



AMBIWLANS AWYR CYMRU
WALES AIR AMBULANCE



TRIEXERCISE PEMBROKESHIRE COAST TRIATHLON

Saturday 3rd July 2010, Broad Haven
1.5k swim / 43k bike / 10.2k run

TRIATHLON TASTER SESSIONS

Have you entered the Pembrokeshire Coast Triathlon? Or are you thinking about it? Then these taster sessions organised by Pembrokeshire Triathlon Club are designed just for you! Each will focus on one aspect of the event, so are ideal for those tackling the event individually or as a relay team. The sessions will also talk you through the transition from one discipline to the next. Each will be run by qualified British Triathlon coaches and will use the actual courses that the event on 3rd July will use.

SWIM* (1,500m): Sunday 30th May, 8.30am
RUN (10.2k): Tuesday 1st June, 7pm
BIKE (43k): Wednesday 9th June, 6.30pm

Booking is essential. Please telephone Dave on 07766 911069 or e-mail david.astins@btopenworld.com to reserve a space. The fee for each session is £2.50 if you have already entered the Pembrokeshire Coast Triathlon, or £5.00 if you haven't. All proceeds will be donated to the Wales Air Ambulance, our nominated charity for the event.

As well as giving you a work out, the aim of each session is to build your confidence ahead of the big day, by giving you technical and practical tips for all aspects of the event. They are also a perfect opportunity to familiarise yourself with the courses for each discipline.

* Wetsuits are essential for the swim. If you need to buy or hire a swimming wetsuit please contact TriExercise (Tel. 01437 768007). They can also advise you on other aspects of triathlon equipment.