

Sandwell Triathlon 2014



Sunday 29th June

Sandwell Valley & Dartmouth Park

Nr Junction 1 West Bromwich, M5 motorway



A Children's 8-16yr Event

Open Water Swim, Tarmac cycle, Grass Run

A Triathlon consists of a swim followed immediately by a cycle ride then a run

Most children's Triathlons are swimming pool based or the cycle is on grass, few are of this quality. A rare opportunity for children to compete in an event similar to those that Olympic Heroes Alistair and Jonathan Brownlee do. Challenging for the best athletes, whilst still being suitable for the complete novice.

It all begins with the swim in the beautiful Sandwell Valley country parks "Swan Pool" Lake, followed by the first of two Transitions near by, where the children swap their swim hats and wetsuits for bikes and helmets. The children then mount their bikes and cycle on tarmac pathways around part of the lake before heading up through woodland to one of two bridges crossing the M5 motorway and down into Dartmouth parks main Arena area. For the youngest competitors its dismount time and the second Transition area where they must rack their bikes and remove helmets before starting the grass based run. The older children have more cycling to do on the excellent path ways around the Arena and lower field. Here we test their cycling skills with a frilling course for both competitors and spectators. After a second Transition they have a grass based run course to complete before crossing the finish line in the Arena field area to collect their finisher's medal .

Age Group	Swim Distance	Cycle Distance	Run Distance
Tri Start (8yrs)	50m	1500m	600m
Tri Star 1 (9-10yrs)	150m	2000m	1200m
Tri Star 2 (11-12yrs)	200m	4000m	1800m
Tri Star 3 (13-14yrs)	300m	6000m	2400m
Youth (15-16yrs)	400m	7500m	2700m

Your race age is as you will be on 31 December 2014, not age on race day

relay teams welcome: to consist of 2 or 3 boys or 2 or 3 girls from the same age category

Entry fee: £16 early bird until 30th May, then £20 until entry closing on June 23rd, or when full TS/TE/WT licence required or day race licence at a cost of £1 per competitor will be added to entry fee

To enter: go online to "www.entrycentral.com" and type "Sandwell Triathlon"

For more info; go to our web site www.oldbury-stc.co.uk/triathlon or email oldburystctriathlon@gmail.com