

JUNIOR SATURDAY MORNING PROGRAMME

Please see below timetable of Saturday morning sessions through to August.

All sessions start at 10 am, PROMPT Appropriate kit MUST be worn. Bike helmets compulsory for bike rides. Bikes must be in safe working order.

Any queries please text Andy Southall on 07775 874837, or Jan Brookes on 07910043228

Training Schedule

June 25th

Wombourne – Bike – Chain ganging down the railway 10.00am

Youth only – road bike from Wombourne 8.00am

No swim session on afternoon due to novice triathlon

July 2nd

Wombourne 10.00am

Brick session – bring bike and run kit.

July 9th Top Barn 9.00 am prompt (everyone needs to be in wetsuits outside café at 9.00am)

Open Water session at Top Barn Worcester (wetsuits needed, shorty wetsuits will be ok) All parents to sign an Absolute Tri disclaimer on arrival and pay Absolute Tri

Bring kit for transition practice as well

July 16th

Club Race at Wombourne 3.00pm please let Karen know if you are attending (Karen@wardevans.freeseve.co.uk)

Entry fee £5

Youth only – road bike from Wombourne 8.00am

July 23rd

No Session – B'ham triathlon – entries via www.entrycentral.com

July 24th

Bike track session - venue to follow

July 30th

Barefoot running session at Wombourne

Break for Summer Hols

Sept 3rd

Wombourne – Run time trial

Parents/carers welcome to come along

We MUST have an emergency contact number on which we can reach you during the session.

All children must be collected by someone known to us

If you need any more information, please contact Jan Brookes on 07910043228, Mark on 07887660070 or Andy on 07775874837