:

- 5th, WTCS Yokohama
- 7th, Paris Olympics test event
- 2nd, WTCS Grand Final

Quote for LPT 2023:

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

Laguna Phuket Triathlon - Competition Rules

1. INTRODUCTION TO COMPETITION RULES

Section 1.01 INTENTION

Competition Rules are intended to:

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

Section 1.02 RACE PERSONNEL DEFINITIONS

- (a) "Race Director" is the person appointed by the event owner to be in charge of the Event;
- (b) "Head Referee" is the person appointed by the event to be in charge of rule enforcement for the Race;
- (c) "Head Timer" is the person appointed by the event to be in charge of timing for the Race;
- (d) "Race Officials" or are each person appointed by the event to manage and/or supervise the Event; and
- (e) "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

- (a) 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.
- (b) 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:

- (a) Practice good sportsmanship at all times;
- (b) Be responsible for his/her own safety and the safety of others;
- (c) Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- (d) Obey traffic regulations and instructions from Race Officials;
- (e) Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- (f) 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;
- (g) Avoid the use of abusive language;
- (h) 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;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02);
- (j) 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;
- (k) Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- (l) 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)
- (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

- (a) 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
- (b) 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

- (a) 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.
 - (i) 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.
- (b) 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 website www.lagunaphukettri.com;
- (c) 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;
- (d) 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;
- (e) 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
- (f) 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

- (a) An athlete's racing age is determined by their age on December 31st in the year of the Event;
- (b) 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.
- (c) 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;
- (d) 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

- (a) 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;
- (b) 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;
- (c) 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;
- (d) Results will be official once the Race Director signs them. Incomplete results can be declared official at any time; and
- (e) 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

- (a) 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;
- (b) 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:
 - (i) Yellow Card: Stop – and - Go Time Penalty;
 - (ii) Blue Card: 4:00 Minute Time Penalty; and
 - (iii) Red Card: disqualification;
- (c) The nature of the rule violation will determine the type of penalty;
- (d) 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);
- (e) The most common rule violations and penalties are set forth in Appendix A; and
- (f) 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

- (a) 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 unless the water temperature is 18.3 degrees C/65.0 degrees F, or colder; (Stop-and-Go Time Penalty)
- (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 Time 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)
 - (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 clear space between bikes). Athletes may enter 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	
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	
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	
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	
Blocking the progress of other athletes	Stop-and-Go Time Penalty
Interfering with another athlete's equipment	Stop-and-Go Time Penalty

Laguna Phuket Triathlon 2022 Key Results

LPT - PRO MALE (1.8 swim, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
1st place	Charlie Quin	AUS	02:27:18
2nd place	Ruedi Wild	CHE	02:33:19
3rd place	Massimo Cigana	ITA	02:38:34
4th place	Michael Realert	DEU	02:42:55
5th place	Ryan Christian	AUS	02:57:00

LPT - PRO FEMALE (1.8 swim, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
1st place	Amelia Watkison	NZL	02:39:49
2nd place	Dimity-Lee Duke	AUS	02:47:27
3rd place	Felicity Sheedy-Ryan	AUS	02:51:06
4th place	Kirra Seidl	AUS	02:51:52
5th place	Elizabeth Nyitray	USA	03:14:12

LPT - INDIVIDUAL (1.8 swim, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
F 18-24	-	-	-
F 25-29	Amber Peirsol	USA	03:35:24
F 30-34	Sophie Kirk	GBR	03:09:45
F 35-39	Vansa Chatikavanij	THA	03:16:55
F 40-44	Inge Prasetyo	IDN	03:08:33
F 45-49	Chiaretta Merlini	ITA	03:24:06
F 50-54	Annie Pedroni	GBR	03:30:30
F 55-59	Mirella Pergola	ITA	04:06:35
M 18-24	Kenshin Mizushima	JPN	02:26:44
M 25-29	Benoit Besnier	FRA	02:55:23
M 30-34	Chris Weeks	GBR	02:46:03
M 35-39	Pierre Lafayeedney	GBR	02:25:12
M 40-44	Jaray Jearanai	THA	02:44:45
M 45-49	Rorie Masson	GBR	02:57:49
M 50-54	Stuart Daniels	GBR	02:50:46
M 55-59	Jurgen Zack	DEU	02:59:53
M 60-64	Sandro Angelastri	CHE	03:16:11
M 65-69	William Lilley	USA	03:53:21
M 70-74	Edward Houeix	FRA	03:45:42

LPT - THAI ATHLETE (1.8 swim, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
Male	Jaray Jearanai	THA	02:44:45
Female	Vansa Chatikavanij	THA	03:16:55

LPT - TEAM RELAY (1.8 swim, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
Male Relay	Z-Coaching Phuket	AUS	02:38:49
Female Relay	KOMKOM Phuket Girls	AUS	03:21:45
Mixed Relay	No Team Name	THA	02:59:18

LP SPRINT (0.5km swim, 20km Bike, 6k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	Ronald Setiawan	IDN	00:57:17
Female Open	Renata Berliana Aditya	IDN	01:10:38

DUATHLON (4km Run, 55km Bike, 12k Run)

		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	Nunthasak Yimklim	THA	02:46:50
Female Open	Suttida Udomchai	THA	03:11:22



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 and Community Learning Centre that 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 30 th 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.

Welcome to Phuket: Thailand's Enchanting Gem

Discover the allure of Phuket, a true treasure with its breathtaking beaches and irresistible culinary delights. Step into the enchanting world of this vibrant city. Whether you seek a tranquil escape or an adventure-filled getaway, Phuket offers a myriad of options to suit every traveler's desires. But it's not just the stunning beaches that make Phuket a true gem. Prepare your taste buds for a culinary journey like no other. From vibrant street food stalls to world-class restaurants

Phuket Old Town has several historical sites to discover. Chinese, Indians, Europeans, and Muslims settled and traded in the past. Houses were converted into shophouses, and "Sino-Portuguese" architecture lines the route.

Today, some buildings, like as the Phuket Thai Hua Museum and the Peranakan Museum, have been retained as museums, while others have been renovated into restaurants, chic coffee shops, and hotels. Tourists can walk around, try the unique local food, stop and take photos at more than twenty street art locations, and enjoy "Lard Yai Walking Street," a Sunday flea market, which is held every Sunday from 4:00 p.m. to 10:00 p.m. on Thalang Road in Phuket Old Town.

Soi Romanee, an old, narrow side street located in the heart of Phuket's Old Town, has been ranked the world's 19th most beautiful street by Seasia.Stats, a news website from Southeast Asia. The shophouses on the street are an enthralling sight, displaying a unique blend of Sino-Portuguese architectural designs. The pastel facades of historic shophouses, which are wonderfully adorned with Chinese lanterns at night, give the street a particularly pleasing aesthetic quality.

The Big Buddha, the 45-metre-high white Burmese marble Buddha statue offers breathtaking views of the island. The massive statue was built as a symbol of peace, solidarity, and optimism. It rests on top of the Nakkerd Hills between Chalong and Kata, can be viewed from anywhere on Phuket Island, and is open every day from 8:00 a.m. to 7:30 p.m.



Patong Beach, on the western coast of Phuket, is the most famous beach in Phuket. The 3 km long sandy beach with its wide variety of beach activities and nightlife. With its magnificent coastlines and breathtaking views, this beach provides sun, sand, and excitement like no other. This beach offers it all, from relaxing to thrilling water sports as well as a diverse range of hotels, resorts, restaurants, shopping, and other tourist attractions.

Tourism Community in Ban Bang Tao-Cherngtalay, whose locals earn a living through agriculture, fishing, commerce, and other contractual occupations. Buddhist and Muslim populations cohabit peacefully. As a result of the wide variety of lifestyles and cultures, community tourism activities available include visiting mosques, exploring rubber plantations, and experiencing the



process of taping rubber, enjoying the pristine white sand of Surin Beach, participating in goat milking, and savoring the local dish of Spicy Rice Salad made with fresh local vegetables.



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Acknowledgments

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Regrettably we cannot mention everyone who has played a part in the 2023 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.**