

INGOLDSBY TRIATHLON

10

SUNDAY 30TH OCTOBER





CONTACT JANE HARRIS: janeharris611@me.com

TEAMS OF THREE – ALL AGES WELCOME

CYCLING 5K RUNNING 2K PISTOL SHOOTING

BONUS POINTS FOR ANY UNDER 14 COMPETING

PRIZES FOR OLDEST/YOUNGEST/BEST DRESSED TEAMS

BBQ AND BAR