

Prestwick Aquathon – by Rachel Calvert

On Saturday 8th of September Jack and I did the Prestwick Aquathon which was held at Prestwick swimming pool. The aquathon was not an open water race so we didn't have to worry about wetsuits or cold water.

When we arrived we went to get signed in and get our numbers drawn onto our arms and legs so that at transition officials would know who we were. We didn't get numbers that pinned on at this particular event but at most you do. If you are a girl all you have to do with your number is attach it to a number belt which can be bought or made cheaply. But if you are making a homemade number belt be sure before race day that you can get the belt on and off easily with no hassle because at transition everything needs to be done with speed.

If you are a boy then if you have a triathlon suit you can use a number belt (you don't have to have a triathlon suit). But if you don't then you will need to wear a top with a number pinned on the front. Make sure though that when you lay out your top at transition it is in an easy position to slip on.

Once registered we went to transition to lay our stuff out. For transition you only need a towel to quickly dry your feet, your number belt or top and your trainers which can optionally have talcum powder in them so your feet slide in easily.

We were separated into our age groups for the start times. Jack was in the boys age 9-10 and I was in the girls age 11-12.

Each lane in the swim pool could take up to 4 swimmers, so to avoid collisions you were not allowed to tumble turn at the first turn, but you could for the rest of the swim. Jack only had to do 6 lengths and I did 10.

When you had only two lengths left they held a float in the water to let you know. At the end of the swim we had to climb out as fast as we could and run out the emergency exit into the transition area.

Once in the transition area we had to run to where our stuff was, dump our caps and goggles and put on our shoes. Then it was straight off for the run. Your transition time is all part of your overall time, so the faster you get through transition, the faster your time. Sometimes the pressure to get out of transition means you rush to get stuff on and it's amazing how hard it can be to put trainers on when you are all wet from the swim.

Jack had one lap of the running course to do and I had to do two.

Jack came out of the pool in 2nd place, but struggled to get his trainers on. He left transition in 5th place and the run wasn't long enough for him to make that back up. He finished in 5th place.

I had a faster transition and came out of the pool in 2nd, transition in 3rd, and I got passed by one girl during my run, so I finished 4th out of the 12 girls in my group. The running course was quite hilly, but at least it was well marked out.

There were only medals being given to the 1st in each class, so we packed up our stuff and headed home to get back in time for the Saturday evening swim training.