**Triathlon**

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 Wellingborough & District AC are affiliated to British Triathlon.

When applying for your Triathlon England membership and Race Licence (please remember to select ***Wellingborough &District AC*** as your club).

We are also affiliated to UK Time Trials so if you want to enter a cycle TT or two!!

**Contacts**

If you need to contact us regarding the Triathlon section, please contact **Neil McDonald** on neilm@wdac.org.uk

* **News**
* **Club Championship**
* **Results**

**These can all be found on our members closed Facebook page -** [**Click here**](https://www.facebook.com/groups/297252797638646/)

**Training**

* **Run | Bike | Swim**

Structured sessions with WDAC every Tuesday & Thursdays plus casual long runs and other runs at weekends posted on the main WDAC Facebook group

* **Run | Bike | Swim**

**Summer** – Monday night rides, normally in 2 or 3 groups to suit all speeds – look out on the Triathlon and WDAC Facebook pages for start, speeds and distances times etc.

**Winter** – Monday night – Mike Berry’s ‘house of pain’ Turbo sessions

* **Run | Bike | Swim**

**Summer** – We help to run and manage the fantastic Sywell Country Park Open Water facility – Saturday mornings 8 – 10am and Wednesday evenings 6 -7pm - £3 per session including parking, wetsuit hire available and RLSS and Anglian Water approved and accredited waters, fully lifeguarded and supervised open water swimming for all.

All bookable at https://www.northamptonshiresport.org/open-water-swimming

**Winter** – No fixed sessions or venues at the moment but watch this space – look out for casual groups on the Facebook pages – Corby 50m pool is a favourite training venue on Friday evenings in the winter.

**Links**

[**WDAC Facebook page**](https://www.facebook.com/groups/WellingboroughDAC/)

[**WDAC Triathlon Facebook page**](https://www.facebook.com/groups/297252797638646/admin_activities/)

**[Sywell Open Water swimming](https://www.facebook.com/groups/674393042973747/)**

[**https://www.northamptonshiresport.org/**](https://www.northamptonshiresport.org/)

[**https://www.corbyleisure.co.uk/corby-pool-information**](https://www.corbyleisure.co.uk/corby-pool-information)

[**https://www.britishtriathlon.org/**](https://www.britishtriathlon.org/)

[**https://www.cyclingtimetrials.org.uk/**](https://www.cyclingtimetrials.org.uk/)