



TRIATHLON

In association with 

Olympic Debut

Sydney 2000

Most Gold Medals

Alistair Brownlee (GBR)

HISTORY OF Triathlon

Alternative Workout

Triathlon was invented in the early 1970s by the San Diego Track Club as an alternative workout to the rigours of track training. The club's first event consisted of a 10km run, an 8km cycle and a 500m swim. Over the next decade, triathlon's popularity continued to build, and it soon gained worldwide recognition.



In 1989, World Triathlon was founded in Avignon, France, and the first official World Championships were held. The official distance for triathlon was set at a 1,500m swim, a 40km cycle and a 10km run – taken from existing events in each discipline already on the Olympic programme.

World Cup Circuit

In 1991, World Triathlon launched its first full season of the World Cup circuit. Twelve races were contested in nine different countries. More World Cup races have subsequently been added every year as the sport's appeal continues to grow.



Triathlon spotlight



How to qualify for triathlon at Paris 2024. The Olympics qualification system explained

Paris 2024 | Olympic Games

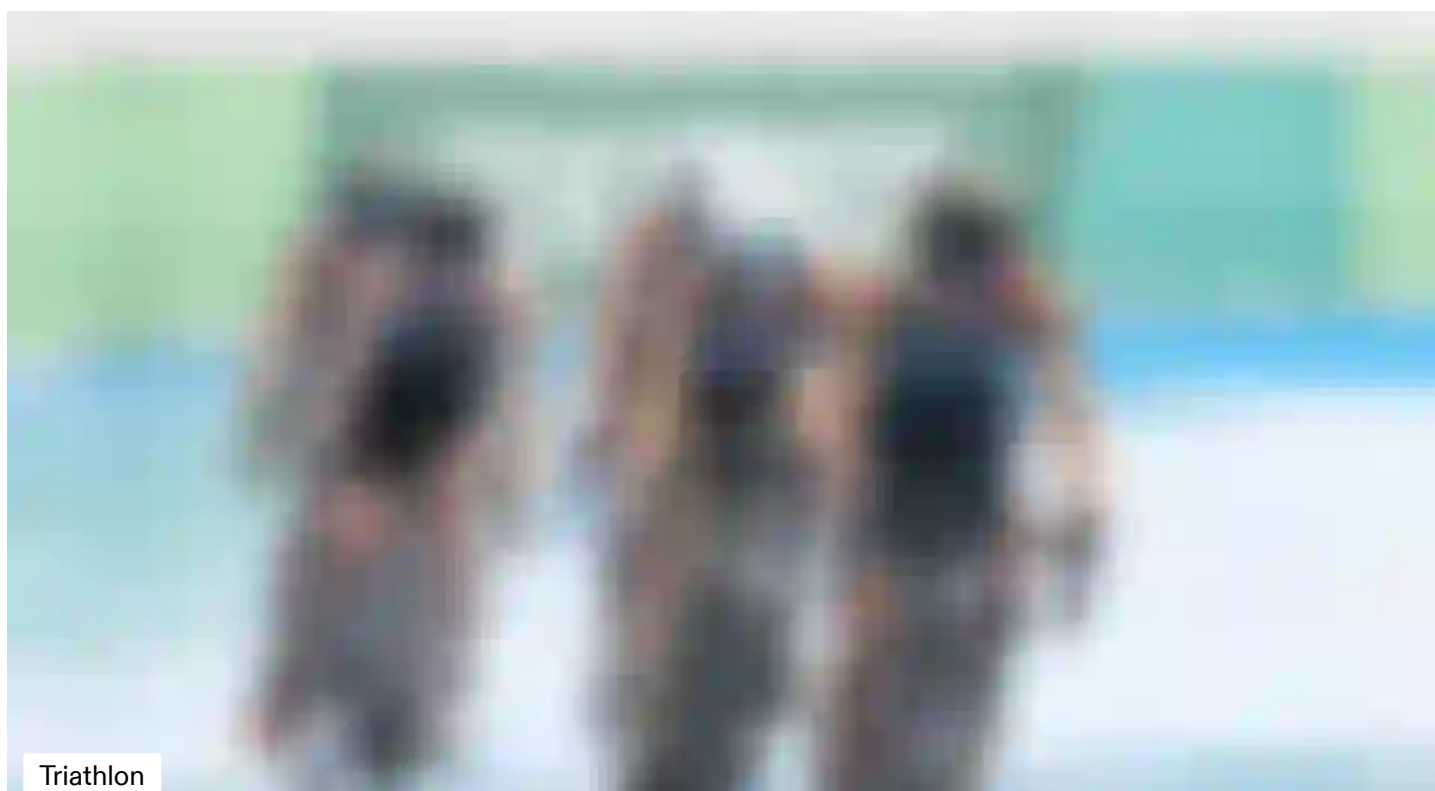


The inspirational story behind Down Syndrome Ironman history maker Chris Nikic

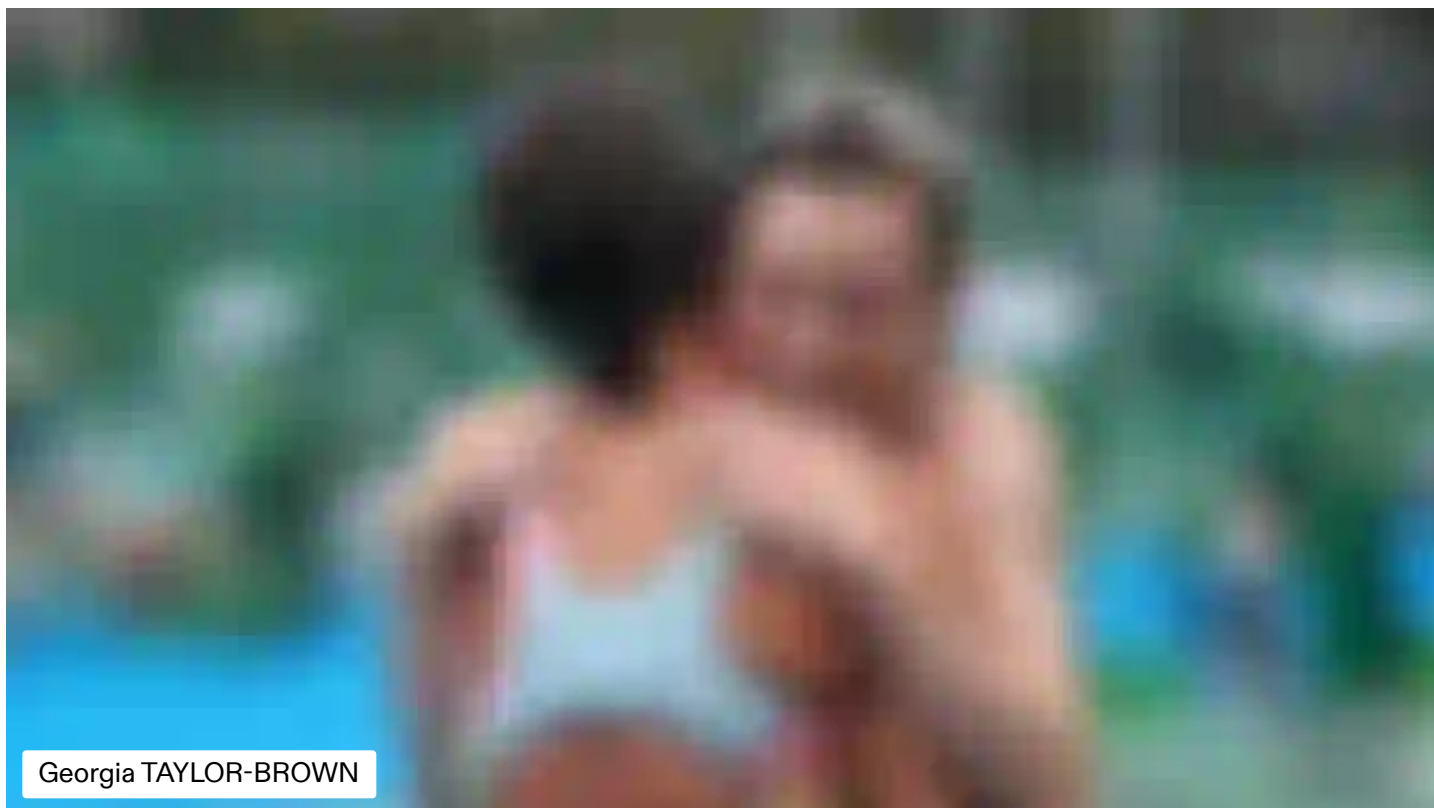




Great Britain's Alex Yee and Beth Potter triumph in 2023 World Triathlon Championship Series opener in Abu Dhabi



2023 World Triathlon Championship Series: Preview, stars, schedule and how to watch



Georgia Taylor-Brown exclusive: 'I'm no one special. I just had a big, big dream and really stuck to it.'



BEST OF TOKYO 2020





Triathlon

What we learned: Triathlon wrap-up from the Tokyo 2020 Olympics

Tokyo 2020 | Olympic Games



Triathlon

▶ Replay

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Tokyo 2020 | Olympic Games



Exclusive

Men's Final - Triathlon | Tokyo 2020 Replays

Tokyo 2020 | Olympic Games





Triathlon

Flora Duffy makes history again by adding third world title to Olympic gold

Tokyo 2020 | Olympic Games



Flora DUFFY

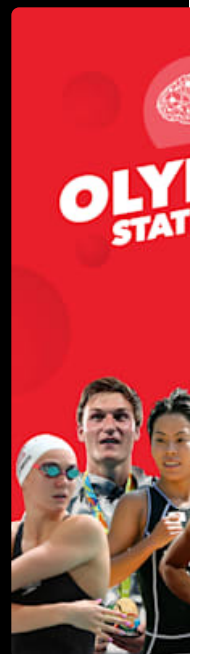
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