

Make 2010 your best year EVER

Try Triathlon!



A brand new opportunity, exclusive to Northumberland is launching on Saturday 27th February.

The Try a Tri programme is aimed at first timers and for those who fancy a new challenge, to get fit and healthy outside of the gym environment.

The programme will be led by British Triathlon coaches, with sessions catered to suit your individual fitness, goals and lifestyle. The triathlon sessions will cover a mixture of swimming, cycling and running and participants can choose to do all three or just one or two of the activities.

Perhaps you would like to train to take part in a triathlon or come with friends to train together to do a team triathlon. (one swims, one bikes and one runs).

What ever your goals are for 2010 Make triathlon part of it. Anyone can attend – Age 14yrs +

BVAL
make-a-move
Leisure Inclusion Team

Tri 4 u
Coaching

mvsport

Tri Northumberland

Saturday 27th February 2010

Time: 1200hrs

Session: Mix of Swim & Run skills from qualified British Triathlon Coaches

Venue: Ashington Leisure Centre. Ashington. NE63 8HP

Saturday 20th March 2010

Time: 1200hrs

Session: Mix of Swim, Bike & Run skills from qualified British Triathlon Coaches

Venue: Ashington Leisure Centre. Ashington. NE63 8HP

Saturday 17th April 2010

Time: 1200hrs

Session: Mix of Swim, Bike & Run skills from qualified British Triathlon Coaches

Venue: Druridge Bay Country Park, NE16 5BX

Saturday 15th May 2010

Time: 1200hrs

Session: Mix of Swim, Bike & Run skills from qualified British Triathlon Coaches

Venue: QE2 Country Park, Lake. Woodhorn NE63 9AT

For further information and to book to guarantee your place for the first session please contact;
Tom Lavender – Tom.Lavender@northumberland.gov.uk
Georgie Rutherford – georgierutherford@britishtriathlon.org
The sessions are £5 each or £18 to book on to all 4.