

The TriStar Series Moving forwards



Purpose

This booklet outlines the proposed changes to the Welsh Tri Star series for 2020 and beyond

As with any change to an established competition structure we want to highlight the rational for doing so.

We have established what we believe to be the main objectives for the TriStar series and how the changes will help us achieve those objectives.





Why the TriStar Series is important

The TriStar series is our flagship competition structure for athletes aged 8-14 and for many it's their first experience of competitive triathlon and thus pivotal in engaging them in a love of sport for life

The TriStar series is unique in that it has to cater for a wide range of motivations for athletes taking part. The key areas identified so far are;

- Athletes take part for fun but fun means different things to different people
- For many athletes it is considered the first stage of the performance pathway with a focus on the Inter Regional Series
- Athletes will progress onto different pathways after the TriStar series



What are the objectives of TriStar Series?

Welsh Triathlon have set three clear objectives for the TriStar Series;

1. Provide positive, competitive experiences that engage young people in a love of sport for life
2. Enable young people to take part with minimal barriers
3. Races that support learning & holistic development

By focusing on these core objectives we can support the development of a series that meets the needs of those already engaged in our sport as well as engage new people into it.





The Changes

Regional Series

Creation of three regional series (North, South & West) each with four events (2 x Pool Triathlons, 2 x Pool Aquathlons). Athletes can take part in any event in any region but only score points for the region they register.

Greater Variety of Events

Introducing aquathlons, a duathlon and a heats and finals style race to increase the variety of racing opportunities.

Flagship events

Outside of the regional series there will also be a number of standalone events for athletes to take part in linked to the Inter Regional Championship selection process.



Why?-Take part with minimal barriers.

A regional series will reduce the amount of travel a young person has to undertake in order to access events. This will in turn reduce the cost of taking part in the series as well improve the overall experience.

It is also logistically easier to organise a regional series as event dates only have to avoid clashes within the region as opposed to nationally. In order to fit 10+ events into a national series without clashes in a short time period means athletes end up racing consistently on consecutive weekends. This in turn can prevent athletes from taking part in other activities such as club sessions, other sporting competitions and activities outside of sport.



Why? Positive competitive experiences.

In order to provide positive experiences the series needs to offer a variety of opportunities. The proposed series does this in a number of ways;

- Different types of competitions
- Flexibility in engagement. Athletes that wish to compete for a series ranking can do so, those who wish to just take part in one competition type i.e. triathlons can do so, those who want to focus on IRC selection can do so. There are many different ways to engage in the series
- Adding value through flagship events. By utilising events such as Parc Bryn Bach we can create unique competitions alongside a complete pathway day of engagement and racing



Why? Support Learning & Development.

Individuals taking part in the series will be at an age and stage of development that is vastly different to their peers. In addition to this we want support them to develop the skills that will allow them to continue in the sport along which ever pathway they chose.

In order to do this the competition structure needs to challenge and reward a range of skills. Welsh Triathlon sees each competition type doing this in different ways;

- **Aquathlons.** Reward swim & run ability as well being less impacted by physical development
- **Duathlons.** Rewards run & bike ability.
- **Pool based triathlons.** Start to develop bike skills as well as both sets of transition skills. More influenced by physical development
- **Open Water Aquathlon/Triathlon.** Introduce athletes to open water specific skills
- **Closed Road Triathlons.** Support development of group riding skills. Gear restricted to lessen impact of physical development



What the series could look like.

Regional

North
2 x Triathlon
2 x Aquathlon

South
2 x Triathlon
2 x Aquathlon

West
2 x Triathlon
2 x Aquathlon

National

North
Open Water
Aquathlon

South
Open Water
Aquathlon

Parc Bryn Bach
Open Water, Closed
Road, Heats & Finals

Duathlon
North

Duathlon
South

Totals

- 8 Aquathlons
- 7 Triathlons
- 2 Duathlon

IRC Selection
Events



What next?

Once the final proposal is created we work with our clubs and even organisers to establish which races we are able to include.

In addition to this Welsh triathlon are working with BTF on the Parc Bryn Bach event to create a complete triathlon festival that will include athletes from across the UK competing.

You can also find out more information relating to Welsh Triathlon, clubs and athlete development below.

[Welsh Triathlon Website](#)

[Inter Regional Championships Information](#)

[Triathlon Clubs in Wales](#)

[Welsh Triathlon Pathway](#)

[British Triathlon Athlete Development Framework](#)

