

Wattisham SSAFA Forces Help

# Triathlon 2010



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

**Saturday, 24 April, 1pm**

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

Refreshments will be available throughout the afternoon.

The event is in support of Wattisham SSAFA Forces Help, the national charity helping and supporting those who serve in our Armed Forces, those who used to serve, and the families of both.

- All levels are welcome, novice to professional, military, civilian and triathlon club members.
- **Prize Categories:**  
Various military and civilian, team and individual categories.
- **Entry Fee:**  
Individual £20,  
Relay team £30
- **For race pack, entry form and more information visit:**  
[wattishamtriathlon.co.uk](http://wattishamtriathlon.co.uk)  
or call Mr Lee Bark on  
01449 728 972

[www.ssafa.org.uk](http://www.ssafa.org.uk)

Registered Charity No. 210760 Est. 1885, Registered Charity (Scotland) No. SC038056

**SSAFA FORCES**  
*Help*