

PONY CLUB



AREA 5 TETRATHLON TRAINING

AN EXCITING DAY OF VARIED, NON-MOUNTED TRAINING

For age 8 and over

£45 each, £5 discount for 2nd and subsequent siblings

WEDNESDAY 16 APRIL, 9am to 4.30pm
MOLD LEISURE CENTRE, WREXHAM ROAD, MOLD CH7 1HT

Entries Close: Wednesday 26th March 2025

Spaces are limited

Morning Session: check in at 8.30am

In the morning you will be allocated to one of four groups and spend 45 mins on each of the three Triathlon disciplines plus a Cross Fit Training session.

Shoot training – with Meg Green. Please source your own gun. Previous shooting experience required so contact us if you need an introductory session first.

Run training – with Vicky McKinnon, an ex PC Tetrathlete, PE teacher and head coach at Knutsford Tri Club. She will cover the various aspects of a good run performance. Running will be outside on grass.

Swim training – with new coaches from Mold. Technique and competition practice.

Cross Fit training – with Lily Johnson, an ex Area5 Tetrathlete who is now a qualified trainer. This training helps develop strength, stamina and power.

There will be an inside area available for eating your lunch.

Afternoon Session: starts 1.30 pm

In the afternoon you will be split into three groups and spend 40mins each on 3 topics relating to competition before everyone comes together for a talk by an equine specialist.

Nutrition – with Vicky McKinnon. Vicky will explain how nutrition affects your performance and how you can best prepare for competing.

Movement – with Reanne Benson. Reanne is a horse rider specialist who works with movement analysis to help you move better, feel better and ride better.

Stretching techniques – with Lauren Eldred. Lauren will teach you about warming up and cooling down, plus stretches to maintain and repair your muscles.

3.30pm Equine Specialist Guest Speaker

Guns:

Guns must be clearly labelled and left at shoot control. We will have a system to sign them in and out of our care. You will also need eye protection (unless shooting at 10m) and pellets.

What to bring:

Participants will need trainers for run training but also clean footwear for inside use. This must be shoot legal i.e. proper footwear but not covering the ankles. Swim kit is also required.

There are no refreshments available and we will be discussing competitor nutrition so each participant needs a healthy lunch, healthy snacks and plenty of fluids.

Dress code is branch sweatshirts.

How to book:

All Entries to be made online to: EntryMaster
<https://area5tetrathlon.entrymaster.online/index.php?id=85&event=9&details=1>

Entries Secretary (and all queries):
Mrs Penny Wingfield, email: area5tetrathlon@outlook.com, Tel: 07845 128109

Note to parents:

We will look after your children during the day, including gun loading as required. Put an emergency contact number for use on the day on your booking form and tell us if this changes. Also please tell us about any dietary, medical or other needs we may need to know. These will be treated with discretion.

Photography

Competitors and their parents/guardians have given permission for any photographic and/or film or TV footage taken of persons or horses/ponies taking part in Pony Club events to be used and published in any media whatsoever for editorial purposes, press information or advertising by or on behalf of the Pony Club and/or Official Sponsors of the Pony Club.

Legal Liability:

Save for the death or personal injury caused by the negligence of the organisers, or anyone for whom they are in law responsible, neither the organisers of this event or The Pony Club nor any agent, employee or representative of these bodies, nor the landlord or his tenant, accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land, cars, their contents and accessories, or any other person or property whatsoever. Entries are only accepted on this basis.

Health, Safety and Welfare:

Organisers of this event have taken reasonable precautions to ensure the Health and Safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers and all the officials and stewards.