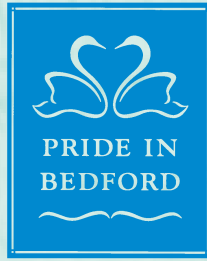




BEDFORD BOROUGH COUNCIL  
Sports Development Unit



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# The 1st Junior Bedford Aquathlon SWIM & RUN

30th April 2006 at Bedford Park & Robinson Pool

## *An event for ALL ages and abilities*

The first 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 can sometimes be an important part of the race.

## 2 WHO CAN TAKE PART?

This is a special **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 and you can challenge yourself to improve on your own time.

## 3 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.

## 4 WHEN IS IT TAKING PLACE?

The event will take place on **Sunday 30th April 2006**. We will be starting early! You will need to report to the registration desk between 7.45am - 8.15am. There will be a special briefing meeting for all participants and spectators at approximately 8.30am (before the race starts at 9.00am) and we should be able to announce results and do a presentation at around 11.00am. There will be another race on the 1st October so you can see if you can beat your time.

## 5 WHAT ARE THE AGE GROUPS?

The age groups are based on the British Triathlon recommendations for these events:

CATEGORY	AGE
Tristar Start	8 year old
Tristar 1	9-10 year olds
Tristar 2	11-12 year olds
Tristar 3	13-14 year olds
Youths	15-16 year olds

(The age is determined by age at 31st December 2006)

## 6 HOW FAR WILL I HAVE TO RUN & SWIM?

CATEGORY	AGE	SWIM	Lengths (Robinson Pool)	RUN
Tristar Start	8 year old	66m	2	600m
Tristar 1	9/10 year old	133m	4	1.5k
Tristar 2	11/12 year olds	200m	6	2k
Tristar 3	13/14 year olds	400m	12	3k
Youths	15/16 year olds	400m	12	3k

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



## 7 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 should also bring a drink for yourself although we will provide water for competitors.

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.



## 8 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 given a number to pin to your running top and will have a number written on your arm/leg for the swimming!

All competitors will be given a certificate of participation and a medal at the prize giving ceremony at the end of the race. All Competitor's results/placings for each age group will be available after the race in time order (apart from the 8 year olds which are available in last name order) Spectators are very welcome so bring your friends and family to cheer you on.

We will be holding a competitors and parents/spectators briefing session prior to the race so that everyone is aware of what they can and can't do. Please also note that we will have a strict child protection policy in place and anyone wishing to take photographic images will need to register themselves on the day at the appropriate registration desk.



## 9 WHAT HAPPENS NEXT?

If you wish to register you will need to complete a race registration form below. Forms can also be obtained by contacting: Sports Development Office, Town Hall, Bedford: 01234 221700 or you can download one 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 other details you will need for the day (rules are also available to view at [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)).

**The cost for each participant is £5 – This MUST be sent with your registration form.  
Entries are limited and the closing date is Friday 14th April.**



# ENTRY FORM

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

School.....

Age Group (As at 31st December 2006)

8yrs  9-10  11-12  13-14  15-16  (please tick your age group)

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

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:  
Richard Tapley (Bedford Borough Council – Sports Development) on 01234 221700  
or email [rtapley@bedford.gov.uk](mailto:rtapley@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 £5 (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: [rtapley@bedford.gov.uk](mailto:rtapley@bedford.gov.uk)

Full Race Pack provided on receipt of completed Application Form. No Entries Accepted on Day of Competition

**FORMS MUST BE RETURNED BY FRIDAY 14th APRIL**