Event Log - Any Old Iron Man - May 2010

Any Old Iron Man is to be completed in stages to suit the individual athlete's abilities, available time and family commitments. You have from 1st to 31st May 2010 to Swim, Bike and Run your target distances

TEENAGE CANCER TRUST

HELPING YOUNG PEOPLE FIGHT CANCER

Name: _____ **Phone:** _____ **Email:** _____

Address: _____

Target Distances: **Swim (km)** _____ **Cycle (km)** _____ **Run (km)** _____

Date	Swim distance (m) / Time	Bike distance (km) / Time	Run Distance (km) / Time	Verification Signature / Name / Authority (and/or please describe Event or activity)
Total	Time: Distance:	Time: Distance:	Time: Distance	

Please print a continue on another sheet if you need to.