



## ISAAC'S TRIATHLON QUIZ

- 1. Standard distance triathlons can also be referred to as:**
  - a) Annual distance
  - b) Olympic distance
  - c) World distance
  
- 2. A standard distance triathlon consists of:**
  - a) 1.5 km swim, 40 km bike and 10 km run
  - b) 2 km swim, 35 km bike, 15 km run
  - c) 1 km swim, 45 km bike, 10 km run
  
- 3. A sprint distance triathlon consist of:**
  - a) 750m swim, 20 km bike and a 5 km run
  - b) 800 m swim, 20 km bike, 8 km run
  - c) 1000 m swim, 25 km bike, 2 km run
  
- 4. Swimming in a lake or river would be referred to as:**
  - a) Open water swimming
  - b) Pool swimming
  - c) Closed water swimming
  
- 5. Which event does a duathlon consist of?**
  - a) Swimming and cycling
  - b) Running and cycling
  - c) Cycling and kayaking
  
- 6. You see "DQ" next to a competitors name on a result list. What does it mean?**
  - a) The competitor was disqualified
  - b) The competitor was discouraged from continuing
  - c) The competitor did not qualify

**7. What does ETU stand for?**

- a) The European Training Union
- b) The Excellent Triathletes Union
- c) The European Triathlon Union

**8. What is a permitted event?**

- a) An event that has been through a process where it has been deemed to be safe, supported by British Triathlon or one of the Home Nations
- b) An event where anyone can join without a membership
- c) A type of children's event

**9. British Triathlon has Home Nations and they are:**

- a) Triathlon GB and Triathlon Northern Ireland
- b) Triathlon England, Triathlon Scotland and Welsh Triathlon
- c) Triathlon Ireland, Triathlon England, Triathlon Scotland and Welsh Triathlon

**10. What is ironman?**

- a) A brand of triathlon events
- b) The national governing body for triathlon in the UK
- c) A triathlete who has managed to become the world champion

**11. What does ITU stand for?**

- a) International Triathlete Union
- b) International Triathlon Union
- c) International Transition Union

**12. What is a kick board?**

- a) A sinking device to help improve swimming skills
- b) A board to kick to improve running strength
- c) A floating device to help improve swimming skills

**13. What is open water?**

- a) A pool that is open during weekdays
- b) Any safe outside water like a lake or reservoir
- c) The opposite of closed water

**14. What are splits?**

- a) Pieces of banana which athletes usually consume after a race
- b) The time of each individual triathlon component which usually include a time for your transitions
- c) Cracks in your bike when it starts to get old

**15. What does race number usually mean?**

- a) The amount of races you have taken part in
- b) The number of athletes who finishes before you
- c) A number which must be worn on your clothing when out on the bike and run

- 1. B
- 2. A
- 3. A
- 4. A
- 5. B
- 6. A
- 7. C
- 8. A
- 9. B
- 10. A
- 11. B
- 12. C
- 13. B
- 14. B
- 15. C

**Answers:**