

# PENTATHLON GB<sup>+</sup>

## TRIATHLE EVENT DESCRIPTION

- A Triathlon is an event that combines three of the Pentathlon family of sports – Swimming, Running and Shooting. The run and the shoot disciplines are combined to form the Laser Run. The swim and the laser run elements are participated in a continuous laser run/swim/laser run format (with a transition zone), and the swim discipline is often in open water. The races begin with a pack start, and the final placings are determined by the positions across the finish line after completing their laser run-swim-laser run.
- PGB run our European and World Triathlon Qualifiers as well as our National Triathlon Championships.
- Most Triathlon events cater for ages from Under 11s right up to masters 70+.

