

Woodhall Spa Aquathlon

This event is aimed at all abilities with the focus on fun and informality, with a healthy bit of competitiveness thrown in.

Location:

Woodhall Spa Swimming Pool
Jubilee Park
Stixwold Road
Woodhall Spa
LN10 6QH

Tel: 01526 353478

Time: 6:30 registration for a 7pm start

When: Every Thursday evening

Format:

You'll be required to swim 400m (12 lengths of Woodhall pool), change into running kit and then run 5k (Woodhall Spa Triathlon run route and Woodhall 5k fun run route)

When registering you'll need to give your 400m time as this will indicate your start number, wave and lane.

You'll have a number written on your wrist to shout out when exiting the water and finishing; this will ensure you get your splits and overall time (we use manual timing and have found that this is the best way on ensuring accurate times are given).

These are informal events with the aim of enabling everyone to develop their swim and run abilities within a friendly, yet (historically) competitive environment. Those that have taken part have seen their overall swim and run times gradually come down as they get quicker.

If you wish to have more information then please give me a shout on: 07943102739.