

For Immediate Release

2 April 2009
Phuket, Thailand

Laguna Phuket Triathlon 2009 – Online Reservations Open Now



Pros, Mirinda Carfrae, Massimo Cigana, Belinda Granger, Richie Cunningham, Alexandra Louison & Chris Legh

High resolution image available at <http://www.lagunaresorts.com/~ftpdm/Pictures/LPT08PROS.JPG>



Men's Champion LPT 08

High resolution image available at <http://www.lagunaresorts.com/~ftpdm/Pictures/RichieCunninghamChampion1LPT08.JPG>

Southeast Asia's premier multi-sport event, the Laguna Phuket Triathlon 2009, will take place on Sunday 6 December and online registration is now open. Athletes should hurry online to secure their places for the internationally renowned event known as the 'Race of Legends' as the race has completely sold out in the last four years.

Now in its sixteenth year, the event promises to be bigger and better than ever with an expected field of over 900 athletes taking part in the triathlon, which comprises a grueling 1.8k swim, 55k cycle and 12k run.

Last year's event saw Aussies rule with 3 x Ironman Champion Belinda Granger (finishing in 2:47:11) and Richie Cunningham (finishing in 2:28:19) securing the 2008 Laguna Phuket Triathlon champion title. The victory of both Richie Cunningham, who has raced Laguna Phuket 5 times and Belinda Granger, who has now raced Laguna Phuket 6 times has been a long time coming as both have always made the awards podium but never before won the Laguna Phuket champion title.

The 1.8k swim course at the Laguna Phuket Triathlon is unique in that it comprises two bodies of water. The swim start will be on the beach at the Laguna Beach Resort at 7am. Athletes will swim the first 1200 metres in the sea before sprinting 100 metres across the beach to swim the last 600 metres in a lagoon.

The 55k bike course, leads competitors from Laguna Phuket to the north of the island past tropical jungle, rubber plantations, beachfront and local villages. The 12k run course takes competitors around the immediate Laguna Phuket area. With some stunning scenery, the Laguna Phuket Triathlon makes a unique sporting experience.

There is also opportunity for teams to participate in the corporate relay challenge. Corporate teams are comprised of three athletes – a swimmer, cyclist and runner, all above the age of 18. They can either be the same gender or any combination. Participants must be fit and trained in the relevant disciplines, as they will be competing over a demanding course made up of a 1.8k swim, 55k bike ride and 12k run.

The 6k Fun Run is also open for entries. For registration please visit the Laguna Phuket Triathlon website at www.lagunaphukettriathlon.com.

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Note to the Editor

Laguna Phuket is Asia's finest destination resort. A collection of deluxe hotel and villas, including: Banyan Tree Phuket, Dusit Thani Laguna Phuket, Laguna Beach Resort, Sheraton Grande Laguna, Allamanda Laguna Phuket, Laguna Holiday Club Resort and Laguna Phuket Holiday Residences. All sharing 1000 acres of tropical parkland and three kilometres of beach frontage with the Laguna Phuket Golf Club, Canal Shopping Village, Banyan Tree Spa, four Angsana Spas, Laguna Wedding Chapel and Quest Laguna Phuket Adventure, a leading corporate training and outdoor recreation facility.

