

**JUNIOR**

# Splash

**AND**

# DASH

**A swim / run event providing an introduction to the sport of triathlon for children**

**Under 7's through to 14 years + categories (entrants must be able to swim 25m unaided)**

**All entrants will receive a medal and certificate and trophies for age group winners!**

**Enter online (£7.50) via our website (closes 12pm on 12th July or before if event sells out)**

---

**13**  
**JULY**

**SATURDAY**  
**12PM ONWARDS**