

Do you enjoy

running & swimming?

Are you aged 8-18 and thought you might

give triathlon a go?

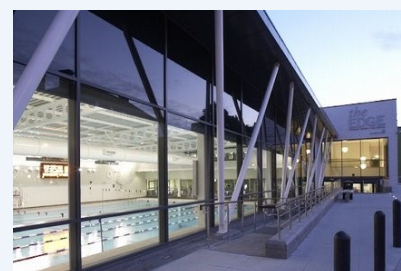
Not sure how to start? Then try the **LBT** 2024

Junior Aquathlon

Sunday the 2nd of June at Leeds University



An aquathlon is a swim followed immediately by a run and the perfect introduction to multi-sport events. The swim takes place in the Edge, a 25m heated indoor pool and the run is on a closed circuit round the university campus with electronic chip timing. This is a great event for **all** abilities to get involved in the sport from first timers, to athletes who hope to compete for the region. *(The race is part of the Yorkshire Junior Triathlon Series).* The day is organised by Leeds and Bradford Triathlon Club.



Your age on the 31st December 2024 determines your age-group.

Age Group	Swim Distance	Run Distance
8 years (Tristar Start)	50m swim	600m run (1 lap)
9-10 years (Tristar 1)	150m swim	1200m run (2 laps)
11-12 years (Tristar 2)	250m swim	1800m run (3 laps)
13-14 years (Tristar 3)	400m swim	3000m run (5 laps)
15-16 years (Youth)	400m swim	3000m run (5 laps)
17-18 years (Junior B)	400m swim	3000m run (5 laps)

Prizes are awarded for the first three male and female in each age group.

All finishers receive a Medal and Goody bag.

No previous experience is required only equipment are trainers and a swimming costume!

This event sells out every year weeks so enter quickly!

Event Website info:-

lbt.org.uk/junior-aquathlon/

or go here to book:-

<http://tinyurl.com/LBTJunior24>

email lbtaquathlon@gmail.com for further information.

**ENTER
ONLINE
NOW**