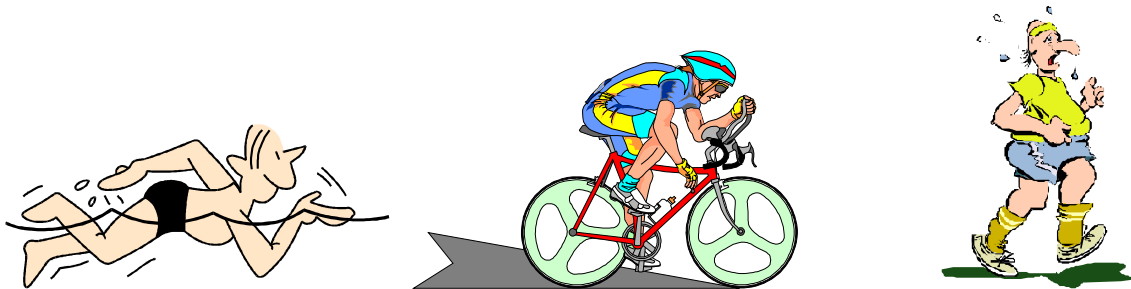


# Harwich Triathlon 2007

Organised by Harwich Running Club &  
Harwich, Dovercourt & Parkeston Swimming Club.

## SPRINT DISTANCE TRIATHLON

SUNDAY 24<sup>TH</sup> JUNE 2007: START TIME 16:00



Swim 300m (12 lengths of 25m indoor pool); Cycle 24.4kms; Run 5kms  
Race information available from: [www.harwichrunners.co.uk](http://www.harwichrunners.co.uk) or [www.harwich.net](http://www.harwich.net)

The event will be open to anyone aged 16 and over. Come and support this event whether you are a novice or seasoned athlete.

Use this occasion to raise money for your favourite charity, get fit or prove to yourself that you can complete what is regarded as a challenging, but enjoyable test of endurance and stamina.

**Entry fee of £22 made payable to Harwich Running Club.**

This will include a voucher for post race refreshments.

(Non British Triathlon Association (BTA) members will also require a £3 day licence to race).

Entry forms & race information packs can be downloaded from:

[www.harwichrunners.co.uk](http://www.harwichrunners.co.uk) or [www.harwich.net](http://www.harwich.net)

For additional details contact:

The Race organiser:

Dennis Warner: 17, Beech Grove,  
Little Oakley, Harwich, Essex, CO12 5NN

Telephone: 01255 880196

email: [warnerde@aol.com](mailto:warnerde@aol.com)