

NATIONAL TETRATHLON TRAINING DAYS 2025

There will be three National Tetrathlon Training Days, two in Bath and the other in Yorkshire.

BATH

This will be held at the University of Bath on **Sunday 23rd February 2025 - FULL**

There is a second day being held at the University of Bath on **Sunday 13th April 2025 with limited spaces available.**

Applications are invited from any athletes who competed during 2024 at Open or Intermediate level. There will be 24 places available. The day will consist of coaching sessions in Shooting, Swimming, Track Running and Strength & Conditioning. The coaches are all ex-Tetrathletes and are all currently engaged as coaches in their respective disciplines.

Applications should include the following information:

- Name
- Date of birth
- Competition history
- Details of current training undertaken
- Involvement in PC activities

Applications to: **Richard Mosley**
Email: richardmosley241@outlook.com

YORKSHIRE

This will be held at Catterick Leisure Centre, Catterick Garrison, North Yorkshire DL9 3EL on **Saturday 8th March 2025.**

Applications are invited from any athletes who competed during 2024 at Open or Intermediate level. There will be 24 places available. The day will consist of coaching sessions in Shooting, Swimming, Track Running and Strength & Conditioning. The coaches are all Accredited National Coaches and are all currently engaged as coaches in their respective disciplines.

The cost of the day is £50 per athlete.

Consideration may be given to those who have just moved up to Intermediate this year if places allow.

Applications should include the following information:

- Name
- Date of birth
- Competition history
- Details of current training undertaken
- Involvement in PC activities

Closing date for applications is Friday 14th February 2025. Successful applicants will be notified by the Monday 17th February 2025.

Applications to: Liz Wilkinson
Email: carrsides@farming.co.uk