October 2016

History of triathlon

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Recommended Citation

http://epublications.bond.edu.au/tri_aust/60

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TRIATHLON is a first past the post sport for individual or team participation. It is the combination of the three most popular and accessible recreational pastimes in the developed societies of today, namely; swimming, cycling and running. Careful consideration of the practical and safety aspects of combination internationally standardized the order of the sub events as that given above. The TRIATHLON starts with a swim and finishes with a run. The changeovers from swim to cycle and cycle to run are called transitions. These, apart from testing a person's ability to change wearing apparel (not such an easy task when competing) demand concentration and a wholly fit body. TRIATHLON is fitness all over!

TRIATHLON brings together three individual sport skills and the people from the already established interest groups. This "cosmopolitan caper" offers a shot at the one aspect of life that most find hardest to cope with - change! TRIATHLON contributes to mental as well as physical health! First timers are quickly hooked. TRIATHLON offers exhilarating training without drudgery and soon becomes a rewarding life-style thing. The major problem with exercise is that most dread the soreness that is quick to develop from a singular sport programme such as jogging. Enthusiasm soon wanes and all good intentions are lost as aching muscles force a reluctance to continue - PAIN PROHIBITS. As participation is hampered the keen exerciser generally experiences an anxiety state. TRIATHLON has a knack to it; if you overdo training with one sport you can do another. If legs are sore from running you can take the weight off your legs with a cycle, different muscles are also used but the blood still flows and so continued involvement has a therapeutic physical as well as psychological effect. If it's a bit hot for a cycle, then a swim will have the same effects and also condition the upper body. The versatility of TRIATHLON offers freedom. TRIATHLON is kind to every body!

To the uninitiated the challenge of TRIATHLON may at first seem formidable. The interested but not so daring can take part by organizing two others to form a team and everyone chooses the stage which suits their preference. Teams can also be of two persons. So, if one is taken by the great feeling of being around the TRIATHLON crowd then it could be two stages next race. TRIATHLON is soon conquered!

The average person's familiarity with all the sports TRIATHLON involves is a tremendous drawback. Enhancing this is the TRIATHLON arena, public waterways and streets, the territories of the people. Everybody feels at ease turning up for an event when they can happily relate to the surrounds, there is an implied sense of belonging. TRIATHLON is approachable!

9. THE BEGINNING

The birth of the sport of triathlon took place in 1978, in Hawaii, U.S.A., when a group of sportsmen, deep in discussion as to who was the superior athlete in the group, decided to design an event which would involve fitness, skill, endurance and courage to decide their argument. Thus the first triathlon was born.

From this humble beginning the idea of combining swimming, cycling and running consecutively in the one race, a triathlon has spread virtually to every corner of
our globe. No other sport has ever achieved such international acceptance within such a short period of time. It has been estimated that currently in excess of 2,000,000 people in 55 countries are actively competing in triathlons and that the sport has cut across all political boundaries.

10. ESTABLISHMENT IN AUSTRALIA

The first triathlon was held in Australia in late 1981, in Victoria and within two to three years events were being held in every State. In these early days events were organized on a completely independent basis by charity groups, Surf Clubs, individual promoters and by groups who had formed themselves into clubs to stage an event. Such was the increase in the popularity of this new sport, that Triathlon Clubs were formed, on an independent basis, all over Australia.

Towards the end of 1983, a group of Triathlon Clubs banded together to form a State Association in Victoria. Other States followed suit and associations in the major States, Queensland, New South Wales, South Australia and Western Australia were formed during 1984-5.

Agreement between the States then followed and a National Governing Body, the Triathlon Federation of Australia was formed in May, 1986.

At this point of development several State organizations were still not sound, having been fostered by professional promoters etc., with their own aims of monetary gain in view. Once the Triathlon Federation of Australia (Tri-Fed) commenced asserting its authority on the sport, it became obvious to these 'profit oriented' promoters that it was not a 'get rich quick' sport and some State organizations fell into redundancy. All of these organizations were re-formed and were in control by the end of 1987.

The State Associations (Incorporated Bodies) are now all members of Tri-Fed (Limited Liability Company) which is charged with the controlling and developing the sport in Australia. Tri-Fed's aims and objectives are similar to those of the State Associations and are:

- to assist in the orderly growth and development of the sport;
- to promote safety in all events;
- to encourage and assist in the formation of triathlon clubs;
- to increase grass-roots participation at both junior and senior levels;
- to assist elite triathletes and to improve the general standard of triathletes;
- to raise funds to carry out these objectives.

In addition to these objectives Tri-Fed also has the following aims:

- to play a role in the running of the World Governing Body;
- to represent the sport and its members overseas;
- to sanction the running of National Championships;
- to draw up rules for the sport;
- to assist State Associations as required.

11. INTERNATIONAL DEVELOPMENT

In 1987, attempts were made to establish a World Governing Body for Triathlon.
While this World Body operated for a short period of time it became a World Governing Body in name only as problems arose between the European office bearers and the dominant 'Western bloc' of U.S.A., Canada, Australia, New Zealand and Japan.

During the operative period of this World Governing Body and due to the predominance of Commonwealth countries, a case for the inclusion of triathlon in the Commonwealth Games was put forward. This case was finally accepted and triathlon was nominated as a demonstration sport, the first step to full participation, for the 1990 Commonwealth Games.

During 1988, negotiations between countries continued with the aim of forming a viable World Body. Australia (Tri-Fed) played a major role in these negotiations. Finally in April, 1989, as a result of an initiative by Mr. Juan Samaranch, President of the International Olympic Committee (IOC), a World Congress was held in Avignon, France, and the International Triathlon Union (ITU) was formed. Thirty-five countries were represented at the Congress plus executive members of the IOC and the Union Internationale de Pentathlon Moderne et Biathlon (UIPMB), the body through which the President of the IOC wished triathlon to join with the aim of inclusion in the Olympic Games as a participating sport. The President of Tri-Fed was appointed to the Board of the ITU and two other Australians have been appointed to the ITU Technical Committee. Australia will also be represented by one of six regional representatives.

Since the formation of the ITU in excess of 40 countries have now joined and affiliation with the UIPMB has been achieved and the Union has been re-named the UIPMBT.

12. DEVELOPMENT IN AUSTRALIA

Since the formation of Tri-Fed, a period of evaluation and consolidation took place with the emphasis on the strengthening of the existing State organizations and the establishment of State bodies in those States and Territories not yet formed. By mid 1988, all States and Territories, with the exception of Northern Territory, which is currently being formed, had established viable State associations.

National Championships were established in 1987, at the varying internationally recognized distances and the first edition of the Tri-Fed Race Rules were also distributed Australia wide.

In 1988, the Tri-Fed Five Year Development Plan was distributed, in accordance with the overall aims of Tri-Fed. This plan is now being followed by all State associations who in turn have produced their own extensions of this plan at State level. At National level all aspects of the plan for 1988-89 have been achieved, or will be by the end of this year.

13. DEVELOPMENT IN QUEENSLAND

The Triathlon Association of Queensland (TAQ) was re-formed in 1988, and in less than 12 months has become one of the leading State bodies. The TAQ currently consists of 17 clubs ranging from Mt. Isa and Cairns in the North to Goondiwindi and the Gold Coast in the South. The TAQ is also in close contact with 15 other organizations (committees, professional promoters, charity groups etc.) throughout
Queensland involved in the staging of events.

In the 1989-90 season, in excess of 70 events will take place in Queensland with some events attracting as few as 100 competitors and at the other end of the spectrum, some events attracting in excess of 1,000 competitors.

In Queensland, as in other States, one of the most important tasks currently being undertaken is the registration of triathletes. This is a requirement of the Australian Sports Commission and necessary to achieve 'full' Government recognition and assistance eg. Australian Institute of Sport entry. Even though it is currently 'out of season' nearly 500 triathletes have registered in Queensland and it is estimated that this figure will increase significantly as the season draws closer.

The TAQ Development Plan is nearing completion and an interim plan has been distributed. Many of the aspects of this interim plan have been achieved, or will be by the end of 1989. These cover the following:

- acceptance of the TAQ constitution and the achieving of incorporation;
- publishing of a quarterly TAQ magazine;
- adoption of a triathlete insurance scheme;
- conduct of a State championship series;
- distribution of the Tri-Fed Race Rules;
- distribution of the Tri-Fed Policy on Drugs;
- legal assistance to clubs on constitutions and incorporation;
- appointment of a State Coaching Director;
- implementation of a race sanctioning system;
- registration of triathletes (implementation of a race licence system);
- junior development (schools);
- support of National Championships being held in Queensland;
- establishment of a State training squad with access to training facilities;
- attract corporate sponsorship for the TAQ;
- increase membership in clubs;
- increase the participation of women in triathlons;
- promotion of the sport to non-triathlon areas and to increase an awareness of the sport among the general public, the business community, the media and Government.
- formation of committees as a compliment to National Committees, in the areas of medical, coaching, development, selection and women.
C. FUTURE

Triathlon has come a long way in Australia in the last seven years with huge strides being achieved since the foundation of TRI-FED just three years ago.

The sport is now poised for national and international recognition and with the inaugural World Championships currently being conducted in France, the Commonwealth Games and Olympic recognition close at hand, the next two years should prove to be exciting.

Since 1988, TRI-FED has been working to a 5 YEAR DEVELOPMENT PLAN which features many issues spanning Administration, National and International Competition, Junior and School Development, Technical Rules and Standards, Medical, Race Organization and Officials, General Development and Promotion Facilities, Coaching and Women in Triathlon. State bodies are following this example. One of the priorities is Junior School Development. TELECOM'S involvement in this would be most opportune. Already innovative models have been designed for the professional implementation of TRIATHLON into the High School age population. These and many other promotional concepts and plans are poised to familiarize, not only the kids of today with TELECOM but the adults as well.
ADDENDUM II.

The very nature of Triathlon induces communication between the sports of swimming, cycling and running. The need to be competent in all three in order to complete a Triathlon has begun a revolution in attitude towards training within each sport. Many coaches are liaising and breaking down the interdisciplinary barriers. This is exposing a lot of physiological facts about fitness preparation. Many sports people are seeing the advantages of integrating non specific training sessions which contribute to total body efficiency whilst reducing the stress on specific muscle groups.

Triathlon is also communicating technological changes to the cycling world. Winner of the recent Tour de France, American Greg Lamond, used the "U" shaped "clip ons" in all his time trial sections. These strange additions to cycling are the allowable adaptation of the 'SCOTT DH' funny bars developed for Triathlon by Triathletes. These inventions have improved ergonometric and ergogenetic efficiency and produced faster time trialing in the sport of cycling. 'Quintana Roo', an American Triathlon Company has just released the Triathlon Bike. The frame geometry of this machine places the rider in a position to more effectively use his cycling muscle groups whilst simultaneously reducing the load on the inefficient muscle groups that are used extensively during the run stage of the event.

TRIATHLON is communicating the fine tuning of athletes through the integration of training and technological inventiveness that is improving mental attitudes as well as physical performance.
HISTORY OF TRIATHLON IN QUEENSLAND

Intro "Tri Cours"
Though courses existed in France during the 1920s, the first modern-era triathlon took place at San Diego's Mission Bay on Sept. 25, 1974 (8 km Run - 8 km Bike - 550m Swim)
Hawaii started in January 1978.

Key Queensland Dates
1979 16 people contested a Sri Chinmoy Triathlon on the Gold Coast. Peter Reaburn won.
1980 Townsville conducted our first Aquathlon.
1981 In April, 13 people contested a triathlon on Gold Coast which was allegedly our first and Australia's first (In fact a Sri Chinmoy Triathlon in Adelaide preceded it earlier that year).
Triathlon also reportedly existed in Mt. Isa that year.
1982 On January 2nd, 20 people contested a Sri Chinmoy Triathlon on Gold Coast. Distances were 1.6 km - 4.8 km - 16 km.
In February, the Cairns Triathlon was established (10km Run - 1km Swim - 30 km Cycle), John Cagacevich defeated Frank McCloud and a 12 year old Brad Bevan also raced.
Queensland's Greg Reclatlan placed 7th at Hawaii.
In September, Reclatlan won the first Coral Coast Triathlon in Cairns.

1983 On April Fools Day, Liz Hepple promoted the UQ Triathlon in a 40km cycle - 1km swim - 20km Run format. Greg Reclatlan defeated Mike Harris and Alan Mitchell (Triathlon Sports' magazine editor), while Jan Wanklyn (now a USF-based Ironman racer) and Margaret Barnett (Poncini) and Adair Ferguson (world-class rower). Faye Collins, still our top veteran, also raced (5th)
In May, Barry Voicoolen promoted the Gold Coast Triathlon at Currumbin with 50 starters, and equal male and female prize money for the first time. This event later became the Great Race (1985) World Cup Triathlon, also took place in Weipa and Far North Coast NSW (which included a paddling leg). Noosa started with its date pegged at three weeks after Hawaii (which itself was conducted on the Saturday closest to the full moon in October!)

NB In the early triathlons, there were no swim buoys, no drinks stations and, few, if any, rules. Helmets were not compulsory and almost all men raced bare chested. Drafting was allowed. There were no such things as sports drinks, profile bars, etc. It was normal to soak feet in a bucket of warm water and towel off after the swim leg. Nudity in the Transition Zone was common (until the UQ race which provided a "changing shed"!). Most races provided a simple shower exiting the swim. Competitors saved time by clipping/unclipping helmets while riding and gear was thrown haphazardly during transition. People often just rode into the transition area to their racking spot.
1920 TRI in FRANCE

1974 TRI in S. Diego Tricol Club organises triathlon at Mission Bay (5m Run, 5m Bike, 400yd. swim)

1. Bill Phillips & Eileen Waters Then evolved

1978 HAWAII est.

1979 ABC TELEVISIONS

1980 NEPEAN DICT.

1981

1982

1983 TRI added to DICTIONARIES

AUSTRALIA

conducted 1st. modern era (CE France had TRI Tests in 1920s)

1979 AUS. AQUATHON at Nelson Bay

1979 Sri Chinmoy TRI. on Gold Coast—16 STARTERS won by P. REABURN (4th was Ashley Eilers)

1980 1st. Aqua. at T-Ville

1981

1982 AUS. ENDURATHON CHAMPIONSHIP

— P. Phillips (82), Reddan (83), G. Stewart (84)

1983 TRI added to DICTIONARIES

 człowiek wieczne (No. 6 TRI (40 cycle/1 swim/20 run)

APRIL

— Reddan, M. Harris, A. Mitchell

— Warren, Ball, Ferguson, Hopley

— Featured "changing sheds", Collins

1983— No entry is prohibited in T2.

— Noosa est. (North Stradbroke Island)

1984— Noosa est. (North Stradbroke Island) Great Barrier Reef TRI

1985— Noosa est. (North Stradbroke Island) Great Barrier Reef TRI

1987— Noosa est. (North Stradbroke Island) Great Barrier Reef TRI
1991
IOC recognised TRC.
TRC (Golden Coast) – Australian 1st. Won by M. Stewart.
1991-92 – ADELAIDE SWIMMING ESTABLISHED.
TR LTD – J. Lisbon pres.

$87,000 debt incurred to Ken Murray.

1992
(TWC given to Val Brown, Brad Wilson.)
B. Walker (Cheer) – TWC.
B. Hinton to TWC; J. Alcorn wins DWC (first Aus.)

1993
Sydney Olympics awarded.
TR consolidates – $500 to elite to TRC.
First level 2 coaching course (Greg Rown?)

1994

Ben Bright wins Junior TWC.

1995
G/P unsponsored – men only (or women added?)

1996
5th Geo G/P + tour.

1997
TWC track named after TRC.
1.2 Conduct rules tightened and enforced.

2. Handbars were allowed in T2 (put on ruling shorts)

3. George — people missing long hair, now wearing shorts.

4. Huge bunch, course assistance, safety concerns.

5. Registration for T1 — registration with T2.

6. Huge bunch, course assistance, safety concerns.

The main incident could be in question.