

[Aquathlon 14th October – Stirling Tri Club – by Toni Moore](#)

The event

An Aquathlon is an event where you swim a set distance in a swimming pool then run outside to a transition area put on your trainers and number and then run a set distance.

My experience

Me and my sister Zoe woke early on Sunday morning in preparation for the races starting at 11am. Registration for this event opened at 10am so we made sure we were there by quarter to. When we arrived we were told our numbers then a person came up with a marker pen and wrote your number on your right arm and left leg, then the age group on the back of your right leg.

When we were registered we went out to the transition area, where you get ready for running after swimming, and found our numbers on a piece of rope. Zoe had her stuff on the 1st rope because she was in one of the younger races and since I was in one of the older races my stuff was on the 3rd rope. The things we put



down in our area of the rope consist of; a small towel covered in talcum powder - to stand on - our trainers - with elastic laces, opened wide and full of talcum powder - and an elastic waistband which can be fastened easily with our numbers pinned onto it. The talcum powder is essential as it makes it faster and easier to get ready.

Next we walked the course and figured out where we went, as different age groups do slightly different running trails. At quarter to 11 all participants and

their families were called to the transition area for a briefing this explained when each race was going to take place and how long before it started you had to be poolside. Once the briefing finished the 8 year olds and the 9-10 year olds were called so my sister went to get changed. When the 8 year olds started their 50metre swim I decide to go poolside and watch. Before starting the race we were given a colour coded cap which you throw off to your lane supervisor when you got out the water and a timing chip which went around your left ankle.

Next it was Zoë's race in the 9-10 age group her swim time (which includes the run to transition area) was 3 mins 32 secs for 6 lengths=150metres. Her run time was 7 mins 2 secs for 1 large lap and 1 small lap=1.5k. Zoë's overall time was 10 mins 35 secs this is a great time and put her in a place of 15th out of 24 well done Zoë. Shortly after it was my race in the 13-14age group for the swim my time was 5 mins 43 secs for 12 length=300 metres. My run was 11 mins 31 secs for 3 large laps= 3k. I did it overall in 17 mins 15 secs, which placed me 8th out of 11.

I must also mention Rachel Calvert and Niamh Culliton who raced in the 11-12 age group both with fabulous times and Niamh getting the 3rd place. Also Rachel's little brother Jack also raced in the 9-10 and finished with a great time, well done to you all.

After our races we all stayed for about another half hour to watch the adults do a 750metre swim and a 5k run. They did amazingly to complete this race.

Getting involved

If you are interested in doing an aquathlon I say give it a try, if you love swimming and are ok runner you would be fine in this event. Remember all ages above 8 can do these even adults. The most important thing to do is just have fun. It is a great day and the experience was amazing.

I will definitely do this again.

By Toni Moore.