



Saturday 31st October 2009
Registrations 2pm | Start 2.30pm

Triathlon

Bike 23km | Kayak 6km | Run 7km

Start / Registration

Main Street, Riverton

Duathlon

Bike 28km | Run 7km

Finish

Zookeepers Café, Invercargill

Bike

Bike 35km

Prizegiving

6pm at Zookeepers

Cost

Adults: \$10 Members | \$15 Non Members
Juniors: \$5 Members | \$10 Non Members

Entry fee will include a coffee at Zookeepers concluding the race

Individuals and Teams welcome

Course Description

MTB is on Beach and Gravel Road with a couple of small river crossings, Kayak is on Flat water (Oreti), Run is on the road.

info@southlandtriclub.co.nz | www.southlandtriclub.co.nz

