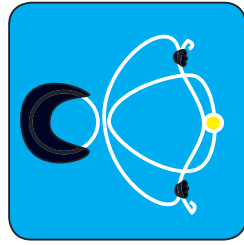
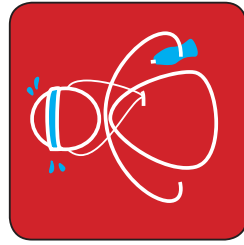


3



2



1



Friends of
CME Trust



Hey,
it's fundraising time, this years event will be a Triathlon,
it's called "321 Triathlon 2010". The venue is Grafham Water
Centre in the village of Perry on Saturday July 17th.

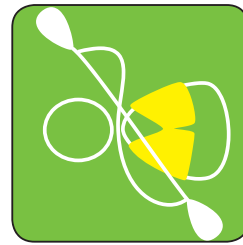
I need 33 teams of three (99 people).
3 to paddle, 2 to tandem 9 miles and 1 to run 3 miles
(three do 1, two do 2 and one does 3). Confused??
You won't be!

I need each team to raise through sponsorship £450 (£150
per team member), I also need each person to fill in a
registration form and submit a £12 fee. (to cover the cost of
equipment hire, so all the money you raise will go to the
charities)

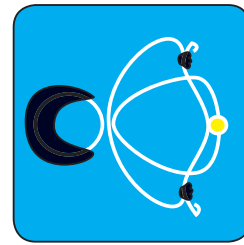
I will provide all the equipment needed, a qualified
instructor with a rescue boat, sponsor forms etc. and a 'best
ever' T-shirt.
Oh! and lots of encouragement.

If you would like to take part in this event, you can get in
touch with me via the following:
321Triathlon@christianfamilycare.org.uk
Head office: 01234 358430
Dennis Mobile: 07885472947

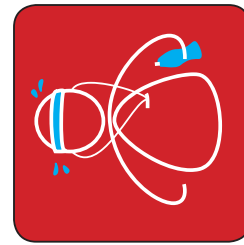
all proceeds to:
Christian Family Care & Friends of CME Trust



3



2



1



Friends of
CME Trust



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