

Sandwell Festival of Triathlon

Sandwell Aquathlon

Haden Hill Baths/Park

Sunday 6th April

An Adult & Children Event suitable for the whole family (beginner Friendly) distances to suit all abilities.

Enter at: www.entrycentral.com

Entry closes: Monday 29th March.

Sandwell Open Water Aquathlon

Sandwell Valley

Sunday 11th May

A very early season Event to give those planning to do Open Water Triathlons a chance to practice their open water swimming.

Enter at: www.stuweb.co.uk/events

Entry closes: Monday 6th May.

Sandwell Triathlon

Sandwell Valley

Sunday 29th June

Most children' Triathlons are swimming pool based or the cycle is on grass, few are of this quality.

Challenging for the best athletes, whilst still being suitable for the complete novice.

Enter at: www.entrycentral.com

Entry closes: Monday 23rd June

Entrants are invited to participate in

Three FREE training days

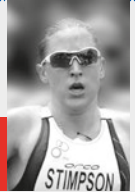
8th June 2014 – Sandwell Valley 29th June 2014 – Netherton centre and the 13th July 2014 - Sandwell Valley

Once you have registered for the events, please contact Kirsty Shaw kirstyshaw@triathlonengland.org with your full name or call on 07739526556 to book.

Jodie

Stimpson

Aquathlon



Sandwell Valley

Sunday 3rd August

A Commonwealth Games Celebration

Event. An extremely rare opportunity to compete against Oldburys Jodie Stimpson in this short distance Open water Aquathlon.

Jodie has consistently been the local starlet of Triathlon in the Black Country and with her 2nd place in the 2013 World Series is on great form.

Choice of 2 distances;

400m swim followed by a 2.5KM run or
750m swim followed by a 5km run

Enter at: www.stuweb.co.uk/events

Entry closes: Monday 29th July

Sandwell Off Road Triathlon

Sandwell Valley

Sunday 17th August

Open water swim, grass, gravel, dirt trail cycle, gravel path run. **Suitable for both Road bikes & Mountain bike.** Three different distances.

Enter at: www.stuweb.co.uk/events

Entry closes: Monday 11th August

Series information: only the Sandwell Aquathlon has its swim in a swimming pool, all the other Events start with a swim in the beautiful Swan Pool lake at Sandwell Valley. To find out more go to www.oldbury-stc.co.uk/triathlon

Sandwell Festival

of Triathlon



Events Information

Something for Everyone Triathlon may have its origins based on finding the ultimate athlete and for the Elites like Jodie Stimpson little has changed. But now its so much more! As one of the countries fastest growing sports it now attracts people from all walks of life, ages, fitness levels, abilities and disabilities; so much so that its even going to be in the 2016 Paralympics. The 5 Events that form the Festival have something to offer for everyone beginning with a swimming pool based Aquathlon leading through to one of two open water triathlons.

Aquathlon - 6th April - Haden Hill

Age Group	Swim Distance	Run Distance
Tri Start (8yrs)	50m (2 Lengths)	600m
Tri Star 1 (9-10yrs)	100m (4 Lengths)	1200m
Tri Star 2 (11-12yrs)	150m (6 Lengths)	1800m
Tri Star 3 (13-14yrs)	200m (8 Lengths)	2500m
Youth (15-16yrs)	200m (8 Lengths)	2500m
Adult Novice	200m (8 Lengths)	2500m
Adult Sprint	400m (16 Lengths)	5km
Relay team of two	See note 1	See note 1

Entry fees:

Adults, Novice-£10 (£8 up to 5th Jan, £12 from 2nd Mar)

Adults, Sprint-£12 (£9 up to 5th Jan, £14 from 2nd Mar)

Youth-£8 (£7 up to 5th Jan, £10 from 2nd Mar)

Children-£8 (£7 up to 5th Jan, £10 from 2nd Mar)

Relay team, additional £4

Plus a registration ad fee of between 60p & £1

Open Water Aquathlon - 11th May - Sandwell Valley

Race Name	Swim Distance	Run Distance
Super Sprint	400m	5Km
Sprint	750m	5Km
Olympic	1500m	5Km
Relay team	See note 1	See note 1

Entry fees:

S- Sprint-£15 (£10 to Feb 28th, £18 from 11th Apr)

Sprint-£20 (£15 to Feb 28th, £24 from 11th Apr)

Olympic-£25 (£20 to Feb 28th, £29 from 11th Apr)

Relay team, all distances -£25

(£20 to Feb 28th, £29 from 11th Apr)

Sandwell Triathlon - 29th June - Sandwell Valley

Age Group	Swim Distance	Cycle Distance	Run Distance
Tri Start (8yrs)	50m	1500m	600m
Tri Star 1 (9-10yrs)	150m	2000m	1200m
Tri Star 2 (11-12yrs)	200m	4000m	1800m
Tri Star 3 (13-14yrs)	300m	6000m	2400m
Youth (15-16yrs)	400m	7500m	2700m

Entry fees:

£16 (£12 up to 9th February, £20 from 31st May)

Plus a registration admin fee of 65p

Jodie Stimpson Aquathlon - 3rd August - Sandwell Valley

Race Name	Swim Distance	Run Distance
Super Sprint	400m	2.5Km
Sprint	750m	5Km
Relay team	See note 1	See note 1

Entry fees:

Super Sprint-£15 (£10 to 18th May, £18 from 6th Jul)

Sprint-£20 (£15 to 18th May, £24 from 6th Jul)

Relay team, all distances-£25 (£20 to 18th May)

Off-Road Triathlon - 17th August - Sandwell Valley

Race Name	Swim Distance	Cycle Distance	Run Distance
Super Sprint	400m	10Km	5Km
Sprint	750m	10Km	5Km
Olympic	1500m	10Km	10Km
Relay team	See note 1	See note 1	See note 1

Entry fees:

S- Sprint-£20 (£14 to 5th Jan, £24 from July11th)

Sprint-£25 (£19 to 5th Jan, £29 from July11th)

Olympic-£30 (£18 to 5th Jan, £34 from July11th)

Relay team, all distances-£35 (£22 to 5th Jan)