

Couple Challenge Series

SWIM 23rd JULY & TRIATHLON 24th JULY



Tri Northumberland are hosting two exciting new events in Newbiggin in July.
Couple Swim Challenge and Couple Challenge Triathlon

The Swim will take place in the bay on **Friday 23rd July**.

It's a 6.30pm start and should be complete by 7.30pm

The Triathlon will take place on **Saturday 24th July** and will start at 12.00 Noon with a 1900m **Sea Swim** over 2 laps, taking competitors in and out of the sea.

The Bike will complete a 2 lap course to Amble and round Lynemouth, before returning to Newbiggin. This will start around 12.30pm and extend until 4.40pm.

Your help in keeping the main street as clear as possible, particularly from 12.30pm till 1.00pm, as Triathletes leave Newbiggin would be really appreciated.

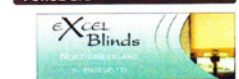
The Run will follow a 4 lap course along the full length of the promenade with the first runners leaving the transition at around 2.45pm. Most runners will finish by 6.00pm and the event should be fully complete by around 7.00pm.

We hope these two events will attract support from visitors as well as the local community. Come down to the promenade and see what's happening and help to give everyone a great experience.

WE NEED YOUR SUPPORT



Simple...isn't it?



For information visit <http://trinorthumberland.sweat365.com>