

LINCSQUAD



Open Water Swim, Off Road Cycle,
Kayak, and Run
Over Age Related Distances.



'QuadKidz'

Saturday 16th June 2018 Training Camp

British Triathlon and British cycling coached off road cycling, running, and open water swimming with kayak practise

Wet suits, buoyancy aids, and approved cycle helmets compulsory.

10am to 6pm. Ages 8 to 18 years (as at 31/12/18)

Also open to adult beginners too!

Cost: Lincsquad members £17.50 none members £20

Limited camping on site (no caravans)

Sunday 17th June 2018 'BQA QuadKidz' Event

Part of the 'BQA QuadKidz 2018 National Series.

Race Start: 1 pm - Cost: £12

**Venue: North Lincolnshire and Humberside Sailing Club,
Barton Upon Humber, DN18 5RB.**

Parents will have the opportunity to experience 1 hour of open water swimming while the youth rest, cost £5 (Swimming is free if assist with marshalling)

Register at www.Lincsquad.co.uk.