

The Birch Easter Triathlon

RIDE - RUN - SWIM

Saturday 8th April

Start Wellness Space. Finish Lido

1. Members to register in Wellness Space at 9:50.
2. The Ride will begin at 10am in the Spin studio (Duration: 30 minutes)
3. Group will then jump off the bikes, leave the Wellness Space and follow the purple route on map for two laps. Run is around 3km (1 mile) for both laps.
4. Once run is complete the group will recover, re-fuel and walk over to The Lido.
5. Group to swim 10-20 laps as final stage of Triathlon.
6. Complementary post event refreshments.

Refreshments

Infused (cucumber and mint) water urns.
Plates of cut orange/blood orange/ grapefruit (seasonal citrus) wedges.
Date, almond and cacao energy balls.

£15 entry pp.

KEY

1 Wellness Space (START)	10 Bees
2 Lido (FINISH)	11 Perennial Vegetables
3 Mansion House	12 Chickens
4 The Hub	13 Orchard
5 Zebra Riding Club	14 Herb Garden
6 Italian Garden	15 Pigs
7 Tipi	16 Meridian Metaphor Sculpture
8 Field	
9 South Downs Sheep	



Birch (CHESHUNT)