



LAGUNA PHUKET TRIATHLON

THE RACE OF LEGENDS

RACE PROGRAM

22-23 NOVEMBER 2025



1.8K
50K
12K



4K
50K
12K



0.5K
20K
6K

JOIN THE RACE OF LEGENDS



laGuna
PHUKET

Asia's premier integrated destination

Contents

THE 31st LAGUNA PHUKET TRIATHLON 2025



1.8K
50K
12K



4K
50K
12K



0.5K
20K
6K

LAGUNA PHUKET
**OPEN WATER
SWIM**
Presented by trihub

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Healing
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LUXURY

Every flower blooms in its own time. Embrace the beauty of self-transformation and blossom into Thailand's beauty

Khao Sam Roi Yot National Park, Prachuap Khiri Khan

**Define Your New Luxury.
Discover Unforgettable Experiences.**





From the Governor of Phuket Province

Welcome Message from the Governor of Phuket

On behalf of the people of Phuket, it is my great pleasure to welcome you to the 31st Laguna Phuket Triathlon (LPT 2025). This event is a source of pride for our province and a symbol of Phuket's leadership in hosting world-class sporting events.

For more than three decades, LPT has been more than a race. It brings together government, private sector, civil society, and local communities, demonstrating Phuket's readiness and potential to be a global hub for Sports Tourism and Wellness.

The triathlon plays an important role in stimulating the local economy, supporting hotels, restaurants, transport, and tourism services, while generating jobs and opportunities for the community.

Phuket is committed to becoming an "Active Lifestyle Destination" all year round, offering diverse experiences that combine sport, wellness, and culture with the island's natural beauty. LPT perfectly showcases this vision.

I extend my heartfelt thanks to the organizers, sponsors, volunteers, athletes, and the people of Phuket. Your dedication makes this event possible and memorable.

Welcome to Phuket, and enjoy the race!

Mr. Saransak Srikueanate
Governor of Phuket

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PHUKET

LAGUNA PHUKET
TRIATHLON
THE RACE OF LEGENDS



From Laguna Phuket

Welcome from Laguna Phuket

We are delighted to welcome you to the 31st Laguna Phuket Triathlon! For more than three decades, Laguna Phuket, Asia's first and largest integrated resort, has proudly remained the iconic home of this legendary triathlon—where athletes and their families can enjoy comfort, wellness, and relaxation alongside world-class competition.

At Laguna Phuket, we continue to evolve with today's tourism trends, offering not just a holiday, but a holistic experience that nurtures health, wellness, and the mind. The Laguna Phuket Triathlon embodies this vision, combining thrilling athletic challenges with opportunities to rejuvenate and enjoy life in paradise.

This year, we are honored to host athletes from around the world, as well as families and visitors who can experience the full range of our resort's offerings, including luxury accommodation, diverse dining, and world-class wellness and spa treatments—all set within Phuket's stunning natural beauty.

Our goal is to enhance the Triathlon each year, ensuring it remains Asia's premier race and the top choice for global athletes and wellness travelers alike. Through this event, we celebrate sportsmanship, community, and the joy of an active, balanced lifestyle, while inspiring participants to challenge themselves and create lasting memories.

Thank you to all athletes, spectators, sponsors, and volunteers who make this event possible. Your energy, passion, and dedication bring the Laguna Phuket Triathlon to life.

We wish everyone the very best as you take on this exciting challenge and look forward to making the 31st Laguna Phuket Triathlon an unforgettable celebration of sport, wellness, and the unique spirit of Laguna Phuket.

Mr. Eddy See
President, Chief Executive Officer
Laguna Phuket

Mr. Paul Wilson
Managing Director
Laguna Phuket



Get ready for the ultimate triathlon experience-the legendary Laguna Phuket Triathlon (LPT)! Known as the “Race of Legends”, LPT is Southeast Asia’s longest-running triathlon and a true celebration of athletic skill, adventure, and Phuket’s stunning tropical beauty. Since its first race in 1994, which attracted 284 competitors and captured the world’s attention, LPT has grown into a premier international event.

Over the years, LPT has welcomed some of the most iconic names in triathlon, including Mark Allen, Craig Alexander, Paula Newby-Fraser, Jan Frodeno, Mirinda Carfrae, Karen Smyers, and Leanda Cave. The race challenges athletes with its unique course of 1.8 km swim, 50 km bike, and 12 km run, taking them through the sparkling Andaman Sea, Laguna Phuket’s freshwater lagoons, scenic coastal roads, lush hills, and vibrant local villages-fishing in the heart of the resort’s breathtaking grounds.

LPT’s global reputation is unparalleled. It has been recognized among the “Top 10 Exotic Triathlons” (Triathlon Magazine Canada), “Race of Your Life: 12 Bucket-List Triathlons” (Triathlete Magazine, USA), and “Triathlon Bucket List” (Global Triathlon Network, USA). Locally, it has earned multiple accolades at the Sports Industry Awards (SPIA) Asia, including Best Sports Event Venue and Best Overall Triathlon Race, reinforcing its position as Thailand’s premier triathlon event. 31ST EDITION-LPT 2025

The 31st Laguna Phuket Triathlon takes place on Sunday, 23 November 2025 at the beautiful Laguna Grove, promising an unforgettable weekend of sport, fun, and celebration. This





year, LPT continues to highlight Phuket as a vibrant Active Lifestyle Destination, blending world-class competition with wellness, leisure, and adventure. Supported by national and international partners—including the Phuket Provincial Government, Tourism Authority of Thailand, Sports Authority of Thailand, and Thai Airways International—the event is a true showcase of Phuket's excellence in sports tourism.

Alongside the full-distance race, LPT 2025 features the Sprint Triathlon (0.5 km swim, 20 km bike, 6 km run) and the Duathlon (4 km run, 50 km bike, 12 km run), with exciting new age categories in the Sprint ensuring athletes of all levels can join the action.

PRE-RACE HIGHLIGHTS

Adding even more excitement, the Open Water Swim presented by TriHub returns on Saturday, 22 November 2025. This popular event invites both seasoned and first-time swimmers to take on multiple distances in Phuket's pristine waters, offering a thrilling, safe, and professionally managed experience.

The Laguna Phuket Triathlon isn't just a race—it's a celebration of passion, perseverance, and the joy of sport. Whether you're an athlete chasing the finish line, a family cheering on loved ones, or a visitor soaking up the energy, LPT 2025 promises unforgettable memories in one of the world's most beautiful destinations.

Discover more, including special hotel rates, 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** RAVA: Award Party **P** Parking Area



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

- 272 stylish suites and lofts, available in One-and Two-Bedroom options
- All accommodations feature a full kitchen with furniture and equipment
- Pet-friendly, with dedicated in-room pet amenities
- 24/7 in-house Grab & Go café and convenience shop
- Signature sunset Mookata Buffet by the lake
- Open Kitchen with farm-to-fork, sustainable, and healthy dining options
- Little Big Room for private conferences and 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

- An award-winning 18-hole, par-71 golf course
- The only PGA Golf Academy in Southeast Asia
- A host for prestigious golf tournaments



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

Race Schedule 20th - 23rd November

DATE/TIME	ACTIVITY	VENUE
THURSDAY, 20TH NOVEMBER		
09:00 - 17:00	Bike Mechanic Service	Laguna Grove
FRIDAY, 21ST NOVEMBER		
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
SATURDAY, 22ND NOVEMBER		
05:30 - 06:30	OWS Race Pack & Timing Chip Collection	SAii Laguna Phuket - Beach
07:00	OWS 5 KM Start Cut-off Time: 09:30	SAii Laguna Phuket - Beach
07:30	OWS 2 KM Start Cut-off Time: 09:00	SAii Laguna Phuket - Beach
08:00	OWS 1 KM Start Cut-off Time: 09:00	SAii Laguna Phuket - Beach
08:30	OWS 1.5 KM Team Relay Start Cut-off Time: 09:30	SAii Laguna Phuket - Beach
08:30 - 09:30	Award presentation	SAii Laguna Phuket - Beach
09:30	Race Finish	SAii Laguna Phuket - Beach
10:00 - 17:00	Race Pack Collection and Expo for Laguna Triathlon, Duathlon and Sprint	Big Marquee - Laguna Grove
10:00 - 17:30	Bike Mechanic Service	Laguna Grove
10:00 - 17:30	Mandatory Bike Check-In *	Laguna Grove - Transition Area
11:00 - 12:00	Race Briefing in English for Pro & Elite categories *	ACES - Angsana Laguna Phuket
12:00 - 13:00	Race Briefing in English *	ACES - Angsana Laguna Phuket
13:00 - 14:00	Race Briefing in Thai *	ACES - Angsana Laguna Phuket
14:30 - 15:30	Press Conference	Big Marquee - Laguna Grove
17:00 - 21:00	Pasta Party (Carbo-load) <i>*Athlete attendance is compulsory</i>	ACES - Angsana Laguna Phuket
SUNDAY, 23RD NOVEMBER		
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
09:30 - 10:30	Awards Presentation for Sprint age group winners	Big Marquee - 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
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	Rava Beach Club
19:00	Awards Presentation for Overall Winners	Rava Beach Club
22:00	Awards Party Finish	Rava Beach Club
22:00 - Late	After Party	Rava Beach Club

Race Results
ผลการแข่งขัน

LPT



RELAY TEAM



SPRINT



DUATHLON



LP OWS















LAGUNA PHUKET TRIATHLON

THE RACE OF LEGENDS

22 - 23 November 2025

Laguna Grove, Laguna Phuket

JOIN THE RACE OF LEGEND

- INDIVIDUAL  1.8K  50K  12K
- TEAM RELAY  1.8K  50K  12K
- DUATHLON  4K  50K  12K
- SPRINT  0.5K  20K  6K

BE A #LPT2025 LEGEND. REGISTER NOW!



LAGUNA PHUKET OPEN WATER SWIM

Presented by trihub

22 November 2025
SAii Laguna Phuket (Beach)

-  Individual **1.0 KM 2.0 KM 5.0 KM**
-  Team Relay **1.5 KM (500 M x 3 Laps)**



Join us for the 2nd Laguna Phuket Open Water Swim, presented by TriHub

Register Now!



OFFICIAL SUPPLIERS

LagunaPhuketTriathlon

LagunaPhuketTri

LagunaPhuketTri.com

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Smooth as silk.*

STAR ALLIANCE 

New Airbus A321neo Entering Service in 2026.

RACE INFORMATION

LAGUNA PHUKET OPEN WATER SWIM by TRIHUB

Location: SAii Laguna Phuket - Beach

Distance: 1KM, 2KM, 5KM and 1.5KM (Team Relay)

Date: Saturday, 22 November 2025

Time: 06:30 h – 09:30 h

Please refer to the event schedule on page 10 for operating hours.

RACE PACK COLLECTION

- Athletes should arrive and collect their timing chip and swim cap at least 1 hour before the start.
- Swim buoy is mandatory. Athletes without a swim buoy will not be allowed to start.
- Medals and finisher shirts are available for athletes after finishing the race.

ON-SITE REGISTRATION FOR LATE ENTRIES

Location: Trihub booth, Laguna Grove

Date: Friday, 21 November 2025

Time: 13:00 - 17:00 h

LAGUNA PHUKET TRIATHLON (LPT, SPRINT, DUATHLON)

REGISTRATION & RACE PACK COLLECTION

Location: Big Marquee, Laguna Grove

Date: Saturday, 22 November 2025

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, 22 November 2025

Time: 10:00 - 17:00 h

Date: Sunday, 23 November 2025

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, 22 November 2025

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 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, 20 November to Sunday, 23 November.

Please refer to the event schedule on page 10 for operating hours.

BIKE PRACTICE SESSION

Location: Friends & Family Area, Laguna Grove

Date: Friday, 21 November 2025

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 10.

PASTA PARTY

Location: ACES, Angsana Laguna Phuket

Date: Saturday, 22 November 2025

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, 23 November 2025

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, 24 November 2025 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, 23 November 2025

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 circulate 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.

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, 23 November 2025

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, 23 November 2025

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.

LAGUNA PHUKET TRIATHLON THE RACE OF LEGENDS **Race Categories 22 - 23 NOV 2025**

TRIATHLON 23 NOV 2025

Individual Male	Individual Female	Pro/Elite Male	Pro/Elite Female
18 - 24	18 - 24	18 & Over	18 & Over
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			

• Elite racers are competing against the PROs and for the prize money.
• Once registered for Elite, you will NOT be ranked in your age group.
• Swim Times for Elite male racers should be below 29 minutes for the 1900 meters swim.
• Swim Times for Elite female racers should be below 32 minutes for the 1900 meters swim.

Male Relay	Female Relay	Mixed Team
18 & Over	18 & Over	18 & Over

LAGUNA PHUKET OPEN WATER SWIM Presented by TRIATHLON 22 NOV 2025

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

1KM, 2KM, 5KM

TEAM RELAY 1.5 KM

Male	Female	Mixed Team*
18 & Over	18 & Over	18 & Over

Team Relay 1.5 KM (3 persons)
(Each swimmer swims a 500m loop)
*Mixed team relay must have 1 female in the team
Swim buoy required for all Open Water Swim distances.

DUATHLON 23 NOV 2025

Male	Female
18 & Over	18 & Over

SPRINT TRIATHLON 23 NOV 2025

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

LAGUNA PHUKET TRIATHLON **LAGUNA PHUKET TRI** **LAGUNA PHUKET** **LAGUNA PHUKET TRI.COM**

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

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.

AGE GROUP AWARDS FOR SPRINT

Location: Main Stage inside the Big Marquee, Laguna Grove
Date: Sunday, 23 November 2025
Time: 09:00 – 11:00 h

PRIZE MONEY & AGE GROUP AWARDS FOR LPT & DUATHLON

Location: RAVA BEACH CLUB
Date: Sunday, 23 November 2025
Time: 18:00 – 20:00 h

AWARDS PRESENTATION & PARTY

Location: RAVA BEACH CLUB
Date: Sunday, 23 November 2025
Time: 18:00 – 23:00

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 RAVA BEACH CLUB. Tickets cost THB 1,000 for adults and THB 500 for children (5-12 years old)

CUT OFF TIMES REMARK *Time Limit after race start

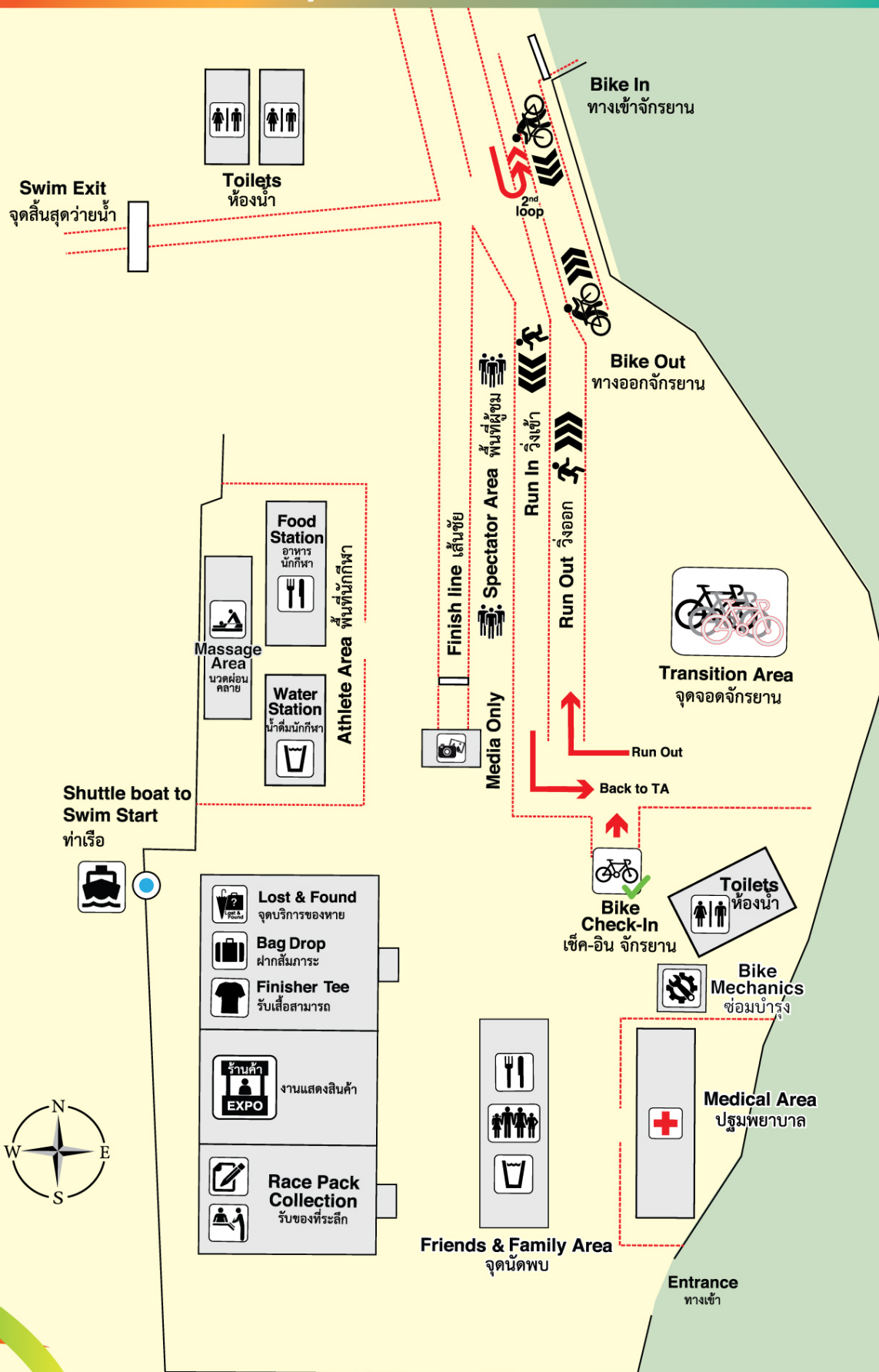
Race Categories ประเภทการแข่งขัน	Start time เวลา (น.) เวลาปล่อยตัว	Time of Day เวลา (น.)	Location จุดตัดเวลา	Remarks หมายเหตุ
LPT (Pro & Elite) [6:30/6:35] LPT (Age Groups) [6:37] LPT (Team) [6:37]	6:37	7:50	Swim Exit - transition area	Chip Return - DNF
		7:55	Bike Out - transition area	Chip Return - 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!

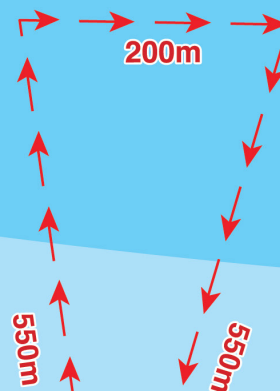
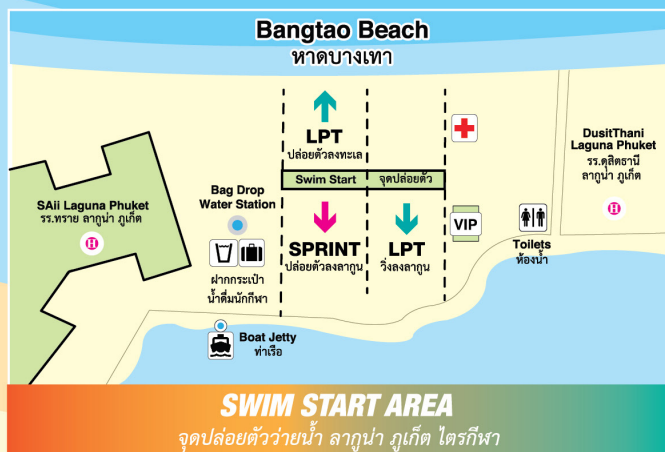
TRANSITION AREA

จุดเปลี่ยนการแข่งขัน



SWIM 1.8 KM

ว่ายน้ำ 1.8 กม.



Andaman Sea
ทะเลอันดามัน

SAii Laguna Phuket
โรงแรมทราย ลากูน่า ภูเก็ต



Dusit Thani Laguna Phuket
โรงแรมดุสิตธานี ลากูน่า ภูเก็ต

Cassia Phuket
โรงแรมแคสเซีย ภูเก็ต



Laguna Grove
ลากูน่า โกโรฟ



Swim Exit
จุดสิ้นสุดการแข่งขันว่ายน้ำ

Transition
จุดเปลี่ยนการแข่งขัน





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



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



SWIM 500 M

ว่ายน้ำ 500 ม.



Bangtao Beach

หาดบางเทา



Swim Start

จุดปล่อยตัว

SAii Laguna Phuket

โรงแรมทราย ลากูน่า ภูเก็ต



Shuttle Boat
เรือรับ-ส่ง

Dusit Thani Laguna Phuket

โรงแรมดุสิตธานี ลากูน่า ภูเก็ต



500m

Cassia Phuket

โรงแรมแคสเซีย ภูเก็ต



Shuttle Boat
เรือรับ-ส่ง



Swim Exit

จุดสิ้นสุดการแข่งขันว่ายน้ำ

Laguna Grove

ลากูน่า โกρφ

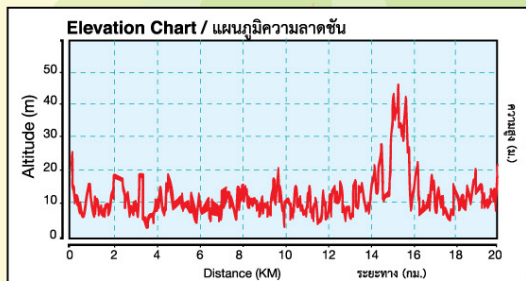


Transition

จุดเปลี่ยนการแข่งขัน

BIKE 20 KM

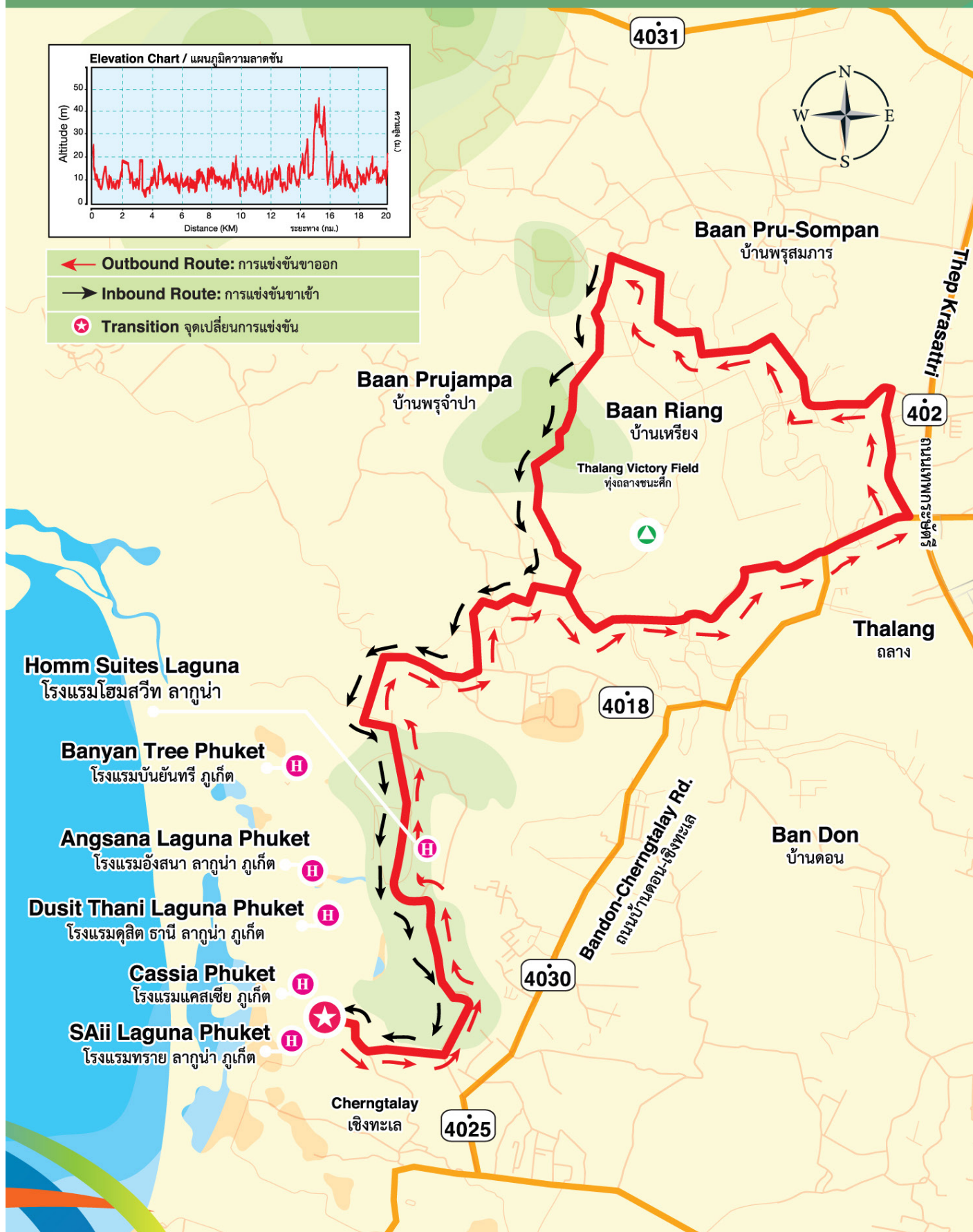
ปั่นจักรยาน 20 กม.



← **Outbound Route:** การแข่งขันขาออก

→ **Inbound Route:** การแข่งขันขาเข้า

★ **Transition** จุดเปลี่ยนการแข่งขัน



RUN 6 KM

วิ่ง 6 กม.



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

Bang Tao Beach
หาดบางเทา



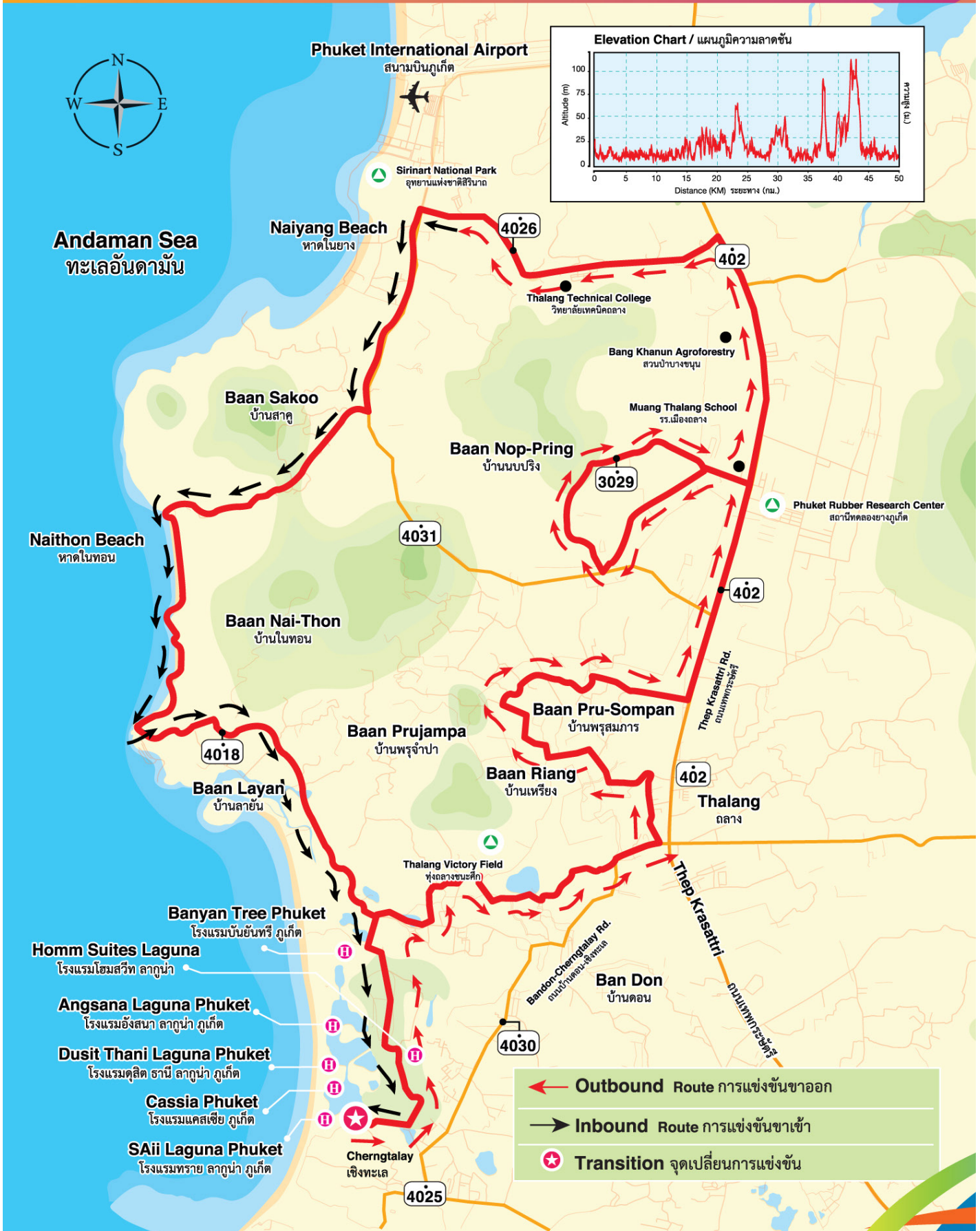
RUN 4 KM

วิ่ง 4 กม.



BIKE 50 KM

ปั่นจักรยาน 50 กม.



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

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

Bang Tao Beach
 หาดบางเทา





INDIVIDUAL

1.0 KM
1 LAP

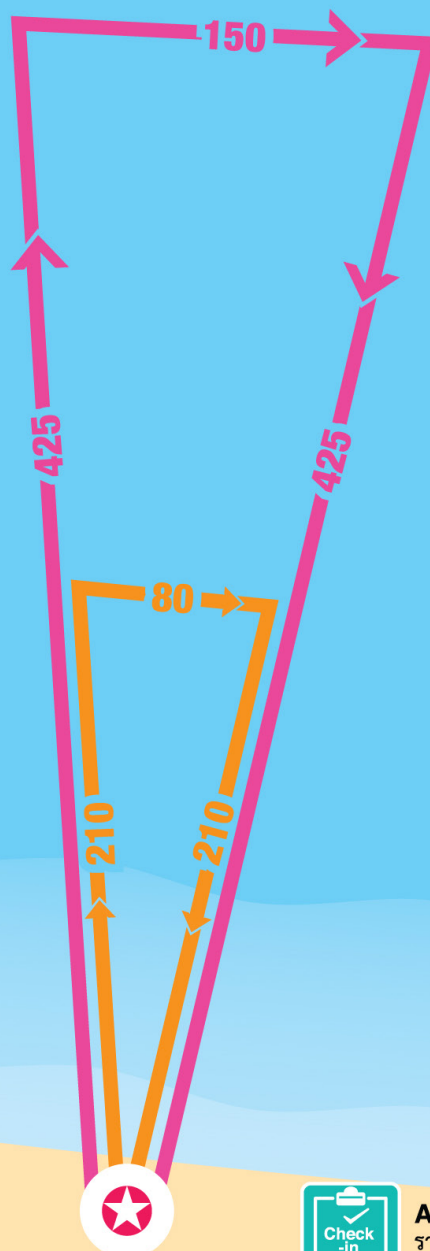
2.0 KM
2 LAPS

5.0 KM
5 LAPS



TEAM RELAY

1.5 KM (500 M x 3 LAPS)



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

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Pro Male Athletes



Antony Costes

Date of Birth: 19 December 1989
Nationality: French
Greatest Career Achievements:

- Multiple IM & IM 70.3 & Challenge Winner
- First ever French pro athlete sub 8h on Ironman distance (2017 IM Barcelona)

Laguna Phuket Triathlon:

- 2016, 2017, 2024

Quote for LPT 2025:
Laguna Phuket Triathlon is one of the most iconic triathlon race in the world! It will be my 5th time racing in beautiful Laguna, and I cannot wait to be on the startline!



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:

- 2023, 2024

Quote for LPT 2025:
My favourite triathlon event! Looking forward to returning for the 3rd consecutive year.



James Thorp

Date of Birth: 23 October 1990
Nationality: Australian
Greatest Career Achievements:

- Mont Tremblant 5150 Podium, 2014
- Subic Bay Continental Cup Podium, 2016
- 2 times Age Group World Champion, 2024

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:
Have wanted to do this race since I started triathlon many years ago. Thanks for having me in 2025!



Guy Crawford

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

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

Laguna Phuket Triathlon:

- 2017, 2023, 2024

Quote for LPT 2025:
You guys and girls are the best, we love bringing our athletes to race in Phuket. thanks for all that you do.



Rostyslav Pevtsov

Date of Birth: 15 April 1987
Nationality: Ukrainian
Greatest Career Achievements:

- 3rd, European Game, Baku.
- 1st, Aquathlon World Championship 2018, Pontevedra.
- 1st, World Cup, Chengdu.
- 2nd, European Championship
- 2nd, Ironman 70.3 Italy, 2024
- 3 times Olympian

Laguna Phuket Triathlon:

- 2024

Quote for LPT 2025:
I'm so excited to be back at the LPT race. I'm looking forward to being back in this amazing place, among amazing people, at this iconic race.



Thomas Navarro

Date of Birth: 24 June 1994
Nationality: French
Greatest Career Achievements:

- 4th Ironman Nice
- 6th Ironman Lanzarote
- 3rd Challenge Sanremo

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:
I am really excited to discover the LPT as well as this beautiful country.



Josh Ferris

Date of Birth: 19 February 2001
Nationality: Australian
Greatest Career Achievements:

- 2 times Ironman 70.3 winner

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:
Im really excited to get on the start line, in such a beautiful place!



Tayler Reid

Date of Birth: 3 October 1996
Nationality: New Zealand
Greatest Career Achievements:

- U23 World Champion, 2018
- Gold Coast, 2020
- Tokyo Olympian 18th

Laguna Phuket Triathlon:

- 2024

Quote for LPT 2025:
Looking forward to coming back! LPT is one of my all time favourite events, each discipline presents its own set of challenges. Looking forward to being back in Phuket and this time moving up onto the top step.

Pro Female Athletes



Dominika Jamnicky

Date of Birth: 15 November 1992

Nationality: Canadian

Greatest Career Achievements:

- 5th individual and Mixed Team Relay Bronze, Pan American Games, 2023.
- Olympic alternate for Canada, 2021 & 2024 .
- Over 24 podium finishes.
- 6 wins in international triathlon events.

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:

Bucket list race unlocked!. Can't wait to take on the iconic Laguna Phuket Triathlon - the atmosphere, the course, the setting. Excited to push myself, meet athletes worldwide, and soak up the energy. See you at the start line!



Georgia Taylor-Brown

Date of Birth: 15 March 1994

Nationality: British

Greatest Career Achievements:

- 2nd Tokyo Olympics
- Olympic Champions MTR
- World Champion, 2020
- 3x Superleague Winner

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:

"I'm so excited to head to Phuket for the Laguna Phuket Triathlon! It looks like a hard race but mostly just so much fun - that's why I love racing! The feeling of belonging to a family of triathletes, all heading for the same goal - the finish line. Crossing it with so many emotions is something you can't replicate anywhere else!"



Nicole Van der Kaay

Date of Birth: 10 February 1996

Nationality: New Zealand

Greatest Career Achievements:

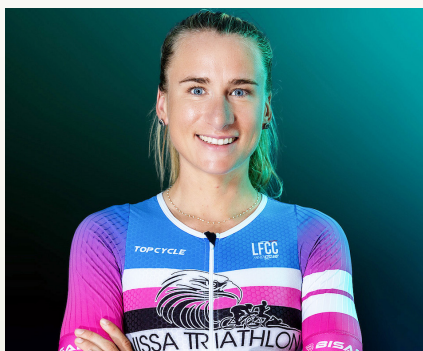
- 2 times Olympian
- 2 times Commonwealth Games
- 3rd mixed relay Commonwealth Games 2018
- 1st New Plymouth World Cup 2023
- 1st Oceania Sprint Championships 2025
- 1st Oceania Super Sprint Championships 2025

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:

Let's go!



Justine Guerard

Date of Birth: 21 April 1994

Nationality: French

Greatest Career Achievements:

- 1st Challenge San Remo 2025

Laguna Phuket Triathlon:

- First time in 2025

Quote for LPT 2025:

Thanks for the invitation.



Kseniia Levkovska

Date of Birth: 13 October 1989

Nationality: Ukrainian

Greatest Career Achievements:

- 2 times 2nd place: World Beach Games, 2018.

Laguna Phuket Triathlon:

- 2024

Quote for LPT 2025:

Thanks for hosting such a wonderful triathlon. See you soon in Phuket!



Kate Bevilaqua

Date of Birth: 4 August 1977

Nationality: Australian

Greatest Career Achievements:

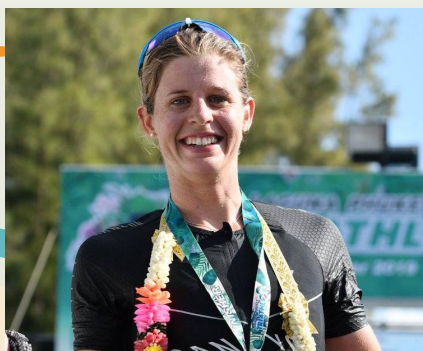
- 3 times Ironman Champion.
- Multiple 70.3 / Half Ironman Titles.
- Ultraman World Champion, 2016.

Laguna Phuket Triathlon:

- 2017, 2023, 2024

Quote for LPT 2025:

LPT is one of the most unique triathlon events in the world - race here once, and you will want to keep coming back again and again!



Imogen Simmonds

Date of Birth: 8 March 1993

Nationality: Swiss

Greatest Career Achievements:

- 3rd IM 70.3 World Championship 2019, Nice
- 3rd IM 70.3 World Championship 2023, Finland

Laguna Phuket Triathlon:

- 2015, 2016, 2019

Quote for LPT 2025:

Have fun and enjoy racing.

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 the 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 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.
- (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
 - (i) 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



Laguna Phuket Triathlon 2024

Key Race Results

LPT - PRO MALE (1.8 swim, 50km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
1st place	HAYDEN WILDE	NZL	02:19:03
2nd place	TAYLER REID	NZL	02:22:13
3rd place	ROSTYSLAV PEVTSOV	UKR	02:23:03
4th place	THOMAS BISHOP	GBR	02:26:44
5th place	ANTONY COSTES	FRA	02:29:00
6th place	RICHARD VARGA	SVK	02:30:05
LPT - PRO FEMALE (1.8 swim, 50km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
1st place	KATE WAUGH	GBR	02:35:39
2nd place	ALANIS SIFFERT	CHE	02:39:54
3rd place	SIAN RAINSLEY	GBR	02:43:41
4th place	CLAIRE MICHEL	BEL	02:46:38
5th place	DIMITY-LEE DUKE	AUS	02:50:15
6th place	KSENIIA LEVKOVSKA	UKR	02:56:34
LPT - INDIVIDUAL (1.8 swim, 50km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
F 18-24	LOK NICOLE CHAU	HKG	03:22:13
F 25-29	BRONWYN DE LANGE	ZAF	03:17:59
F 30-34	SOPHIE KIRK	GBR	03:06:50
F 35-39	CHRISTINA SJOHOLM	SWE	03:18:03
F 40-44	AMANDINE FETAUD	FRA	03:14:13
F 45-49	SALLY GENTLE	AUS	03:49:11
F 50-54	SABINE CLAUDIA EGGER-WEICKHARDT	AUS	03:14:44
F 55-59	RACHEL LOUISE IRELAND	GBR	03:25:06
F 60-64	LYNDA SHARP	GBR	03:44:22
F 65+	ROBYN SCOTT	AUS	03:46:37
M 18-24	-	-	-
M 25-29	JAMES MING-FAI TAN	HKG	02:56:50
M 30-34	GENNADY KRUGLOV	RUS	02:55:51
M 35-39	FRANCESCO CAUZ	ITA	02:47:14
M 40-44	James Buchmann	-	03:02:00
M 45-49	COLIN OSHEA	IRL	02:44:27
M 50-54	RORIE MASSON	GBR	03:04:14
M 55-59	PAUL THOMPSON	AUS	03:11:29
M 60-64	CHRIS MEAD	AUS	03:17:55
M 65-69	SANDRO ANGELASTRI	CHE	03:20:41
M 70-74	FRANCOIS MESLIN	FRA	03:51:46
M 75+	EDWARD HOUEIX	FRA	04:08:28
LPT - THAI ATHLETE (1.8 swim, 50km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male	TANADOL WITSARUTSIN	THA	02:57:57
Female	VANSA CHATIKAVANIJ	THA	03:23:09
LPT - TEAM RELAY (1.8 swim, 50km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Relay	LPT Legends	AUS	02:45:50
Female Relay	Team Impala	ZAF	04:02:30
Mixed Relay	Hong Kong Football Club	GBR	02:36:27
LP SPRINT (0.5km swim, 20km Bike, 6k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	DAVID ALDEA PERONA	ESP	01:13:20
Female Open	SARAH VIRGINIA COSTEIRA	PRT	01:19:18
DUATHLON (4km Run, 55km Bike, 12k run)		NAT.	TOTAL TIME (hh:mm:ss)
Male Open	KAI SCHROEDER	DEU	02:59:05
Female Open	JENJIRA MOUNTFORD	THA	03:00:55

“โค้ก” ซโร

#อร่อยซ่าส์เกินต้าน

#ต้านไม่ไหวก็ลองเลย!



Phuket Golden Beaches, Crystal Waters, Rich Culture & Tropical Flavors

Phuket, Thailand's largest island, is a tropical paradise where natural beauty, vibrant culture, and leisure converge. From stunning beaches and rich heritage to flavorful cuisine and exciting adventures, Phuket offers experiences for every traveler visiting for the Laguna Phuket Triathlon 2025.



Beaches & Coastal Adventures

Must-Visit: Bang Tao | Surin | Nai Thon | Patong | Kata | Karon
From iconic stretches like Patong, Kata, and Karon to quieter gems such as Nai Harn and Mai Khao, Phuket's beaches are perfect for swimming, jogging, or simply soaking up the sun. At Bang Tao Beach, home to the Laguna Phuket area, turquoise waters and long sandy stretches make it ideal for pre- or post-race activities. Try kayaking, paddleboarding, or snorkeling, and don't miss the sunset at Promthep Cape - a breathtaking panorama over the Andaman Sea.

Culture & Heritage

Must-See: Phuket Old Town | Wat Chalong | Mosque
Explore Phuket's cultural treasures beyond the beaches. Wander through Phuket Old Town with its Sino-Portuguese architecture, museums, and the vibrant Lard Yai Walking Street Market on Sundays. Visit Wat Chalong, the island's most revered Buddhist temple, and discover the mosque of Bangtao, reflecting the deep heritage of Phuket's Muslim community and the island's harmonious blend of cultures.



Culinary Delights

Must-Try: Moo Hong | Khanom Jeen | Moo Ping | Roti | Fresh Tropical Fruits. Phuket is a food lover's paradise. Enjoy braised pork belly, spicy curries, and grilled pork skewers. Sample sweet treats like Roti with banana and condensed milk or tropical fruits such as pineapple and mangosteen. Visitors can also join cooking classes to learn traditional recipes.



Wellness & Relaxation

Recharge with spa treatments, beach yoga, or holistic therapies. Resorts and wellness centers along Bang Tao and surrounding areas offer spaces for relaxation and recovery after training or racing, combining traditional Thai healing with serene coastal views.

Nature & Adventure

Must-Explore: Phi Phi Islands | Phang Nga Bay | Waek Island
Embark on boat trips for snorkeling, kayaking, or exploring hidden coves. Trek jungle trails, visit ethical elephant sanctuaries, or simply enjoy the island's scenic landscapes. Phuket's islands and nature provide the perfect balance of adventure and tranquility.

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.

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
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
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Water Safety:	Marine Police & Navy Force, Cherngtalay Sub-District Administration Organization

Regrettably we cannot mention everyone who has played a part in the 2025 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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