



Come and Try it Biathle/ Biathlon Training 2010

Training for biathlon/biathle will take place on a bi-monthly basis at the Osprey Leisure Centre, Castletown, Portland, Dorset. The training is open to all athletes who wish to come along and have a go at a biathle or biathlon, and more experienced athletes to do some specific biathle training. Novices from schools and clubs are encouraged to come along as there will be talks on training and other events organised by Pentathlon GB.

All athletes will need to bring swimming and running clothing (warm running top) and spare shoes as the trainers they wear for running training could get wet we recommend that they bring soft drinks and a packed lunch for the day.

The format for training will be a training talk followed by a running warm up and some back to back swim, run training. On completion of training a talk on events organised by Pentathlon GB.

Dates and Venues

| | | |
|----------------------|--------------------------------|-----------|
| Sunday 7 March 2010 | Osprey Leisure Centre Portland | 1000-1400 |
| Sunday 25 April 2010 | Osprey Leisure Centre Portland | 1000-1400 |
| Sunday 6 June 2010 | Osprey Leisure Centre Portland | 1000-1400 |

The cost is £5 per session for Pentathlon GB members.

Non members of Pentathlon GB £12 for first session which includes membership to Pentathlon GB if under 19.

Should you wish to attend please fill in the pro-forma below and return to:
Mr M Flaherty, 121 Belgrave, Southill, Weymouth, Dorset, DT4 9SN. Together with a cheque made payable to Dorset Pentathletes.

Come and Try it Biathlon/Biathle Training Pro-Forma 2010

Name.....Age.....DOB.....

Address.....

.....

School.....Clubs.....

E-mail.....Tel.....

I certify that I agree to be bound by the rules of the organiser, and that the Pentathlon GB and organisers shall not be liable for any injury or loss during the training and that my child is a competent swimmer.

Parents Signature.....

Any Medical Conditions.....

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E-mail flaherty121@aol.com Tel 01305 759047