



DIARY NOTE

ATHLETES LAUNCH TRIATHLON WITH RIVER TEES SWIM, BIKE RIDE AND RUN

- DATE:** Thursday, 11 June 2009
- TIME:** 12.15pm – 12.45pm
- WHERE:** Meet at the Jetty, top of Navigation Way, Thornaby, Stockton on Tees, TS17 6QA
- WHAT:** Launch of the Stockton Triathlon with a small taster of what the race will be like with three teams taking part in a 100m swim in the River Tees, 200m bike ride and 200m run.

One of the region's most picturesque athletic challenges, the Stockton triathlon, will take place on Sunday 30 August at the Tees Barrage and everyone interested in fitness is being encouraged to enter as well as elite athletes.

To encourage wide participation, team entries only need each person to do one challenge rather than all three, which the event organisers Stockton Council hope will encourage more local people and businesses to enter for both fun and fundraising.

Athletes will swim in controlled waters of the River Tees near the Barrage itself and the bike routes will follow quiet tarmac roads to Newport Bridge via Stockton. Running sections will be around the network of paths beside the river, finishing along its grassy banks.

The distances are supersprint - 400m swim, 10k bike ride and 2.5k run, sprint - 750m swim, 20k bike ride and 5k run, with the standard distance - 1500m swim, 40k bike ride and 10k run.

Neil Russell, Stockton Borough Council's leisure & sports development manager, said: "The Triathlon is now in its third year and it's going from strength to strength.

"I'm thrilled we can hold this 'mini-triathlon' and I hope it encourages even more people to enter on 30th August. We would like to encourage not only seasoned triathletes but new comers after a challenge to work towards in terms of their own health & fitness goals. The event can be undertaken individually or as part of a team so it's ideal for people of all abilities."

Alan Slater, British Waterways' river manager for the Tees Barrage said: "The triathlon highlights the excellent facilities here at the Tees including the improved water quality, beautiful surroundings and superb infrastructure to support this type of events."

Les Southerton, director, Stockton Middlesbrough Initiative said: "This event showcases better than any other, the fantastic setting and facilities we have here at the Tees Barrage. The Stockton Triathlon is a test of endurance for our top athletes but can also be a great teambuilding exercise for local businesses looking for something a bit different for their staff."

Georgie Rutherford, Regional Programme Manager for Triathlon England said " This is the third year the triathlon has taken place at the Tees Barrage which proves it is a popular fixture on the triathlon calendar. What makes this event unique is that it caters for everyone and with the introduction of the super sprint distance and team entry first time Triathletes can enter and enjoy a new fitness challenge"

For further details, or to enter on-line visit: www.stocktontriathlon.com or ring 0870 803 0045.

ENDS

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