

PUSH  PLAY



PEOPLE'S



Triathlon/**D**uathlon

Saturday 10 October 2009

10am

\$5.00 entry Includes competitor pack
& spot prize draw

Tokoroa Memorial Sportsground

12 years and over

TRIATHLON: Run or Walk 2.5km or 5km •
Bike 5km or 10km • Swim 150m or 300m

DUATHLON: Run or Walk 2.5km •
Swim 150m • Run or Walk 2.5km



START TRAINING NOW!

Registration forms available from: Sport Waikato, Information Centres
and South Waikato Indoor Pools or phone Heather on 07 886 9002