



LEWESTON
SHERBORNE

**Leweston Pentathlon Tetrathlon/Triathlon (Swim/Bike/Run)
Summer Residential & Non-Residential Training Camp
Leweston School
Sherborne Dorset DT9 6EN
Tuesday 5 August – Sunday 10 August 2025**

Dear Athlete

You are invited to join us for our Summer Residential and Non-Residential Training Camp at Leweston School, which enjoys a campus of 46 acres of beautiful parkland just outside Sherborne, Dorset.

This camp is aimed at 9–18-year-olds who wish to develop their skills in Biathlon, Pentathlon and Triathlon. Participating athletes will enjoy a programme of daily running and swimming activities; the camp will also offer the opportunity to try obstacle course training (OCR), fencing, shooting, and biking. All training will take place on the Leweston campus.

Mick Flaherty, National Triathlon and Biathlon Coach, will be managing the camp and training programme. Mick will be supported by specialist triathlon, fencing and shooting coaches. All levels of athletes will be equally involved with groups organised according to ability. All equipment will be supplied by the school, including guns and fencing kit. An outline of a daily training programme can be seen below:

- **Swimming** Swim training each day; working on stroke improvement, open water swimming at Weymouth beach and stamina training.
- **Running** 1 session each day.

Or

- **Run/Swim** Back-to-back training.
- **Bike/Run** Back-to-back training.
- All groups will also do the Obstacle Course Training (OCR)

A choice of the following:

- **Fencing** 1 session each day working at the appropriate level for the individual (fencing equipment provided).
- **Shooting** 1 session each day working on technique, static and combined (guns provided) with a choice of laser or pellet shooting.
- **Cycling** 1 session each day working on biking skills, stamina, bike maintenance and set up.
- **Transitions** 1 or 2 sessions per week on setting up your equipment in transition and how to get through transitions as efficiently as possible.

You must bring your own bike and helmet (this may be a mountain bike) and a safety helmet must be worn throughout all bike training.

Land Training & Strength and Conditioning will also be taking place during the week. In the evening after the last activity from 1715 to 1800 there will be the opportunity to take part in extra shooting, fencing, or swimming. Every athlete will do running and swimming each day, you can then choose from one of the 3 options, when you make your booking:

Option 1: Bike only

Option 2: Fence & Shoot only

Option 3: Fence, Shoot & Bike

Fencing Lessons One to One

For an extra £20 you can sign up for extra one-to-one fencing lessons, this will be split down to 3 x 15min lessons. Lessons will take place during fencing time or at the end of the day. If you wish to sign up for this, please add to the booking form. Please note there is limited space for these lessons.

As part of the training, we will travel to Weymouth to complete some open water swimming practice. Wetsuits are not compulsory however if you do own one, please bring it along. The camp will culminate with the **Pentathlon Festival of Multi-Sport on 9-10 August**. Those that sign up for the full week will have a free entry into all events over the weekend. You can mix and match what events you wish to do, and a more detailed programme will be sent out to all those doing the full week, those not doing the full week can enter the events through sport80, the events are:

Saturday 9 August	AM	Triathlon (swim-bike-run) OCR, & Triathle
Sunday 10 August	AM	Fencing, Biathle, Swimming, Laser Run

You can choose Pentathlon Fence-OCR-Swim-LR, or Tetrathlon OCR or Fence, swim-LR, or Triathlon swim-LR, plus other events that fit into what you are doing.

All accommodation will be at Leweston School in single sex dormitories. Male and female chaperones will be on site at all times. All meals will take place in the school dining hall.

Please note that photography and filming may take place during this camp for promotion and publicity of Leweston School. Please indicate whether photos are allowed or not allowed when booking.

The cost of our full residential camp is £650 per person; this will cover all meals, accommodation, coaching, equipment and facility charges. Alternatively, for those in the locality, there is a non-residential option of £470 per person covering coaching, equipment and facility charges, lunch and snacks will also be included. There is also the opportunity to book either 3, 4 or 5 days. The cost for individual days is £135 per day for residential and £100 per day non-residential. Please note that these must be consecutive days and the 4 or 5-day bookings can include the race day. **All prices include VAT and we do accept childcare vouchers.** Please contact Sarah Hull for all booking enquiries on 01963 211073 or via email hulls@leweston.dorset.sch.uk.

The camp will commence at 10:00 on Tuesday 5 August 2025. For participants having to travel a long distance, and for the additional charge of £40.00 per person, the school will accept arrivals from 17:00 on Monday 4 August. Supper on Monday evening will not be provided, but breakfast will be available on Tuesday morning. The camp will conclude after the South West Triathle, Leweston Fencing Competition, & Leweston Triathlon Race on Sunday 10 August at approximately 1200, Triathlon & Fencing, 1600 Triathle. **This could change to the Pentathlon Festival of Sport which will take place on 9-10 August, if you attend the full week, your entry will be included.**

Places for this exclusive camp are limited. To avoid disappointment, please book online via School Hire by **20 July 2025**.

How to Book

1. Please click the following link <https://leweston.schoolactivity.co.uk/>
2. Childcare vouchers can be used. Please email events@leweston.dorset.sch.uk to be set up as an offline customer on School Hire. You will then be required to log into your childcare voucher provider and pay in the usual way.
3. If you are a Leweston parent, a discount of 10% will be applied after booking, please email hulls@leweston.dorset.sch.uk for this to be applied.
4. If you have more than one child attending the camp, a sibling discount of 5% will be applied after booking. Please email hulls@leweston.dorset.sch.uk for this to be applied.

Should you require further information regarding our school, please visit our website at www.leweston.co.uk.

If you have any questions regarding this training camp, please email flahertym@leweston.dorset.sch.uk or telephone 01963 211071.

Yours faithfully



Mr M Flaherty