



Have you ever thought of giving Triathlon a go?

RAF SPRINT 'TRI-A-TRI' TRIATHLON SERIES 2007

Why not race at one of this years RAF tri-A-Tri Triathlons?

All 3 races this year follow the same format:

400m swim, followed by 12 mile cycle and finish with 3 mile run

all well within the reach of most people!

If you can only swim breaststroke, that's ok;

if you only have a mountain bike - no problem.

Individuals racing will be on duty status and transport is claimable.

Sprint Race 1 **23 May 07 at RAF Cranwell** RAF Sprint Championship

Sprint Race 2 **6 June 07 at RAF Odiham**

Sprint Race 3 **4 July 07 at RAF Brize Norton**

Entry forms and further information is available on the RAF Triathlon website, www.raftri.org.uk.

Alternatively, you can contact
Flt Lt Brad Goggin at brad@raftri.org.uk

**ROYAL
AIR FORCE**
triathlon