



Leeds Beckett University, Carnegie Sports Centre, Headingley LS6 3QQ

Sunday 21st May 2023

The Yorkshire Ability Triathlon is a relaxed event based around swimming, cycling and running for disabled children and young people.

Alternative activities will be available for those unable to take part in all 3 disciplines.

There are no specific distances or times, it's all about having fun and perhaps trying something new.

Family and friends are very welcome to be part of this with you.

Ages 8 to 17 years old.



Starts 10.00am



Entry £15.00



Swimming

This can be getting in the pool and walking around or swimming lengths. If you don't fancy swimming, there will be an alternative activity.



Cycling

Ride or scoot your way around the circuit, there will be some bikes provided including adapted bikes.



Running

This could be a relaxed walk, a steady jog, a run or however you want to complete this.



Not sure? Take a look at [last year's Reason To event in Newcastle](#)

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For more information please feel free to give Richard a call on 07860928496 or drop him an email at yorkshirechair@triathlonengland.org