



**BRITISH
TRIATHLON**

RESTRICTING GEARS FOR YOUNG ATHLETES 2019

—
ATHLETE'S AND
PARENT'S INFORMATION



British Triathlon is continuing with its very successful policy of restricting gears for young athletes. 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.

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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, youths and juniors, I believe, will help our athletes develop similar skills.



ALISTAIR BROWNLEE,
2 X OLYMPIC CHAMPION,
3 X WORLD CHAMPION &
2014 CWG 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.

DEVELOPMENT OF RACE-CRAFT

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

IMPACT OF PHYSICAL DEVELOPMENT

More physically developed athletes currently can rely on riding bigger gears to beat less developed athletes. Reliance on power doesn't work at senior level; race-craft, guile and decision making make the difference.

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 our athletes internationally.

ATHLETE DEVELOPMENT

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

ATHLETE EDUCATION

Learning to restrict gears means athletes will have to develop a keener understanding of how their bike works mechanically.

REDUCED INJURY RISK

A lot 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: ARE THE PLANS FOR 2019?

Athletes will race on restricted gears at the following events:

TS2 & TS3

- May 12 | Llanelli
- June 8 | Leeds
- June 15 | Nottingham
- June 22 | Cholmondeley Castle
- June 29 | Bowood
- June 29 | Bala
- July 13 | Monikie Festival of Triathlon
- July 20 | Hetton Lyons Park
- Aug 3 | Parc Bryn Bach
- September 7 | British Triathlon Big Weekend

YOUTH

- March 31 | Performance Assessments
- April 7 | British Duathlon
- June 8 | Leeds
- June 29 | Eton Dorney
- July 20 | Hetton
- September 7 | British Triathlon Big Weekend

Please note: the youth selection races at Llanelli May 11th and Blenheim TBC June 2nd will NOT be gear restricted. 17 yr old (Youth B) athletes race unrestricted and for this reason any event that includes both Youth A (15/16) and Youth B (17) WILL NOT be restricted – this is similar for School Games too where these age groups mix.

If other events are added they will appear on British Triathlon's Gear Restrictions web page. TriStar races at Leeds and Nottingham will run as both gear restricted and unrestricted. Athletes wishing to be selected to IRC teams or count for Podium places/medals will need to be gear restricted. Athletes focussed on participating in the event without serious competitive aspirations can race unrestricted.

HOW: WILL THIS WORK?

- Bikes are measured on race day by a roll-out, please see our video online.
- At events athletes will have access to practice roll-out areas prior to registration.
- Athletes will need to arrive at events with bikes pre-restricted – 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 ALL THE INFORMATION I NEED?

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 at: http://britishtriathlon.org/ge-gb-teams/elite-teams/talent/gear_restrictions



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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 roots level 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, 2013 WORLD CHAMPION





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