

Fancy trying other sports that include swimming?

If you want to try your hand at something a bit different, then you should consider an aquathlon or a triathlon. There are various events throughout the year involving swimming although they tend to be over the summer months since you do have to run out of the pool in a wet swimsuit. Open water events also exist, but these require you to wear a wetsuit. The rough race distances to give you an idea is below

- An **Aquathon** - this involves 2 events - swimming and running

Age Group	Swim	Run
Age 8	50m	600m
Age 9-10	150m	1500m
Age 11-12	200m	1800m
Age 13-14	300m	2700m
Age 15-16	400m	2700m

Age 17 + events are also available

- A **Triathlon** - this involves 3 events - swimming, cycling and running

Junior Event

Age Group	Swim	Bike	Run
Age 8	50m	1km	600m
Age 9-10	150m	2km	1200m
Age 11-12	200m	4km	1800m
Age 13-14	300m	6km	2400m
Age 15-16	400m	8km	3000m

Age 17 + events are also available

or you could always try an event without swimming such as:

- A **Duathlon** - this involves running, cycling, then another run

Age Group	Run	Bike	Run
Age 8 - 10	600m	900m	600m
Age 11-16	900m	2,700m	600m

Age 17 + events are also available

Entries for these events are done by the individual and can be entered through websites such as - <http://entrycentral.com>. or check the triathlon Scotland website. Places for a

lot of these events do fill up very quickly, especially the Stirling events so it is best to have a look at the beginning of the year and book in early when you can.

Competitions that are coming up in 2014:

17th August 2014 – Edinburgh Leisure Aquathlon

24th August 2014 - Glasgow Autumn Aquathon

6th September 2014 – Loch Lomond Open Water Aquathlon

October date to be confirmed - Stirling Aquathlon

Triathlon events for juniors tend to be earlier in the season but check online as occasionally there are less well publicised events that are really good.

Handy Hints that may make you gain a few places on the competitors

- Don't put on any t-shirt or shorts - run in your swim suit or skins or tri suit - it slows you right down trying to put clothes on your cold wet body
- There's an area called transition where you would have your trainers and race number ready for when you come out the pool. Have a bright coloured towel at transition so it is easier to find your place. Put loads of talc on the towel before hand so when you run into transition you can stand on the talc and dab your feet a bit dry - just one dab - don't waste time. Put talc in your trainers too before hand so your feet slip in quickly - don't bother with socks. And remember to count the number of rows you have to go down to get to your bit in transition - you'd be amazed how many get panicky and can't find it. Do this all before the race starts so between that and your bright coloured towel you'll find your bit no bother!
- Get a race belt to pin your number to (only about £5 on e-bay) - this saves you having to put a t-shirt on you just clip it round your waist and turn the number to your front for your run and you can do that whilst your running as long as it is on when you leave the transition area
- Get lock laces for your trainers (only a couple of pound) - this saves you having to tie your shoe laces you just put your feet in them and push the toggle lock down and your ready to run! And leave your trainers on transition with the tongue well up so your feet slip in easy!