



**BEDFORD**  
BOROUGH COUNCIL

Supported by:



# 23<sup>rd</sup> Bedford Junior Aquathlon

# Swim & Run

## Sunday 14<sup>th</sup> May 2017

### Bedford Park & Robinson Pool



The 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.



BEDFORD BOROUGH COUNCIL  
SPORTS DEVELOPMENT UNIT  
*Keeping Bedford Active*



## 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' and enjoy the event. However, experience has shown that non swimmers or weak swimmers do not benefit from participation and are advised not to take part. (Organisers reserve the right to refuse entry to any participants they feel do not meet these necessary requirements.)

## 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 May 2017. You will need to report to the registration desk in the pool reception area around 9.30am. (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 12 (this may vary in time depending on the speed of the swimmers). Due to the large number of participants we will only be able to announce 1st, 2nd and 3rd place on the day.

All times and positions will be available on our facebook page by 3pm on the following Monday (15th May) [www.facebook.com/bedfordsportsdevelopment](https://www.facebook.com/bedfordsportsdevelopment)

## 5. What are the age groups and how far will I have to run & swim?

Category	School Year	Swim	No. of Lengths	Run (approx.)
Tristar Start	Year 3	66 metres	2	600 metre
Tristar 1	Year 4	133 metres	4	1.2 km
Tristar 1	Year 5	133 metres	4	1.2 km
Tristar 2	Year 6	200 metres	6	1.9 km
Tristar 2	Year 7	200 metres	6	1.9 km
Tristar 3	Year 8	333 metres	10	2.8 km
Tristar 3	Year 9	333 metres	10	2.8 km
Tristar 4	Year 10	400 metres	12	2.8 km
Tristar 4	Year 11	400 metres	12	2.8 km

(The distances are based on those recommended by the British Triathlon Association).

## 6. 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.

**YOU 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 5 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!**

## 7. 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 that 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 the 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 on [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport) or [www.facebook.com/bedfordsportsdevelopment](https://www.facebook.com/bedfordsportsdevelopment) on the following Monday afternoon in time order.

Spectators are very welcome to bring your friends and family.



## 8 What happens next?

If you wish to register you will need to complete the race registration form below. Forms can also be obtained by contacting: **Sports Development Office, Borough Hall, Cauldwell Street, Bedford, MK42 9AP**, phone **01234 718827** or download 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)).

You can also pay over the phone with a credit or debit card - **01234 718827**.

New way to pay - online with a credit or debit card [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport).

**The cost of each participant is £8.**

**This MUST be sent with your registration form. Entries are limited and all entry forms with payment must be in by Tuesday 2nd May 2017, 5pm. (Borough Hall Reception or Bedford Central Library.)**

# Aquathlon Entry Form



**BEDFORD**  
BOROUGH COUNCIL

Name ..... Date of Birth ..... Boy  Girl

School .....

Age Group (School Year September 2016)

Year 3  Year 4  Year 5  Year 6  Year 7  Year 8  Year 9  Year 10  Year 11

Timed swim 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.**

In the past week on how many days have you accumulated at least 30 minutes of moderate intensity physical activity such as brisk walking, cycling, sport, exercise and active recreation? ..... **days**

Email Address .....

Address .....

Postcode ..... Telephone Number .....

Please indicate how you would like to receive your confirmation: Email  Post

Please tick if you would like to go on our mailing list: Email

**Forms must be returned by Tuesday 2nd May 2017, 5pm**



**With every entry form you will be sent a Junior Reward Card for under 16 year olds**

Fill out the form and take it to your local Fusion Lifestyle site where they will validate it and add £5 worth of points – that’s at least 2 free swims!

For more information about Fusion Lifestyle please visit [www.fusion-lifestyle.com](http://www.fusion-lifestyle.com)

## What else is available from Sports Development?



- Badminton Champion Coaching - Sports Coaching for 11-16 year olds
- No Limits Adult Multi Activity Club - Activity club for adults with learning and physical disabilities
- Re-Active 8 - 8 week sports courses for 30-55 year olds
- Re-Active 8 Gold - 8 week sports courses for over 50 year olds
- Sports Zone - Sports sessions for children with disabilities
- Summer Sports Courses - Sports courses for 6-16 year olds
- Over 70’s - Gentle exercise classes aimed at over 70’s

For more information please visit [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport) or call 01234 718827  
 Become our Friend on Facebook [www.facebook.com/bedfordsportsdevelopment](http://www.facebook.com/bedfordsportsdevelopment)  
 Follow us on Twitter @boroughsports Follow us on Instagram @SportsDevBBC



## 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 organisers, 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 recognised official photographers and understand that photographs may be used in future publicity. Please let us know if you do NOT want photographs used for publicity - call 01234 718827.

**I give permission for him/her to participate and have read and fully understand this consent form. I enclose a cheque for £8 (please make cheques 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 feel are appropriate:

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  Chinese

Other Ethnic Group  (please specify) .....

Please detach and return this Entry Form with your Cheque, by Tuesday 2nd May 2017, 5pm to:

**Aquathlon, Sports Development Unit, Bedford Borough Council, Borough Hall, Cauldwell Street, Bedford MK42 9AP Telephone: 01234 718827 Email: [sport@bedford.gov.uk](mailto:sport@bedford.gov.uk)**

**Full race rules and route provided on receipt of completed Entry Form. No entries accepted on day of competition.**