

PENTATHLON GB⁺

TRIATHLON EVENT DESCRIPTION

- A Modern Triathlon is an event that combines three of the Pentathlon family of sports – Swimming, Running and Shooting. The run and the shoot disciplines combine to form the Laser Run. The swim and the laser run elements are participated in separately and points are awarded to each competitor based upon their time achieved in both events. The final placings are determined from the combined points score from the swim and the laser run.
- PGB hold our National Age Group Triathlon Championships as part of our Festival of Multisports in the summer.
- A Triathlon event has age groups from Under 11s right up to Masters 70+.

