



Did you know that there is a junior triathlon club in Cockermouth?

Would you like to give it a go?

The club is open to 8-18 year olds and our aim is to provide a safe and fun environment for the teaching and development of the three disciplines that make up a triathlon, swimming, cycling, and running. The training sessions are during term time and are led by qualified triathlon coaches.

Swim training is held on a Saturday 12:15 to 13:15 at Cockermouth Sports Centre £3.00.

Run training is held on a Wednesday 17:15 to 18:10 meeting at Cockermouth School Field £2.00.

Cycling training is held on a Wednesday 18:30 to 19:30 meeting at M Sport £2.00.

If you would to try some of the sessions please email us at trilakelandjr@gmail.com or for more information please look on our website www.trilakelandjuniors.co.uk / scan the QR code

