

# Powys Sports Development



## Easter Holiday Run, Bike & Swim 2 day Camp (9-16 Year Olds)

WOULD YOU LIKE TO TRY A NEW EVENT OR JUST IMPROVE YOUR SKILLS IN AN EXISTING EVENT?

COME ALONG TO OUR 2 DAY TRIATHLON SPECTACLE TO EXPERIENCE SWIMMING, RUNNING & CYCLING, COMPETITIONS AND PRIZES AND MUCH,MUCH MORE.....

**VENUE – Maldwyn Leisure Centre**  
**DATE – 22<sup>nd</sup> and 23<sup>rd</sup> March 2016**  
**10am – 3.30pm COST - £20**

### Approx distances

Age	Swimming	Running	Cycling
9-11 year olds	8 lengths	1000m (2 laps)	3000m (6 laps)
12-13 year olds	8 lengths	1500m (3 laps)	4500m (8 laps)
14-16 year olds	16 lengths	2000m (4 laps)	6000m (10 laps)

A triathlon is a multi-sport event involving the completion of three continuous and sequential endurance events. This camp is a trial experience, so join in and have some fun during the holidays. The Camp will be run with the help of coaches and volunteers from: Hafren Cycling Club, Maldwyn Harriers Athletics Club and Newtown Swimming Club.

The cycling will take place off road & on grass. Athletes must bring their own bike & helmet and will be supervised at all times. Bikes can be stored overnight at the Leisure Centre.

\* Places are limited and will be allocated on a first come first served basis \*

If you require any further details please don't hesitate to contact :  
 Katie Hamer, Community Sport Officer. Tel No 01686 614060/  
 07766 248617

E-Mail: [katie.hamer@powys.gov.uk](mailto:katie.hamer@powys.gov.uk)

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## Easter Holiday - Run, Bike & Swim 2 day Camp (9 - 16 Year Olds), 22<sup>nd</sup> and 23<sup>rd</sup> March 2016 Maldwyn Leisure Centre ~ 10am – 3.30pm, Cost: £20

Name: ..... Contact Name and Tel Number for Emergency: .....

Address .....  
 .....  
 .....

Postcode: ..... Any medically conditions the coaches should be made aware of? .....

Gender: .....

Tel No (Home): .....  
 Tel No: (Mobile).....

Date of Birth: .....  
 Email: ..... Do you belong to a swim, cycling or running club?  
 .....

School: .....  
 School Year: .....

Photography/Filming may take place during this sports event for promotion & publicity of the scheme.  
 Please tick the box if you **DO NOT** wish your child to be photographed or filmed.

Please complete and return to : Sports Development Unit, The Old College,  
 Station Road, Newtown, Powys. SY16 1BE  
 enclosing a cheque for £20 made payable to 'Powys County Council'.

Applications must be received by **11th March 2016**

**Only limited places available!** Confirmation of places will be sent out.