



NEW RACE!

Early Season Entry Level Tri!

A DAM GOOD TRI!

WHEN: Sunday 6th December
Registration from 9am, Briefing 9.45am
Race start 10am

WHERE: Clyde rowing club area
Swim in Lake Dunstan, bike out towards Alexandra and back, run out and back
Enter: @ **NRC** or post info to PO.Box 376 Cromwell. Everyone must sign in on the day at Registration

WHO: Everyone Welcome, individuals, or teams can enter and tag for change over.
Southland triathlon and multisport club \$5 members' \$10 non members

WHY: Great start to the season! Spot prizes! Everyone Welcome!

WHAT: 500 swim, 20km bike, 5 km run
or
4km paddle 20km bike, 5 km run

Early season fun Triathlon! See you there!

Further info: contact Bill 0274331597

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HEALTH & FITNESS

Swim Centre, Barry Ave, PO BOX 376, Cromwell

