## Can you swim, cycle and run? INTRODUCTORY TRIATHLON



## Register by 9:00am Sunday 1 June 2014

(event starts 9:30am)

## 250m Swim/6km Bike/1.6km Run St Catherine's

The Jersey Triathlon Club will be holding a free introductory triathlon which is open to anyone who would like to give the sport a go.

While primarily aimed at adults, the event is open to those aged 11 or over on 31 December 2014 (for under 18s, a parent or guardian must be available to give their consent).

This introductory event will take place after the club's first triathlon of the season so get there early (7:30am) if you want some inspiration before you have a go yourself.

Supported by

Register Interest at...

W: jerseytriclub.com

F: JerseyTriathlonClub
E: info@jerseytriclub.com

T: @JerseyTriClub

