



Any Old Iron Man - May 2010

An inclusive triathlon event devised by Cambridge Triathlon Club in aid of the Teenage Cancer Trust (TCT)



This year the Cambridge Triathlon Club is organising the Any Old Iron Man triathlon challenge in aid of the Teenage Cancer Trust Unit in Cambridge which is being built in 2010.

In 2010 more than 200 young people in East Anglia and 2000 in the UK overall will be diagnosed with cancer. The Teenage Cancer Trust builds specific units which help provide a better environment during their often long treatment. They also help research into young adult cancer and support young people and their families throughout their illness and beyond. The unit in Cambridge will be the first in the East of England and Cambridge Triathlon Club has chosen the Cambridge Teenage Cancer Trust unit to be its charity of the year in 2010.

The **Any Old Iron Man challenge** involves you signing up to complete the same distance as a full distance triathlon but over the period of a month. For younger or less endurance minded athletes you can opt for the sprint, Olympic or half distances, others can opt to undertake the classic ironman distance or beyond. You will complete an 'event log' to show your accumulated mileage over the month of May 2010 and then send it off to obtain a certificate showing your overall times and mileage.

To enter follow the instructions on the website www.anyoldironman.co.uk

As this is a charity challenge we have a suggested a donation of £10 per person (£5 for school children) to enter the challenge but all money will go directly to the Cambridge Teenage Cancer Trust Unit and we also encourage people to be sponsored to raise further money for such a good cause.

T shirts and other items are available to commemorate this challenge and can be ordered via the www.anyoldironman.co.uk website.

Prizes will be awarded at the discretion of Helen Hatcher for raising money or performing amazing endeavours, rather than just for the longest mileage for those with unlimited athletic prowess.

Helen Hatcher,
Cambridge Triathlon Club and TCT Unit

