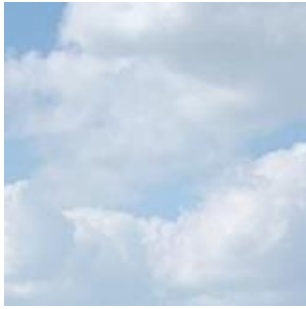


BEACHBOROUGH & BRACKLEY
Triathlon Club



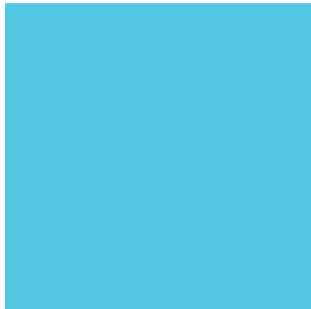
**A Guide To
Triathlon**



The Triathlon Disciplines



Swim

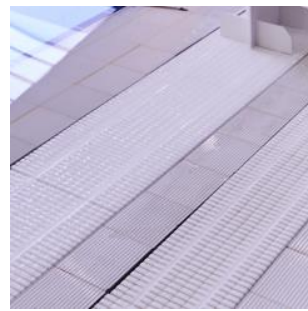
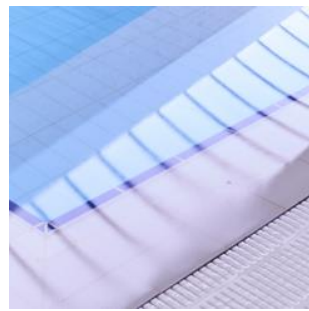


Bike



Run

Transition



Swim Pool Based

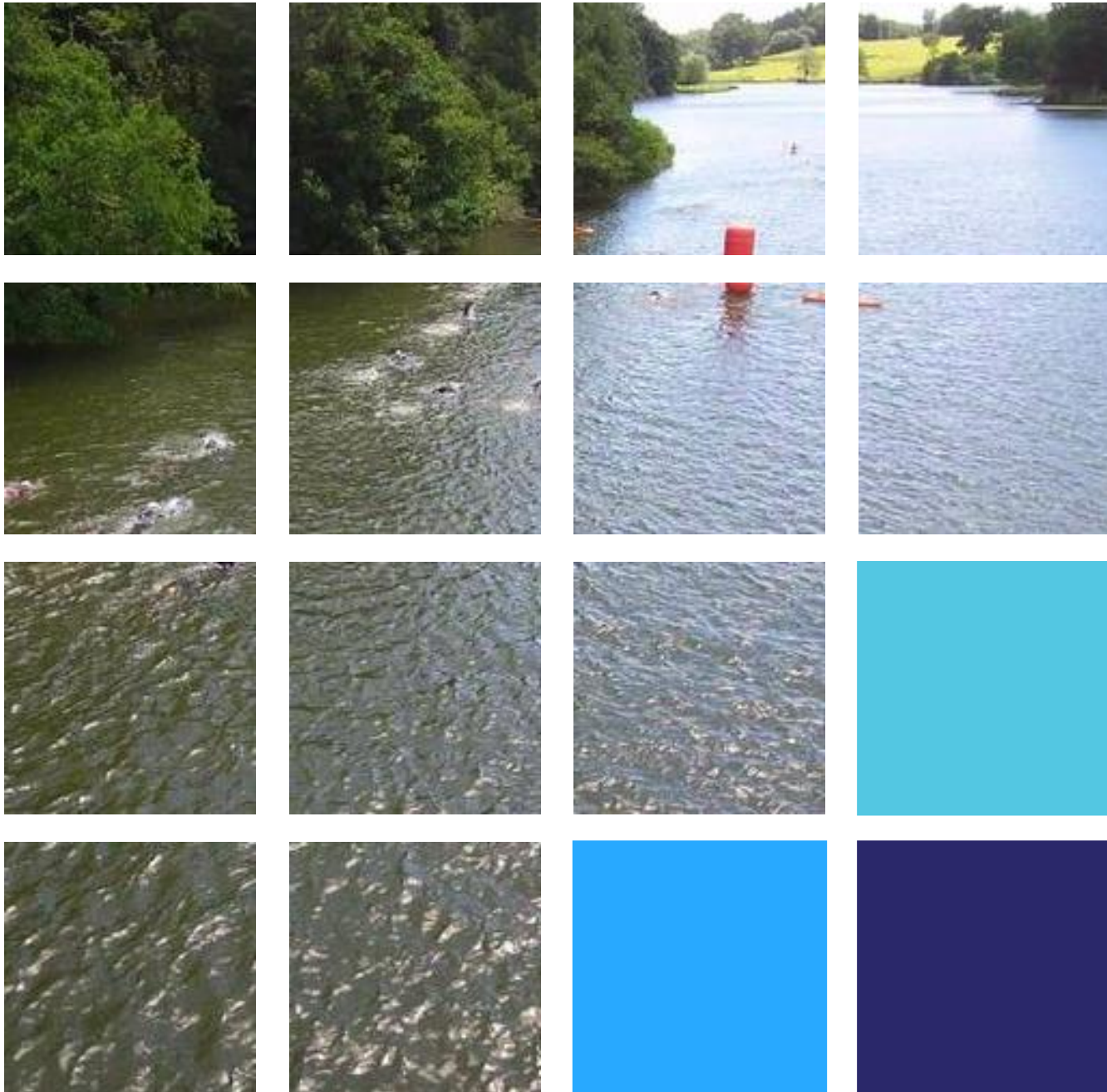
Athletes will be set off with a time gap (15-30secs) from in the water. Some races start with the slowest swimmers and progress to the fastest, so you will have to give a predicted time when you enter. Other races draw the start order at random.

The main difference from an athlete perspective is overtaking or being held up by a slower swimmer. The general rule is overtaking is done at the end of the lane, but if it is safe to do so you can swim past (only try if you are much faster! and the lane is clear).

Most triathlons use the snake technique for counting lengths. Athletes start at one side of the pool and move across lanes to complete the required distance.

Equipment required

Tri suit, swim hat & goggles.



Swim

Open water

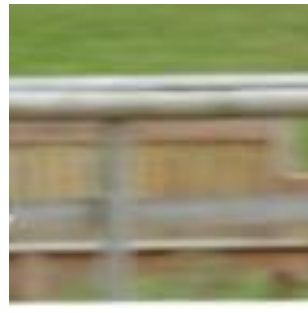
Athletes will be set off with a time gap (10-30secs). Most races start in race number numerical order. Normally no dive start.

Most open water is a lake, athletes will swim around a set course marked by buoys. They enter and exit via the lakeside.

Wetsuits are normally compulsory, however use will be determined by the race organiser. If the water temperature is high enough on race day they will allow athletes to swim in trisuits only.

Equipment required

Tri suit, wetsuit, swim hat & goggles.



Bike

The majority of bike courses will be on grass, with some on tarmac path, or a mixture. As the bike is the longest discipline and the courses generally short loops, multiple laps will need to be cycled.

Athletes are responsible for counting their own laps on the bike course. Whenever an athlete is in contact with their bike they **MUST** be wearing a correctly fastened helmet.

During the bike section, the athletes race number must be displayed on their rear.

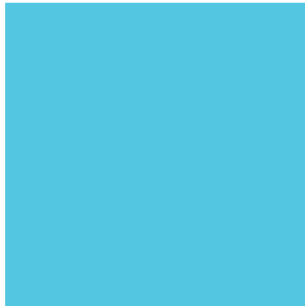
Equipment required

Bike & Helmet

Run



Similar to bike courses, the run section will be on grass or mixture of grass and path. Most races will require athletes to run multiple laps, and as with the bike section, it is the athletes responsibility to count their laps.



During the run section the athletes race number must be displayed on their front.



Equipment required
Running trainers

Transition

Transition is the 4th element of triathlon and one of the easiest to get wrong. Divided into T1 (Swim - Bike) and T2 (Bike - Run).

T1

Athletes enter from the swim. They need to put on their helmet, race number and trainers ready for the bike section.

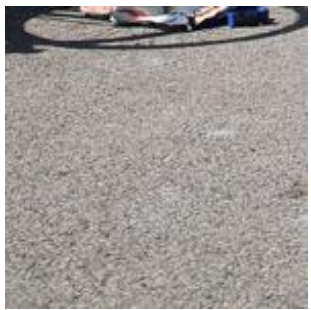
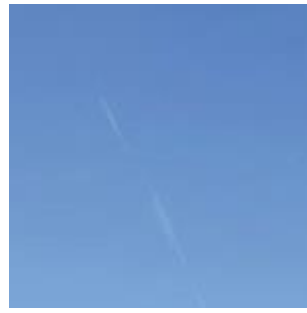
T2

Athletes enter from the bike. They need to rack their bike, remove their helmet, swap their race number and exit for the run.

Transition has marked entry and exit points for each discipline. The bike course has a mount and dismount line to aid the athlete as they **MUST NOT** cycle in the transition area.

Equipment required

Running trainers, towel, talc, kit box



Age Groups

Athletes ages are taken as of 31st December in the year of the race.

TriStars Start (TSS) 8 Years

TriStars 1 (TS1) 9-10 Years

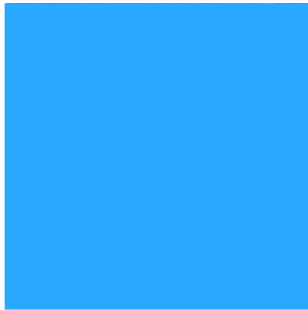
TriStars 2 (TS2) 11-12 Years

TriStars 3 (TS3) 13-14 Years

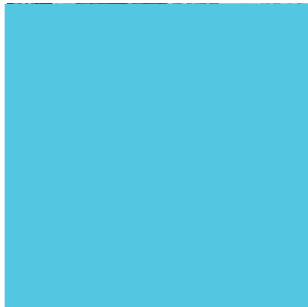
Youth (A) 15-16 Years

Junior (B&C) 17-19 Years





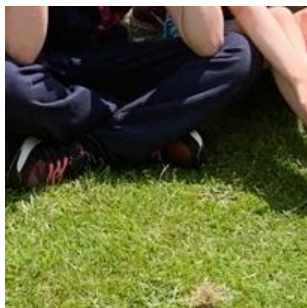
Races



Most races can be found on the event page of the British Triathlon website (britishtriathlon.org) but some smaller local races won't be listed. Races are entered by each athlete individually, not by the club. Races are added to the land training Heja schedule.



Our race region is South Central, however athletes can race anywhere in the UK. You don't have to be a British triathlon member to race but if you aren't you will need to buy a day pass for each event.



BTF membership includes not only an annual race pass but also insurances, so worth buying if you plan to race a lot.



South Central Series

The South Central series is a group of individual races that form part of the regional pathway to the end of season inter regional championships (IRC's). Points are accumulated at each race based on finish position and the top athletes are selected for the South Central team to compete against the 9 other Triathlon England regions at the IRC's.

To compete in the South Central Series you must be a BTF member.

More information about the individual events and the qualification process can be found on our website in the race section.

Resources

If you have any questions, please ask a member of the coaching team first as they will almost certainly know the answer.

For anything else visit.....

Beachboroughandbrackleytriathlon.club

Or

Britishtriathlon.org

