



Dear Competitor

Welcome to the first update from Tri-Anglia Triathlon Club, organises of the Norwich Olympic, Sprint and Relay Triathlon taking place on the 5th July 2009.

The race committee have been very surprised by how quickly the event is filling up, mostly by word of mouth – we have re-allocated 50 Sprint places to the Olympic event due to this nearly selling out at the beginning of April. As of today we have 24 Sprint places, 28 Olympic places and 13 team places left so its looking will like will have a full event.

Training

By now you should be well into your training, with about 2 months to go the event is getting closer and closer – Tri-Anglia are currently organising training sessions to help with your preparations:

- Beginners open water swim session starting on Saturday 23rd May at 6pm at the Outdoor Centre, Whitlingham Country Park, Trowse. Cost is £5 per session. This is a six week course, dates are; 23 May, 30 May, 6 June, 13 June, 20 June, 27 June. Competitors can attend one or all of the session to either familiarise themselves with the lake or gain experience swimming open water; Two of our coaches will be available to assist those new to open water swimming and answer questions, whilst experienced swimmers will be on hand in the water to assist and give guidance. Places are limited please contact Mark Williams 01603 713507
- Coached cycle training in the lead up to the event. Details will be available shortly on our website.
- Transition training, including mounting and dismounting your cycle for the more experienced triathlete Date to be announced. Details via website.
- Led cycle rides to familiarise competitors with both courses;
 - ◇ Norwich Olympic course, Saturday 13th June 10.00 a.m. Meeting in the car park at Whitlingham Country Park (Great Broad car park). Free
 - ◇ Norwich Sprint course, Saturday 20th June 10.00 a.m. Meeting in the car park at Whitlingham Country Park (Great Broad car park). Free
- Question and answer session/run course familiarisation Saturday 27th June. Venue to be announced via website.

Details of all the above as well as the latest race information for the Norwich Triathlon will be available at tri-anglia.co.uk. There is lots of information on the site already to help you get the most out of this great event; please check it regularly as this is our principle means of keeping you up-to-date with the latest news.



T-Shirts

Do you want a unique memento of your race? Why not order one of our fabulous technical t-shirts with the Norwich Triathlon logo on the front and surnames of all the competitors and race distances printed on the back.

If you would like to order one of these and did not do so at the time of registering, please send a cheque for £10 payable Tri-Anglia, to the address below. Don't forget to include your size: S, M, L and XL. Last date for ordering t-shirts is 21st May 2009

Refreshments

We have been looking at additional catering for this year's event and I am please to confirm we have a sumptuous hog roast. The cost per person is £4 with a limit of 250 servings. If you would like to order a hog roast please send a cheque to the address below, stating how many servings you require: tickets can be collected at registration.

Address for T-Shirts, Hog Roast etc:
Tri-Anglia PO Box 3412, NORWICH, NR7 7AP

We look forward to seeing you on the day.

Kerry Davis
Race Director
Norwich Triathlon

PS If you can no longer take part in the event remember you have until 21st May 2009 to withdraw with a full refund minus £5 administration charge; after this date there will be no refunds (refer to the terms and conditions for more information).

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