



**East Sussex**  
Fire & Rescue Service



# East Sussex Fire & Rescue Service Triathlon

in partnership with  
**Esporta - Brighton Health & Racquet Club**



**400m Swim - 28km Bike - 5km Run**

**Sunday 22<sup>nd</sup> June 2008**

Come and join the fun ...  
all abilities and team entries welcome

**FREE GOODY BAG & PASTA AFTER THE RACE!**

**Do it alone (£28) or as a relay team (£36)**

(BTA Members receive a £3 refund on day with a valid BTA licence)

FOR MORE INFORMATION  
visit [www.esfrs.org](http://www.esfrs.org) or email [mark.archer@esfrs.org](mailto:mark.archer@esfrs.org)

Closing date for entry - Sunday 15th June 2008