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**GALEFORCE EVENTS**

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BEDFORD BOROUGH COUNCIL

Sports Development Unit

Presents

**DSD Leisure**

# The 6th Junior Bedford Aquathlon

Including a  
Bedfordshire  
Schools  
Competition

# SWIM & RUN

4th May 2008 at Bedford Park & Robinson Pool

***An event for ALL ages and abilities***

The sixth Bedford Junior AQUATHLON is aimed at offering young people the opportunity to take part in a fun, exciting and well organised sports event. Participants may be inspired by the event and wish to take part in other races. They may wish to develop their swimming or running further at a local club. However, above all, we hope that everyone enjoys the event and has fun taking part.

**We wish to attract participants that have never taken part in anything like this before as well as young people who may already belong to a local swimming or running club.**

If you enjoy it – good! If you enjoy it and want to take part again – good! If you enjoy it and want to develop your swimming, running or other form of healthy physical activity – good!

**Just enjoy taking part!!**

*The event will take place alongside an official British Triathlon registered senior event so that we can use their expertise and staffing and so that junior participants can see where they might move onto in years to come.*



## 1 WHAT IS AN AQUATHLON?

An Aquathlon is a continuous **SWIMMING** and **RUNNING** event. There is also a stage between the swimming and running called the transition (where you get changed and ready to run) which is important part of the race.

## 2 WHO CAN TAKE PART?

This is a JUNIOR event and is open to anyone in the agreed age groups who wish to take part. You should be a confident swimmer who is able to swim the distance for your age group. We want to encourage as many people as possible to have a go. We will be running another event in October so you can challenge yourself to improve on your own time.

## 3 WHAT IS THE SCHOOLS COMPETITION?

As well as recognising all the participating individuals we will also be identifying the winning Bedfordshire schools in **each of the nine different year group** age categories.

In order for a school team to be recognised (and have the opportunity to win) teams must have **at least four participants from that year group** (the best four times from participants at the same school are added together to give a total score). This can be a mix of boys/girls or all boys or all girls in all four finishers. There is a special prize for schools with the most finishers overall (across all year groups) to help encourage entries and help ensure everyone can contribute to this overall prize.

Team members do NOT need to swim/run together. All the timings are done at the end of the event and the winning school is worked out

## 4 HOW CAN SCHOOLS ENTER?

You simply need to circulate the official entry forms to students at your school and encourage as many as possible to participate. You do not need to identify a specific team, just try and get at least four participants in any of the year group categories.

It is best to get more than four entered so that if someone drops out before the event or on the day your school will still register a score (you need four finishers to register).

## 5 HOW WILL SCHOOLS KNOW IF THEY HAVE A TEAM?

Schools can ask their students who has registered and / or check with the organisers during the weeks before the event. Please contact us if you are not sure of any details.

## 6 WHERE IS IT TAKING PLACE?

The event will be based at Robinson Swimming Pool and the adjacent Bedford Park. The venue is ideal for this kind of event.

After the swim in Bedford's premier pool, competitors will run in an idyllic, traffic free, flat park. Most of the run will be on surfaced paths but participants should be aware that part of the run will be on grass.

## 7 WHEN IS IT TAKING PLACE?

The event will take place on Sunday 4th May in the morning. Depending on the age group you are in depends on what time you will have to be at the venue, these times will vary from 8.45am to 10.35am. You will be sent a briefing card with your registration times a week before the event. The event should finish around 11.30am – 12 midday.

## 8 WHAT ARE THE AGE GROUPS AND HOW FAR WILL I HAVE TO RUN & SWIM?

CATEGORY	SCHOOL YEAR	SWIM	LENGTHS	RUN (approx)
Tristar Start	Year 3	66m	2	600m
Tristar 1	Year 4	133m	4	1.5k
Tristar 1	Year 5	133m	4	1.5k
Tristar 2	Year 6	200m	6	2k
Tristar 2	Year 7	200m	6	2k
Tristar 3	Year 8	333m	10	3k
Tristar 3	Year 9	333m	10	3k
Tristar 4	Year 10	400m	12	3k
Tristar 4	Year 11	400m	12	3k

(The distances are based on those recommended by the British triathlon association)

## 9 DO I NEED ANY SPECIAL CLOTHING OR EQUIPMENT?

You will need a swimming costume, goggles if you wish and a towel. You will also need a T-shirt, training/running shoes and shorts/tracksuit bottoms/leggings for the run. You may also wear a number belt if you wish. You should also bring a drink for yourself although we will provide water for competitors. No jewellery should be worn by anyone competing in the Aquathlon.

In order to help us plan the event we need participants to tell us their estimated time for the swimming distance for their age group to the nearest 30 seconds. **YOU WILL NEED TO TIME YOURSELF** (or get someone else to) for the number of lengths of Robinson Pool (for your age group) shown in the table in section 6 and write it on your registration form. It doesn't matter if you don't swim that time on the day but it allows us to organise the race so it is more enjoyable and easier to take part.

**IF YOU DO NOT FILL IN THIS PART OF THE ENTRY FORM WE CAN NOT ACCEPT YOUR SUBMISSION!**

## 10 ON THE DAY

You will need to arrive in good time to register. We will have lots of helpers on hand to explain what will be happening.

You will be sent a number in advance which you must pin to the **FRONT** of your running top/number belt.

All competitors will be given a certificate of participation and a medal at the end of the race. All Competitor's results/placing for each age group will be available after the race in time order. Spectators are very welcome so bring your friends and family to cheer you on.

## 11 WHAT HAPPENS NEXT?

If you wish to register you will need to complete the race registration from below. Forms can also be obtained by contacting: Sports Development Office, Town Hall, Bedford MK40 1SJ: phone 01234 221700: or downloaded at [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)

You will need to send payment with your registration form. When we have got your registration we will send you a full copy of the rules and running route. Other details and the times you will need for the day will be sent to you the week before the race (rules are also available to view at [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)).

**The cost of each participant is £6. This MUST be sent with your registration from.**

**Entries are limited and the closing date is Wednesday 23rd April.**



# ENTRY FORM

Name: ..... Date of Birth ..... /...../..... Boy  Girl  (Please tick)

School.....

Age groups (Current school year)

Year 3  Year 4  Year 5  Year 6  Year 7  Year 8  Year 9  Year 10  Year 11  (please tick your year group)

Estimated swim time for my age group is .....Minutes and .....seconds.

(If you do not fill in this section your entry cannot be processed. Please time yourselves in a pool rather than estimating a probable time.)

Address: .....

..... Post Code: ..... Tel No: .....

In order to help us monitor the event and ensure we reach all sections of the community, we would be grateful if you could tick the group which you consider your child belongs to:

White  Black or Black British  Mixed  Asian or Asian British

Asian or Asian British  Chinese  Other Ethnic Group  (please specify).....

*Continued overleaf*

# HOW DO I FIND OUT MORE?

If you would like any more details about this event or wish to discuss any aspect of it please contact:  
Amy Rance (Bedford Borough Council – Sports Development) on 01234 221700  
or email [arance@bedford.gov.uk](mailto:arance@bedford.gov.uk)

**WE LOOK FORWARD TO  
SEEING YOU THERE**

## Have Fun – Take Part – Enjoy It!



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### PARENTAL CONSENT

I know of no physical or mental conditions which may endanger my child/ren when competing. I understand that it is the competitor's responsibility to navigate the course and complete the required number of laps for each section. I accept that the organizers, school, volunteers and officials will not be responsible for any loss or injury sustained to my child/ren and his/her supporters before, during or after the event.

I agree to my child/ren being photographed by recognized official photographers and understand that photographs may be used for future publicity (Please let us know if you do NOT want photographs used for publicity)

I give permission for him/her to participate and have read and fully understand this consent form.

**I enclose a Cheque for £6 (Payable to: Bedford Borough Council)**

Signed: .....Parent/Guardian      Date ..... /..... /.....

Please advise us of any details, medical or otherwise, that you would like the organisers to be aware of.  
You should include details of any medication your child is taking

.....  
It is essential we have a contact number at all times. Please state any other contact name and numbers you may feel are appropriate .....

**Please detach and return this Entry Form with your Cheque to:**

Aquathlon, Sports Development Unit, Bedford Borough Council, Town Hall, Bedford MK40 1SJ  
Telephone: 01234 221700      Email: [arance@bedford.gov.uk](mailto:arance@bedford.gov.uk)

Full race rules and route provided on receipt of completed Application Form. No Entries Accepted on Day of Competition

**FORMS MUST BE RETURNED BY WEDNESDAY 23rd April**