

GOREY, SUNDAY 13 JULY 2014

RELAY TRIATHLON (WITH A REST) AND SPRINT TRIATHLON

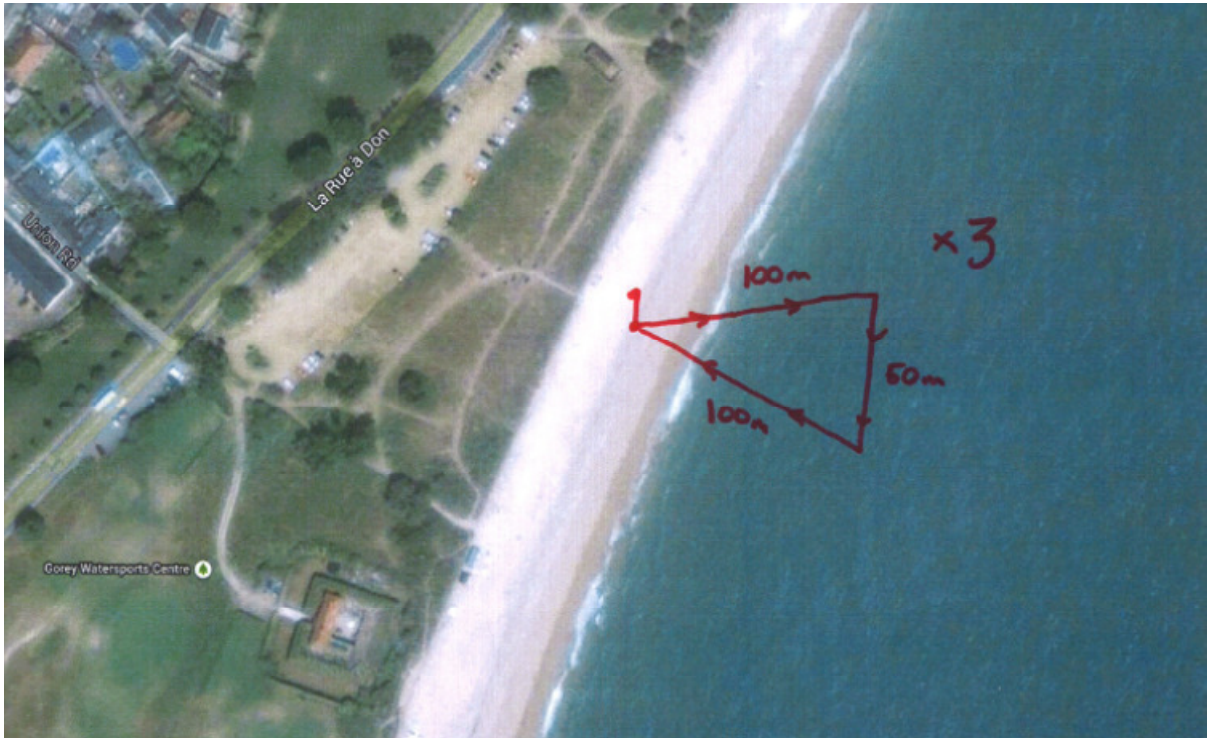


JERSEY TRIATHLON CLUB



ANA LEAF
FOUNDATION

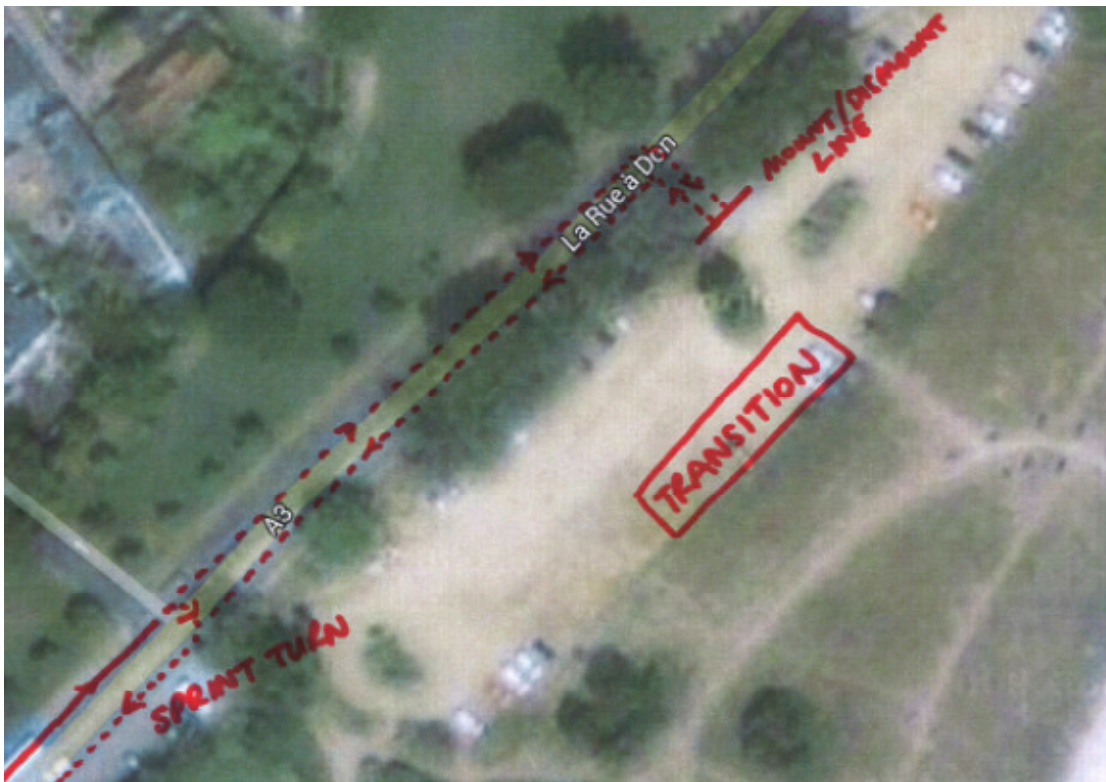
SWIM 3*250m or 750m



T1 Swimmer 3 or Swimmer runs up steps from beach and down steps to car park



T2



RUN 3x2 laps of an 800m course OR 6 laps (Runner 1 or Runner crosses road after 100m)

