



NEWRY TRIATHLON CLUB CALENDAR OF EVENTS 2019

January

15th Coached to Crooked Lake 2019 registration; Open Night;
Welcome to Newry Tri Club
Newry Leisure Centre 7.30 p.m. - 8.45 p.m.

February

3rd **NTC Duathlon (1)**
GreenBank Industrial Estate (at SRC Green-shoots) 10.00.a.m. start - sign on from 9.15 a.m.; Juniors start 9.30 a.m.
Distance: 2 mile Run; 10 mile Bike; 2 mile Run

17th **NTC Duathlon (2)**

GreenBank Industrial Estate (at SRC Green-shoots) 10.00.a.m. start - sign on from 9.15 a.m.; Juniors start 9.30 a.m.
Distance: 2 mile Run; 10 mile Bike; 2 mile Run

March

3rd **NTC Duathlon (3)**
GreenBank Industrial Estate (at SRC Green-shoots) 10.00 a.m. start- sign on from 9.00 a.m.; Juniors start 9.30.a.m.
Distance: 2 mile Run; 10 mile Bike; 2 mile Run

31st **NTC BIKE TT (1)**

Aylsford Interiors Warrenpoint
10.00 a.m. start - sign on from 9.15 a.m.
Distance: 10 miles

April

14th **NTC BIKE TT(2)**
Aylsford Interiors Warrenpoint
10.00 a.m. start - sign on from 9.15 a.m.
Distance: 10 miles

28th **NTC BIKE (3) - Charity Sportive**

Start point: TBC; Time: TBC ;Distance: TBC
Check the Newry Triathlon Club FaceBook page for details

May

1st **NTC First Dip**

Camlough Lake, Co. Armagh
7.00.p.m. start - sign in from 6.30 p.m.
Distance: 50m; 250m; 1Km swim circuits available

8th, 15th, 22nd; 29th

NTC REGEN Aquathlon Series 7.00 p.m.

Camlough Lake, Co. Armagh
7.00.p.m. start - sign on from 6.15 p.m.
Distance: 750m Swim: 5Km Run
Cost: Everyone - all 4 events £50; £15 individually when payment made online. Pay on the night: £20; Juniors: no charge

19th **Golden Ticket TRY-A-TRI**

Camlough Lake, Co. Armagh
10.a.m. start - sign on from 9.15 a.m.
Distance: 250m Swim; 6Km Bike; 3Km Run
Entry: £20 online or on the day
Junior Race: no charge; Distance: Swim 100m; Bike: 3Km(accompanied by a parent); Run 1Km

June

1st **Crooked Lake Triathlon 2019 (entry opens on 1st April)**

16th, 30th **Aqua Bike Series (1&2)**

£10 for non-members - free to full members of NTC
16th June - Camlough Lake - registration from 9.00 a.m. (750m & 1500m swim (choice); Bike 25Km)
30th June - Rostrevor - registration from 8.30 a.m.
Swim at 9.00 a.m. Details TBC

July

10th **Coached Swim start and Swim**

TOM Swim start point Rostrevor
Time: **6.30 p.m. Swim at 7.00 p.m.**
Distance: 1.5Km Swim

Run Kilbroney: TOM Run Course

10th, 17th, 24th, 31st Meet point: bottom gate main entrance Kilbroney Park 7.30 p.m. start ; later on 10th - after swim practise.
Distance: 10Km Run

14th **Aqua Bike Series (3)**

Meet point: TOM Swim start Rostrevor
9.30 a.m. start - sign on from 8.30 a.m.
(Swim start: 09.30 a.m. 4.6m) TBC
Distance: 1.5Km Swim; 40Km Bike (TOM route)

August

4th TOP of the MOURNE(TOM) Triathlon

Start: 1.30 p.m. Entry online
Distance 1.5Km Swim; 40Km Bike; 10Km Run
Solo and TriO teams welcome

Run Kilbroney:

7th ,14th Meet point: bottom gate main entrance Kilbroney Park 7.30 p.m. start
Distance: 10Km Run

September

1st South Armagh Warrior Triathlon

Camlough Lake, Co. Armagh
10.00 a.m. start - sign on from 9.15 a.m.
Distance: 2.7Km Swim; 50Km Bike; 5Km Mountain Run
Relay Teams encouraged

October

TBC (12th?)Newry Triathlon Club End of Year Awards' Ceremony

Details TBC

December

15th SANTA BIKE TT

NTC fourth event Christmas Drinks

Details TBC

**NTC Club away day race 2019:
Pink and Gold Triathlon, Cavan.
Details TBC**

Any non-member attending events donation:

£5 for land based events; £10 for water based events.

**Events are open to Juniors and Seniors
except BIKE TT's and AQUA BIKE
which are for Seniors only.
Juniors are free and must be accompanied by an adult**

www.newrytriathlon.com **REGULAR CLUB TRAINING**

These sessions are **free** for NTC Full Club members

SWIM: Monday, Wednesday and Friday - 6.30 a.m. - 7.30 a.m.

Lane swimming in Newry Leisure Centre.
Tuesday and Thursday evenings 9.00 p.m. - 10.00 p.m.

Coached swimming sessions for **all levels**.

Junior members must have a parent member attend with them.

Venue: Newry Leisure Centre.

TRACK:Every Wednesday evening from 7.30 p.m. - 8.30 p.m.

St. Colman's College, 46 Armagh Road, Newry, BT35 6PP

All levels welcome - non-members pay £4 per session via website honesty box

BIKE: Cycling group leaves from the Court House, Newry, sharp at 9.00 a.m. every Sunday (unless there is an event on)

Keep an eye on our FB page for updates!

All levels welcome

Ventoux Cycling Studio - @VentouxCyclingStudio;

101 Camlough Road, BT35

7EE, Newry; 00442830838280

NTC Club Training sessions Monday 8.15 p.m. - 9.15 p.m.

Discounted rate for club members costs £5 (€6) per session.

Booking essential earlier on Mondays as places limited.

Any Non-member participating in NTC Training events needs to show a TI licence

Keep a watch on our FB page for updates

HOW TO JOIN US: Triathlon Ireland Website - triathlonireland.com

Get involved/Find a club

Membership options:

Full adult Club membership: £60 (€69)

Family membership: £100 (€116)

(two adults and children/juniors - all full membership)

Associate membership: £20 (€24)

(does not include training sessions)

Triathlon Ireland Licence required:

Training Licence: €22 for club members

Race Licence: €65 for club members