

NWPHub membership £50 IND £100 FAMILY. You must be a member to train in these sessions. Taster sessions are open to NEW members too

Last updated 21/5/24

NorthWest Pentathlon Hub Training & Competitions 2024 Season

payment blocks	Day	Time	Location	Other notes	
BLOCK 1 - Laser run & OCR training 9 WEEKS (SUBS £24 IND, £48 FAMILY) plus comp entry discount	January				
	1	06	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
	2	13	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
	3	20	Saturday	10am registration	Edge Hill University North Schools Biathlon Qualifier
	3	27	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
	February				
	4	03	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
	5	10	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
	5	11	Sunday	13:00 - 16:00	NWP Hub Race 2 LASER RUN + PARA Ribblesdale Pool, Tennis Center, BB7 3LA. All abilities, warm up event Open to all.
	6	17	Saturday	11-12:30	Crossfit VitaRay BB4 6LB
7	24	Saturday	11-12:30	Crossfit VitaRay BB4 6LB	
March					
8	02	Saturday	11-12:30	Crossfit VitaRay BB4 6LB	
8	10	Sunday	13:00 - 19:00	NWP Hub Race 3 - NORTH FESTIVAL OF SPORT LASER RUN / TRIATHLON / TET / OCR NORTH FESTIVAL OF SPORT LASER RUN / TRIATHLON / TET / OCR	
9	16	Saturday	11-12:30	Crossfit VitaRay BB4 6LB	
1	24	Sunday	4:30 - 7pm	Ribblesdale Pool, Tennis Center, BB7 3LA Laser Run OCR Biathlon OPEN TASTER EVENT!	
2	31	Sunday	8 - 9:30am	Palatine Pool - Biathlon taster event for Euro Qu Biathlon session OPEN TASTER EVENT!	
April					
BLOCK 2 - Pool Biathlon / Laser Run 11 WEEKS (SUBS £25 IND, £50 FAMILY) plus comp entry discount	3	07	Sunday	4:30 - 7pm	Ribblesdale Pool, Tennis Center, BB7 3LA
	4	14	Sunday	10:00-15:00	NWP Hub Race 4 BIATHLE - EUROPEAN QUALIFIERS Palatine Pool and cycle track, Blackpool - Biathlon pool swim
	5	21	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	6	27	Saturday	7:00 - 10:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	May				
	7	04	Saturday	11:00-12:30	Crossfit VitaRay BB4 6LB
	8	11	Saturday	7:00 - 10:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	9	19	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	10	25	Saturday	7:00 - 10:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	June				
BLOCK 3 - Open water Biathlon and Laser Run and Trithle. (SUBS £25 IND, £50 FAMILY) plus comp entry discount	11	02	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	1	09	Sunday	07:30 - 9:00	Delph Watersport Centre, Halfpenny Lane, Heskin, PR7 5PR
	2	16	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	3	23	Sunday	07:30 - 9:00	Delph Watersport Centre, Halfpenny Lane, Heskin, PR7 5PR
	4	29	SAT/SUN TBC	TBC	North West Hub Race 5 North West Schools and Open Laser Run Pending Liverpool Wavertree Sports Park
	5	30	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	July				
	6	07	Sunday	07:30 - 9:00	Delph Watersport Centre, Halfpenny Lane, Heskin, PR7 5PR
	7	14	Sunday	16:30-19:00	Ribblesdale Pool, Tennis Center, BB7 3LA
	8	21	Saturday	11:00-12:30	Crossfit VitaRay BB4 6LB
9	28	Sunday	07:30 - 9:00	Delph Watersport Centre, Halfpenny Lane, Heskin, PR7 5PR	
August					
10	04	Saturday	11:00-12:30	Crossfit VitaRay BB4 6LB	
BLOCK 4 - Pool Biathlon / Laser Run 12 WEEKS (SUBS £28 IND, £56 FAMILY).	New Block 4 North West Pentathlon Hub Training - Must be a full North West Pentathlon Hub Member to attend the block.				
	August				
	1	18	Sunday	16:30-19:00	biathlon/ laserrun Ribblesdale Pool, Tennis Center, BB7 3LA
	2	24	Saturday	07:45 - 12:30	biathlon/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB
	3	31	Saturday	07:45 - 11:00	biathlon/laserrun/fence Accrington Academy, Queens Road, BB5 4FF
	September				
	4	07	Saturday	07:45 - 12:30	biathlon/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB
	5	21	Saturday	07:45 - 11:00	biathlon/laserrun/fence Accrington Academy, Queens Road, BB5 4FF
	6	28	Saturday	07:45 - 12:30	biathlon/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB
	7	29	Sunday	10:00 - 13:30	biathlon NORTH WEST PENTATHLON HUB RACE 6 - BIATHLE - FLEETWOOD
October					
8	05	Saturday	07:45 - 12:30	biathlon/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB	
9	12	Saturday	07:45 - 12:30	biathlon/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB	
10	19	Saturday	7:45 - 11:00	biathlon/laserrun/fence Accrington Academy, Queens Road, BB5 4FF	
Pay As You Go Training Days open to everyone (£15 per day)	November				
	11	10th	Sunday	10:00 - 15:00	swimming technique/laserrun/fence Accrington Academy, Queens Road, BB5 4FF
	December				
12	8th	Sunday	08:00 - 13:00	swimming technique/laserrun/OCR Accrington Academy, Queens Road, BB5 4FF / Crossfit Vita Ray BB4 6LB	

