

Individual Races	Race Date	Format	Age	Availability
Youth Super Sprint	Sat 07/08/10	400m Swim, 10km Bike, 2.5km Run	15 & 16	AVAILABLE
SuperSprint	Sat 07/08/10	400m Swim, 10km Bike, 2.5km Run	17+	AVAILABLE
Sprint	Sat 07/08/10	750m Swim, 20km Bike, 5km Run	17+	AVAILABLE
Olympic	Sun 08/08/10	1500m Swim, 40km Bike, 10km Run	17+	AVAILABLE

Maximum amount of people for relays is 3 and minimum is 2.

Team Relay Races	Race Date	Format	Age	Availability
Sprint	Sat 07/08/10	750m Swim, 20km Bike, 5km Run	17+	AVAILABLE
Olympic	Sat 07/08/10	1500m Swim, 40km Bike, 10km Run	17+	AVAILABLE

Fees & Sponsorship	Fundraising Target	Non-refundable deposit to secure your place
Individual Participants	£575	£50
Relay Teams X3 per team	£1200	£50 per team member