

# IF YOU CAN SWIM BIKE RUN COME AND HAVE SOME FUN

*at this local Family Friendly*

# TRIATHLON

**Giggleswick Junior School Pavilion  
Mill Hill Ln, Giggleswick, Settle BD24 0DG**

***Sunday 9th July***

**10.00 am for all swimmers**

**£10** per child up to 16 years old - **£15** per multiple siblings and family teams

<b>Distances:</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
5-6yrs	40m	1km	400m
7-10yrs	100m	1.5km	600m
11-16yrs	150m	2km	800m

*Senior event and family relay: details on the day*

<b>Swim:</b>	Pool lap(s)
<b>Bike:</b>	off road bike track
<b>Run:</b>	on grass

*This is a fun event - no times recorded*

## *Boys & Girls You Will Need*

Swimming trucks / costume, a bike with helmet, trainers, clothes to bike and run in while a bit wet, one adult to help you, warm dry clothes and a big smile to wear when you finish.

*Event sponsored by*



**RUNBIKEFUN**

## *Questions?*

Call Jill Eccleston 07955 342 344 [info@runbikefun.co.uk](mailto:info@runbikefun.co.uk) or  
Andy Mouncey 07799 063 115 [andy@doingbigandscary.com](mailto:andy@doingbigandscary.com)

**SWIM • BIKE • RUN • JUST GOOD FUN**