



**THE
TEAR JERKER**

Triathlon

26 May 2013

Elveden IP24 3TZ

MUD, SWEAT AND TEARS

Date: 26 May 2013

Start Time: 9am

Location: Chalk Hall, London Road, Elveden, IP24 3TZ

Minimum Age: 17 years

Individual entry: £40 (affiliated) £45 (non-affiliated)

Team entry: £60 (+£5 BTF day license per person)

For more information:
Ruth Lawrence, triathlon organiser

t: 01842 898049

e: ruth.lawrence@elveden.com

Closing date for entries: 17 May 2013

THINK YOU'RE HARD ENOUGH?

Register at www.thetearjerker.co.uk



750m Swim

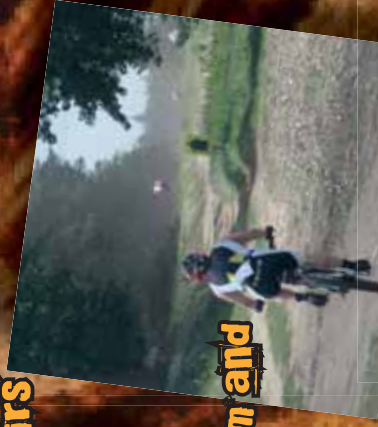
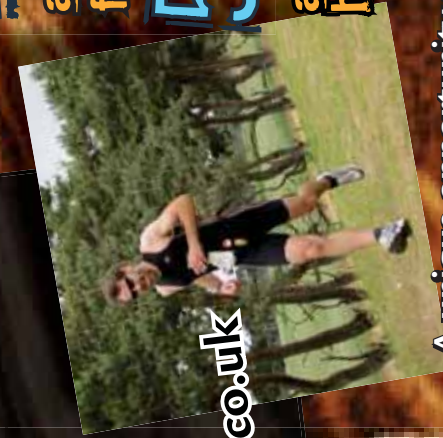
in one of the Estate's reservoirs

25km Cycle

an intense off-road ride on farm and forest tracks

5km Run

a rough course through forest and heathland



A unique opportunity to race through private farmland and forests at Elveden, with open water swimming and sandy Breckland soils.

OPENING THE FARM GATES

Swim 750m

on Elveden's reservoir

Sunday 26 May 2013

www.thetearjerker.co.uk

AN EYE WATERING EVENT WHERE

NOT ONLY OUR ONIONS BRING

TEARS TO YOUR EYES

Cycle 25km

an intense off-road
ride on farm and forest

tracks

Run 5km

a rough course through
forest and heathland



THE TEAR JERKER

Triathlon

We are the UK's leading onion grower, so if the race doesn't bring you to tears, the prizes certainly will!

EAST ANGLIAN AIR AMBULANCE IS OUR CHOSEN CHARITY PARTNER FOR THE TEAR JERKER



If you would like to show your support for this hugely worthwhile cause, which has directly assisted many athletes in the area, please download the sponsorship form from www.thetearjerker.co.uk and ask friends, family and colleagues to support you.



A Scott Xtri Series Event



The Elveden Estate covers 22,500 acres on the Norfolk-Suffolk border. The farmland extends to some 10,000 acres, making Elveden one of the largest single farm units in lowland Britain.

The farm specialises in the production of vegetables, with onions, potatoes, carrots and parsnips the predominant crops. We take our onions very seriously, growing around 25,000 tonnes every year, which is enough to fill eight olympic swimming pools.



ELVEDEN

Elveden Estate | London Road | Elveden | Thetford | IP24 3TQ
T: 01842 898049 | www.elveden.com | www.thetearjerker.co.uk