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Age Group Survey

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**‘From Multisport Masochism to
Sport of the Masses:
thirty years of triathlon in Australia’**
(Ethics Protocol Number: RO1314)

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EXPLANATORY STATEMENT

This project is concerned with researching, recording and preserving traces of triathlon’s past before it disappears. I am specifically interested in bringing personal accounts, insights and images into the public record in order to produce an inclusive whole-of-sport account of the Australian experience of triathlon over the past thirty years. Diverse perspectives, gathered through surveys and interviews will be used to bring the experiences of participants (whether high-performers or first-timers, young or old), organisers, sponsors and host communities together with the dispersed public record in a book designed for both the triathlon community and the general public.

Future magazine and academic journal articles may draw on the research conducted for this project in the form of interviews and surveys. Surveys and interview recordings may also be shared with other researchers, and triathlon and government sporting bodies, as well as the general public through future library or sporting museum collections. These publications will directly identify individuals involved in some aspect of Australia’s experience of triathlon.

As part of this study, you are invited to complete an online questionnaire, or participate in a recorded interview. Participation in this study is **completely voluntary** and you may withdraw at any time without risking any negative consequences. If you choose to withdraw your participation in this study, the information you have provided will be immediately destroyed. The data collected in this study will only be used with your consent, and according to any conditions specified in statements of consent. The information I obtain from you through online surveys will be dealt with in a manner that ensures you remain **anonymous**, unless you specifically elect to reveal your identity.

I thank you for taking the time to assist me with this research.

Yours sincerely,



Dr Jane E. Hunt

Compulsory Consent:

I understand that my participation is voluntary; that I can withdraw my contribution freely at any stage in the project.

Please tick the appropriate box:

- The information I provide can be used for public outcomes by the Chief Investigator ONLY so long as I remain anonymous
- The information I provide can be used for public outcomes by the Chief Investigator ONLY but the researcher is free to reveal my identity
- The information I provide can be used for public outcomes by the Chief Investigator and by other researchers, so long as I remain anonymous
- The information I provide can be used for public outcomes by the Chief Investigator and by other researchers without restriction; other researchers are free to reveal my identity

OPTIONAL name and contact details:

If you have indicated that you are happy to reveal your identity, please provide your name here:

If you are willing to be contacted by the Chief Investigator, please provide your contacts details below:

Name: _____

Email: _____

Phone: _____

SURVEY INSTRUCTIONS

THIS SURVEY CONSISTS OF A RANGE OF MULTIPLE CHOICE AND SHORT ANSWER QUESTIONS. NO QUESTION IS COMPULSORY, HOWEVER, THE MORE COMPLETE THE MULTIPLE CHOICE AND SHORT ANSWER SECTION IS, THE MORE USEFUL THE RESULTS WILL BE.

MORE THAN ONE OPTION CAN BE SELECTED IN ANSWERING THE MULTIPLE CHOICE QUESTIONS. RESPOND TO SHORT ANSWER QUESTIONS IN THE SPACES PROVIDED.

THIS SURVEY ALSO PROVIDES A NON-COMPULSORY OPTION TO SUBMIT AN ACCOUNT OF YOUR TRIATHLON EXPERIENCES.

NB. TEXT BOXES WILL EXPAND AUTOMATICALLY WHEN YOU START WRITING IN THEM.

Section 1 - Overview

1.1 Survey participant profile:

- i. To what age group bracket do you currently belong?
- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> < 16 | <input type="checkbox"/> 16-19 |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 25-29 |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 35-39 |
| <input type="checkbox"/> 40-44 | <input type="checkbox"/> 45-49 |
| <input type="checkbox"/> 50-54 | <input type="checkbox"/> 55-59 |
| <input type="checkbox"/> 60-64 | <input type="checkbox"/> 65-69 |
| <input type="checkbox"/> 70-79 | <input type="checkbox"/> 80+ |
- ii. What sex are you?
- Male Female
- iii. Which option best describes your employment status (*you can select more than one*)?
- | | |
|---|---|
| <input type="checkbox"/> School student | <input type="checkbox"/> University student |
| <input type="checkbox"/> Unemployed | <input type="checkbox"/> Self employed |
| <input type="checkbox"/> Casual/Part-time | <input type="checkbox"/> Home duties |
| <input type="checkbox"/> Full-time | <input type="checkbox"/> Pro-triathlete |
| <input type="checkbox"/> Other: _____ | |
- iv. If applicable, what industry are you employed in (*you can select more than one*)?
- | | |
|--|--|
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Administration |
| <input type="checkbox"/> Arts & Social Sciences | <input type="checkbox"/> Banking & Finance |
| <input type="checkbox"/> Building & Construction | <input type="checkbox"/> Business |
| <input type="checkbox"/> Design & Digital Media | <input type="checkbox"/> Education & Child Care |
| <input type="checkbox"/> Entertainment | <input type="checkbox"/> Government & Legal |
| <input type="checkbox"/> Health & Community Services | <input type="checkbox"/> Hospitality and Tourism |
| <input type="checkbox"/> HR & Recruitment | <input type="checkbox"/> Information Technology (IT) |
| <input type="checkbox"/> Management | <input type="checkbox"/> Marketing & Media |

- Natural Therapies Project Management
- Psychology & Counselling Real Estate
- Science & Technology Sports & Fitness
- Other _____

v. In what state of Australia have you conducted most of your triathlon activities?

Section 2 – Competitors

2.1 Becoming interested/ getting started:

i. When did you first become interested in triathlon?

ii. What attracted you to triathlon?

iii. How long did it take you before you took the plunge (*did your first triathlon*)?

- iv. What factors contributed to your decision to do a triathlon for the first time?

First triathlon experiences:

- i. When and where did you do your first triathlon? What club / business / organisation / individual staged the event?

- ii. How did you feel during and after your first triathlon? Why did you feel that way?

- iii. To what extent and in what ways did the organisation and specific circumstances of the event itself contribute to your experience (e.g. *weather on the day, clear guidance from volunteers, coffee cart at the finish line, availability of toilets pre-race etc*)?

- iv. If you have competed in more than one triathlon, explain what factors contributed to your decision to do so (*why do it again*).

2.3 Registering for, starting and finishing triathlons:

1. Approximately how many triathlons have you registered for?

1-5

6-10

11-20

21-50

50+

ii. For approximately how many triathlons have you not started (DNS - Did Not Start)?

iii. For approximately how many triathlons have you not finished (DNF - Did Not Finish)?

iv. If you have previously pulled out of a triathlon (before or during the event), what factors contributed to the decision to do so?

2.4 Personal sporting and triathlon history

i. What other sports have you in the past or present participated in (*you can select more than one*)?

- | | |
|--|--|
| <input type="checkbox"/> none | <input type="checkbox"/> running/ jogging/ walking |
| <input type="checkbox"/> swimming | <input type="checkbox"/> cycling |
| <input type="checkbox"/> athletics | <input type="checkbox"/> adventure sports |
| <input type="checkbox"/> other multi-sports | <input type="checkbox"/> equestrian |
| <input type="checkbox"/> kayaking | <input type="checkbox"/> surf/ surf lifesaving |
| <input type="checkbox"/> boxing/ wrestling | <input type="checkbox"/> golf |
| <input type="checkbox"/> Australian Rules Football | <input type="checkbox"/> Rugby League |
| <input type="checkbox"/> Rugby Union | <input type="checkbox"/> soccer (football) |
| <input type="checkbox"/> touch football | <input type="checkbox"/> netball |
| <input type="checkbox"/> hockey | <input type="checkbox"/> baseball |
| <input type="checkbox"/> motor sports | <input type="checkbox"/> basketball |
| <input type="checkbox"/> other _____ | |

ii. What distance triathlon races have you participated in (*select one or more options from the list below*)?

- Enticer race (approx. 200-300m/ 5-10k/ 2-3k)
- Sprint distance (e.g. 500-750m/ 20k/ 5k)
- Olympic distance (1.5/ 40/ 10)
- Long distance (e.g. 2-3/ 80/ 20)
- Half Ironman (1.9/ 90/ 21.1)
- Ironman (3.8/ 180/ 42.2)
- Other _____

- iii. Please provide details for up to 5 races you have competed in, including year and location (*details don't have to be specific, but enough to identify the event you competed in, e.g. BRW Corporate Triathlon Sydney 2009*).

2.5 Level of competition.

- i. Local

a) Have you participated in triathlons competitively with a view to winning an award or performing well in a series at the local club level? If so, in what year(s), how did you go, and what did you win (e.g. *trophy, cash, bike wheels*)?

b) Have you participated in triathlons competitively with a view to earning points for your triathlon club in a state series or event (e.g. *NSW Club Championships*)? If so, in what year(s), and how did you go?

ii. Juniors

a) Have you participated in triathlons with a view to winning or performing well in a competitive junior (under 19) series at the state, or national level? If so, in what year(s), and race series did you participate? How did you go, were you happy with the result(s)?

iii. Age-grouper:

a) Have you participated in triathlons with a view to winning or performing well as an age-grouper at a state, national or international level? If so, in what year(s), and race series did you participate? How did you go, were you happy with the result(s)?

b) Have you thought of competing as a professional? What factors contributed to your decision not to do so?

2.6 Equality and diversity in triathlon

- i. If you are female, have you felt that gender has impacted on your experience of competing in triathlon(s)? If so, in what ways?

- ii. If you are an Aboriginal or Torres Strait Islander, not an Australian citizen, or an Australian citizen who identifies strongly with an ethnicity originating from outside Australia, have you felt that race and ethnicity has impacted on your experience of competing in triathlon(s)? If so, in what ways?

2.7 Racing experiences:

- i. Describe a memorable racing moment (e.g. *when you 'hit the wall', had an epiphany, or saw/ heard someone doing something funny/ remarkable/ nice*).

- ii. If you have competed in more than one triathlon, what would you class as your best race? Why?

- iii. If you have competed in more than one triathlon, what would you class as your worst race? Why?

2.8 Training experiences:

- i. Which of the options below best describe your motivation for engaging in triathlon training activities (*you can select more than one*)?

- | | |
|---|--|
| <input type="checkbox"/> Unsure | <input type="checkbox"/> Lifestyle |
| <input type="checkbox"/> Social contact | <input type="checkbox"/> General fitness |
| <input type="checkbox"/> Race preparation | <input type="checkbox"/> Other: |

Details: _____

- ii. Which of the options below best describe your approach to training for triathlons (*you can select more than one*)?

- Unstructured
- Structured – own program
- Structured – own program devised using previous/ borrowed/ downloaded programs
- Structured – following triathlon club training cycle
- Structured – I am a level 1 triathlon coach
- Other _____

- iii. OPTIONAL: With reference to a maximum of three events that you have competed in, provide a rough outline of your training plan for those events:

Describe a memorable training moment (e.g. *seeing a beautiful sunrise after riding for two hours in the dark through the rain; winning an impromptu time trial on a run with your mate; finally reaching your 1500m target swim time*):

iv.

- v. a) Did you experience any difficulties with transitions when you first attempted a triathlon? If so, what sort of problem(s) did you encounter?

b) Do you include brick sessions (combining different legs of the triathlon) in your triathlon training?

c) Describe any memorable transition areas/ set-ups/ experiences (e.g. *very long run from swim; transition areas in the early days; unable to get the wetsuit off*):

2.9 Nutrition:

i. Which of the following options best describes your approach to nutrition in training (*you can select more than one*)?

- Minimal
- Unplanned
- Informed – by anecdotal evidence (talking with people you train with/ people at the gym/ people at work)
- Informed – through triathlon club coaches and information sessions
- Informed – through trial and error
- Informed – through independent research. I am a health professional and coach
- Informed – through paid consultation with nutrition professional
- As preparation for effective race nutrition
- Obsessive
- Other _____

. Which of the following options best describes your approach to race nutrition (*you can select more than one*)?

- Minimal
- Unplanned
- Informed – by anecdotal evidence (talking with people you train with/ people at the gym/ people at work)
- Informed – through triathlon club coaches and information sessions
- Informed – through trial and error

- Informed –through independent research. I am a health professional and coach
- Informed – through paid consultation with nutrition professional
- Obsessive
- Other _____

iii. Which of the following nutritional items do you use during training or racing: indicate whether you use the item almost always (mark as 1); frequently but not always (mark as 2); sometimes (mark as 3); rarely (mark as 4)? *NB. You can select more than one.*

- | | | | | |
|------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Water | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Sports drink | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Coke | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Gels | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Sports bars | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Protein supplements | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Salt tablets | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Dates | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Bananas | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Other fruit | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Cookies | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Vegemite sandwiches | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Big Macs (junk food) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Chocolate | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Panadol (pain killers) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| Pickle juice | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |

Other _____

- iv. How would you typically use the above items?

- v. Describe your best/ worst triathlon-related nutritional experience (e.g. *discovering the benefits of a specific post-performance recovery product; sports gel leaking everywhere, etc.*).

- vi. What do you look forward to consuming at the end of a long training session/ race?

2.10 Injury and Illness

- i. Have you sustained any injuries as a result of competing in or training for a triathlon? If so, what sort of injury?

- ii. Have you been involved in an accident while training for or competing in a triathlon? If so, and if you are willing, please provide some details as to the circumstances and outcome of the incident.

- iii. Have you developed any mental or physical condition arising from or in the context of your involvement in triathlon as a competitor (e.g. *chronic fatigue syndrome*, *performance anxiety*)?

- iv. What triathlon-related physical complaints do you often suffer from (*you may select more than one option*)?

- | | |
|---|--|
| <input type="checkbox"/> Chaffing | <input type="checkbox"/> Blisters |
| <input type="checkbox"/> Bloating from the nutrition | <input type="checkbox"/> Dehydration |
| <input type="checkbox"/> Muscular cramping | <input type="checkbox"/> Sunburn |
| <input type="checkbox"/> Foot and ankle problems | <input type="checkbox"/> Knee problems |
| <input type="checkbox"/> Tight quadriceps | <input type="checkbox"/> Tight hip-flexors |
| <input type="checkbox"/> Tight hamstrings | <input type="checkbox"/> Lower back problems |
| <input type="checkbox"/> Tight triceps/ shoulders/ lats | <input type="checkbox"/> Tension in the neck and shoulders |
| <input type="checkbox"/> Other _____ | |

2.11 Triathlon equipment and cost:

- i. Which of the following options best describes your approach to triathlon equipment (e.g. *bikes, wetsuits, clothing, gadgets, shoes, socks etc. NB. You can select more than one option*).

- The bare minimum is enough
- I buy key quality items that will last season after season
- I bought key quality items many seasons ago and am hoping they'll last a few more
- I look for value (reasonable quality for a good price)
- I like the latest technology and look, but am conscious about how much I spend
- I'm prepared to spend what it takes to get the latest and best products
- It's all about the look!
- Other _____

- ii. How much, approximately, have you spent on your most recent bike (*complete*)?

- | | |
|--|--|
| <input type="checkbox"/> \$500 - \$1,500 | <input type="checkbox"/> \$1,500 - \$2,500 |
| <input type="checkbox"/> \$2,500 - \$4,000 | <input type="checkbox"/> \$4,000 - \$6,000 |
| <input type="checkbox"/> \$6,000 - \$8,000 | <input type="checkbox"/> \$8,000 + |

- iii. Describe up to three of your favourite pieces of triathlon equipment (e.g. *a watch you've worn forever, your time-trial bike, a really comfortable pair of cycling knicks, or the perfect running cap*):

- iv. Given the amount of equipment necessary to compete in triathlons, travelling to triathlons can sometimes be logistically difficult. Considering the triathlons you've competed in, provide the following details:

a) the furthest you've travelled to compete in a triathlon:

b) method of transportation to furthest triathlon destination:

c) Any difficulties with/ loss of/ damage to equipment resulting from the transportation of equipment to a triathlon, and the impact(s) of that loss or damage:

- v. Aside from instances linked to travel, has any of your triathlon equipment been lost, stolen or damaged? If so, what and how?

- vi. Were you covered by any type of insurance?

- vii. Do you hold any of the following types of triathlon or fitness related memberships?

- Triathlon Club membership Gym membership
 Pool membership Triathlon Australia membership?
 Other Cycle club membership, swimming club membership_____

- viii. Have you received discounted/ free triathlon equipment as a result of sponsorship(s)? If so, who was your sponsor and what scale of sponsorship did your sponsor offer (e.g. a one-off donation of a single item, or continuous support over a number of seasons)?

- ix. Estimate, all up, how much you have spent on triathlon equipment, nutrition, race registration, transportation, insurance, triathlon club and/ or Triathlon Australia memberships, etc:

a) in your first year in triathlon

- | | |
|--|--|
| <input type="checkbox"/> \$0 - \$1000 | <input type="checkbox"/> \$1,000 - \$3,000 |
| <input type="checkbox"/> \$3,000 - \$5,000 | <input type="checkbox"/> \$5,000 - \$7,500 |
| <input type="checkbox"/> \$7,500 - \$10,000 | <input type="checkbox"/> \$10,000 - \$20,000 |
| <input type="checkbox"/> \$20,000 - \$50,000 | <input type="checkbox"/> \$50,000 + |

b) in the past three years (*if you have been in triathlon for less than three years, no need to answer this*)

- | | |
|--|--|
| <input checked="" type="checkbox"/> \$0 - \$1000 | <input type="checkbox"/> \$1,000 - \$3,000 |
| <input type="checkbox"/> \$3,000 - \$5,000 | <input type="checkbox"/> \$5,000 - \$7,500 |
| <input type="checkbox"/> \$7,500 - \$10,000 | <input type="checkbox"/> \$10,000 - \$20,000 |
| <input type="checkbox"/> \$20,000 - \$50,000 | <input type="checkbox"/> \$50,000 + |

c) over your entire triathlon 'career' (*if three years or less no need to answer*)

- | | |
|--|--|
| <input checked="" type="checkbox"/> \$0 - \$1000 | <input type="checkbox"/> \$1,000 - \$3,000 |
| <input type="checkbox"/> \$3,000 - \$5,000 | <input type="checkbox"/> \$5,000 - \$7,500 |
| <input type="checkbox"/> \$7,500 - \$10,000 | <input type="checkbox"/> \$10,000 - \$20,000 |
| <input type="checkbox"/> \$20,000 - \$50,000 | <input type="checkbox"/> \$50,000 + |

2.12 Drafting

Do you have strong views on draft-legal racing? If so, what are your views?

2.13 Race Days

Answering this section is optional. It invites you to provide an account of a specific racing experience of your choice. If you choose to offer an account, please use the text box starting at the end of the next page:

- i. Using the space provided at the end of this section, and in as much detail as you wish, write about a specific triathlon experience (*you might like to write about more than one race, if you have participated in multiple events*);

or

Describe your thoughts/ memories/ impressions relevant to the following parts of a specific triathlon (*identify which triathlon*):

- | | |
|-----------------------------------|--|
| - the night before | - waking up |
| - breakfast | - going to transition |
| - bike set-up | - suiting up |
| - walking to the swim start | - the second before the race start |
| - the swim | - coming out of the water |
| - swim-bike transition | - the bike leg |
| - bike-run transition | - the run |
| - the finish | - the first few minutes after the finish |
| - the first hour after the finish | - the day after |

or

Describe any particularly memorable parts of the day, e.g.

- the supporters/ a supporter
- something you saw/ felt/ did
- the aid stations/ volunteers
- the weather/ course/ your new bike
- the moment you thought you couldn't finish/ the moment you decided to ...

Feel free to offer your own triathlon experiences in the text box below: