

About Aquathlons – By Jack Calvert

Aquathlons are fun activities and include swimming and running.

In an aquathlon you get put into heats and it will only depend on your swim time because that's the first part of the race. The swim and run length will be different depending on your age. In between the swim and the run there is something called a transition. In transition you change into your running shoes and get your number on. Transition is always marked out from the swim. Once you get out of the pool there is a marked out course to the transition area and you will run across a mat which will take your time for the swim. When you're in transition you have to remember where you put your stuff so that you can sprint straight to it. In some aquathlons you just need to run out off the pool to transition and not run the little run course to it. Once you are ready to run after transition you will run to another mat which will save your transition time but not all aquathlons have mats. On the run you run a set amount of laps for your age. If you're younger then you might only have to do one lap but if you are doing more than one lap of any distance then usually there are marshals with bands to put on your wrist to prove that you have done all of your laps.

Once you have finished the run then you are completely finished the race. When you are finished the best thing to do is dry your self off, be the first to the showers and get changed so that you don't freeze. Once you are changed you need to wait for all the other races to finish from their age group. By the time they have all left transition you can collect your stuff. If you are in any prize contention then you need to wait till the end.

Tips

- Always put your number belt on and do it the right way around and don't catch it on any thing.
- Always put your timing chip on tightly
- Always collect your bands
- Put your bands on your wrist quickly
- Always put talc in your shoes
- Don't put socks on in transition

My results from Stirling Aquathlon

My times were 3:32 in the swim which included the running out of the pool to transition and the distance of my swim was only 150m=6 lengths. I took 6:07 for the run which was just the run and it was just 1.5k. I was in the 9-10 age group the same as Zoe but she was in the female race. I came in 6th over all in my race out of 17.

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