

Achieving Excellence Together

ISA Triathlon Year 3, 4, 5 & 6 - 6th October 2016

8th July 2016

Dear Parents

I am delighted to inform you that The Webber Independent School will be entering students to compete in the **ISA Triathlon to be held on Thursday 6th October 2016** at Woodlands Hutton Manor, Hutton, Brentwood, Essex.

The format will be a traditional Triathlon starting with a 90m swim [6 lengths of their pool], followed by an 800m bike ride [all bikes are provided] and finishing with an 800m run.

Further detailed instructions will be issued to those students who will be attending nearer the time (we are restricted to a maximum of 6 students per year group).

In September we will be continuing with our running during lessons, however if your son/daughter would like to start training during the summer holiday in preparation for the Triathlon I have attached some suggested fun activities.

This should be a fantastic experience for the students and hopefully we will pick up a few medals along the way. Good luck with the training!

Yours sincerely

D Mitchell

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