

Wattisham SSAFA Forces Help Triathlon 2008

In Association with Hadleigh Hares

**A unique sprint triathlon, to be held entirely at
Wattisham Airfield using Station facilities.**

Swim 300m → Cycle 20k (on-road) → Run 5k

All levels are welcome, novice to professional, military,
civilian and triathlon club members.



19 April 1pm

Prize categories:

- 1st, 2nd & 3rd male and female
- 1st military individual
- 1st military relay team
- 1st relay team, male, female, mixed
- 1st Youth (16-19 years)
- 1st in every 5 year group from 20 years onwards
- 1st military team (consisting of 3 individual entrants)
- 1st civilian team (consisting of 3 individual entrants)
(eg: 20-24yrs, 25-29, 30-34, etc)

Entry Fee: Individual £20, Relay team £30

For a race pack and entry form or more information visit:

www.ssafa.org.uk/branch/suffolk.asp

or telephone Mr Lee Bark: **01449 728972**

Refreshments, including a Bar, Hog Roast and BBQ will be available throughout the
afternoon. All competitors and spectators are welcome.

In support of **Wattisham SSAFA Forces Help**

