



The length of any of the three components may vary depending on the individual needs and capabilities of each athlete, and the distances below are just guidelines to help you decide.

Running/Walking/Wheelchair Race

AGE	DISTANCE
8	600m
9-10	1.2km
11-12	1.8km
13-14	2.4km
15+ (adapted triathlon for people with complex needs)	600m
Drive Deck	20m

Swimming

AGE	DISTANCE
8	50m
9-10	150m
11-12	200m
13-14	300m
15+ (adapted triathlon for people with complex needs)	50m

Anyone taking part in either the children's or adapted triathlon who does not want to swim is welcome to complete the event as a duathlon (running and cycling only)

Swimming will take place in our main pool or hydrotherapy pool for those athletes who need additional support.

Cycling

AGE	DISTANCE
8	1.5km
9-10	4km
11-12	6km
13-14	8km
15+ (adapted triathlon for people with complex needs)	1.5km
Drive Deck	20m

Specialist and adapted bikes are available for use on the day including trikes, a MotoMed bike, arm bikes and use of the Drive Deck—a moving platform wheelchair users can operate with a joystick or switch in order to control their own movement.