

# Triathlon for Disabled People in Scotland

This fact sheet provides an overview of triathlon for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play or coach disabled people in triathlon.



## The Development of Triathlon

The sport of triathlon is an exciting combination of the skills of swimming, riding a bike and running.

It is a great test of a person's overall physical ability as well as providing opportunities to develop your own fitness and confidence

Triathlon is a rapidly growing sport with participation in events, club membership and **triathlon**scotland growing year on year. There are now over 50 clubs across Scotland.

In 2014 there were 160 events on the **triathlon**scotland calendar with new events being planned for 2015.

Paratriathlon made its Paralympic debut in Rio in 2016, and the PT1 classification will also be included in the Gold Coast Commonwealth Games in Australia in 2018. The increased performance profile has resulted in further developments in this area of the sport.

**triathlon**scotland (TS) are keen to support the growth of disability triathlon in Scotland and have created a Disability Triathlon Working Group, made up of TS staff, SDS staff, a representative from the British Triathlon Paratri team and a number of club representatives.

The aim of this group is to raise awareness of disability triathlon, support clubs in welcoming disabled people, provide education and development opportunities for coaches and club volunteers, encourage clubs to host inclusive events and start to build a pathway in the sport for disability athletes of all abilities and performance levels.

British Triathlon held the first para-triathlon national championships in 2008 and the following year Clare Cunningham won the first gold medal for Great Britain at the 2009 World Championships. Since then, the British Championships have seen numbers taking part grow dramatically.

**triathlon**scotland is looking forward to a bright future as the sport will build on its Paralympic inclusion and the all-round positive benefits of the sport for all.

## The Classifications

We now have five categories, or sport classes as the ITU refer to them. There were four male (PT1-PT4) and four female (PT2-PT5) which competed in the Rio Paralympics. The Commonwealth Games in 2018 will include competition for male and female athletes in the PT1 sports classification.



In the new system each category is prefixed with the initials PT:

- PT1: wheelchair users
- PT2-4: ambulant categories, with PT2 being the most impaired athletes and PT4 being the least impaired athletes
- PT5: visually impaired athletes. B1 (blind athletes) wear blackout goggles for the run segment of the race and they get a start of 3 minutes and 43 seconds on the male B2 and B3 (visually impaired) athletes and four minutes and 16 seconds for the females.

You can find more information on the classifications here:

[www.triathlon.org/paratriathlon/categories](http://www.triathlon.org/paratriathlon/categories)



## Coach Education

Triathlon is a part of the UKCC Coach Education system and has qualifications at Levels 1-3. Disability is included in these courses at Levels 2 and 3. **triathlonscotland** also host additional CPD modules in disability awareness for coaches and club volunteers.

## Helpful Resources

Information on getting started in triathlon and multi-sport can be found here:

[www.triathlonscotland.org/clubs/disability](http://www.triathlonscotland.org/clubs/disability)

And details of children's triathlon can be found here:

[www.triathlonscotland.org/clubs/youth-triathlon](http://www.triathlonscotland.org/clubs/youth-triathlon)

and

[www.triathlonscotland.org/clubs/youth-triathlon/youth-opportunities](http://www.triathlonscotland.org/clubs/youth-triathlon/youth-opportunities)

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: [parasport.org.uk](http://parasport.org.uk).

The following link gives details of the scope of adaptations made to equipment:

[www.triathlon.org/uploads/docs/itu\\_sport\\_paratriathlon\\_impairment\\_adaptations\\_on\\_bicycles\\_updated\\_20140521.pdf](http://www.triathlon.org/uploads/docs/itu_sport_paratriathlon_impairment_adaptations_on_bicycles_updated_20140521.pdf)

## Facts & Figures

A triathlon consists of a swim, bike and run and there are a number of race distances and types available. For more details go to:

[www.triathlonscotland.org/about-us/about-triathlon](http://www.triathlonscotland.org/about-us/about-triathlon).

There will be six gold medals available in Rio, three male and three female, with 10 athletes in each field.

There is a growing interest in shorter triathlons for novices and also in off-road triathlons using mountain bikes and trail runs.

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.

In disability triathlon, races are contested over the following distances:

- 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

## Leading Performers

**Stefan Hoggan (PT4):** A former performance swimmer who transferred to para triathlon after narrowly missing out on



the London 2012 Paralympic Games and Glasgow 2014 Commonwealth Games. He is a member of the British Para-Triathlon Programme and trains in Stirling. Stefan competed at the ITU World

Championships in 2015.

## **Alison Patrick (PT5):**

The West Lothian Tri Club member has excelled on the international scene over the past few years alongside sighted pilot Hazel Smith. Alison is the current ITU World and ETU European Champion in the PT5 classification.



A great test of a person's overall physical ability as well as providing opportunities to develop your own fitness and confidence.

## **Competitions**

Tri Together, (annually in September):

<https://www.leonardcheshire.org/get-involved/events/all-upcoming-events/tri-together>

## **Key Contacts**

### **Calum Reid**

National Development Manager  
triathlonscotland

[calumreid@triathlonscotland.org](mailto:calumreid@triathlonscotland.org)

01786 46 928

07860 716 418

### **Alasdair Donaldson**

Paralympic Talent & Development Manager  
British Triathlon

[alasdairdonaldson@britishtriathlon.org](mailto:alasdairdonaldson@britishtriathlon.org)

07824 145 082

## **Head Office**

triathlonscotland  
Gannochy Sports Centre  
University of Stirling  
Stirling FK9 4LA  
01786 466 921

[admin@triathlonscotland.org](mailto:admin@triathlonscotland.org)

## **Key Websites**

[www.triathlonscotland.org](http://www.triathlonscotland.org)

[www.britishtriathlon.org](http://www.britishtriathlon.org)

[www.parasport.org.uk](http://www.parasport.org.uk)

[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

