



Any Old Iron Man

May 2009



*An inclusive long distance triathlon event devised by Dave Eastman and
Cambridge Triathlon Club*

You will have from 1st to 31st May 2009 to cover the classic long distance Triathlon distances
Swim 2.4 mile (3.86Km) // Bike 112 miles (180.24Km) // Run 26.2 miles (42.16Km)

Any Old Iron Man is to be completed in stages to suit the individual athlete's abilities, available time and family commitments. You can do traditional triathlon events like open water swimming (with a wetsuit) or you could do the whole thing indoors in your local gym.

There will be optional start and finish events (check the website for details) and the chance to stand side-by-side with someone who refuses to be beaten by Parkinson's, smiling through gritted teeth and battling through a long distance triathlon just like the rest of us.

Do something amazing in May!

How to Enter

- Step 1:** Make a donation of £10 to <http://www.justgiving.com/cambridgetriathlonclub> & add 'Entry' to the comments section.
- Step 2:** Print off the ['Event Log'](#)
- Step 3:** Complete the classic long distance triathlon distances (2.4/112/26.2 miles) in training and/or racing during May 2009
- Step 4:** Hand in your completed Event Log at the finish event, or send it to Dave Eastman (AOIM), 58 SNELLS MEAD, BUNTINGFORD, HERTS, SG9 9JQ - this will enable us to compile results and send your certificate
- Optional:** Buy an Any Old Iron Man T-shirt (£10) from <http://anyoldironman.spreadshirt.net>