

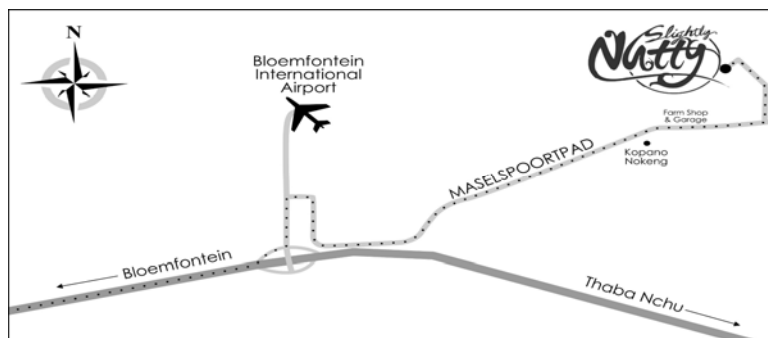


PROVINCIAL CONTROLLING BODY FOR TRIATHLON, DUATHLON & AQUATHLON

9 January 2020

INFORMATION FOR THE ATHLETES/TEAM MANAGERS

1. Race belts - athletes to supply their own belts
2. Body marking - Will be the responsibility of the team managers – to supply their own marking pens
3. Entrance at Maselspoort **PLEASE SEE CHANGES**
 - 3.1 Entrance tickets will be available Saturday at Waterbuck (myself Christa) or at Registration Slightly Nutty
 - 3.2 Selling for R50.00 per athletes ONLY CASH PLEASE
 - 3.3 R60.00 per spectator ONLY CASH PLEASE
 - 3.4 The tickets needs to be handed in at the entrance on Sunday morning
 - 3.5 No ticket to show – everybody pays R60.00 ONLY CASH PLEASE
4. Race briefing
 - 4.1 For the 12 – 15 and Mixed Relay team – registration and race briefing will take place at the race venue Waterbok Maselspoort. (see times on schedule)
 - 4.2 For the rest the registration and race briefing will take place at Slightly Nutty venue
Address: 7A Maselspoort Road Bloemfontein



5. Pasta evening at Slightly Nutty (directly after the race briefing)

They will serve us 3 different pasta with cocktail rolls and breads and preserves @ R85.00 per person

5.1 if interested to join us:

5.2 email your order to president@fstriathlon.co.za

5.3 attached the proof of payment to above order

5.4 payment to be done into Free State Triathlon Absa account 4054811247 with your surname as reference

5.5 I will forward you then a tickets to be printed and handed in at the entrance before the meal will be served

5.6 Orders will close on 5th Febr 18h00

5.7 We will accept late orders on Friday 6th Febr with then only cash payments and I will hand you your ticket

Christa Roestoff
President
president@fstriathlon.co.za
0737185427

FREE STATE TRIATHLON (FST)

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Treasurer: Schalk Roestoff

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FOODZONE
We're here for you!