



Saturday 16th & Sunday 17th October, 2010
Queens Beach, Bowen



Pace Yourself in Paradise



All Welcome: Complete Beginner to Elite Triathlete

Kids Triathlon

(Saturday 16/10/10)

for children under 12 years
Various Distances

2:30 pm
Queens Beach, Bowen

Social Fun Run

(Saturday 16/10/10)

Approx. 5km
All welcome

5:00pm
Queens Beach, Bowen



Sprint Distance Triathlon

(Sunday 17/10/10)

**750 m swim
20 km cycle
5 km run**

Individual, Team or
Corporate Team
Minimum age 14 years

Short Course Triathlon

(Sunday 17/10/10)

**325 m swim
11 km cycle
2.5 km run**

Individual or Team
Minimum age 12 years

Sunday events:-

Registration	6:30 am
Race Brief	8:15 am
Race Start	8:30 am

- ✓ Prize money for age winners
- ✓ BBQ breakfast
- ✓ Lucky draw prizes

For more information please phone
William Dawson 0419203787 or
Naomi Land 0747861613

Entry forms available and enter online at:

<http://www.snappaheads.com/bowentriathlon.htm>

We look forward to seeing YOU there!