

Are you new to triathlon? Want to 'tri a tri'?

Our website will give you the information you need as well as provide you with some information regarding our training sessions and race calendar.

We hold monthly club triathlons at the Sydney International Regatta Centre generally between September and May each year, and a Duathlon series between June and August.

If you would like to try one of our events, below are some FAQ's that may help get you started.

Frequently asked questions (FAQ's)

What equipment do I need to be able to take part in a race?

A bike in good working order

A bike helmet with an Australian Standard (AS) compliant sticker (note; if your helmet doesn't have an AS sticker, then it's probably a good bet that it isn't compliant, and you should look at getting a new one)

Running shoes

A swimming costume, swim cap and goggles

A towel

Ladies - You may want to pack a pair of shorts/bike pants to wear over your swimmers when you get onto the bike

Men – it is compulsory to wear a top (shirt/singlet) to cover your torso whilst on the bike and run legs

I'm not a good swimmer, what happens if I struggle during the swim leg?

Not a problem, there are water safety craft close by on the swim course to accompany the swimmers, you need simply raise your arm and they will come to your assistance.

I don't have a triathlon bike. Can I use any 'normal' bike that I have?

As long as your bike is in good working order it matters not what type of bike it is, you can use it.

The team at [Panther Cycles](#) can assist you with all your cycling needs, including bike maintenance to ensure it is in good working order.

I don't have any triathlon clothes. What can I wear in the swim/or bike leg?

Most newcomers wear swimmers and pull on a pair of lycra shorts/tights over them once out of the water for the ride and run.

What are the distances?

There are two distances for people over the age of 14, they are:-

Sprint Distance - 750 metre swim, 20km bike, 5 km run

Enticer distance - 250 metre swim, 10km bike and 2.5 km run

We also have a 'Club' Distance race once per year – 1km swim, 30km bike and 8km run.

There are also Mini/Micro and Junior distances, which are detailed below.

Please note – we adhere to age and maximum distance guidelines as set out by Triathlon Australia.

We strongly recommend anyone doing their first triathlon to enter the Enticer distance just to get a feel for the sport and see what it's like.



Does the club run practice sessions for first timers?

We have regular open water swim practice sessions during the summer months. Check the website for dates and times.

We will schedule bike practice sessions at the Regatta Centre when we have sufficient numbers to hold a session.

The club will also have volunteers on hand to assist you.

Apart from our website, our Facebook page is where we post about training sessions and provide other information.

<https://www.facebook.com/Panthers-Triathlon-Club>

And for the kids:

My child has never swum in open water, is it safe, who will look after them?

We actively encourage parents to get in the water with their child, we allow floaties or other buoyancy items to assist your child during the swim particularly if they are not a regular swimmer. We have volunteers in the water on water safety craft watching the participants, who will assist when needed.

What distances are they expected to swim/bike/run?

Depending on their age, there are two distances;

Mini/Micro (under 10 years) – 50 metre swim / 1km cycle / 200m run

Junior (10 – 15 years) – 100 metre swim / 5km cycle / 1km run

Can I help them as they change over from one activity to the next ie when they come into, and then exit the transition area?

For our Mini/Micro racers, you certainly can. There is lots to do once they get out of the water with shoes, helmets and clothing, so we fully expect that you will want to help them get ready for the next stage. Same applies when they finish the bike and start to run, help with shoes laces and even running alongside them for encouragement. It's about having fun and enjoying themselves.

How much does it cost to race at a PTC club race?

Mini/Micros (under 10 years) race free, as we want to encourage as many young people as we can to get involved.

Juniors cost between \$20 and \$30

Adults cost between \$35 and \$65*

*current as at March 2020. Prices subject to change. Prices for race registrations done online prior to race day

We have also introduced a first timers bike rack in transition, so you will get one on one assistance with bike set up, course explanation, rules, as well as how to set yourself up in transition.

We aim to make your first venture into this great sport a pleasant experience aimed to help you have a positive experience for your first race.

If you have any other queries, please come and see us at our registration tent on race days, or email us at info@pantherstriclub.com.au

This email address is monitored daily by our team and we will respond to your query generally within 24-48 hours.

Happy racing!

