



# Aquathlon

## at Pingles & Bedworth

The **Pingles** and Bedworth Leisure Centres will be holding their annual aquathlons in May and July 2012. Aquathlon is an excellent way for novice athletes to enter the world of triathlon, also for experienced triathletes to add some variety to their race programmes and for anybody to have fun!\*

Our aquathlons are open to juniors and adults alike with ages starting from 8 upwards, so why not come along and take part!

### Planned Distances & Race Times:

Age Range	Swim	Run	Times
Years 5 & 6	50m	1 lap	Bedworth 4.30pm Pingles 1pm
Years 7 & 8	100m	2 laps	Bedworth 5pm Pingles 2pm
Years 9 & 10	200m	3 laps	Bedworth 5.30pm Pingles 3pm
Adults	200m	4 laps	Bedworth 6pm Pingles 4pm

\*Participants must be competent swimmers and able to confidently swim at least 50 metres.

**For more information, please contact:**

**Nathan Blundell**, Club Development Officer:  
02476 400589 / [nathan.blundell@nbleisuretrust.org](mailto:nathan.blundell@nbleisuretrust.org) or

**Anneka Ransome**, Physical Activity Consultant:  
02476 400547 / [anneka.ransome@nbleisuretrust.org](mailto:anneka.ransome@nbleisuretrust.org)

**Bedworth** Leisure Centre  
19th May 2012  
4.15pm - 6.30pm

**Pingles** Leisure Centre  
14th July 2012  
1pm - 5pm

**Ages:** 8 upwards

**Price:** Free, but donations gratefully received, which will be donated to the British Heart Foundation



**TO TAKE PART:**  
PLEASE COMPLETE AND  
RETURN THE ENTRY  
FORM OVERLEAF



# Aquathlon

## Entry Form

Aquathlon entering: **Bedworth** Leisure Centre  **Pingles** Leisure Centre

Name: .....

Email: .....

Address: .....  
.....

Postcode: ..... Date of Birth: ..... Age on day: .....

Contact No: .....

Parent/Guardian Signature: .....

Information packs will be sent to aquathlon entrants **2 weeks** prior to the event. These will contain a medical consent form which **must be completed and returned** or entrants will not be allowed to take part.

**PLEASE NOTE:** Entries limited, first come first serve.  
No entries on the day.

**Bedworth** Leisure Centre  
024 76400 502  
Coventry Road,  
Bedworth,  
CV12 8NN

**Pingles** Leisure Centre  
024 76400 500  
Avenue Road,  
Nuneaton,  
CV11 4LX

**RETURN TO:**  
Aquathlon, NB Leisure  
Trust, Heron House,  
Newdegate Street,  
Nuneaton, CV11 4EL