Bedford Harriers AC

Introduction to Triathlon Evening……

When:- 26th November 2014
Where:- The committee room (upstairs) at the Athletic Stadium
Time:- Starting gun goes at 20:15 sharp ….. So don't be late J

The Triathlon Sub Committee is organizing a presentation evening to look at all aspects of Triathlon from race types, training, kit, planning a race year and much, much more…

The presentation is "open to all" **….. But is specifically designed for new triathletes or people who may just be considering doing a triathlon in the future.**

After the presentation we will allow time for a Q&A session with Steve Daniels, Simon Fisher and Mark Lowe to hopefully answer any questions you may have and give you a better insight in to the sport.

And it does not stop there….. Should you as a potential triathlete require addition 1-2-1 time after the evening presentation then we will try to arrange a buddy system to launch you in to the 2015 season.

So if you have ever had any questions regarding Triathlons but did not know who to ask..Then this is your golden opportunity to find out more about the mysterious world of Triathlon…

We look forward to seeing you on the 26th…. Steve Daniels, Simon Fisher, Mark Lowe

PS:- If possible, could you please email a short reply to say that you are attending so we have some idea of numbers? Email to hello@bedfordharriers.co.uk

Many thanks

Any questions or queries please direct to hello@bedfordharriers.co.uk