

# SUMMER AQUATHLON SERIES

WANSBECK SPORT / TRI-NORTHUMBERLAND - SUMMER AQUATHLON SERIES

Race 1. QE2 Lake Thursday 11<sup>th</sup> June - 750m swim, 5k run. 1900hrs start.

Race 2. QE2 Lake, Thursday 9<sup>th</sup> July - 500m swim, 2.5k run. 1900hrs start.

*Race Series moves to Newbiggin by the Sea, in preparation for the Newbiggin Bay Triathlon*

Race 3, Newbiggin Bay, Thursday 6<sup>th</sup> August - 500m swim, 2.5k run. 1900hrs start.

Race 4, Newbiggin Bay, Thursday 3<sup>rd</sup> September - 500m swim, 2.5k run, 1900hrs start.

**Newbiggin Bay Triathlon, Sunday 13<sup>th</sup> September - 750m swim, 20k bike, 5k run.**

In preparation for the Newbiggin Bay Triathlon, there are weekly swim sessions on Thursday evenings (prompt 7pm in the water) integrated into the mini Aquathlon series noted above.

There will also be **coached sessions** in the bay at Newbiggin-by-the-Sea on **30th July, 13th August & 10th September**. These are intended for **ALL** abilities and coaching will be by Neil Bowers, the region's specialist open water swim coach.

For more details visit:

[www.wansbecksport.org/tri-Northumberland](http://www.wansbecksport.org/tri-Northumberland)

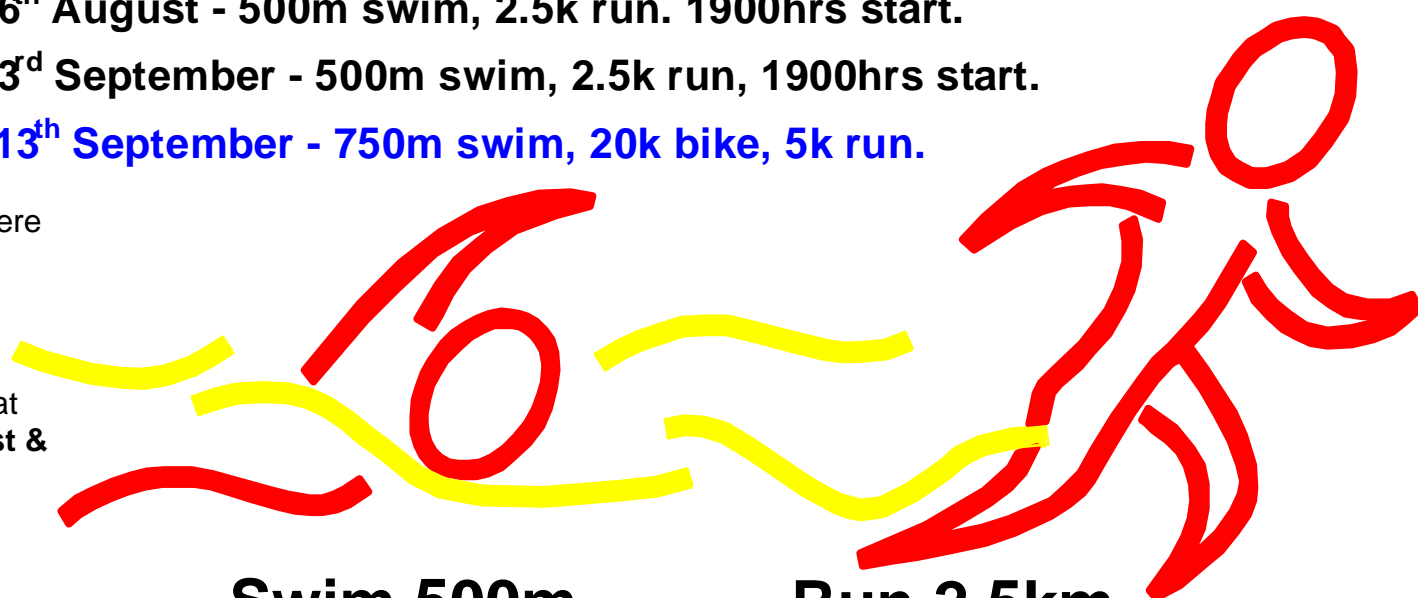
The cost of each mini Aquathlon race is just £2.00. Entries will be taken on the night of the race but are subject to space, so its best to let us know in advance. Spaces will be limited to 40 competitors due to requirements for safety boat cover etc. Cash payment only on the night.

Trophies for the series are sponsored by Wansbeck sport and will be awarded to the 1st, 2nd & 3rd, Male / female winners of the Aquathlon series.

There will be a slow, medium and fast swim group and preliminary finish times will be available immediately after the race.

Competitors will only get a finish time, no swim splits etc. Results of each race will be sent out to all competitors. Series winners must have completed all 4 races.

You must register to book a place. To do this or if you would like further information, contact Barry Taylor. email - [trinorthumberland@googlegmail.com](mailto:trinorthumberland@googlegmail.com)



Swim 500m

Run 2.5km

## Summer Aquathlon Series

### Newbiggin Bay Triathlon

Sunday 13th September 2009

**An excellent open water sea swim in the protected bay at Newbiggin-by-the-sea.**

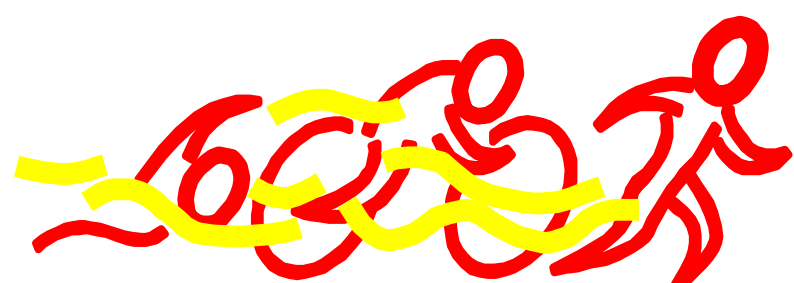
**20k bike in and around Newbiggin and 5k run along the spectator friendly promenade.**

#### Ideal for Novices

(Feel free to attend Coaching sessions leading up to the race)

**Race hosted from Newbiggin Sailing Club  
Newbiggin-by-the-sea**

For information visit [www.wansbecksport.org/tri-Northumberland](http://www.wansbecksport.org/tri-Northumberland)



Tri Northumberland



In association with



**Newbiggin by the Sea Sailing Club**

