



NORTH WEST REGION TRAINING DAYS

The following taster/ training days are due to take place suitable for beginners and athletes on Consideration for ETP or on ETP- if you are interested in attending or would like more information on regular club training please contact Rachael Handley: rachael.hares@pentathlongb.org / 07590 444372.

Regional Training will take place on the following dates; three disciplines are normally covered between 10-3.30pm at Accrington Academy, Lancashire- BB5 4FF

- 19th April- Shoot, Fence and Run
- 3rd May- Shoot, Fence Swim and Gym
- 14th June- Shoot, Fence and Run
- 5th July- Shoot, Fence Swim and Gym
- 6th September- Shoot, Fence and Run
- 4th October- Shoot, Fence, Swim and Gym
- 1st November- Shoot, Fence and Run
- 6th December- Shoot, Fence, Swim and Gym
- 7th February- Shoot, Fence, Swim and Gym
- 6th March- Shoot, Fence, Swim and Gym

Further training days to be arranged throughout the year, please keep an eye on the calendar for more details.

Battle of the Roses

17th January- Battle of the Roses (North West Vs Yorkshire) Static Triathlon- Swim, Run and Static Shoot with coaching in Fencing. Great opportunity for competition practice with coaches support on hand!

