

Frequently Asked Questions

Thinking about getting into triathlon but not sure where to start? You are not alone. Below are answers to some of the questions we are asked most often. If you cannot find what you are looking for, [drop us a line](#).

I would like to come to a training session – what should I do?

Contact Claire Amos, our Membership Secretary, and she will arrange for you to attend a taster run and/or swim session, usually on a Thursday evening. You can contact Claire by email or via the Contact page on our website.

Do I have to join the club immediately?

No. After your taster session, you can decide when you would like to join.

Until you become a member, you will not receive full training session details or be able to book onto sessions.

Once you join, you will get access to the club booking app, **connectMyClub**, where you can book weekly training sessions and selected block bookings further ahead.

What time does Thursday training start?

Thursday evening is our main club night at Leighton Leisure and Community Centre, LU7 3SS. Run sessions start promptly at 7:45 pm, so please arrive at the meeting point from 7:30 pm. Swim training starts at 9:00 pm; please change first and then come poolside. Both sessions last 60 minutes and must be booked through the app. Run sessions are free, while swim sessions are charged to help cover pool hire costs.

What should I wear, or what equipment should I bring?

For running, wear suitable kit for the weather. In winter, layers are useful because you can remove them as you warm up. Please also bring a head torch and something Hi-Viz so you can see and be seen. In warmer weather, bring a drink with you, and we recommend having one for after the session too.

For swimming, goggles are required. A swim hat is compulsory if you have long hair, although many triathletes choose to wear one anyway. If you already have swim equipment, such as a pull buoy, hand paddles or fins, please bring them to each club swim session. If you do not have these yet, do not worry; the club has some equipment you can borrow until you decide what to buy. It can be worth waiting for a couple of sessions so the coaches can advise you.

Please also bring a clearly labelled drinks bottle.

Why do I need to bring plenty to drink to training?

If you are dehydrated after running, you may be more likely to cramp during swimming. Bringing plenty to drink, ideally an isotonic or energy drink, can help you stay hydrated throughout training.

I am a slow runner, and I haven't trained before – will I be able to keep up?

Yes. We know that members have different abilities and goals. Some are very fast, while others train for fitness, enjoyment and personal improvement rather than competition.

We split runners into ability-based groups: fast, intermediate and development. The development group is ideal for those who are new to running or prefer a steadier pace. Most importantly, nobody gets left behind.

Triathlon is inclusive, and you do not need to be strong in all three disciplines to enjoy it. When you first enquire, we will advise which run and swim groups are likely to suit you best. If a different group or lane would be more appropriate after you start, the coaches will guide you.

I'm not an experienced swimmer – can I come along?

Our swim sessions are based on front crawl, so we ask new members to be able to swim 200 metres comfortably in front crawl without stopping. Speed and technique are not a concern at this stage; the coaches will help you develop both.

If you do not yet meet this requirement, we recommend taking adult swimming lessons first. Leighton Leisure and Community Centre and Dunstable Leisure Centre may offer suitable adult swimming sessions.

Where do you run?

Each running group follows a rotating programme, with session details available in the booking app. Sessions usually include hills, intervals, tempo runs and speed work, and take place around Leighton Buzzard, starting from the Leisure Centre.

What about cycling?

We run regular Sunday morning cycle sessions starting from the Leisure Centre. Details are shared through the booking app and the Outdoor Ride group chat on **connectMyClub app**. Please check the group chat before leaving home in case of poor weather or cancellation.

I have heard that you swim at Brogborough Lake – I would like to swim there too. How do I go about this?

Experienced open water swimmers who only want to swim at Brogborough should email lbtri.enquiries@gmail.com to arrange membership. Existing club members should also email lbtri.enquiries@gmail.com for Brogborough swim information.

Is there a charge for training sessions?

Running and cycling sessions are free unless we tell you otherwise. We only charge where the club has costs to cover, such as hiring facilities.

All our coaches and leaders are trained by British Triathlon, England Athletics or British Cycling, and they volunteer their time.

Taster sessions are free of charge.

Why do we have to pay for swim training – I'm already a member of Leighton Leisure and Community Centre?

Many members also have LLCC memberships, but the club pays for exclusive use of the pool on Thursday evenings. Swim session charges help cover this hire cost.

I am a seasoned triathlete and train regularly (training for an Ironman!) – why should I join the club?

Our British Triathlon-trained coaches can help you reach your potential by reviewing your technique across each discipline and giving training advice to suit your goals. Training and racing with other local triathletes is also a great way to stay motivated and enjoy the sport.

Some coaches may offer additional coaching sessions for a fee. If you are interested, please contact Head Coach Jamie for more information.

I'm training for a big swim event. Can I still join but just for swimming?

Yes. Some members swim only with the club while training for events such as the English Channel or Lake Windermere.

I have a physical limitation – can I join LBTri and Multisport club?

We are an open and inclusive club, and we do our best to make everyone feel welcome and accommodate everyone's needs. If you're interested in joining and have any physical limitations or other needs that we should be aware of, please feel free to reach out to our team at LBTri.enquiries@gmail.com. We'd love to discuss how we can support you.

How much do I pay for membership of Leighton Buzzard Triathlon Club?

Standard membership costs £45 per annum and renews on 1st May each year. Contact Claire, our Membership Secretary, at lbtri.membership@gmail.com for details.

What if I'm a member of another athletics, running or cycling club – can I join Leighton Buzzard Tri Club as well?

Of course, you may join us; however, you will need to pay the full membership fee to access our training sessions.

Are there any age limits/restrictions?

Ages 17 years and up are welcome to join. Age is no barrier, and becoming fit is good for your wellbeing and health, although please check with your doctor before commencing any sporting activity that you have not done recently.

Do you have a Junior section?

We don't have a Junior section as our minimum membership age starts at 17 years old; however, we recommend getting in touch with TRI-MK (tri-mk.co.uk)

What are the benefits of becoming a member of Leighton Buzzard Triathlon Club?

Members can access coached sessions throughout the week, train with like-minded people and make new friends. You will receive support from coaches and fellow triathletes to improve your technique, fitness and race readiness, as well as opportunities to join social events such as velodrome trips, Christmas celebrations and weekend training camps. Membership also gives you access to discounts on Triathlon England membership, local shops and selected triathlon and duathlon entry fees. Plus, you get to wear our fantastic club kit at team events.

If I join Leighton Buzzard Triathlon Club, am I automatically a member of Triathlon England (the BTF)?

No! Whilst LB Triathlon Club is affiliated to Triathlon England, which gives the club public liability insurance and benefits such as coach training, you must, as an individual, join Triathlon England in order to receive on-the-day race affiliation, to compete for British and Home Nations titles and be eligible to apply for GB Age Group Teams. There are lots of other benefits, too – see www.britishtriathlon.org for further details.

Is the Club affiliated to England Athletics?

We certainly are, but you will need to pay an additional registration fee and list LB Triathlon Club as your first claim club to compete for us in events.

Alternatively, you can choose Leighton Buzzard Triathlon Club as your “second claim” club if you wish to compete in, say, the Chiltern Cross Country League as a tri club member if your first claim club doesn't take part.

Am I ‘affiliated’? – i.e., the box you can tick on race registration forms

See Triathlon England and England Athletics above – you already receive race insurance when you are a member of either of the above bodies, but if you're not, you receive a special race-day licence with your race entry fee.

I'm a member, and I have forgotten my password for the website

Once you register your details on the club website, you will have to set a password so that you can access all the member-only areas. If you forget your password, just click the “forgot password” button on the website, and you will receive an email reminder.

Does Leighton Buzzard Triathlon have Social Media sites?

We have a public Facebook page that can be located by visiting <http://facebook.com/LBTriathlon>

There is also a private Facebook group for members only. You will be sent an invitation to join this group once you have paid your membership. Please note that this is run by members for members of the Club, and any points of view expressed on the Facebook page are not sanctioned by the Club or Club coaches.

You can also follow us at: lbtriclub Instagram (Leighton Buzzard Triathlon & Multisport Club (@lbtriclub) • Instagram photos and videos)

What are the LBTri Chat groups, and how do I join?

We want all members to feel supported and part of the Leighton Buzzard Triathlon community. The primary way we do this is through group chats in the **connectMyClub** app.

Some of the group chats are;

- Monday Track Session
- Wednesday Night Turbo
- Tuesday Night Swim
- Open Water Swim
- Run Development Squad
- Outdoor Rides
- La-Gooners
- Photo Dump

Once you have joined the club and registered on the app, you can access the group chats

Got another question?

If there is anything else you'd like to find out about us, then drop an email to lbtri.enquiries@gmail.com