

GET A HEAD!



Come and join us for this fun community event and raise funds for the Neurological Foundation at the same time!

Tuesday 28 February
Cross Recreation Centre
20 Glasgow Street
Balclutha
4.00-8.00pm

Virtual Triathlon

Indoor rowing, stationary biking, and running laps of the Recreation Centre.

Primary:	3 minutes row, bike and run	4.00-5.00pm
Secondary	5 minutes row, bike and run	5.00-6.00pm
Open:	5 minutes row, bike and run	6.00-8.00pm

See how far you can go in the time allowed!

Teams of up to 3 and individual entries available.

Scooter Races

Secondary Relay:	4.00-5.00pm
Primary Relay:	5.00-6.00pm
Open Relay:	6.00-8.00pm

Teams of 3 only. Helmets compulsory.

Entry forms available from www.sportotago.co.nz or www.cluthacountry.co.nz
or contact Penny Batchelor on 03 418 3470 or mbl 0274 085 349

Further information:

Kelvin 'Tiny' Carruthers | Sport Clutha

Tel: 03 418 3046 | 027 436 7174

Achievable distances!

