



Ashurst Bike Club Juniors



- Triathlon consists of a swim immediately followed by cycling and finishing off with a run. It is the fastest growing sport in the country with thousands of people from all age groups taking part in their first triathlon every year.
- The British athlete, Alistair Brownlee, has helped to increase the profile of the sport in this country with his convincing gold medal in this year's world championship series.
- Ashurst bike club is a St Helens based triathlon club that has recently introduced a junior section in response to the massive increase in youth participation in the sport and in an attempt to give children an alternative to the more traditional sports to help them maintain a healthy, active lifestyle.
- Triathlon is not only for the extreme fitness enthusiast as the sport caters for all abilities by providing race distances that are suitable for most fitness levels.
- There is a level of participation for anyone that wants to give the sport a go. Whereas a small amount of people taking part in triathlon do so to win, most athletes are motivated just to complete the challenging swim/bike/run course or improve on their personal best.
- Ashurst Bike Club Juniors is open to boys and girls from the ages of 9 to 18. The club caters for all ability levels and will provide structured, progressive and fun training based on the individual's fitness and skill levels.
- Swim training takes place every Saturday morning from 9am till 10:30am at Selwyn Jones Leisure Centre. Cost is £3. Sessions will consist of mostly front crawl stroke improvement and swim fitness training.
- Cycling/Running training is every Wednesday evening from 6pm till 7:30pm at Cowley Language College Gym (Gamble Avenue entrance). Cost is £1. Sessions will consist of a combination of indoor spin cycling, circuit training and running.
- The training sessions will help athletes prepare for a winter series of events starting with an Aquathlon (Swim and Run) on the 24th October. The second event of the series is a Duathlon (run/bike/run) on the 12th December and the final Aquathlon event takes place on 30th January. The events are over age appropriate distances and you can get further details and an application form from www.ashurstbc.org.uk/ABC_Juniors.htm
- The winter series and training will form the preseason training for athletes wanting to prepare for the triathlon season which starts in April.
- The club has already achieved success in its first year with Christopher Lamb, aged 10, winning his race category in the Salford Children's Triathlon and just as impressively, the club helped over one hundred children get active and experience the sense of achievement that comes with completing a triathlon during the st.helens festival organised by the club in the summer.
- Take your first steps to becoming fit for life and maybe even challenging Alistair Brownlee in the Olympics by printing out one of the vouchers entitling you to a free swim and a free bike/run session.