

Why Not Try...?



The Discipline of the Month

Tetrathlon

Five reasons to try Tet:

1.

It involves four sports, not just one, challenging you to be an all round athlete

2.

If you compete, it is against your own age group and gender

3.

Variations at Pony Club can include any two or three sports of the four.

4.

This is a sport that can take you to national and international competitions

5.

Tetrathlon is one step from Pentathlon - an Olympic and World Championship sport



Tetrathlon - what is it?



What is Tetrathlon?

Tetrathlon is a **four-phase event (riding, running, swimming and shooting)** developed by Pony Club in Great Britain. It is one of the disciplines contested at the biennial Pony Club Australia National Championships.

It aims to provide participants with a challenging competition requiring sound practical horsemanship and general athletic ability. Thus, all-rounders should be encouraged to further their interest in riding and Pony Club, by combining riding with other activities.

There are international opportunities to represent Pony Club Australia in Tetrathlon and Tetrathlon provides a pathway leading into the Olympic sport of Modern Pentathlon.

Tetrathlon has separate Boys' team and Girls' team and individual competitions.

Teams may each consist of four athletes with the best three overall scores to count towards the team score. All competitors' individual overall scores will count towards Individual Girl or Individual Boy placings. Individual placings will also be awarded for each of the running, swimming and shooting phases.



Top Pony Club Tetrathletes often compete in Modern Pentathlon.

Anastasia Topalov from West Toowoomba Pony Club Qld placed second overall in the female Under 15 years at the National Modern Pentathlon Championships, 2019. Sophie Horton from Gidgegannup Pony Club, WA was third.



How is Tetrathlon Scored?

In each phase competitors score points according to the standard of their performance. The points achieved for each phase are added together and the winner is the competitor with the highest score at the end of the event.

In the Riding Phase, competitors have jumping penalties and time penalties deducted from the optimum score of 1400 points.

In the **Running and Swimming Phases** competitors have points deducted from, or added to, the optimum score of 1100 points based on their performance relative to an optimum time (see p4)

In the **Shooting Phase** positive points are awarded for 10 shots on a scaled target with a maximum achievable score of 1090.

The optimum score is calculated so that, ideally, each of the Running, Swimming and Shooting Phases has an equal influence on the final result, with the Riding Phase carrying slightly more weight.

Getting Started

Tetrathlon covers four events - but at club or zone level, you could start with two or three.

Equathlon – Swimming, Running and Riding Phases.

Triathlon – Running, Shooting and Riding Phases.

Biathlon – Swimming and Riding; Swimming and Running; or Running and Riding Phases.

You can hold **individual, pairs and team of four** events.

Note: in some States the legal age to shoot is 10 years.

Normally Tet has **separate Boys' team and Girls' team** competitions and Boys' individual and Girls' individual competitions. Teams may each consist of four athletes with the best three overall scores to count towards the team score.

All competitors' individual overall scores will count towards Individual Girl or Individual Boy placings. Individual placings are awarded for each of the running, swimming and shooting phases.

Events can be run in any order.

Rider's Age – at 1st January in the year of competition, much like Nationals competitions. * Sub-juniors: 10 years and under 13 years
* Juniors: 13 and under 17 years * Seniors: 17 and under 26 years

Rhys Lanskey

For one Brisbane boy from Redlands Pony Club, his introduction to Tetrathlon was his first competition. He says he heard of it, thought it sounded interesting, and entered - and won - a competition at Gatton. He was spotted by Mark Taylor who encouraged him to continue training as he showed real talent. Now 19, Tetrathlon and Modern Pentathlon have taken Rhys to China, Poland, Bulgaria, Thailand and more. He is aiming for the Paris Olympics in 2024. He trains full time and also teaches at his family's riding centre. Rhys says being able to ride well is a definite bonus for this sport.

Right: Teenage stars Rhys Lanskey and Tully Watt (Emu Creek Pony Club) represented Australia at the UIPM World Junior Championships in Drzonkow, Poland in 2019. Rhys and Tully were the 2019 Australian Modern Pentathlon Senior Champions, and Rhys and Nikita Mawhirt (Swan Valley H&PC) were the 2020 champions.



Rhys Lanskey helps a Hendra Pony Club member with her shooting prior to some Hendra members tackling their first Tetrathlon in October.



Running Distances

10-12 yrs 1000m

13-16 yrs 2000m

17-25 yrs 3000m

Swimming Distances

10-12 yrs 100m

13-16 yrs 200m

17-25 yrs 200m

Variations for State and Club events (running)

Under 10 yrs 400 or 800m

26-34 yrs 3000m

35-59 yrs 2000m

60 yrs and over 1000m

Tetrathlon was a demonstration event at the 2013 Pony Club National Championships, and due to its popularity was included in the 2015 National Championships.

Tetrathlon is a well established discipline in Western Australia and has a huge following especially amongst boys.

NSW will be running their very first State Championships for the discipline in 2021, and the discipline has been added to the annual high performance camp as a discipline.

Victoria is holding the Horseland Pony Club Tetrathlon Victorian Championships Dec 12-13, 2020 at Yarra Junction.

Shooting Skills



Shooting in Tetrathlon often has a great appeal because it is something many people have not tried before. The sport uses laser guns, which are provided for competitions by the organisers, or competitors can provide their own.

* Some Pony Club state offices (WA and QLD, we know) have laser guns for loan.

Competitors 13 years and over use one hand and shoot at the target boxes 10m away, while younger competitors shoot 7m and can use one or both hands.

The target boxes are hooked up to a computer to record the accuracy of the shot.



The Pony Club contingent at the 2019 National Modern Pentathlon championships.

Olympic History

Pentathlon was a premier event in the ancient Olympic Games and has been a core sport of the modern Olympic Games since 1912.

Australia was represented for the first time in 1952 by Forbes Carlisle - later an Australian swimming coach. The five events (add fencing to Tetrathlon) were held over five days. In the showjumping, riders jump horses they have never seen before they get to the warm up ring. Hence, it pays to have a good riding background!

Modern Pentathlon began in 1996, with all five events on one day. The shooting and running have been combined and contested as the 'laser run', to ensure an exciting climax to each competition. Modern Pentathlon tests an athletes' fitness, courage and skill. Competitors even show jump on a horse they have never met before!

Chloe Esposito became Australia's first Olympic champion and gold medalist in 2016, at her second Olympics.

Modern Pentathlon World Championships are held annually.



Jumping a Strange Horse

In Modern Pentathlon, athletes get to ride their ballotted horse for 20 minutes and have five practice jumps before doing the course of 15 obstacles.

If you get serious . . . this is how scores are calculated

Swimming Distance, Optimum time and Penalties per second



Age Group	Distance	Gender	Optimum Time	Penalties
10-12 years	100m	Male/Female	1 min 20s	± 6 pt/sec
13-16 years	200m	Male/Female	2 min 30s	± 4 pt/sec
17- 25 years	200m	Male/Female	2 min 30s	± 4 pt/sec

Note: Score calculating tables are in the 2021 Tetrathlon Handbook

Distance, Optimum time and Penalties per second Running

Age Group	Distance	Gender	Optimum Time	Penalties
10-12 years	1000m	Male	3min 30s	± 6 pt/sec
10-12 years	1000m	Female	3min 45s	± 6 pt/sec
13-16 years	2000m	Male	7min 20s	± 4.5 pt/sec
13-16 years	2000m	Female	8min 00s	± 4.5 pt/sec
17- 25 years	3000m	Male	11min 00s	± 3 pt/sec
17-25 years	3000m	Female	12min 00s	± 3 pt/sec



Note: Score calculating tables are in the 2021 Tetrathlon Handbook

(17-25yrs) 3000m Optimum time

	9	10	11	12	13	14
	1460	1280	1100	920	740	560
1	1457	1277	1097	917	737	557
2	1454	1274	1094	914	734	554
3	1451	1271	1091	911	731	551
4	1448	1268	1088	908	728	548
5	1445	1265	1085	905	725	545
6	1442	1262	1082	902	722	542
7	1439	1259	1079	899	719	539
8	1436	1256	1076	896	716	536
9	1433	1253	1073	893	713	533
10	1430	1250	1070	890	710	530
11	1427	1247	1067	887	707	527
12	1424	1244	1064	884	704	524
13	1421	1241	1061	881	701	521
14	1418	1238	1058	878	698	518
15	1415	1235	1055	875	695	515
	1412	1232	1052	872	692	512
	1409	1229	1049	869	689	509
		1226	1046	866	686	506
			1043	863	683	503

In this example of the Senior girls run table for 3000m, the optimum time, to earn 1100 points, is 11 minutes flat. Minutes are along the top, seconds down the left side. If a runner takes 11 mins 10 secs, they score 1070 points. If a runner does it in 10 mins 10 secs, they score 1250 points.

These tables will be found in the 2021 Tetrathlon Handbook. The 2021 Tetrathlon Handbook and the 2021 Tetrathlon Rule Book are due out early next year.

Discipline of the Month takes a break now and resumes in February with Working Equitation

If you are looking for activities to try at your Club or at home, all previous Disciplines we have covered so far are [on our website here](#):

With thanks to:

The National Tetrathlon Committee and PCAWA and PCV State Offices.

