

LINCSQUAD



Open water swim, off road cycle, kayak, and run, over age related distances.



'QuadKidz'

Sunday 14th July 2019, 1 pm start

British Quadrathlon Association

QuadKidz final points series event.

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

Kayaks, buoyancy aids, and paddles available on request.

Not suitable for road bikes.

Ages 8 to 18 years (as at 31/12/19)

Cost of event £12

Parents will have the opportunity to experience 1 hour of open water swimming when the youth finish, cost £5
Swimming is FREE if you assist with marshalling!

North Lincolnshire and Humberside Sailing Club,

Barton Upon Humber, DN18 5RB.

Register at www.Lincsquad.co.uk.