

# Helmsley Aquathlon

**RACE 1 - Tuesday 4<sup>th</sup> August**

**RACE 2 - Tuesday 11<sup>th</sup> August**

**RACE 3 - Tuesday 18<sup>th</sup> August**

## Swim & Run



## Swim & Run



Helmsley Outdoor Pool invite all interested runners and swimmers to participate in this unique series of races. The events are open to both juniors and adults, novices and masters; join us for action packed summer evenings and get fitter, faster and stronger.

## CHALLENGES:

Platinum



20 lengths swim  
5 lap run

Gold



16 lengths swim  
4 lap run

Silver



12 lengths swim  
3 lap run

Bronze



8 lengths swim  
2 lap run



Under 10's-  
Splash & Dash

4 lengths swim  
1 lap run

## REGISTER:

**Register at the Pool:** Baxtons Road, Helmsley, North Yorkshire, YO62 5HT

**TELEPHONE:** 01439 771072 OR 01439 408010

Find us and like us on



Helmsley Open Air Swimming Pool

## PRICES & TIMES:

Under 10's Splash & Dash 7pm. £1.00

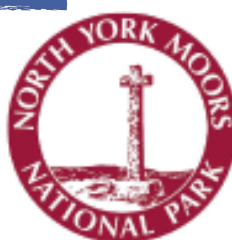
10-16 year olds 7.15pm. £2.00

Adults 7.45pm. £4.00

## SUPPORTED BY:

Registered Charity No. 523358

RYEDALE  
DISTRICT  
COUNCIL



The **co-operative**