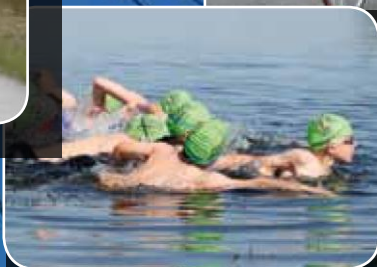




Athlete photos: John Russell



Junior triathlon in London

Get involved!



Become a London Tristar

Junior triathlon events are open to all kids aged 8-19 years. All you need to do is swim, bike and run to take part, and there are some great events and clubs in London to help get you started.



Races involve swimming, biking and running in succession against the clock and typical distances are as follows:

Category	Age range	Swim	Bike (on grass)	Bike (on tarmac)	Run
Tristar start	8 years	50m	800m	1500m	600m
Tristar 1	9-10 years	150m	2km	4km	1200m
Tristar 2	11-12 years	200m	4km	6km	1800m
Tristar 3	13-14 years	300m	6km	8km	2400m
Youth	15-16 years	750m	20km	20km	5000m
Junior	17-19 years	750m	20km	20km	5000m
Age Groups	20-24, 25-29,etc	1500m		40km	10km

How to get involved

- | Contact Triathlon London's Regional Programme Managers to take part in a triathlon taster session at a regional hub near you or to get a regional development coach to come to your school;
- | Join your nearest junior triathlon club – check out the club map on the Triathlon London website;
- | Take part in the **Triathlon London Junior Series**, a 6-race series of events for tristar with a chance to qualify for the Triathlon London team and compete at national level in the **Inter- Regional Championships**;
- | Represent your borough at the **London Youth Games** which has an aquathlon (swim/run) event for budding junior triathletes to take part in;
- | Talented junior athletes – swimmers, runners and triathletes – will be selected by the **Triathlon London Academy**, where their performance can be developed further.



Triathlon London's Regional Programme Manager:

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