

# 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 take part 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 2017 there were 119 events on the Triathlon Scotland calendar including three Come & Tri events specifically aimed at athletes with a disability.

Paratriathlon made its Paralympic debut at Rio 2016 where Scottish athlete Alison Patrick took a Silver Medal in the PTVI category. The PTWC classification will 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 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

Following the Rio 2016 Paralympic Games the classification structure for triathlon has been reviewed and the new system is as follows:

**PTWC:** Wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment.

**PTS2 - PTS5:** Ambulant categories. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.

**PTVI:** Total or Partial visual Impairment. A guide from the same nationality and gender is mandatory throughout the race. Must ride a tandem during the bike segment.

More information about each classification can be found here:

[www.britishtriathlon.org/gb-teams/performance/paratriathlon/classification](http://www.britishtriathlon.org/gb-teams/performance/paratriathlon/classification)



## Helpful Resources

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

[www.triathlonscotland.org/get-active/getting-in-to-disability-tri/](http://www.triathlonscotland.org/get-active/getting-in-to-disability-tri/)

[www.britishtriathlon.org/get-involved/paratriathlon](http://www.britishtriathlon.org/get-involved/paratriathlon)

## 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. Triathlon Scotland also host additional CPD modules in disability awareness for coaches and club volunteers.

Scottish Disability Sport also deliver UK Disability Inclusion Training across the country. To find out more please visit:

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

## Facts and 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/events/your-first-triathlon/](http://www.triathlonscotland.org/events/your-first-triathlon/)

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

Paratriathlon races are contested over the following distances:

**Triathlon:** 750m swim, 20km bike, 5km run

**Duathlon:** 5km run, 20km bike, 2.5km run

In some categories athlete are allowed handlers who will help remove their wetsuit, help transfer them into their handcycle and then subsequently into their race chair and so forth.

## Events

Scottish Para Come & Tri Series events are events designed for athletes with a disability to try the sport of triathlon in a fun, supported and relaxed environment. The courses are all contained within the grounds of their venue with plenty of space for athlete support and spectators. More information can be found on the Triathlon Scotland website.

You can also take part in many of the events listed on our event calendar. It is advisable to contact each race organiser to discuss any additional needs you may have. Where possible, race organisers will accommodate you, however please be aware that not all courses are suitable for some disabilities, e.g. a run course that is not suitable for a wheelchair user due to the surfaces/terrain.

Finally there are some other events across the UK which are designed around the needs of paratriathletes, information on these can be found on the British Triathlon website.

### Leading Performances



Alison Patrick (PTVI) - Rio 2016 Paralympic Silver Medalist

[www.britishtriathlon.org/gb-teams/elite-team/athletes/alison-patrick\\_4365](http://www.britishtriathlon.org/gb-teams/elite-team/athletes/alison-patrick_4365)



Karen Darke (PTWC) - Team Scotland Gold Coast 2018 Commonwealth Games

[www.triathlonscotland.org/performance/national-squads-home/athlete-profiles/karen-darke](http://www.triathlonscotland.org/performance/national-squads-home/athlete-profiles/karen-darke)

### Key Contacts

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### 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)