



NEW RACE IN CROMWELL Early Season Entry Level Tri!

WHEN: Sunday 4th December
Registrations from 9am
Triathlon/Duathlon Race Start 10am, Briefing 9:45am
Learner/Kids Tri/Duathlon Race Start 11:15am, Briefing 11:00am

WHERE: Wooing Tree Vineyard, Cromwell (Opposite the Big Fruit Sculpture)

WHAT: Triathlon: 750 swim/20km bike/5 km run
Duathlon: 3km Run/20km bike/5 km run
Learner/Kids Triathlon 250m swim/ 6km Mountain bike/2km run
Learner /Kids Duathlon 1km run/6km Mountain bike/2km run

- A full distance triathlon with a 5 lap swim of the Wooing Tree dam, a 20km out and back bike towards Tarras and a 5km run through the vineyard.
- A full distance duathlon with a 3km run through the vineyard, a 20km out and back bike towards Tarras and a 5km run through the vineyard.
- A short distance triathlon for learners or kids with a 2 lap swim of the Wooing Tree dam, a 6km mountain bike ride around the vineyard and a 2km run through the vineyard.
- A short distance duathlon for learners or kids with a 1km run through the vineyard, a 6km mountain bike ride around the vineyard and a 2km run through the vineyard.

Enter your name and payment: @ **NRG Health and Fitness, Wooing Tree Vineyard Cellar Door** or post info to P.O. Box 376 Cromwell. Everyone must sign in on the day at Registration

WHO: Everyone welcome. Enter as an individual or get a team of three together.
\$15 per person, or if you enter on the day \$20, includes a free coffee or a glass of Wooing Tree wine. Kids \$10 get free juice. Family of 3 or more kids \$25.

WHY: Get a great start to the season! Spot prizes! Many places to view the action while enjoying a Wooing Tree wine, coffee or light meal! Come enjoy a great day out as a competitor or spectator in Wooing Trees spectacular surrounds.

Further info: contact Bill 0274331597

Proudly Sponsored by



N.R.G
HEALTH & FITNESS