

### **2025 Leweston National Triathlon 22 June World Qualifier**

The National Triathlon and World Qualifier for the Great Britain team for World Triathlon Championships in Mossel Bay South Africa 9-12 December, will take place at Leweston School on Sunday 22 June. The Triathlon race is a continuous shoot/swim/run event, with various distances depending on age groups. Competitors will do laser shooting, pool swimming, and running on a grass area, the distances and age categories are as follows:

**Competition distances as follows: Closing Date 2 June 2025**

**Ages on 31<sup>st</sup> December 2025**

<b>Class</b>	<b>Age</b>	<b>Triathlon</b>
<b>Under 11</b>	<b>8-9-10</b>	Shoot 5m shoot 1 or 2 handed, Run 300m, Shoot, Swim 50m Run 300m
<b>Under 13</b>	<b>11 – 12</b>	Shoot 5m, Run 300m, Shoot, Run 300m, Shoot, Swim 100m, Run 300m
<b>Under 15</b>	<b>13 – 14</b>	Shoot 5m, Run 600m, Shoot, Run 600m, Shoot, Swim 100m, Run 600m
<b>Under 17</b>	<b>15 – 16</b>	Shoot 10m, Run 600m, Shoot, Run 600m, Shoot, Run 600m, Shoot, Swim 200m, Run 600m
<b>Under 19</b>	<b>17 – 18</b>	Run 600m, Shoot 10m, Run 600m, Shoot, Run 600m, Shoot, Run 600m, Shoot, Swim 200m, Run 600m
<b>Juniors Under 22</b>	<b>19- 21</b>	Run 600m, Shoot 10m, Run 600m, Shoot, Run 600m, Shoot, Run 600m, Shoot, Swim 200m, Run 600m
<b>Seniors</b>	<b>22 &amp; over</b>	Shoot 10m, Run 600m, Shoot, Run 600m, Shoot, Swim 100m, Run 600m
<b>Masters 40&amp;50 Plus</b>	<b>40 &amp; 50 over</b>	Shoot 10m, Run 600m, Shoot, Run 600m, Shoot, Swim 100m, Run 600m
<b>Masters 60 Plus</b>	<b>60 &amp; over</b>	Shoot 5m, Run 300m, Shoot, Run 300m, Shoot, Swim 50m Run 300m
<b>Masters 70 Plus</b>	<b>70 &amp; over</b>	Shoot 5m, Run 300m, Shoot, Swim 50m Run 300m

These are the new Triathlon distances that were brought in for 2025.

#### **Some Race Rules**

- 1. All competitors must wear a top throughout the race.**
- 2. All competitors will be given a number which corresponds to their box in transition area and shooting point. This number is also the competitor's race number, which would be marked on the arm and leg.**
- 3. Anything taken off during the race, e.g., swim hat or goggles, must be put in the box or carried by the athlete. It is not allowed for anything to be thrown on the ground or to a helper.**
- 4. Running shoes must be worn on both runs and must be removed for the swim and placed in the allocated box in the transition area, spikes are not allowed to be worn.**

