

DSD Leisure



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GALEFORCE EVENTS



BEDFORD BOROUGH COUNCIL
Sports Development Unit
Presents



The 8th Junior Bedford Aquathlon

SWIM & RUN

14th June 2009 at Bedford Park & Robinson Pool

An event for ALL ages and abilities

The Eighth 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 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 individual schools event in Juner so 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 14th June 2009. You will need to report to the registration desk in the pool reception area between 8.00 and 8.45am. (Final details will be sent to you the week before the race). We should be able to announce results and do a presentation at around 11.30am.

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.

It is vital that you make sure your race number is securely fastened to the front of your running top. We have staff on the course who will be checking your progress as you pass them and they **MUST** be able to see your number. If they can not see your number the details provided to organisers at the end of the race will indicate you have not finished the course correctly and you may be disqualified or get an incorrect time.

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 to 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

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).

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

Entries are limited and the closing date is Wednesday 3rd June

This event is getting more and more popular. It is important to book early.



ENTRY FORM

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

School.....

Age group (School year September 2008)

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 isMinutes andseconds.

(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

**WE LOOK FORWARD TO
SEEING YOU THERE**

Have Fun – Take Part – Enjoy It!



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SPORTS DEVELOPMENT UNIT



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

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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

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 3rd JUNE