



**TUFF FITTY**  
TRIATHLON CLUB

# Tuff Fitty Present The Midsummer Aquathlon

The Arundel Lido 7.30pm  
Wednesday 24th June 2009

Entries are now open for this Club Aquathlon which will see entrants swim 400m and then run 5k down Mill Road, pass the Black Rabbit and return.

All welcome whether established competitors or just starting out in multisport. We have the Lido hired until 9.30pm. Once you have completed your race, please feel able to jump back into the pool and have a further swim

The race is deliberately being staged as close to the longest day as possible which is on the Sunday before the race, so we should have a long evening to enjoy to pool with the benefit of the castle as the backdrop. The pool is heated and so the race will continue regardless of the prevailing weather conditions that day.

As we have the whole Lido booked why not bring your family along. If your family wish to swim they can start to enter the small section of the main pool whilst the race is underway and once the runners are out on the course can move into the whole pool. All welcome, although please note young children must be supervised as the club will not have the resources available to monitor whilst the race is on.

As usual we want to make this a low key event so there will be no marshals on the course as the aim is to maximise numbers participating. To encourage entrants we wish to stage this for the economical price of just £3. If you wish to bring your family along swimming then the cost will be £6. We do need to know numbers in advance, just in case there is a memento to await your completion of the course.

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I.....would like to participate in Tuff Fitty's Midsummer Aquathlon and will participate as

- an individual and enclose £3 or (please delete as applicable)
- enter as an individual but include my family for swimming and enclose £6

I hereby enter at my own risk and do not hold Tuff Fitty or any club member acting on behalf of the club liable

Signed..... Date.....