

JIMMYS DUATHLON AND TRELISKE ORGANICS FUN RUN AND WALK

ROXBURGH

SATURDAY 9th JANUARY 2010

STARTS AND FINISHES AT THE ROXBURGH SPORTSGROUND

10.15 BRIEFING 10.30 START

JIMMYS

DUATHLON

RUN 1km Short run to split field from drafting

CYCLE 36kms

Head south to Millers flat, over bridge, back to & over Roxburgh bridge, back to sportsground
all on good roads hardly any hills

RUN 9kms

Head towards river, over hill heading to the Roxburgh bridge, over bridge towards cemetery,
down hill through tailings coming out just above Teviot bridge & return to sportsground

Easy run approx 5kms Tar seal, 4kms offroad, no real hills

Entry Fee Individual \$20 Team \$30

TRELISKE ORGANICS

FUN RUN AND WALK

9 Km Course same as the Duathlon

Head towards river, over hill heading to the Roxburgh bridge, over bridge towards cemetery,
down hill through tailings coming out just above Teviot bridge & return to sportsground

Easy run approx 5kms Tar seal, 4kms offroad, no real hills

Entry Fee \$10

Prize giving straight after event at the sportsground

Light lunch included free

Heaps spot prizes

Entries on Day

Contacts

Tracy Pringle 034466685

Ian Cahill 021970763

Email ian.cahill@turnersandgrowers.com

Cheers Ian Cahill