



Tristar Race Series 2017

Information Pack

Introduction

The TriStar series is a series of triathlon races across Wales that caters for 9 - 14 year olds (age groups are based on the age of the athletes at 31 December 2017) and has four key aims:

1. Provide a fun & enjoyable environment
2. Participation for all standards
3. Competition experience

The series is designed to encourage children and young people of all abilities to take up the sport of triathlon and has community participation at its heart. It is the aim of the series to be run in a fun and enjoyable environment, whether you are a complete beginner or an experienced junior athlete.

Whilst the series encourages participation for all levels, there is also an emphasis on providing a competitive environment in which to develop and challenge young athletes. This is done by ensuring that events provide quality racing opportunities, offering the chance for athletes to gain valuable race experience and improve their racing skills and attributes.

Distances

The following maximum distances, which are taken from the Competition Rules (Jan 2017).

Triathlon

	Swim	Cycle (grass)	Cycle (tarmac)	Run
TriStars 1 (aged 9 - 10)	150m	2km	4km	1.2km
TriStars 2 (aged 11 - 12)	200m	4km	6km	1.8km
TriStars 3 (aged 13 - 14)	300m	6km	8km	2.4km

Duathlon

	Run	Cycle (grass)	Cycle (tarmac)	Run
TriStars 1 (aged 9 - 10)	1.2 km	2km	4km	400m
TriStars 2 (aged 11 - 12)	1.6 km	4km	6km	600m
TriStars 3 (aged 13 - 14)	2 km	6km	8km	800m

Aquathlon

	Swim	Open Water	Run
TriStars 1 (aged 9 - 10)	150m	200m	1.5km
TriStars 2 (aged 11 - 12)	250m	300m	2 km
TriStars 3 (aged 13 - 14)	400m	500m	3 km

Age group are based on the age at 31 December 2017.

Scoring Format

Athletes **must** be Welsh Triathlon members to be included in the series ranking. All Welsh Triathlon Members racing in the series will automatically be entered into the series rankings. To opt out of the series rankings, athletes or their representatives must contact the Welsh Tristar coordinator, Gary Thapa, at gthapa 'at' gmail.com. Athletes can join the series halfway through. If an athlete joins Welsh Triathlon halfway through the series, only results from that point forward can be included for the rankings; points cannot be backdated.

Athletes who are not members of Welsh Triathlon or have opted out from being part of the series will be discounted from this scoring system.

Athletes at each event in the Tristar Series (male and female) will receive points as follows:

POSITION	POINTS
1 st WT Member	100
2 nd WT Member	90
3 rd WT Member	85
4 th WT Member	80
5 TH WT Member	75
6 th WT Member	70
7 th WT Member	65
8 th WT Member	60
9 th WT Member	55
10 th WT Member	50
11 th WT Member	49
12 th WT Member	48
13 th WT Member	47
14 th WT Member	46 etc

Athletes can compete in all the races if they choose, but only the best five scores will count. Points scored in races other than the best five will be discounted. Updated series points will be displayed on the Welsh Triathlon after each round of the series.

This formula will run through all events, with the series winner having the most points at the end of the final race. The top three eligible male and female athletes in each age group at the end of the series will win a National Championship medal.

These medals will be awarded at the final race of the series. Individuals who are unable to attend this race, but who have won a medal, will have the medal posted to them.

2017 Series Dates

Date	Event	Organiser	Event Website
16/04/2017	Cerist Aquathlon 2017	Cerist Tri	http://www.ceristtriathlon.org.uk/
13/05/2017	Llanelli Junior Duathlon	Healthy Life Activities Wales	http://www.healthylifeactivities.co.uk/
13/05/2017	Ruthin Junior Triathlon	Ruthin Tri Stars	http://www.ruthintristars.co.uk/
21/05/2017	Stephen Lewis tristars aquathlon 2017	Celtic Tri	www.celtictri.co.uk
28/05/2017	Pencoed Kids Triathlon	Pencoed Triathlon Club	http://pencoedtri.club/
10/06/2017	Cardiff Junior Triathlon- Maindy Velodrome	Cardiff Junior Triathlon	http://cardiffjuniortri.org/
24/06/2017	Denbigh Junior Triathlon	Ruthin Tri Stars	www.ruthintristars.co.uk
02/07/2017	IRC Qualifier	Welsh Triathlon	www.welshtriathlon.org
TBC	TriStars Conwy Race Festival	TriStars Conwy	www.tristarsconwy.org.uk
23/09/2017	Myrddin Junior Triathlon	Healthy Life Activities Wales	http://www.healthylifeactivities.co.uk/

As shown above, this year there is a date clash between fixtures. Both the Llanelli Junior Duathlon and the Ruthin Junior Triathlon fall on the same weekend. The decision has been taken to include both races in the series in order to maximise racing opportunities for TriStars. Both races will still be worth the same amount of points, while athletes and their representatives are free to choose either race.

Entries for many races have not opened yet. Please keep checking the race organiser's website for details.

The Inter Regional Championships (IRC) Triathlon Qualifier

As in previous years, Welsh Triathlon will be organising an open water triathlon at Parc Bryn Bach near Tredegar on Sunday 2 July 2017. This race will involve an open water lake swim, a bike on closed roads and a run within the park. This event will be chip timed.

This race will be the selection race for the Welsh IRC team for TriStar 2 and 3 athletes. The Inter Regional Championships will take place on the 27th August 2017 for TriStar 2 and 3 athletes for the Welsh IRC team. Please see the selection criteria on the Welsh Triathlon website for more information.

There will also be a race for TriStar 1 athletes and a drafting race for Youth and Junior triathletes.

Races for TriStar 1,2 and 3 will count towards the series, while the Youth and Junior race will also be excellent preparation for older athletes aiming towards competing in the British Youth and Junior Super Series Drafting Races.

Entry to this race will be via an online system. Details will be posted on the Welsh Triathlon website when live.

For enquiries about event information, please contact the event organisers through the weblinks in the table above.

For Series ranking and opt-out enquiries only, please contact Gary Thapa, Welsh Triathlon TriStar Co-ordinator at:

ghthapa@gmail.com

The Welsh Triathlon Development Manager, Will Kirk, can also be contacted at:

[willkirk 'at' welshtriathlon.org](mailto:willkirk@welshtriathlon.org)