

STARTS 16th APRIL
2005

CARNEGIE TRIATHLON CLUB, LEEDS

CAN YOU SWIM, RIDE A BIKE AND RUN?

AGED 10–16 ?

THEN WHY NOT TURN UP TO A CARNEGIE TRIATHLON CLUB SESSION.

- ✓ ALL SESSIONS ARE CONDUCTED BY LEVEL 1 & 2 BRITISH TRIATHLON LICENSED COACHES.
- ✓ ALL SESSIONS ARE BASED AROUND LEARNING NEW TRIATHLON SPECIFIC SKILLS AND HAVING FUN!!!



WHEN: SATURDAY MORNINGS 09:00—11:00

**WHERE: LEEDS METROPOLITAN UNIVERSITY,
HEADINGLEY CAMPUS**

MEET IN THE SPORT CENTRE RECEPTION

COST: £4 PER SESSION

For further information contact: Michael Burch, the Yorkshire and Humberside Regional Development Officer on 07739 526 560, michaelburch@britishtriathlon.org

For swimming elements; pupils will need to be able to swim 50 metres of reasonable standard front crawl with reasonable ease. For cycling elements; a roadworthy bike is needed and a cycle helmet must be worn at all times. Please contact Michael if you have any questions. At the sessions the coaches will also be able to advise pupils and parents further on these matters.



leeds metropolitan university

delivering development



DIRECTIONS TO THE UNIVERSITY CAN BE FOUND AT: http://www.leedsmet.ac.uk/visiting/travel/Leedsmet_maps.pdf