



RACE INFORMATION

New Venue: Herts Sports Village, Hatfield, Herts AL10 9EU

Date: Wednesday 17th 2009

Only a few more days to go!

Registration will be in the reception area of Herts Sports Village.

The doors will open at 5.15am.

Please ensure that you check-in at registration no later than 5:30am.

Remember if you are a BTA member to bring your card to claim back £2 licence fee.

Allow plenty of time to set up your running gear in the transition area before the race briefing, which will begin at poolside at 5:45am prompt.

Your race number will be available on race day at registration and will not be posted out before the race.

We intend to start the swim no later than 6:00am, with the last swimmer entering the water at approx. 6:15am. Your expected start time and start lane will be advised at registration. Please, don't be late!!

Swim hats will be provided for the swim.

Please bring your own safety pins or race belt for your race number.

Herts Sports Village, our revised venue for this year is easy to find in Hatfield close to the Galleria shopping centre and J3 of the A1(M) (see attached directions)

There is ample car parking space available.

Please note that parking is free whilst using the sports centre.

Prize presentations will be made as soon as possible after the last competitor has finished.

After the race refreshments / breakfast will be provided to all competitors & marshals.

Full race results will be emailed to you as soon as possible after the race and will also be available on the www.tri-force.org & www.tri247.com websites.

Should you have any further questions please contact us by email at Aquathlon@jdmoffatt.clara.co.uk

Good luck and set your alarm early!!

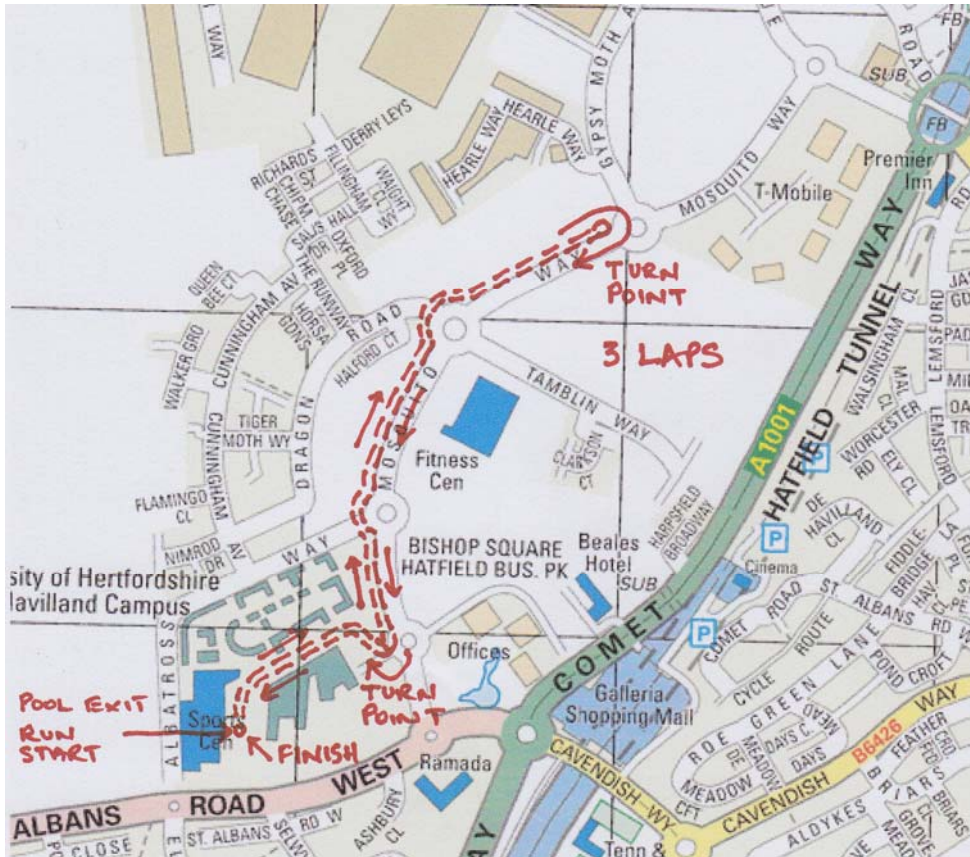
Tri-Force Aquathlon Committee

Tri-Force

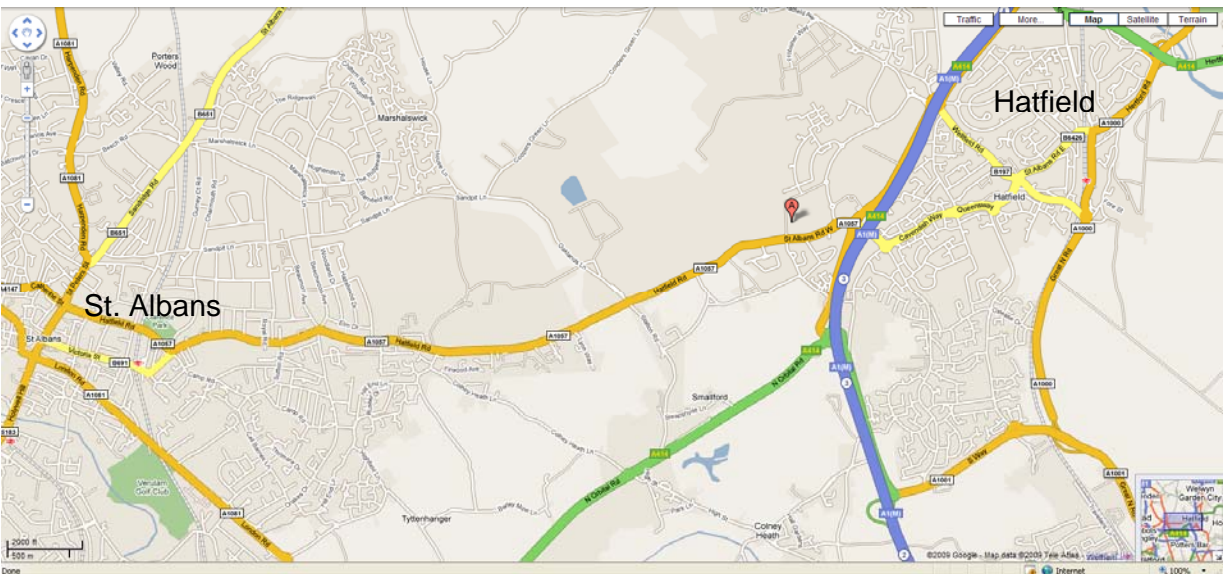


MIDSUMMER SUNRISE AQUATHLON

RUN ROUTE & DIRECTIONS



RUN ROUTE



A = Herts Sports Village Location