

The Best Community Triathlon in the UK



SEFTON TRIATHLON

In association with



St. Mary's College

Crosby

Crosby Leisure Centre Saturday 26th June 2010

TEAM CHALLENGE



Swim 150m



Bike 5km



Run 2.5km

If you can why not Enter a Team?

RACE ENTRY

The £18 Individual Entry Fee will automatically entitle you to a FREE ENTRY into the TEAM CHALLENGE. All you need to do is get together with 2 other individual competitors to enter. (Adults/Veterans only)

RACE CATEGORIES

A - 3 Males B - 3 Females C - 2 Males & 1 Females or 2 Females & 1 Male

WINNING TEAM

Each team member must complete the Triathlon.
The combined completion time of all 3 team members is added together.

TEAM PRIZE

The winning team member will receive a Trophy & Sports Watch at a special presentation.

TO ENTER - COMPETITORS MUST BE 18YRS +

NAME OF TEAM:

Team Members (please print)

1.

2.

3.



View DVD of 2009 Triathlon at: www.seftontriathlon.co.uk

Further Information: St. Mary's College Sports Centre 0151 924 370