



Winton Triathlon & Duathlon

Sunday 29th November 2009

Central Southland College, Winton

1 pm

Registrations from 12.30pm

*Cost per person: \$5 Club Member/Under 16/Year 7 & 8
\$10 Non-Club member (Open)*

*Individuals & Teams Welcome
Categories: Male, Female & Mixed*

Year Seven / Year Eight

Swim 250m, Bike 7 km, Run 2.5 km

Under 16

Swim 500m, Bike 14km, Run 2.5 km

Open

Swim 500m, Bike 20km, Run 5 km



www.southlandtriclub.co.nz