



运动员手册

Athlete Guide

2025 厦门铁人三项公开赛

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组织结构 Organization

指导单位 Guiding Unit

中国铁人三项运动协会
厦门市体育局
同安区人民政府

China Triathlon Sports Association
Xiamen Sports Bureau
Tong'an District People's Government of
Xiamen Municipality

主办单位 Host

厦门文旅集团
厦门体育集团

Xiamen Culture Tourism Group
Xiamen Sports Industry Group

支持单位 Supported

同安区文化和旅游局

Cultural and Tourism Bureau of Tong'an District

承办单位 Organizer

厦门体育产业集团赛事运营有限公司

Xiamen Sports Industry Group Event Operation
Co., Ltd

协办单位 Co-organizer

厦门市铁人三项运动协会
厦门市游泳协会

Xiamen Triathlon Sports Association
Xiamen Swimming Association



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Challenge Xiamen Official Sponsor



全球合作伙伴
Challenge Family Global Partners



官方支持商
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官方中立技术服务
Neutral Technical Service Provider



铁人村合作伙伴
EXPO Partner



官方合作媒体
Challenge Xiamen Official Media



WELCOME TO 2025 CHALLENGE XIAMEN

亲爱的运动员们：

欢迎来到新一届 Challenge Xiamen！能够重返这片举办铁人三项赛的理想之地，与不同年龄、不同水平的铁人三项爱好者相聚，我们倍感荣幸。毫无疑问，未来两天的游泳、骑行与跑步赛事必将精彩纷呈。我们热切期待与本地团队继续携手，为大家打造一场难以忘怀的赛事体验。

感谢各位对 2025 Challenge Xiamen 厦门铁人三项公开赛的热忱与投入，也感谢大家对“Challenge Family”的认可。同时，我也要向本地组委会致以谢意，是他们的辛勤付出让这场赛事得以顺利呈现。此外，特别要感谢无数志愿者、各职能部门、赞助商以及当地团队的鼎力支持——感谢你们将“Challenge Family”迎入这片风光旖旎的土地。“Challenge Family”始终以运动员为核心。相信大家在这次赛事中，定能亲身体验到那份贯穿全球所有“挑战系列赛”的友好与包容氛围，而厦门站的氛围尤为浓厚。本地社区的热情款待、快速且风景优美的赛道，再加上得天独厚的举办环境，共同铸就了这个值得铭记的体育周末。

最后，预祝你们在比赛中取得佳绩，我们在终点线见！



Dear Athletes:

Welcome to another edition of Challenge Xiamen! It's great to be back in this perfect setting for a triathlon with so much for triathletes of all ages and abilities. There is no doubt this will be an incredible two days of swim, bike and run and we are very much looking forward to continuing to work with the local team and community to deliver an unforgettable race experience.

Thank you for your passion and commitment to race Challenge Xiamen and for your trust in Challenge Family. I also express my thanks to the local organising team who have worked so hard to bring the event to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors, as well as the local community for their support. Thank you for welcoming Challenge Family to your striking part of the world.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly and inclusive atmosphere that prevails at all our races around the globe and especially so here in Xiamen. The community's warm hospitality, the fast, scenic course and perfect setting all combine to create a memorable weekend of sport.

I wish you all the very best for your race and see you at the finish line!

约尔特·弗兰姆 Jort Vlam
CEO - CHALLENGEFAMILY

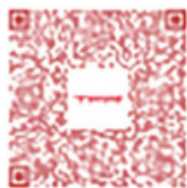
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> Jonas Vingegaard

2025 Tour de France TT Stage

2022/2023 Tour de France Yellow Jersey



欢迎辞

Welcome Seech

亲爱的运动员：

铁人三项，是勇者的挑战，是对人类体能与意志的极致考验。每一次的铁人三项比赛，都是一场与自我的较量，是毅力与决心的生动展现。

近些年来，中国越来越多的运动爱好者被铁人三项的魅力所吸引，投身其中。这一趋势，充分彰显了铁人三项运动的独特魅力与巨大潜力。它不仅仅是一项竞技运动，更是一种生活态度，一种对自我超越的不懈追求。

厦门，这座美丽的海滨城市，连续多年举办铁人三项赛事，已然成为铁人三项运动的重要阵地。这里，有着热爱运动的市民，有着得天独厚的自然环境，有着浓厚的体育氛围。可以说，厦门拥有着深深的铁人三项运动基因。

我们与 Challenge Family 的合作，意义重大。我们的目标是通过这一顶级赛事 IP，为所有热爱铁人三项的人们以及广大群众打造一场无与伦比的运动盛宴。我们希望这场赛事能够成为一个平台，让更多的人了解铁人三项，爱上铁人三项，参与铁人三项。

我们欢迎国内外的选手们参与 Challenge Xiamen 厦门铁人三项公开赛。来吧，一同领略厦门浓厚的铁人三项运动氛围，感受环东海域那令人陶醉的滨海美景，品味厦门独特的人文风情。让我们在这片充满活力的土地上，共同书写铁人三项运动的精彩篇章。

厦门体育产业集团赛事运营有限公司

Dear triathletes:

Triathlon is the challenge of the brave and the ultimate test of human physical strength and will. Each triathlon competition is a battle with oneself and a vivid manifestation of perseverance and determination.

In recent years, more and more sports enthusiasts in China have been attracted by the charm of triathlon and have joined in. This trend fully demonstrates the unique charm and great potential of triathlon. It is not only a competitive sport but also an attitude towards life and an unremitting pursuit of self-transcendence.

Xiamen, this beautiful coastal city, has held triathlon events for many consecutive years and has already become an important front for triathlon. Here, there are citizens who love sports, unique natural environments, and a strong sports atmosphere. It can be said that Xiamen has a deep triathlon gene.

Our cooperation with Challenge Family is of great significance. Our goal is to create an unparalleled sports feast for all people who love triathlon and the general public through this top-level event IP. We hope this event can become a platform for more people to understand triathlon, fall in love with triathlon, and participate in triathlon.

We welcome athletes from home and abroad to participate in Challenge Xiamen. Come and experience the strong triathlon atmosphere in Xiamen, feel the intoxicating coastal beauty of the East Sea Area, and taste the unique cultural charm of Xiamen. Let's jointly write a wonderful chapter of triathlon on this vibrant land.

Xiamen Sports Industry Group Event Operation Co. , Ltd.

奥地利 RED BULL

为你添翼



职业运动员 Pro Athletes



Hao Miao (CHN)

苗浩（中国）

中国著名职业铁人三项运动员，中国铁人三项运动领军人物，大铁亚洲纪录保持者，首位登上世界长距离铁人三项世锦赛冠军领奖台的中国选手。2019年在柳州举行的70.3赛事中，他实现中国运动员首次破4小时大关的创举；2025年8月，走上职业组的他重新出发，在Challenge（国际铁三挑战系列）职业组韩国群山站冲线，完成了自己的第二场职业比赛并获得第四名，该成绩创中国大陆选手职业组最佳成绩；2024年德国汉堡举办的一场全程长距离赛事中，他以7小时58分04秒成绩，成为首位破8小时大关完赛的亚洲人。

A renowned professional triathlete from China, and a leading figure in Chinese triathlon.

He is the Asian record holder in full-distance triathlon and the first Chinese athlete ever to reach the podium at the World Long Distance Triathlon Championships. In 2019, at the IRONMAN 70.3 Liuzhou, he made history by becoming the first Chinese athlete to break the four-hour barrier. In August 2025, having turned professional, he competed in his second pro race at the Challenge Gunsan-Saemangeum (Korea), finishing 4th overall — the best-ever result by a mainland Chinese professional triathlete.

Earlier, in 2024, he achieved a milestone performance at a full-distance triathlon in Hamburg, Germany, finishing in 7 hours, 58 minutes, and 4 seconds, becoming the first Asian athlete ever to complete a full-distance triathlon in under eight hours.



Ognjen Stojanovic (SER)

奥尼恩·斯托亚诺维奇（塞尔维亚）

奥尼恩·斯托亚诺维奇是一名出生于1990年的塞尔维亚铁人三项运动员，他自1995年开始游泳训练，2005年开始接触铁人三项，并从此开始在全球范围内进行职业比赛。

他曾在Challenge Family系列赛中获得6次领奖台成绩，获得2次IRONMAN 70.3领奖台成绩，并在2023年IRONMAN 70.3世界锦标赛获得前20名成绩。此外，他在2023年法兰克福IRONMAN完赛成绩为7小时49分。奥尼恩多次参加中国举办的世界铁人三项亚洲杯。取得多次领奖台成绩，并在2016年亚洲杯台州站获得冠军。

Ognjen Stojanovic is Serbian triathlete born in 1990. He started swimming in 1995 and triathlon in 2005 and since then is competing professionally around the World. He has 6 Challenge Family races podiums, 2 IRONMAN 70.3 podiums, Top 20 result at 2023 IRONMAN 70.3 World Championships and 7:49 h IRONMAN Frankfurt. He raced in China many times on World Triathlon Asian Cups and has plenty of podium and a win at 2016 Asian Cup Taizhou.



Sam Osborne is a professional triathlete from New Zealand, known for his versatility across both road and off-road triathlon. He has multiple victories on the XTERRA World Tour and continues to perform strongly on the IRONMAN 70.3 circuit. In 2024, Osborne claimed the title at IRONMAN 70.3 Geelong, and in 2025 finished second at IRONMAN 70.3 Port Macquarie, demonstrating his consistency among the world's top middle-distance triathletes.

萨姆·奥斯本（新西兰）

Sam Osborne (NZL)

Sam Osborne 是来自新西兰的职业铁人三项运动员，以其在公路与越野铁人项目中的全面实力而闻名。他多次获得 XTERRA 世界巡回赛冠军，并在 IRONMAN 70.3 系列赛中保持出色表现。2024 年他在 IRONMAN 70.3 吉朗站夺冠，2025 年在 IRONMAN 70.3 麦夸里港站获得亚军，展现出他在中距离铁人赛中的世界级竞争力。



基兰·斯托奇（澳大利亚）

Kieran Storch (AUS)

- 2025 年 ChallengeTaiwan 第一名
- 2025 年 HellooftheWest 铁人三项赛第一名
- 2025 年 Mooloolaba 铁人三项赛第一名

- 1st place Challenge Taiwan 2025
- 1st place HellooftheWest Triathlon 2025
- 1st place Mooloolaba Triathlon 2025



内森·多特曼（法国）

Nathan Dortmann (FRA)

他出生于法国，现居澳大利亚，即将开始作为职业澳大利亚运动员的第三个赛季。在训练之余，他创办了一家公司 HYPER，致力于帮助有志向的运动员实现他们的运动目标。

French born living in Australia. I am starting my 3rd year as a professional Australian Athlete. Along side my training, I built a business called HYPER where we look after committed athletes to reach their sporting goals.



乔纳森·吉索兰（瑞士）

Jonathan Guisolan (SUI)

乔纳森·吉索兰于 2022 年在他 28 岁时接触铁人三项运动，并在这一年的首个赛季后便取得职业选手资格。与许多在成长过程中就接受系统训练、后来转向铁三的运动员不同，他并没有竞技运动的童年。出于对运动科学的兴趣，他在大学攻读运动生理学，并在此期间开始接触自行车运动。2018 年，他 24 岁时参加了自己的第一场自行车比赛。自开始训练以来，乔纳森一直坚持自我训练，在成为运动员的同时，也不断学习并成长为一名教练。2020 年，当他在瑞士一支精英自行车队效力并攻读硕士学位时，一场悲剧彻底改变了他的生活——他因脑肿瘤失去了挚爱的女友。面对这场巨大的打击，生活的每一步都充满挑战，而运动成为了他专注与坚持的寄托，并最终引领他走向铁人三项。

今年，他在 Challenge Sir Bani Yas 赛事中斩获了自己的首个职业赛冠军，并打破了室内自行车场 6 小时骑行世界纪录。他最大的优势——坚韧与毅力，早已在人生最艰难的时刻得到锤炼，也将继续推动他在运动生涯中攀登新的高峰。

Jonathan Guisolan found his way into triathlon in 2022 at the age of 28 and earned his prolicence after his first year in this sport. Unlike many athletes who transition to triathlon later in life, he didn't grow up as a competitive athlete. His interest in sports science led him to study exercise physiology at university, where he started cycling. He entered his first race in 2018 at 24 years old. From the beginning, Jonathan has been self-coached, learning and improving both as an athlete and as a coach. In 2020, while riding for an elite cycling team in Switzerland and pursuing his master's degree, a tragedy happened and turned his life upside down. He lost his girlfriend who was everything for him, taken by a brain tumour. Navigating life after such a loss was an ongoing challenge, but sport became a source of focus and purpose, leading him to triathlon.

This year he won his first pro race at Challenge Sir Bani Yas and broke the 6 hours cycling world record on indoor velodrome. His greatest strengths, resilience and perseverance, have already been tested in life's toughest moments, and they continue to drive him toward new heights in his athletic career.



尼古拉斯·弗里（澳大利亚）

Nicholas Free (AUS)

Nicholas Free 是一位来自澳大利亚的职业铁人三项运动员，他在 IRONMAN70.3 系列赛中的表现使他在铁三圈子里获得认可。2024 年，他在 IRONMAN 70.3 墨尔本站以 3:38:21 的成绩获得季军。在 2024 年 IRONMAN 70.3 世界锦标赛中，他取得第 37 名，分段成绩分别为 00:23:12 / 02:14:36 / 01:18:24，总用时 3:59:40。

Nicholas Free is a professional triathlete from Australia whose performances across the IRONMAN 70.3 circuit have earned him recognition in the triathlon community. In 2024, he finished 3rd at IRONMAN 70.3 Melbourne with a time of 3:38:21. At the 2024 IRONMAN 70.3 World Championship, he placed 37th with splits of 00:23:12 / 02:14:36 / 01:18:24, total time 3:59:40.



乔尔·伍尔德里奇（澳大利亚）

Joel Wooldridge (AUS)

Joel Wooldridge 是来自澳大利亚的职业铁人三项运动员，以强劲的自行车和跑步能力著称，近年来在 IRONMAN 70.3 系列赛中迅速崭露头角。2024 赛季，他在大洋洲多场赛事中跻身前十名，包括 IRONMAN 70.3 麦夸里港站 和 IRONMAN 70.3 吉朗站，逐渐成为澳大利亚长距离铁人三项的新生力量。

Joel Wooldridge is an Australian professional triathlete who has shown rapid progress across the IRONMAN 70.3 circuit. Known for his strong bike and run combination, he has steadily climbed the professional rankings in recent seasons. In 2024, he achieved multiple top-10 finishes in Oceania races, including IRONMAN 70.3 Port Macquarie and IRONMAN 70.3 Geelong, establishing himself as one of Australia's most promising young long-distance triathletes.



卢克·马修斯（阿联酋）

Luke Mathews (UAE)

英国出生，现居阿联酋，职业铁人三项选手。在区域和国际赛事中多次登上领奖台，包括 Challenge Sir Bani Yas 和 IRONMAN Texas。致力于挑战自我，并以表现激励他人。

British-born, based in the UAE, professional triathlete. Multiple podium finisher in regional and international events, including Challenge Sir Bani Yas and IRONMAN Texas. Dedicated to pushing his limits and inspiring others through performance.



史蒂夫·麦肯纳（澳大利亚）

Steve McKenna (AUS)

2023 年澳大利亚 IRONMAN 第一名

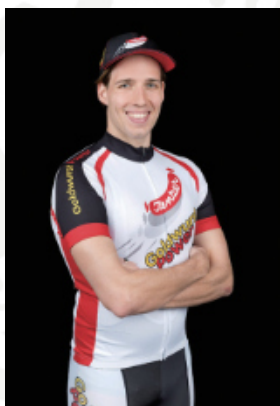
2024 年新西兰 IRONMAN 第一名

ITU 长距离世界锦标赛（汤斯维尔） 第二名

1st Ironman Australia 2023

1st Ironman New Zealand 2024

2nd place ITU Long Course World Champs – Townsville



斯文·阿尔特马特 (瑞士)

Sven Altermatt (SUI)

2025 年 Powerman Zofingen SD 冠军

2025 年巴塞尔铁人三项赛冠军

2025 年 Challenge Gunsan-Saemangeum 第八名

2023 年入选瑞士国家队欧洲锦标赛

Winner Powerman Zofingen SD 2025

Winner Basel Triathlon 2025

8th Challenge Gunsan-Saemangeum 2025

Swiss National Team Selection European Champs 2023



乔什·伍尔德里奇 (澳大利亚)

Josh Wooldridge (AUS)

Challenge Canberra 第 3 名

Airlie Beach 铁人三项 第 5 名

Husky Ultimate 铁人三项 第 5 名

Stockton 奥林匹克距离铁人三项 第一名

3rd Challenge Canberra

5th Airlie Beach Triathlon

5th Husky Ultimate Triathlon

1st Stockton Olympic Distance Triathlon



張團峻 (中国台湾)

Tuan Chun Chang (TPE)

Tuan Chun Chang (張團峻, 代表中国台湾) 是一名职业铁人三项运动员。2023 年在 Challenge Taiwan Half 男子职业组比赛中, 他以 3 小时 53 分 40 秒 的成绩获得季军。

Tuan Chun Chang (representing Chinese Taipei) is a professional triathlete. A highlight: at the 2023 Challenge Taiwan Half (Pro men), he finished in 3:53:40, placing third overall.



萨姆·马斯格罗夫（澳大利亚）

Sam Musgrove (AUS)

- 2025 年 Challenge Korea 第 5 名
- 悉尼马拉松 - 2 小时 39 分
- 2025 年 Hello of the West 铁人三项赛 第 7 名
- 2024 年 IRONMAN70.3 世界锦标赛 25-29 岁组 第 5 名
- 5th Challenge Korea 2025
- Sydney Marathon - 2:39
- 7th Hell of the West Triathlon 2025
- Ironman World Championships Kona 2024 - 5th in 25-29

Age Group



奥利·特纳（英国）

Ollie Turner (GBR)

奥利·特纳（Ollie Turner）是一名来自海峡群岛泽西岛的职业铁人三项运动员，以充满活力的比赛风格和在三项中的稳定表现而闻名。作为英联邦运动会的参赛选手及多次登上国际赛事领奖台的运动员，奥利在每一场比赛中都展现出强烈的竞争精神与对卓越表现的热情。赛场之外，他也热衷于分享自己的运动历程，激励他人追逐自己的体育梦想。

Ollie Turner is a professional triathlete from Jersey in the Channel Islands, known for his dynamic racing style and consistency across all three disciplines. A Commonwealth Games representative and multiple-time podium finisher on the international circuit, Ollie brings a competitive edge and passion for performance to every race. When not training or competing, he enjoys sharing his journey to inspire others to chase their sporting goals.



王斯玉（中国）

Si Yu Wang (CHN)

王斯玉是这次女子职业组唯一的中国选手，她此前是专业铁人三项运动员，代表国家队参加过 2023 年成都世界杯和 2024 年德兴亚锦赛去年退役后开始尝试向职业选手转型，与顶尖选手同场竞技，积累更多职业赛经验是她参赛的主要目标。

Si Yu Wang is the only Chinese athlete in this year's women's professional category. She was previously a professional triathlete, representing the national team at the 2023 Chengdu World Cup and the 2024 Dexing Asian Championships. After retiring last year, she began transitioning back into professional racing. Her main goal for this event is to compete alongside top athletes and gain more experience in professional competitions.



阿拉尼斯·西费特（瑞士）

Alanis Siffert (SUI)

她是一名职业铁人三项运动员，来自瑞士，也是 2024 年 Challenge 厦门的冠军。她热爱长距离赛事，始终努力挑战自我、全力以赴。

在 2025 赛季，她斩获了 Challenge Taiwan 冠军，并在 Challenge Roth 中获得第三名、T100 French Riviera 站中名列第十，整个赛季展现出稳定而出色的竞技状态。同时，她也在法国一些最具代表性、最艰难的赛事中取得胜利——包括阿尔普迪埃、昂布伦铁人赛和热拉尔梅。她的目标是享受这段旅程，并通过体育运动激励他人勇敢追逐梦想。

I'm a professional Swiss triathlete and the 2024 Challenge Xiamen champion. I'm passionate about long-distance racing, always striving to push my limits and give my best.

In 2025, I won Challenge Taiwan and finished 3rd at Challenge Roth, 10th at T100 French Riviera showing strong consistency throughout the season. I also claimed victory at some of France's most iconic and hard races - Alpe d'Huez, Embrunman, and Gérardmer. My goal is to enjoy the journey and inspire others to pursue their dreams through sport.



阿米莉亚·沃特金森（新西兰）

Amelia Watkinson (NZL)

Amelia Watkinson 是来自新西兰的职业铁人三项运动员，主攻中距离及 IRONMAN 70.3 项目。她在职业生涯中已斩获 20 场中距离赛事冠军，表现稳定、实力强劲。曾夺得 2023 年澳大利亚 IRONMAN 70.3 墨尔本站冠军与 2025 年菲律宾 IRONMAN 70.3 Lapu-Lapu 站冠军，并在 2024 年 T100 新加坡站取得出色的第 4 名。

她以强大的骑跑能力和冷静的比赛节奏著称，是女子中距离铁三赛场上极具竞争力的选手之一。

Amelia Watkinson is a professional triathlete from New Zealand, specializing in middle-distance and IRONMAN 70.3 events. A 20-time middle-distance race winner, she has achieved remarkable consistency and strength on the global stage. Amelia claimed titles at IRONMAN 70.3 Melbourne (2023) and IRONMAN 70.3 Lapu-Lapu (2025), and delivered an impressive 4th-place finish at the 2024 T100 Triathlon World Tour Singapore.

Her solid bike-run combination and calm race strategy make her one of the most reliable performers in the women's professional field.



萨拉·佩雷斯·萨拉（西班牙）

Sara Perez Sala (ESP)

2025 年：Challenge Samarkand 第一名，Challenge Sir Bani Yas 第二名，IRONMAN 70.3 尼斯半程铁人三项赛第四名。

她与苏萨娜罗德里格斯一起赢得了巴黎残奥会冠军。她曾是 2024 年奥运会游泳运动员（4×100 混合泳接力第 7 名）

2025: 1st Challenge Samarkand, 2nd Challenge Sir Bani Yas, 4th 70.3 Nice.

I'm guiding Susana Rodriguez and we won the Paralympic Games in Paris last year. I was Olympic swimmer in 2024 (7th 4x100 medley relay)



克洛伊·哈特内特（澳大利亚）

Chloe Hartnett (AUS)

澳大利亚职业铁人三项选手，以在 IRONMAN 70.3 赛事中的出色表现而闻名。2025 年，她在 IRONMAN 70.3 Sunshine Coast 赛中获得第 6 名，总成绩为 4 小时 22 分 03 秒。此外，她还参加了 IRONMAN Cairns 赛，完成时间为 9 小时 7 分 29 秒。她稳定的成绩体现了她在这项运动中的专注和竞争精神。

Australian professional triathlete known for her strong performances in IRONMAN 70.3 events. In 2025, she secured a 6th place finish at IRONMAN 70.3 Sunshine Coast, with a total time of 4:22:03. She also competed in IRONMAN Cairns, completing the race in 9:07:29. Her consistent results reflect her dedication and competitive spirit in the sport.



萨拉·托马斯（澳大利亚）

Sara Thomas (AUS)

她是职业铁人三项运动员，现居澳大利亚凯恩斯。她在 30 岁出头时接触铁人三项，并在连续四年赢得凯恩斯 IRONMAN 同年龄组冠军后，于 30 多岁时取得职业选手资格。她的职业生涯亮点包括：

2021 年澳大利亚西部 IRONMAN 第二名

2025 年 Challenge Korea 第二名

2025 年 Challenge Taiwan 第四名

2021 年 IRONMAN 70.3 Sunshine Coast 第四名获得资格并参加 2023 年夏威夷科纳 IRONMAN 世界锦标赛职业组比赛。

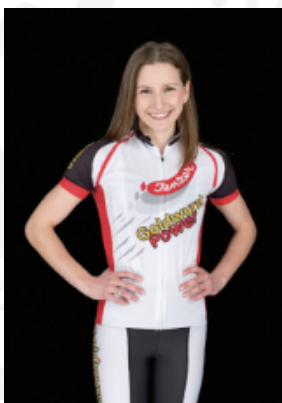
I am a professional triathlete based in Cairns, Australia. I was introduced to triathlon in my early 30s, and after winning my age group at Ironman Cairns over 4 consecutive years, I took my professional license in my late 30s. The highlights of my professional career include:

2nd at Ironman Western Australia 2021

2nd at Challenge Korea 2025

4th at Challenge Taiwan 2025

4th at Ironman 70.3 Sunshine Coast 2021 Qualified for, and raced in the pro field at the Ironman World Championship in Kona, Hawaii 2023



萨洛梅·赫吉 - 阿尔特马特 (瑞士)

Salomé Hegi-Altermatt (SUI)

2025 年 Challenge Gunsan-Saemangeum 第五名

2025 年 巴塞尔铁人三项赛 冠军

2024 年 瑞士中距离铁人三项 亚军

2024 年 瑞士二项全能赛 (Duathlon) 亚军

5th Challenge Gunsan-Saemangeum

2025 Winner Triathlon Basel 2025

Vice Swiss Middle-distance Champion

2024 Vice Swiss Duathlon Champion 2024



米凯拉·梅瑟 (澳大利亚)

MIKAYLA MESSER (AUS)

澳大利亚职业铁人三项选手，前国际级游泳运动员。凭借扎实的游泳基础，她成功转型至长距离铁人三项，并取得了显著成绩，包括 2025 年 Noosa Triathlon 第 10 名 (2 小时 4 分 33 秒) 及其他国家级赛事的前十名。Challenge Xiamen 是她铁人三项征程中的重要一步，她期待聪明应战，充分发挥游泳和自行车优势，检验自己的极限。

Australian professional triathlete and former international-level swimmer. With a strong swimming foundation, she has transitioned to long-course triathlon, achieving notable results such as 10th place at the 2025 Noosa Triathlon (2:04:33) and top-10 finishes in other national-level events. Challenge Xiamen is a key step in her triathlon journey, where she looks forward to racing smart, leveraging her swim and bike strengths, and testing how far she can go at her best.



艾米·范塔塞尔（美国）

Amy VanTassel (USA)

Amy 是一位超长距离铁人三项选手，擅长 Ultraman 超铁距离赛事。她在 2017 年赢得加拿大站冠军后，于 2018 年在以色列 Ultraman 赛事中以总冠军（含男子组）成绩达到了职业生涯的高峰。此后，VT 在 14 场国际半程及全程铁人三项赛事中取得优异成绩，并在多场公路及越野跑比赛中创造了十余项赛道纪录。目前，VT 常驻美国俄勒冈州胡德里弗，除了职业铁人三项选手的身份外，她还积极参与砾石骑行和越野跑赛事。同时，凭借哈佛大学人类发展与心理学硕士学位，她为高中生提供大学申请咨询服务，帮助他们规划未来。

VT 目前代表 Top Step Training 参赛，同时也是 Optic Nerve Eyewear、Rolf Prima Wheel Systems 和 The Feed 的签约运动员。

Amy “VT” is an ultra-distance competitor, the Ultraman double-iron distance being her forte having attained a career highlight with an overall win (including men) at Ultraman Israel in 2018, after her win in Canada in 2017. VT has since placed in fourteen major international half- and full-iron distance events, as well as set over a dozen course records in road and trail running races. Currently based in Hood River, Oregon, VT balances out life as a professional triathlete with gravel, and trail running events, and capitalizes on her Masters in Human Development and Psychology from Harvard University to counsel high school students navigating the college application process. VT proudly represents Top Step Training, in addition to Optic Nerve Eyewear, Rolf Prima Wheel Systems, and The Feed.



伊丽莎白·尼特雷（美国）

Elizabeth Nyitray (USA)

她参加半程和全程铁人三项职业比赛已有 9 年。在此之前，她曾代表多米尼加共和国短暂参加 ITU 比赛，那时她在担任教师的同时开始了铁人三项生涯。目前，她拥有自己的教练业务 ROC Multisport，并热衷于帮助她的运动员实现他们的梦想！

I have been racing professionally at the half and full iron distance for 9 years now. Prior to that, I raced briefly in ITU for the Dominican Republic, where I got my start in triathlon while working as a teacher. I currently have my own coaching business, ROC Multisport, and I love helping my athletes accomplish their dreams!



瑞秋·福尔兹（加拿大）

Rachel Faulds (CAN)

瑞秋·福尔兹是一名职业铁人三项运动员和教练，对耐力运动有着深厚的热爱。

她在青少年时期就擅长跑步，并开始在美国大学体系中代表自己的大学参赛。然而，当时的比赛环境并不健康，消耗了她对运动的热情与喜爱。这段时期对她而言十分挑战，她一度感到失去了自己生活中不可或缺的一部分。怀着重燃竞技精神的希望，她转向了新的运动挑战——铁人三项。她认为正是铁人三项重新点燃了她对耐力运动的激情。

铁人三项为她开启了许多机会，其中最令人难忘的是探索世界各地的经历。她参加过多个大洲的比赛，融入不同的社区，结识了许多有趣的人，体验丰富多彩的文化。她与丈夫纳比尔（Nabeel）及爱犬佩妮（Penny）一同生活和训练于加拿大。

Rachel Faulds is a professional triathlete and coach with a deep-rooted love for endurance sports.

As a teen she excelled in running, and started a journey within the NCAA collegiate system, where she represented her University. However the environment in which she competed proved to be unhealthy and drained the joy and love she had for the sport. It was a challenging period in her life as she grappled with the loss of something that had been an integral part of her identity. Driven by a hope to rekindle her competitive spirit she found solace in a new athletic endeavor, triathlon. She credits triathlon with reigniting her passion for endurance sports.

Triathlon has opened many doors for her, the most incredible being the opportunity to explore different corners of the world. She has participated in races across many continents, immersing herself in diverse communities, meeting fascinating people and experiencing vibrant cultures. She lives and trains in Canada with her husband, Nabeel and their dog Penny.

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赛事周末日程 Race Weekend Schedule

10月31号(星期五) OCT.31(Friday)		地点 Location
9:30-18:00	信息台开放、自行车维修服务 Race Info reception opens, Bike service	美峰体育公园 Meifeng Sports Park
9:30-18:00	铁人村开放 EXPO open	美峰体育公园 Meifeng Sports Park
9:30-18:00	运动员报到、领取参赛物品 (分龄组所有组别, 比赛日当天不开放领物) Athlete registration, packet Pick-Up (All age groups, No Athlete Registration On Race Day)	美峰体育公园 Meifeng Sports Park
14:30-16:00	熟悉游泳赛道 / 游泳能力测试 Swim Course Familiarisation, Swim Ability Test	游泳出发区 Swim Start Area
15:30-16:00	职业组运动员见面会 Professional Athletes Meet and Greet	美峰体育公园 Meifeng Sports Park
16:00-16:30	中距离 113km 分龄组技术会议 Middle Distance 113km Age Group Race Briefing	美峰体育公园 MeifengSportsPark
16:00-19:00	中距离 113km 职业组、分龄组交车 Middle Distance 113km Professional Athletes and Age Group Bike Check-In	转换区 Transition Area
16:30-17:00	职业组运动员技术会 Professional Athletes Race Briefing	波特曼酒店 PORTMAN HOTEL
16:35-17:30	分龄组精英运动员见面会 Age Group Elite Athletes Meet	美峰体育公园 MeifengSportsPark
18:30-20:30	欢迎晚宴 (分龄组运动员可自选 31 日或 1 日使用) Welcome Banquet (Age Group Athletes Can Choose Either Oct 31 or Nov 1)	B2 层 波特曼厅 波特曼酒店 B2 Portman Ballroom Portman Hotel

赛事周末日程 Race Weekend Schedule

11月1号(星期六) NOV.1(Saturday)		地点 Location
5:30-17:00	信息台开放、自行车维修服务 Race Info reception opens, Bike service	美峰体育公园 Meifeng Sports Park
9:30-17:00	铁人村开放 EXPO open	美峰体育公园 Meifeng Sports Park
9:30-17:00	全程、半程、骑跑两项分龄组运动员报到, 领取参赛物品 (比赛日当天不开放领物) Athlete Registration For Olympic、Sprint、Duathlon Age Group (No Athlete Registration On Race Day)	美峰体育公园 Meifeng Sports Park
9:30-17:00	小铁人、小小铁人组别运动员 报到、领取参赛物品 Athlete Registration For Challenge Junior Registration 7.35km & 2.1km	美峰体育公园 MeifengSportsPark
5:45-7:00	转换区开放 Transition Area Open	转换区 Transition Area
5:45-7:00	中距离组检录 / 芯片泳帽发放 Middle Distance Pro and AG Group Check-in/ Chip and Swim Cap Collection	游泳检录区 Swim Check-in Area
6:45-7:00	开赛仪式 Opening Ceremony	游泳检录区 Swim Check-in Area
7:00	男子中距离职业组比赛开始 Middle Distance – PRO Men Start	游泳检录区 Swim Check-in Area
7:05	女子中距离职业组比赛开始 Middle Distance – PRO Women Start	游泳检录区 Swim Check-in Area
8:00	中距离分龄组比赛开始 关门时间: 游泳 1 小时 30 分, 游泳 + 骑行 5 小时 30 分, 游泳 + 骑行 + 跑步 8 小时 Middle Distance113km Age Group Race Start Cut-off Time: Swim 1:30:00, Swim+Bike: 5:30:00, Swim+Bike+Run: 8:00:00	游泳检录区 Swim Check-in Area

11:15	鲜花仪式（职业运动员） Flowers Ceremony（Professional Athletes）	终点区 Finish Area
14:00-17:30	转换区开放运动员取车 Athlete Bike Check Out	转换区 Transition Area
16:00	颁奖仪式 Awards Ceremony	终点区 Finish Area
15:00-16:30	熟悉游泳赛道 / 游泳能力测试 (全程 51.5km、半程 25.75km) Swim Course Familiarisation, Swim Ability Test (Olympic Distance 51.5km、Sprint Distance 25.75km)	游泳出发区 Swim Start Area
16:45-17:15	分龄组运动员技术会议 (全程 51.5km、半程 25.75km、骑跑两项 50km) Age Group Athletes Race Briefing (Olympic Distance 51.5km、Sprint Distance 25.75km、Duathlon 50km)	美峰体育公园 Meifeng Sports Park
18:30-20:30	自助餐 (分龄组运动员可自选 31 日或 1 日使用) Welcome Buffet (Age Group Athletes Can Choose Either Oct 31 or Nov 1)	波特曼酒店 PORTMAN HOTEL

赛事周末日程 Race Weekend Schedule

11月2号(星期日) NOV.2(Sunday)		地点 Location
5:30-17:00	信息台开放、自行车维修服务 Race Info Reception Open, Bike Service	美峰体育公园 Meifeng Sports Park
9:00-17:00	铁人村开放 EXPO Open	美峰体育公园 Meifeng Sports Park
5:30-6:45	转换区开放交车 (全程 51.5km、半程 25.75km、骑跑两项 50km) Transition Area Open (Olympic Distance 51.5km、Sprint Distance 25.75km、 Duathlon 50km Bike Check In)	转换区 Transition Area
5:30-6:45	全程组、半程组、骑跑两项检录 / 芯片泳帽发放 Olympic、Sprint、Duathlon AG Group Check-in/ Chip and Swim Cap Collection	游泳检录区 Swim Check-in Area
6:45-6:55	开幕式 Opening Ceremony	游泳出发区 Swim Start Area
7:00	全程 51.5km 比赛开始 关门时间：游泳 1 小时 10 分，游泳 + 骑行 2 小时 40 分， 游泳 + 骑行 + 跑步 4 小时 Olympic Distance 51.5km Race Start Cut-off Time: Swim 1:10:00, Swim+Bike: 2:40:00, Swim+Bike+Run: 4:00:00	游泳检录区 Swim Check-in Area
7:10	骑跑两项 50km 比赛开始 关门时间：跑步 50 分，跑步 + 骑行 2 小时 40 分， 跑步 + 骑行 + 跑步 3 小时 30 分 Duathlon 50km Race Start Cut-off Time: Run 0:50:00, Run+Bike: 2:40:00, Run+Bike+Run: 3:30:00	跑步出发区 Run Start Area
8:30	半程分龄组 25.75km 比赛开始 关门时间： 游泳 35 分，游泳 + 骑行 1 小时 20 分，游泳 + 骑行 + 跑步 2 小时 0 分 Sprint Distance 25.75km Race Start Cut-off Time: Swim 0:35:00, Swim+Bike: 1:20:00, Swim+Bike+Run 2:00:00	游泳出发区 Swim Start Area

10:00-11:30	转换区开放取车 (全程 51.5km、半程 25.75km、骑跑两项 50km) Bike Check Out (Olympic Distance51.5km 、Sprint Distance25.75km、Duathlon50km)	转换区 Transition Area
11:00	颁奖仪式 Awards Ceremony	终点区 Finish Area
9:00-12:00	小铁人、小小铁人组别运动员 报到、领取参赛物品 Challenge Junior Registration 7.35km & 2.1km	美峰体育公园 Meifeng Sports Park
9:30-10:30	小铁人深水测试 Challenge Junior Swim Ability Test	游泳出发区 Swim Start Area
12:00-13:30	小铁人赛转换区开放交车 Challenge Junior Transition Area OpenBike Check-In	转换区 Transition Area
13:00-13:45	小铁人组、小小铁人组检录 / 芯片泳帽发放 Junior (7.35km、2.1km) Group Check-in/ Chip and Swim Cap Collection	游泳检录区 Swim Check-in Area
13:45-12:00	开幕式 Challenge Junior Open Ceremony	游泳检录区 Swim Check-in Area
14:00	小铁人组别 7.35km 比赛开始 Challenge Junior 7.35km Race Start	游泳检录区 Swim Check-in Area
14:40	小小铁人组别 2.1km 比赛开始 Challenge Junior 2.1km Race Start	游泳检录区 Swim Check-in Area
15:00	小铁人赛颁奖仪式 Challenge Junior Awards Ceremony	终点区 Finish Area
15:00-16:00	小铁人赛转换区开放取车 Challenge Junior Bike Check Out	转换区 Transition Area

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赛前 Pre-Event

1. 运动员报到

报到时间：10 月 31 日 9:30-18:00（分龄组所有组别）；

11 月 1 日 9:30-17:00（全程、半程、骑跑两项分龄组）；

报到地点：美峰体育公园 铁人村内；

联系人：张龙金；

手机：+86-13338235593

1.Pre-Race

Check-in time:

9:30-18:00, October 31 (All Age Groups);

9:30-17:00, November 1 (Olympic Distance, Sprint Distance & Duathlon Age Group);

Venue: Meifeng Sports Park, Race expo;

Contact person: Andy Zhang;

Mobile:+86-13338235593

2. 运动员报到时请提供以下材料：

(1) 个人有效证件原件和复印件

(2) 保险证明原件和复印件

(3) 游泳能力证明

(4) 有签字的参赛声明

2. Athletes are requested to provide the following documents upon check-in:

1. Original and copy of personal valid documents

2. Original and copy of insurance certificate

3. Proof of swimming ability

4. Signed statement of participation

3. 分龄组运动员装备领取

1. 赛前报到领取参赛包，内含：手环、号码布、纹身贴、自行车贴、头盔贴、能量胶、水壶（中距离组别）、换项袋、双肩包。

2. 分龄组运动员计时芯片与泳帽将在比赛当天早晨游泳下水前的检录处领取。

3. 完赛可获得纪念 T 恤、奖牌、浴巾、赛事赞助商物资。

3.Packet Pick-Up For Age Groups

(1) Check in before the race to receive the race bag, which contains: bracelet, number bib, tattoo sticker, bike sticker, helmet sticker, energy gel, water bottle (for Middle Distance), transition bag and backpack.

(2) Timing chips and caps will be collected at the check-in point on race morning

before the swim.

(3) Finishers will receive a commemorative T-shirt, medal, bath towel, Sponserd items and other supplies.

4. 运动员技术会议

1. 中距离 113km 分龄组运动员中文技术会

时间: 10 月 31 日 (星期五) 16:00-16:30

地点: 终点区域主席台

2. 中距离 113km 职业组运动员英文技术会

时间: 10 月 31 日 (星期五) 16:30--17:00

地点: 波特曼酒店

3. 分龄组运动员技术会议 (全程 51.5km、半程 25.75km、骑跑两项 50km)

时间: 11 月 1 日 (星期六) 16:45-17:15

地点: 终点区域主席台

4.Athletes Technical Meeting

1. Middle Distance Age Group Chinese Technical Meeting

Time: 16:00-16:30, Friday, October 31

Place: Main Stage at the Finish Area

2. Middle Distance Pro Group English Technical Meeting

Time: 16:30-17:00, Friday, October 31

Place: Portman Hotel

3. Age Group Technical Meeting (Olympic Distance, Sprint Distance, Duathlon)

Time: 16:45-17:15, Saturday, November 1

Place: Main Stage at the Finish Area

5. 职业组、分龄组精英运动员见面会

1. 职业组运动员见面会

时间: 10 月 31 日 (星期五) 15:30--16:00

地点: 终点区主席台

2. 分龄组精英运动员见面会

时间: 10 月 31 日 (星期五) 16:35--17:30

地点: 终点区主席台

5.Pro and Age Group Elite Athletes Meet & Greet

1. Pro Group Athletes Meet & Greet

Time: 15:30-16:00, Friday, October 31

Venue: Main Stage at the Finish Area

2. Age Group Elite Athletes Meet & Greet

Time: 16:35-17:30, Friday, October 31

Venue: Main Stage at the Finish Area

6. 深水测试、游泳试水开放时间

1. 分龄组无有效深水合格证的运动员需在赛区进行铁人三项游泳能力测试，测试合格后方可参赛，试水必须佩戴游泳安全浮球（“跟屁虫”）。

2. 职业组运动员无需参加游泳能力测试。

1. 时间：

10月31日（星期五）14:30-16:00

11月1日（星期六）15:00-16:30

2. 地点：游泳赛道

3. 测试内容：连续游泳200米；头、手露出水面踩水30秒，测试合格后方可参赛；测试不合格视为退赛且报名费不予退还。

6. Swimming Proficiency Tests & Swim Course Familiarization

1. Age Group Athletes without a valid deep water certificate are required to have swimming proficiency tests in the race area, and can compete only after passing the tests.

They must wear a Swimming Safety Buoy (Float Bag) during swim course familiarization.

2. No need of swimming proficiency tests for Pro Group.

Time:

14:30-16:00, Friday, October 31

15:00-16:30, Saturday, November 1

2. Location: Swim course

3. Tests: 200 meters of continuous swimming; treading water for 30 seconds with head and hands out of the water. Athletes can join the competition only after passing the tests. Failing the test will be regarded as withdrawal from the race and the entry fee will not be refunded.

7. 转换区开放交车时间

10月31日 16:00-19:00 中距离 113km 职业组、分龄组交车

11月2日 5:30-6:45 全程 51.5km、半程 25.75km、骑跑两项 50km 分龄组交车。

7. Transition Area Bike Check in time

16:00-19:00, Friday, October 31, Middle Distance 113km Pro Group and Age Group

5:30-6:45, Sunday November 2, Olympic Distance, Sprint Distance, Duathlon Age Group

Note: Athletes are requested to wear their helmets for bike check in.

8. 自行车技术服务

(1) 开放时间：

10月31日 9:30-18:00；

11月1日 5:30-17:00；

11 月 2 日 5:30-17:00

(2) 服务地点：自行车技术服务位于换项区入口处旁边。

8. Bike Technical Services

1. Opening hours:

9:30-18:00, Friday, October 31

5:30-17:00, Saturday, November 1

5:30-17:00, Sunday, November 2

2. Service Location: Beside the transition entrance.

9. 欢迎晚宴

分龄组运动员可自选 10 月 31 日或 11 月 1 日参加

时间:

10 月 31 日 (星期五) 18:30-20:30

11 月 1 日 (星期六) 18:30-20:30

地点: 波特曼酒店

9. Welcome Dinner

Age group athletes may choose to participate on either October 31st or November 1st.

Time:

18:30-20:30, Friday, October 31

18:30-20:30, Saturday, November 1

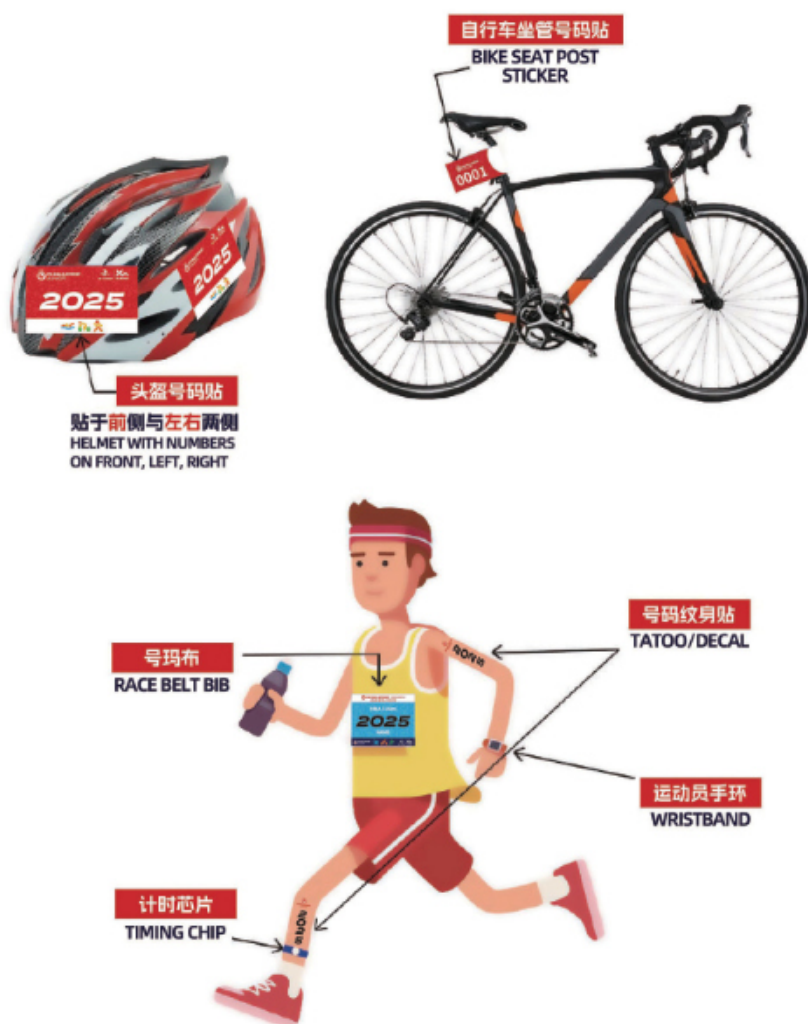
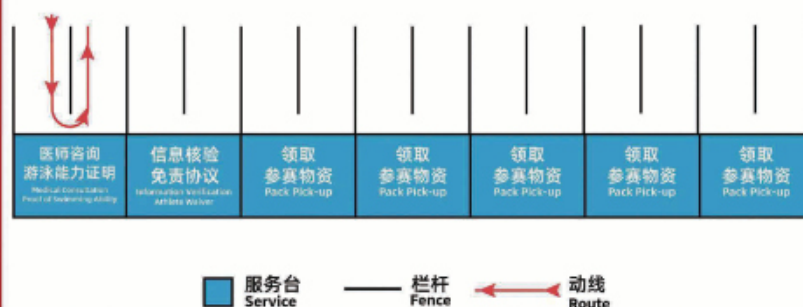
Location: Portman Hotel



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赛前物资发放示意图 Pack Pick-up Map



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Customer service hotlines
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English service: 0571-26886390
Multilingual service: 4001595118
Service time:
MON - SAT 09:00-24:00, GMT+8

客服热线
中文服务: 95188
英文服务: 0571-26886390
多语言热线: 4001595118
服务时间
周一至周五 北京时间 09:00-24:00

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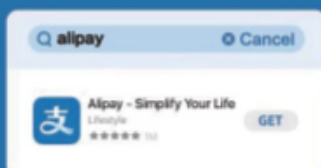
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下载支付宝App
输入手机号码
点击“Next”
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2 Add bank card 绑定银行卡

Tap "Add Now" and follow on-page prompts to complete the process

点击 [立即添加] 进入绑卡页面，按照页面提示，即可完成绑卡操作

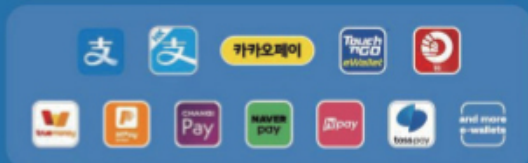
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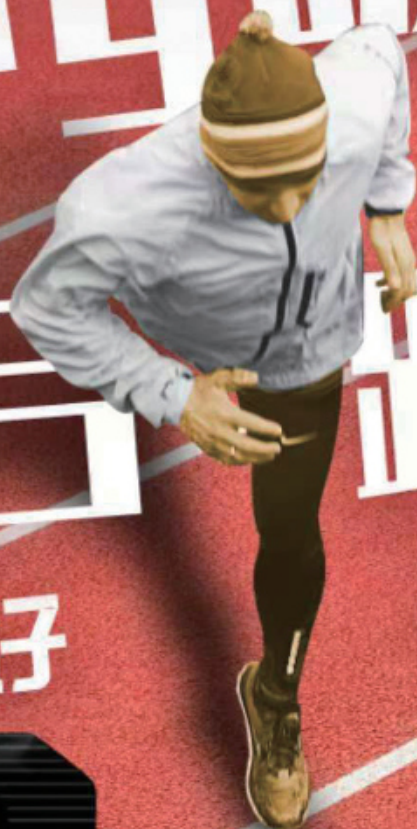
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比赛日 Race Day

一、游泳赛道 Swim Course



1. 比赛距离

比赛距离：

中距离游泳距离 1.9 公里，需要游外圈两圈 (A-E-F-G-A-E-F-G-A)。

全程游泳距离 1.5 公里，需要游内圈两圈 (A-B-C-D-A-B-C-D-A)。

半程游泳距离 750 米，只需游内圈一圈 (A-B-C-D-A)。

提示：

- (1) 分龄组泳帽、芯片在游泳下水前的检录区领取；
- (2) 游泳将按照分龄组组别滚动出发，逆时针游进；
- (3) 游泳必须绕过所有浮漂的外侧，游泳第二圈需要上岸绕过浮漂再下水，违规将会受到处罚。

Swim Distance:

Middle Distance: 1.9km, 2 laps of outer circle (A-E-F-G-A-E-F-G-A).

Olympic Distance: 1.5km, 2 laps of inner circle (A-B-C-D-A-B-C-D-A).

Sprint Distance: 750 meters, 1 lap of inner circle (A-B-C-D-A).

Note:

1. Swimming caps and timing chips will be received at the check-in area before the swim starts for age groups.
2. Rolling start according to age groups and counter-clockwise swim.
3. Swimmers must go around outside of all buoys. In the second lap they need to go ashore and around the buoys before back into the water. Violations will result in penalties.

2. 游泳赛道规则

- 1、运动员可以使用任何泳姿进行比赛，也可以踩水或漂浮。
- 2、职业组运动员游泳赛段无需佩戴跟屁虫，分龄组运动员游泳赛段必须佩戴跟屁虫，不得裸露上身，运动员在完成检录后可进入游泳出发区。
- 3、运动员可以站立在水底或抓住静止物体休息，如浮漂或静止的船只，但不得借助其他外力辅助前进，比赛中禁止使用呼吸管、脚蹼、手套、手蹼、夹腿板或者抱着跟屁虫前进，违规者将被取消比赛资格。

- 4、中距离水温低于 24.6 度、全程 / 半程水温低于 22 度时，运动员可选择使用防寒泳衣，当水温低于 16℃时，所有选手都必须穿着防寒泳衣。
- 5、防寒泳衣任何部位的厚度都不能超过 5 毫米。如果泳衣是由两部分组成，则结合处的厚度也不能超过 5 毫米的限制。
- 6、防寒泳衣不可以覆盖运动员脸部、手部及脚部。
- 7 在游泳赛段禁止运动员佩戴耳机等电子设备。
8. 遇紧急情况，运动员应高举单臂求救，竞赛管理人员和医疗工作人员一旦发现运动员身体状况不适合继续进行比赛则运动员必须停止比赛，否则他们有权力将运动员移出游泳赛道，运动员退赛后计时芯片将立即被回收。
9. 如果受其他天气条件影响，如：强风、暴雨、温度变化及涌流变化等，组委会可调整游泳比赛距离或规定使用防寒泳衣，最终决定由技术代表于比赛开始前 1 小时做出并向参赛运动员宣布。

2.Swim Course Rules

- 1.Athletes may use any stroke to propel themselves through the water. They may also tread water or float.
- 2.No need of the Safety Buoy for Pro Group, while Age Group must use the Safety Buoy during the swim. No upper body can be exposed. Athletes will be allowed to enter the swim start area after check-in.
- 3.Athletes may stand underwater or rest by holding on to an stationary object, such as a buoy or stationary boat, but no forward progress should made with assistance. It is prohibited to use snorkel, flippers, gloves, paddlers or pull buoys, or hold the safety buoys for forward progress. Violators will be disqualified.
- 4.Athletes may wear wetsuits when water temperatures below 24.6℃ for Middle Distance and below 22℃ for Olympic and Sprint Distance. Wetsuits are mandatory for all athletes for water temperatures below 16℃ .
5. Wetsuits cannot exceed 5 mm thickness anywhere. If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit.
6. A wetsuit should not cover the face, hands, or feet.
- 7.Headsets or other electronic devices are prohibited during the swim segment.
- 8.In an emergency, an athlete should raise an arm overhead and call for assistance. The Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary. Timing chips should be returned once after the athlete retires from the competition.
9. If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the organizing committee may adapt limits of the swim length or adopt provisions about the use of wetsuit. The final decision will be made one hour before the start and will be clearly communicated to the athletes by the Technical Delegate.



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二、转换区 Transition Area



1. 赛前转换区开放交车时间

10月31日 16:00-19:00 中距离 113km 职业组、分龄组交车（中距离 113km 职业组、分龄组提前一天交车）

11月1日 5:45-7:00 比赛日当天中距离 113km 职业组、分龄组运动员可再次进入转换区将比赛所需其他物品放置在转换区，如头盔、骑行鞋、水壶等

11月2日 5:30-6:45 全程 51.5km、半程 25.75km、骑跑两项 50km 分龄组交车
交车必须佩戴头盔！

1.Pre-race Transition Area Bike Check-in:

16:00-19:00, October 31 Middle Distance Pro Group and Age Group (check in bikes one day before the race).

5:45-7:00, November 1, Middle Distance Pro Group and Age Group can re-enter the Transition Area on race day to leave other equipment, such as helmets, cycling shoes, water bottles, etc.

5:30-6:45, November 2, Olympic Distance, Sprint Distance, Duathlon Age Group.

Note: Athletes are requested to wear their helmets for bike check in.

2. 赛后转换区开放取车时间:

11月1日 14:00-17:30 （中距离 113km 职业组、分龄组）

11月2日 10:00-11:30 （全程 51.5km、半程 25.75km、骑跑两项 50km 分龄组）

2.Post-race Transition Area Bike Check-out:

14:00-17:30, November 1 (Middle Distance Pro Group and Age Group)

10:00-11:30, November 2 (Olympic Distance, Sprint Distance, Duathlon Age Group)

3. 换项区规则

(1) 运动员接触自行车的整个过程都必须戴好头盔。

(2) 运动员必须使用指定的车架位置，并将自行车放上车架。

(3) 除自行车赛段，在换项区内不允许骑行。上车线和下车线是换项区的一部分，选手在出上车线后才能开始骑车，在下车线前提前下车，才能进入转换区。

(4) 只有在比赛中需要用到的装备方可放置在转换区内，其他所有物品和装备须于比赛开始前移出转换区；

(5) 运动员必须把后续赛段需要使用的所有比赛装备放置在距离物品盒 0.5 米之内的地方。如果没有提供物品盒，上述装备需放置在距离车架号码或信息牌中心投影点 0.5 米之内。如果提供物品盒，则物品盒须放置在距离车架号码或信息牌 0.5 米之内。

3.Transition Area Rules

(1)The helmet must be securely fastened on the head at all times when the athlete is in possession of the bike;

(2)Athletes must rack bikes by seat at the designated spot;

(3)Cycling is prohibited inside the transition area. Mount and dismount lines are part of the transition area. Athletes must mount their bikes after the mount line and dismount before the dismount line to enter the transition area;

(4)Only equipment to be used during the competition can be left in transition. All other belongings and equipment are to be removed before competition starts;

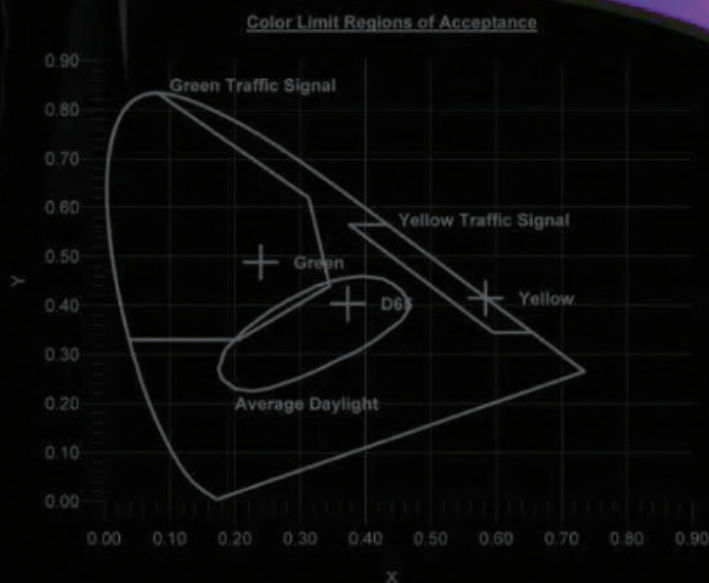
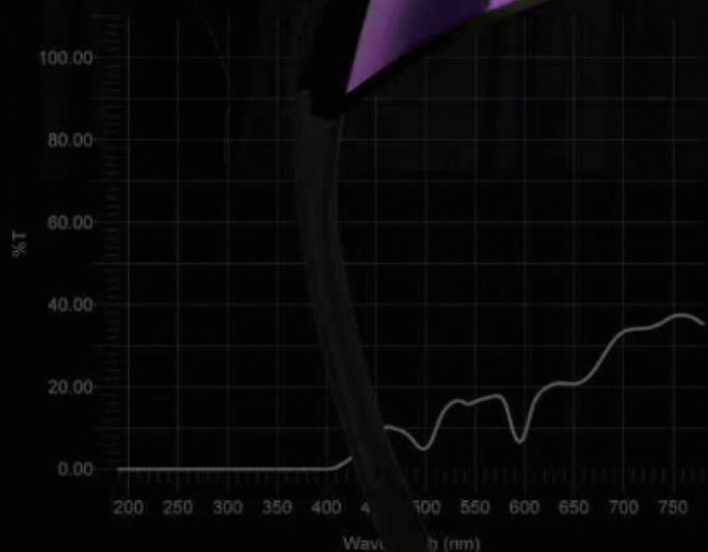
(5)Athletes must place within 0.5m of the box all equipment to be used at a later stage in the event. If a box is not provided, the 0.5m will be measured from the point on the ground immediately below the rack number or name plate. The box, if provided, must be within 0.5m from the rack number or name plate.

4. 特别提示：中距离 113km 职业组、分龄组有提供物品盒。

Special Note: The item box will be provided for the Middle Distance Pro Group and Age Group.

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三、自行车赛道 Bike Course



1. 比赛距离

中距离骑行距离 90km，需要骑行两圈（A-C-A-C-A）

全程骑行距离 40km，需要骑行两圈（A-B-A-B-A）

半程骑行距离 20km，只需骑行一圈（A-B-A）

骑跑两项骑行距离 40km，需要骑行两圈（A-B-A-B-A）

提示：

中距离自行车赛道共设两个补给站，分别在离自行车赛道的近端折返点和远端折返点后约 100 米处，两个补给站间隔约 15 公里，补给站提供水、功能饮料。

1. Bike Distance

Middle Distance: 90km, 2 laps (A-C-A-C-A).

Olympic Distance: 40km, 2 laps (A-B-A-B-A).

Sprint Distance: 20km, 1 lap (A-B-A).

Duathlon: 40km, 2 laps (A-B-A-B-A).

Note:

There are 2 Aid Stations on the Middle Distance bike course, respectively located at about 100 meters from the near turning point and the far turning point which is 15km from each other. Water and energy drink will be provided.

2. 自行车赛道规则

- (1) 允许使用的自行车类型：公路车，铁三车，山地车；
- (2) 禁止使用的自行车类别：死飞车、共享单车以及带有机助力装备的自行车参赛；
- (3) 所有自行车必须经过技术官员验车后才能进入换项区，运动员需在换项区关闭前将车放好；
- (4) 车把和附加把不得超过前轮前沿。分为两部分的附加把不须连结在一起。所有的管状装置的末端均必须封闭；
- (5) 运动员所使用的头盔须经过国际铁联协会会员协会认可的国家级检测机构的认可，不允许对头盔的任何部位进行改装，包括安全扣、外织物层，不能移除头盔的任何部分。运动员在接触自行车阶段过程中必须全程配戴头盔，在游泳赛段结束后进入换项区取车之前，必须先佩戴好头盔才能取车，在自行车赛段结束后进入换项区必须先放好自行车之后才能取下头盔；
- (6) 运动员在比赛中不得使用任何类型的通讯设备，例如手机、耳机、摄影机等电子设备；

(7) 本次比赛自行车赛道上不提供自行车维修服务, 参赛选手需自备自行车修补工具;

(8) 本次比赛自行车赛段不允许尾随, 禁止尾随规则为:

①中距离 113km 职业组采用 20 米禁止尾随规则, 进入另一名运动员尾随区后必须在 40 秒超车或者退出尾随区。

②中距离 113km、全程 51.5km、半程 25.75km、骑跑两项 50km 分龄组均采用 12 米禁止尾随规则, 进入另一名运动员尾随区后必须在 25 秒超车或者退出尾随区。

尾随犯规处罚:

中距离 113km 职业组、分龄组运动员第 1、2 次违规跟车将被罚时 2 分钟, 第 3 次违规跟车将被取消比赛资格;

全程 51.5km、骑跑两项 50km 分龄组运动员第 1 次违规跟车将被罚时 1 分钟, 第 2 次违规跟车将被取消比赛资格;

半程 25.75km 分龄组运动员第 1 次违规跟车将被罚时 30 秒, 第 2 次违规跟车将被取消比赛资格;

(9) 运动员不允许在垃圾投放区之外丢弃任何物品。乱扔垃圾也将被处以时间处罚。

(10) 安全提醒

- 不允许越过中央中线;
- 保持在右侧骑行, 从左侧超车;
- 注意赛道上可能出现的交通状况和障碍物。关注自行车赛道上的信号指示和当前情况。在赛道上出现的任何紧急服务车辆享有优先通行权;
- 如果发生爆胎或轻微受伤, 应离开自行车赛道, 以免阻碍其他运动员。

2.Bike Course Rules

(1)PERMITTED bike categories: Road bikes, Triathlon bikes, Mountain bikes;

(2)Prohibited categories of bicycles: Fixed-gear bikes, bikes from bike-share service, bikes with mechanical assistance;

(3)All bikes must be checked by Technical Officials before entering the Transition Area, and athletes must rack their bike before the Transition Area closes;

(4)Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends have to be plugged;

(5)Helmets must be approved by a national accredited testing authority recognized by a National Federation affiliated with World Triathlon. An alteration to any part of the helmet, including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited. The helmet must be securely fastened at all times when the athlete is in possession of the bike. The athlete must fasten the helmet securely on the head before entering the Transition Area and before mounting the bike and must not unfasten or remove the helmet until after they has moved outside the boundary of the bike course route and has dismounted the bike in the Transition Area;

(6) Athletes are prohibited to use any type of communication devices, such as cell phones, headsets, cameras and other electronic devices during the race;

(7) Bike mechanics service will NOT be provided on the bike course. Athletes must bring their own tools and parts and must carry out their own repairs;

(8) Drafting is not allowed on the bike course, specific rules are as follows:

- The bike draft zone for the Middle Distance Pro Group is 20 meters long. A maximum of 40 seconds will be allowed to pass through the zone of another athlete, otherwise should be back out of the draft zone.
- The bike draft zone for the Age Group of Middle Distance, Olympic Distance, Sprint Distance and Duathlon is 12 meters long. A maximum of 25 seconds will be allowed to pass through the zone of another athlete, otherwise should be back out of the draft zone.

(9) Athletes are not allowed to discard any item outside of the trash drop area. Littering will also be penalized with a time penalty.

(10) Safety reminder

- Crossing the middle central line is not allowed;
- Keep and ride on the right side, pass on the left;
- Be aware of possible traffic and obstacles on the course. Pay attention to signalization and the current situation on the bike course. Give priority to any emergency service vehicle that may occur on the course;
- Move out of the bike course in case of a flat tire or minor injuries to avoid blocking other athletes.

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四、跑步赛道及终点 Run Course And Finish



1. 比赛距离

中距离跑步距离 21km, 需要跑四圈 (A-C-A-C-A-C-A-C-A)。

全程跑步距离 10km, 需要跑两圈 (A-B-A-B-A)。

半程跑步距离 5km, 只需跑一圈 (A-B-A)。

骑跑两项跑步距离 10km, 需要跑两圈 (A-B-A-B-A)。

1.Run Distance

Middle Distance: 21km, 4 laps (A-C-A-C-A-C-A-C-A)。

Olympic Distance: 10km, 2 laps (A-B-A-B-A);

Sprint Distance: 5km, 1 lap (A-B-A);

Duathlon: 10km, 2 laps (A-B-A-B-A);

提示:

跑步赛段设置 3 个双向补给站 (200 米、1.2 公里、2 公里奥地利 RedBull 能量站)、提供水、功能饮料、食物 (香蕉、能量胶) 等能量补给。

Note:

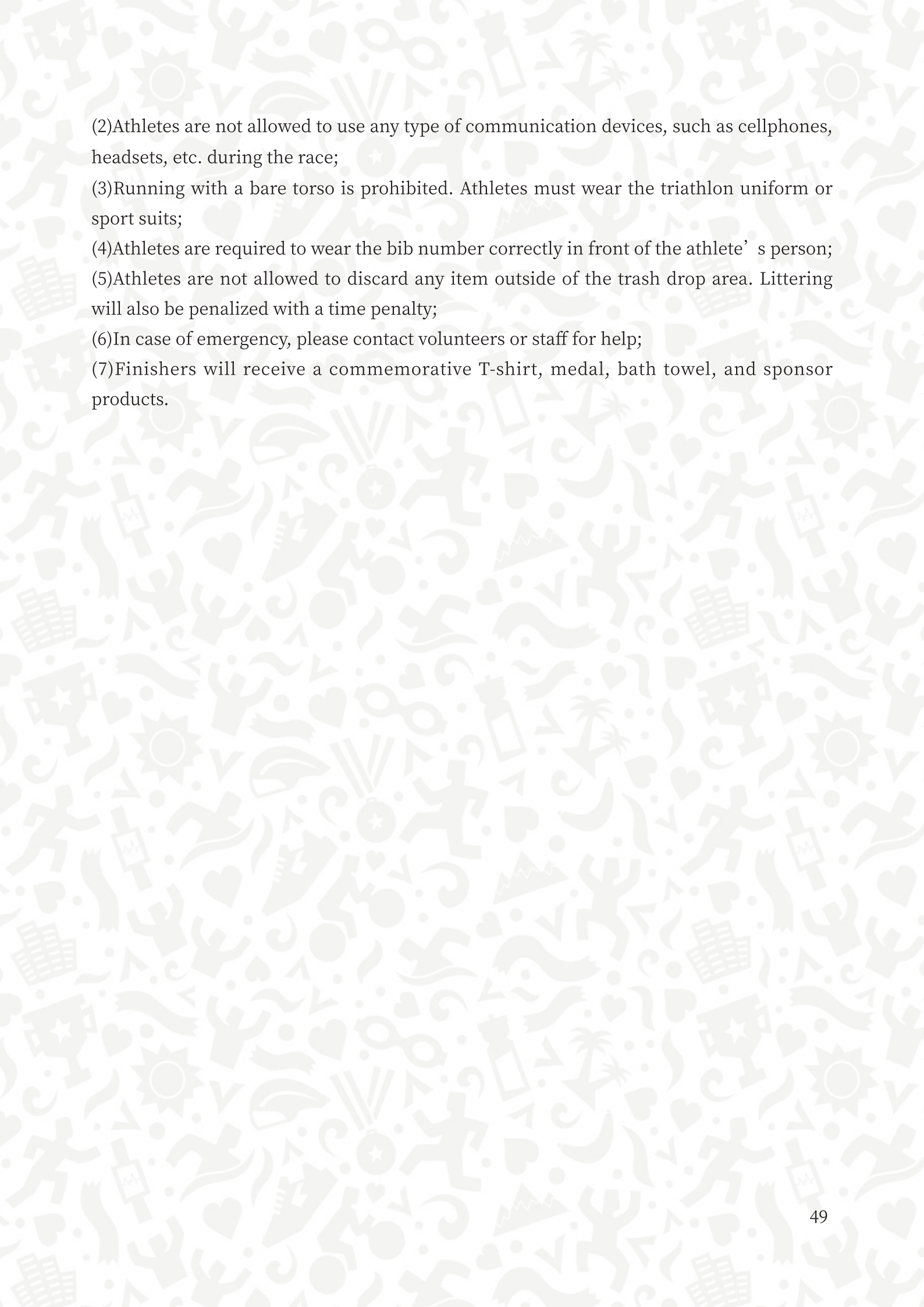
There are 3 two-way Aid Stations (200 meters, 1.2km, 2km RedBull Energy Station), providing water, functional drinks, food (bananas, energy gel) and other energy supplies.

2. 跑步赛道规则

- (1) 运动员可以跑或走完成跑步赛段, 不得借助任何外力完成比赛;
- (2) 运动员在比赛期间不得使用任何类型的通讯设备, 例如手机、耳机等;
- (3) 运动员在跑步过程中不允许裸露躯干, 必须穿着铁三角或运动服;
- (4) 运动员在比赛中需将号码布正确佩戴在身体前方;
- (5) 运动员在赛道上禁止在垃圾丢弃区之外丢弃任何物品, 随意丢弃垃圾同样也将受到时间处罚;
- (6) 如遇紧急情况, 请及时向志愿者或工作人员寻求帮助;
- (7) 运动员完赛可获得纪念 T 恤、奖牌、浴巾、赛事赞助商物资。

2.Run Course Rules

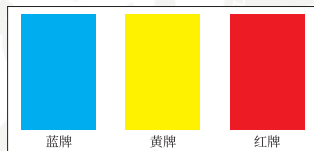
- (1) Athletes may run or walk but must not use any external force to finish the race;

- 
- (2) Athletes are not allowed to use any type of communication devices, such as cellphones, headsets, etc. during the race;
 - (3) Running with a bare torso is prohibited. Athletes must wear the triathlon uniform or sport suits;
 - (4) Athletes are required to wear the bib number correctly in front of the athlete's person;
 - (5) Athletes are not allowed to discard any item outside of the trash drop area. Littering will also be penalized with a time penalty;
 - (6) In case of emergency, please contact volunteers or staff for help;
 - (7) Finishers will receive a commemorative T-shirt, medal, bath towel, and sponsor products.

4 处罚 Penalty

赛道上会有裁判对运动员的犯规行为进行警告、纠正以及时间处罚。

There will be referees on course to give warnings, corrections and time penalty for infringements.



(1) 蓝牌表示尾随犯规时，中距离比赛罚时 2 分钟，全程 / 骑跑两项比赛罚时 1 分钟，半程比赛罚时 30 秒；

(2) 黄牌表示其他犯规行为，中距离比赛罚时 30 秒、全程 / 骑跑两项比赛罚时 15 秒、半程比赛罚时 10 秒；

(3) 红牌表示取消比赛资格 (DSQ) ；

(4) 游泳出发和游泳赛段的时间处罚在 TI（第一换项）执行， 自行车赛段的时间处罚在自行车赛段的自行车处罚区执行，跑步赛段的时间处罚在现场执行。如果运动员不接受处罚，将被取消比赛资格。

(1) A Blue Card indicates a drafting infringement, the time penalty for Middle Distance is 2 minutes, for Olympic Distance and Duathlon 1 minutes, for Sprint Distance 30 seconds.

(2) A Yellow Card indicates another infringement. The time penalty is 30 seconds for Middle Distance, 15 seconds for Olympic Distance and Duathlon, and 10 seconds for Sprint Distance.

(3) A Red Card means disqualification (DSQ);

(4) Time Penalty of the swim start and the swim leg will be carried out in TI (1ST Transition), bike leg in the Bike Penalty Box on Bike Course, and run leg will be on-site. If an athlete does not serve a penalty, they will be disqualified from the race.

中距离分龄组个人组和接力组前 6 名获 2026 Challenge 斯洛伐克世锦赛参赛资格。

The top 6 in the Middle Distance Age-Group Individual and Relay will be qualified for 2026 The Championships in Slovakia.



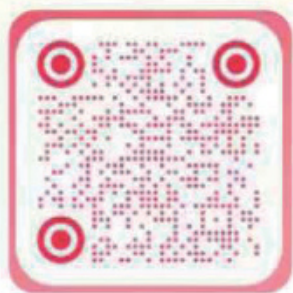
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CHALLENGE XIAMEN

2025 厦门铁人三项公开赛

主会场示意图 Schematic diagram of the main venue



CHALLENGE XIAMEN

2025 厦门铁人三项公开赛

中距离 Middle Distance 113km



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【松柏店】厦门市思明区仙岳路482号101-102店面

【体育店】厦门市思明区体育路2号体育用品一条街9#-10#店面

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【集美学村店】厦门市集美区同集南路2号-107店面(孙厝路口站旁)

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2025 厦门铁人三项公开赛

全程 Olympic Distance 51.5km



CHALLENGE XIAMEN

2025 厦门铁人三项公开赛

半程 Sprint Distance 25.75km





活动可在滴滴App或小程序内参与。具体每期活动的活动时间、活动城市、参与条件、参与方式、所得优惠及使用限制等可能不同。具体以页面内展示为准。详见规则（具体活动可能根据活动举办的实际情况等在法律允许的范围内进行调整）。

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CHALLENGE FAMILY

RACE CALENDAR 2025/2026

	CHALLENGE VIEUX BOUCAU FRANCE, 11 OCT 2025	MIDDLE OLYMPIC
	CHALLENGE PEGUERA MALLORCA SPAIN, 18 OCT 2025	MIDDLE
	CHALLENGE FORTE VILLAGE SARDINIA ITALY, 26 OCT 2025	MIDDLE
	CHALLENGE BARCELONA SPAIN, 26 OCT 2025	MIDDLE
	CHALLENGE XIAMEN CHINA, 1 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE CANBERRA AUSTRALIA, 15-16 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE FLORIANÓPOLIS BRAZIL, 30 NOV 2025	MIDDLE
2026		
	CHALLENGE ISRAMAN ISRAEL, 30 JAN 2026	LONG MIDDLE
	CHALLENGE SIR BANI YAS ABU DHABI, 30 JAN - 1 FEB 2026	LONG MIDDLE OLYMPIC
	GALLAGHER INSURANCE CHALLENGE WĀNAKA NEW ZEALAND, 21 FEB 2026	MIDDLE
	CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 18 APR 2026	MIDDLE
	CHALLENGE TAIWAN CHINESE TAIPEI, 23-26 APR 2026	LONG MIDDLE OLYMPIC
	CHALLENGE GALLIPOLI TÜRKIYE, TBC MAY 2026	MIDDLE
	CHALLENGE CESENATICO ITALY, 10 MAY 2026	MIDDLE
	CHALLENGE SALOU SPAIN, 10 MAY 2026	MIDDLE
	THE CHAMPIONSHIP SLOVAKIA, 24 MAY 2026	MIDDLE
	CHALLENGE ST PÖLTEN AUSTRIA, 31 MAY 2026	MIDDLE
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC JUNE 2026	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 21 JUN 2026	MIDDLE
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 28 JUNE 2026	MIDDLE
	SAIL CHALLENGE CAP QUÉBEC CANADA, 28 JUNE 2026	MIDDLE OLYMPIC
	CHALLENGE SANDEFJORD NORWAY, 28 JUNE 2026	MIDDLE
	DATEV CHALLENGE ROTH GERMANY, 5 JULY 2026	LONG
	CHALLENGE TURKU FINLAND, 26 JUL 2026	MIDDLE
	CHALLENGE FORTALEZA BRAZIL, 30 AUG 2026	MIDDLE
	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 12 SEP 2026	LONG MIDDLE
	SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 13 SEP 2026	MIDDLE OLYMPIC
	CHALLENGE SAMARKAND UZBEKISTAN, 13 SEP 2026	MIDDLE
	CHALLENGE SANREMO ITALY, 4 OCT 2026	MIDDLE



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China Triathlon Sports Association

厦门市体育局

Xiamen Sports Bureau

同安区人民政府

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承办单位

ORGANIZER

厦门体育产业集团赛事运营有限公司

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协办单位

CO-ORGANIZER

厦门市铁人三项运动协会

Xiamen Triathlon Sports Association

厦门市游泳协会

Xiamen Swimming Association