

Information for triathlonscotland

British Triathlon held the first Paratriathlon National Championships in 2008, the following year Clare Cunningham won the first gold medal for Great Britain at the 2009 World Championships. Paratriathlon will make its Paralympic debut in Rio 2016, following the decision to include it in December 2010.

There will be 6 gold medals available in Rio, 3 male and 3 female with 10 athletes in each field. For the 2014 season onwards there will be five classifications; one for wheelchair users, one for athletes with a visual Impairment and three for ambulant athletes. Exact details of how these classes will be split are due imminently.

Once this information has been received decisions will be made as to how the sport will progress on a national basis, it is likely that the five classification system will be fully adopted. The classification system which has been used for the last few years is noted below for reference:

- **Tri 1** is for athletes competing in wheelchairs, and sees athletes swim, handcycle and wheelchair race.
- **Tri 2** is for severe leg impairments, mainly above-knee amputees.
- **Tri 3** is 'les autres' for athletes with impairments in more than one limb, including neurological damage.
- **Tri 4** is athletes with acquired or congenital arm impairments.
- **Tri 5** is less severe leg impairments, including below-knee amputees, but also for athletes not requiring prosthesis.
(Tri 2/3/4/5 all use traditional equipment, plus prosthesis).
- **Tri 6** is for visual impairments – athletes will swim and run tethered to a guide, and cycle tandem with the same pilot. (for 2013 split into Tri 6a for blind athletes (BI) and Tri 6b for partially sighted athletes (BII & BIII))

Triathlons are conducted over the "sprint" distance:

750m swim
20km bike
5km run

Duathlons are also conducted over the "sprint" distance:

5km run
20km bike
2.5km run

Paratriathletes can compete in the vast majority of Triathlon/Duathlon comps. Generally there this will be harder for Tri 1 athletes as courses may not be suitable for racing chairs if they are off road or if they are too hilly. For all athletes with additional support needs they should contact the race organiser in advance to ensure a smooth race day experience for them, for example the use of water handlers, transition handlers and additional transition space for race chairs, handbikes, tandem bikes and prosthesis.

At present water exit handlers are provided for all athletes in a paratriathlon race. Those who need assistance (Tri 1 & 2 generally) will wear a red swimming cap, those who may need assistance (Tri 3-5) wear another colour and then Tri 6 athletes and guides wear different colours so that all are easily identifiable to the handlers.



Tri 1 athlete in T1

In transition a Tri 1 athlete is allowed two handlers who will help remove their wetsuit, help transfer them into their handbike and then subsequently into their race chair and so forth. Tri 2-5 are allowed one handler to assist with prosthesis being put on and taken off and to help remove wetsuits etc. Tri 6 athletes have a guide throughout the race who can support all of these needs.

Tri 6 athletes can tether to each other in a variety of ways, as long as the tether is no longer than 1m in length:



Waist Tethering



Hand Tethering



Leg Tethering

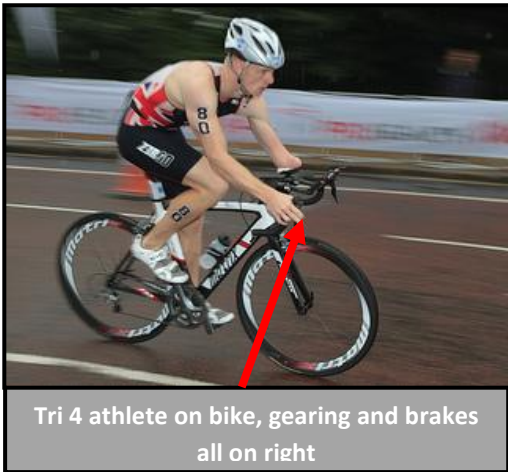
Examples of Paratriathlon Adaptations



Tri 6 athlete and guide on tandem bike

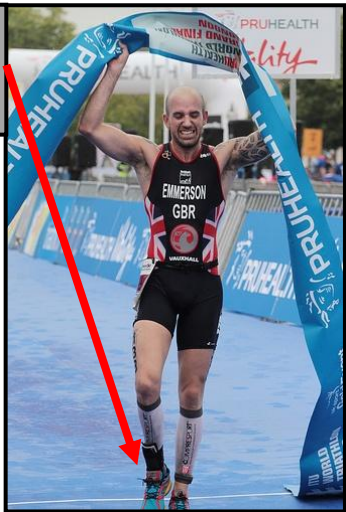


6a athlete being escorted from the water



Tri 4 athlete on bike, gearing and brakes all on right

Tri 5 athlete with a brace to support drop foot



Tri 4 athlete with specific bike prosthesis, all gearing & breaks on right



Tri 1 athlete on a handbike



Tri 1 athlete in a race chair

British Triathlon are involved in a number of Talent ID initiatives at present, BTF talent ID weekends, Talent Transfer programmes with UK Sport and a programme run by the BPA with injured servicemen, FrontLine to StartLine. These are the main avenues into Paratriathlon for most athletes who go on to make the British Squad. Keep an eye out for further dates as we will try to publish these as widely as possible; the next Talent ID is on 22nd and 23rd March at Loughborough University.

In addition as the sport continues to grow we hope that more and more athletes will enter the sport through events and prove themselves there first, as is normal in most aspects of sport.

We hold a National Duathlon Championships (30th March in Corby) and a National Triathlon Championships (10th August in Liverpool) and we are also looking to hold at least two other events which will have specific Paratriathlon races, one of these will take place in Llanelli on 17th May. There are also the Leonard Cheshire events and as stated above most athletes can take place in any triathlon or Duathlon competition.

The Parasport website is a hub for athletes with disabilities who are interested in getting involved in sport. It is not aimed at elite sport; its focus is getting people involved in sport. Clubs can sign up so that people can find them as clubs willing to take in and work with athletes with a disability. A link to the site is below. It would be great if as many clubs as possible can sign up to this; there are very few clubs on there for Paratriathlon at present.

<http://parasport.org.uk/>

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