

Dear Clubs,

The Triathlon England north west website has a new layout please visit:
<http://www.triathlonengland.org/north-west> to have a look around.

I want to publish more news articles from the clubs in the NW on here, if you have a newsletter please could you add me to the mailing list.

All club updates will be published on the webpage now under useful documents as well as emailed out: http://www.triathlonengland.org/north-west/our_region/useful_documents



Triathlon England North West has a **Facebook** like page:
<https://www.facebook.com/TriathlonEnglandNW> please like us for North West updates



Triathlon England North West has a **Twitter** account: @NWTriathlonEng please follow us for North West updates



Swim Smooth Open water swimming day

For more information and to book on please follow this link:

<http://www.triathlonengland.org/take-part/open-water>



There are still places on the courses below:

First Aid Course

Sunday 27th April 2014

9.00-4.00pm

http://www.triathlonengland.org/north-west/our_region/other_courses



Common Faults and Corrections within the Freestyle stroke

Saturday 3rd May 2014

9.30-12.30pm

http://www.triathlonengland.org/north-west/our_region/other_courses

If you are planning on visiting London in April and want to ride the Olympic Velodrome then please click here for more information:

http://www.triathlonengland.org/news/qeop-ridethecircuit_4091

British Triathlon Championship needs **volunteers**....are you interested in volunteering on the event?

The 2014 event will be based in the impressive surroundings of Liverpool's Echo Arena and BT Convention Centre, with transition for the age-group races being held inside the arena itself.

Please sign up here to volunteer: <https://upsolutuk.wufoo.com/forms/volunteer-registration-liverpool-2014/>

If you have any questions please don't hesitate to contact me.

Kind Regards,

Lucy



Lucy Cowgill

North West Regional Manager

Cheshire and Warrington, Cumbria, Greater Manchester, Lancashire & Merseyside

Triathlon England

Mobile: +44 (0) 7860695235

Web: www.triathlonengland.org

**DISCOVER
ENJOY
ACHIEVE**

Support Team England at the **Glasgow 2014
Commonwealth Games** on 24/26 July

 /TriEngland  TriathlonEngland  @TriEngland

Please consider the environment before printing this email.

Delivery Address: PO Box 25, Loughborough, Leicestershire, LE11 3WX

Office Address: Michael Pearson East, 1 Oakwood Drive, Loughborough, LE11 3QF

Important Notice: This transmission is intended only for the addressee and may contain confidential or privileged information. If you have received this transmission in error and are not the addressee stated above, please notify the sender immediately and do not disclose, copy or distribute this message, or open any attachments.

Whilst the British Triathlon Federation actively scans emails to minimize the risk of viruses being relayed through its systems, it does not accept any liability for any virus that may be contained in it and you should take responsibility for virus checking upon receipt. You should also be aware in communicating with the British Triathlon Federation by e-mail that e-mail is not a 100% secure medium. Please note that the British Triathlon Federation reserves the right to monitor all e-mail communications into or out of its systems.

The British Triathlon Federation. A company registered in England and Wales with its registered office at Loughborough University, PO Box 25, Michael Pearson East, 1 Oakwood Drive, Loughborough, LE11 3QF and registered number 02995438