



**Report by Scott Higgins**

**Duty Officer**

**Geoff Moulder Leisure Complex**

**Boston Borough Council**

**June 2017**

**CHILDRENS INDOOR TRIATHLON**

**Raising money for Children's Ward, Pilgrim Hospital**

**Held at Geoff Moulder Leisure Complex**

**10/06/2017**

## Community Chest Funding

Working from Boston Big Local priorities:

- 1) Improve health and wellbeing through physical activity.
- 3) Building community spirit – provide new activities.

### **Preparation:**

Meetings took place to discuss the best way to deliver the triathlon and how to get Children of all different abilities involved.

Fliers and Posters were delivered to various venues to promote the event. This event was also advertised on social media. Fliers were handed to Children who already attended the Kids Gym area and the local Triathlon group notified their members of the event.



Prices were sought for T-shirts, medals, water, bags and goodies for all contestants and glass winner's trophies and ordered.  
Event plan for the day organised.

The decision was made to run the Teen Triathlon, scheduled for the 24<sup>th</sup> June, with the Children's Triathlon due to low uptake. But keep the original idea that the teen triathlon consisting of 15 minutes per discipline. Volunteers sought to help with time keeping, swim length counting and distance logging.

Trained lifeguards and exercise staff duties rota completed.

Sponsor form and Consent forms completed and returned.

Entries for the Children's event were 18 participants in total. However 3 participants pulled out on the day.

There we only 2 entries for the Teen Triathlon

T-shirts, medals, trophies and bags are delivered; the pool supplied the water & goodies.



Children's Triathlon bag, medal and T-shirt



Teen triathlon T-shirt



## Day of the Event

10/06/17

15 Children took part in the Children's triathlon. Each competitor swam, cycled and ran for 10 minutes each activity, putting every bit of energy they had into each of those activities.

Of the 15 Children that took part 2 participants lived within the BBL area.

The Teen Triathlon took part immediately after the Children's Triathlon. Each competitor swam, cycled and Ran for 15 minutes each activity again working very hard and feeling physically tired at the end.

Scott Higgins and Martin Thompson, organisers of the Children's & Teen Indoor Triathlon's congratulated the participants for completing the triathlon and presented them with a Swim Bag, T-Shirt, Medal, Bottle of Water, Chocolate Bar and Fruit Winder.



Xavier, Eden, Jess, Evie and Luke on completing their Triathlon



Connor, Matthew, Harry, Amelia and Lisa on completing their Triathlon



Raimond, Daniels, Riya, Patrick, Nayana on completing there triathlon



Riya won the 8-9 age group & Matthew won the 10 – 11age group



Emily and Sophie on completing the Teen Triathlon



We currently have raised £882 for Children's Ward, Pilgrim Hospital.

The parents of the children who had taken part said:

"Jess absolutely loved it and she did really well!"

"Evie-May raised £200 and was so pleased to do it. She is not the sporty type but she wants to do more of it now"

All the children said after the event that they enjoyed taking part and would try again next year.

Scott Higgins (Event Organiser) said "this event is open to children of all abilities and gives every child the chance to experience what a triathlon would be like. The format makes it achievable but also challenging for all those that took part. It also enables them to raise some money for a local charity. I am happy that everyone finished with a smile on their face and are vowing to come back next year in an attempt to beat their scores from this year. With this in mind hopefully next year's Triathlon can build on its success and continue to be a regular event in the Geoff Moulder Leisure Complex Calendar."

## **OUTCOMES**

Children were given the opportunity to experience new activities.

It is hoped that the children will continue to do physical activity.

Next year's Teen Triathlon will take place on the same day as the Children's Triathlon.

Further Triathlon's – Adults Indoor Triathlon November 26<sup>th</sup> 2017

Health and wellbeing will be improved for those continuing with the sport.

Money raised for a Local Charity (Pilgrim Hospital Children's Ward)