



# RESTRICTING GEARS

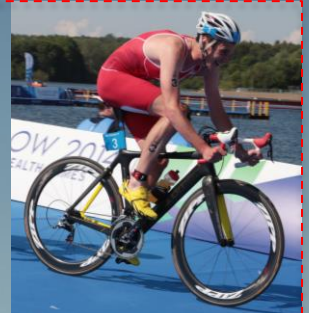
## for Young Athletes 2022

Athlete and Parent Information



British Triathlon restricts gears for young athletes in draft legal racing. Here you will read about the why, what, how and where along with comments from 2 of our leading athletes on why they support gear restrictions at this level of the Pathway

“ I was a relatively late developer physically and being unable to push a bigger gear I needed to develop my pedalling technique and ride higher cadences to survive in races and on the Chevin Chain Gang. I was also forced to use guile, skill and good positioning. These skills serve me well now and are a big factor in my ability to impose myself on races. Restricting gears for children, youth and juniors I believe will help our athletes develop similar skills.”



Alistair Brownlee  
2 x Olympic Champion



# Why: RESTRICT GEARS?

Simply because of the significant benefits to Long Term Athlete Development which include:

## IMPROVED PEDALLING TECHNIQUE

Simply restricting gears requires riders to improve their pedalling technique.

## DEVELOPING RACECRAFT

Gear restrictions help groups to form giving riders the opportunity to develop their race-craft and tactical understanding.

## IMPACT OF PHYSICAL DEVELOPMENT

Bigger kids can ride bigger gears and can rely on this to beat smaller athletes as well as to overcome poor positioning and decision-making. This won't work at senior level.

## ENERGY EXPENDITURE

A higher cadence in stochastic (drafting) racing saves energy and is more efficient. Restricting gears helps develop a higher cadence.

## COMPETITIVE ADVANTAGE

A high number of senior athletes (male and female) in drafting triathlon do not pedal well. Exploiting this has performance impact for us.

## ATHLETE DEVELOPMENT

Whichever path an athlete follows; drafting, non-drafting or life long participation, the opportunity to develop proper pedalling technique will be an advantage.

## ATHLETE EDUCATION

Riding restricted gears and essentially modifying bikes means athletes will have to develop a keener understanding of how their bike works mechanically.

## INJURY IMPACT

The vast majority of young athletes ride bikes set up for adults that are inappropriate for their stage of physical development. Riding age appropriate gears lowers the force production needed through each pedal stroke and reduces injury risk.



# What: PLANS FOR 2022?

Athletes will race on restricted gears at the following events

## TS2 & TS3

Aug 20/21 | IRC (Sunderland)  
Other events to be added

## YOUTH

Apr 2/3 | Performance Assessment  
May 14 | Llanelli  
Jun 11/12 | Leeds (Yth A only)  
Jul 25 | Mallory  
Aug 20 | Sunderland (Yth A only)  
Sep 1-4 | School Games  
Sep TBC | Eton TBC (Yth A only)

### **Please note:**

All events where Youth A and Youth B athletes race together WILL be restricted (this includes the School Games)

If other events are added they will appear on British Triathlon's Gear Restrictions web page [here](#)

## How: WILL THIS WORK?

- Bikes are measured on race day by a roll-out, please see our video online
- Athletes will need to arrive at events with bikes prerestricted – at some events there will be coaches who might be able to assist with mechanics, this will be sporadic and should not be relied upon.
- You will not be allowed to race unless your bike rolls out within the age appropriate gear limits.
- Please ensure you arrive at least 30min earlier to any event that is gear restricted to ensure you have sufficient time to use the practice roll out area and make any last minute adjustments should they be required for your bike to roll out within gear limits before getting your bike officially checked

## Where: IS THE INFO?

Detailed information on all you need to know and understand including the gear restrictions, gear tables, videos and downloadable 'how to' guides can be found [here](#)



British Triathlon prides itself on being one of the leading triathlon nations. In order to maintain that status, it is important that we strive to improve standards from grass root levels up. A key area of focus for our elite females is improved technical and tactical bike riding, and this thinking should be transferred to our younger, developing athletes too, so that they are better prepared for the future of World Class racing. I believe gear restriction is one such measure that will help improve the skill level of our young athletes".

Non Stanford World Champion

