



Biathlon Training Day & GB Biathlon Series Race 1

There will be a training day and race on Saturday 27th March 2010 at Millfield School. The day is open to all athletes (and parents are welcome) who are interested in Biathlon.

The aim of the morning is to give an insight into the continuous format run / swim / run event, tips on swim / run training, transitions, open water swimming technique, back to back training and racing. Athletes should bring running and swimming clothing. The **provisional** format for the day is as follows:

- Saturday
- 10:00 - Athletes meet.
 - 10:30 - Biathlon Calendar, Rules & Competition Techniques
 - 11:30 - Transition Training
 - 12:30 - Registration for Race
 - 13:30 - Course Briefing and walk course
 - 14:00 - GB Series Race 1 starting with Youths E
 - 15:45 - Last race
 - 16:15 - Prizegiving
 - 17:00 - Depart

The weekend is open to anyone who wishes to attend. You are required to be a member of PentathlonGB to compete in the Race.

Competition distances as follows:

Ages as at 31st December 2010

Class	Age	Run	Swim	Run
Youths E	10 yr. & under	500m	50m	500m
Youths D	11 – 12	500m	50m	500m
Youths C	13 – 14	500m	100m	500m
Youths B	15 – 16	1000m	200m	1000m
Youths A	17 – 18	1500m	200m	1500m
Juniors	19- 21	1500m	200m	1500m
Seniors	22 & Over	1500m	200m	1500m
Masters	40 & Over	1000m	100m	1000m

During the day there will be time to talk to the Coaches about their training programmes or to receive advice on training

Please complete the form below and enclose a cheque for correct amount made out to "PentathlonGB Biathlon" and a stamped self addressed envelope for final details and send it to: - Howard Jones, Haydock Cottage, Whittingham Lane, Grimsargh, PRESTON PR2 5LH. **Closing Date – 1st March 2010**

I wish to attend the Training and GB Biathlon Series Race on 27th March 2010 at Millfield School and enclose a cheque for £15.00 and a stamped, self-addressed envelope. **Closing Date 1st March 2010**

Name: -Date of Birth:.....Class:

Address:-.....

Tel. Number: - E-mail:-PentathlonGB M'ship No:

Signed:Parent or Guardian if under 18: Date:

British Biathle Race Series 2010

There will be a series of Biathle Competitions staged Great Britain in 2010 with points allocated to everyone who competes in each race. At the end of the series, there will be overall prizes based on each competitor's best results from the available races. Athletes must compete in a minimum of two races to qualify for the overall prizes. Although there will be medals for those successful in each of these events, the final prize giving will take place on completion of the final event. In the event of a tie the Salford result will be used as the decider.

Points will be allocated as follows:

1st - 60 pts; 2nd - 55 pts; 3rd - 51 pts; 4th - 48 pts 5th - 46 pts; 6th - 44pts; 7th - 42 pts; 8th 40pts; 9th - 39pts; 10th - 38 pts and so on down to 30th Place.

All competitors will be expected to wear tops throughout the Biathle race. The wearing of any form of footwear will not be allowed during the swim and footwear must be worn for the two running elements of the race.

A box will be provided for each athlete bearing their respective number in the transition area in which goggles, shoes etc must be placed when not required. Swim caps may be worn for the swim but any item that is discarded must be placed into their own box. Anyone discarding any item during the race will risk disqualification.

Race Series – dates and venues:

Millfield School	27 th March 2010
Portland	2 nd May 2010
Weymouth**	25 th June 2010 provisional
Salford Quays *	8 th August 2010
Poole, Dorset	18 th September 2010

* This event is also the British Biathle Champions hips and Qualifying Competition for the World Biathle Championships in Dubai 30th October.

** This event is also a World Biathle Tour event.