

VERULAM SWIMMING CLUB

(Affiliated to ASA East Region)

www.verulam-asc.org.uk

BIATHLONS AND BIATHLES

Some of Verulam swimmers participate in Biathlons and Biathles. A Biathlon is a swim in the morning and run in the afternoon or vice versa. A Biathle is a continuous run, swim, run. Different distances apply to different age groups.

To be eligible to must be at least aged 10 by 31st December and a current member of MPAGB. For more information and membership application forms go to the British Pentathlon website www.mpagb.org.uk

Ask Robert, Geogina, Martin or Abbie how exciting this event is!

Anyone wishing to know more about biathlons and/or biathles, phone Pat Van Tromp on 01923 675745 - Verulam ASC Biathlon/Biathle Co-ordinator

Here's to a successful 2008!

