



sparke
HELMORE
LAWYERS

NEWCASTLE CITY TRIATHLON

SUN 10TH
NOV



INDIVIDUALS & RELAY TEAMS WELCOME

MAKE A DAY OF IT WITH A
TEAM MARQUEE & BBQ

ENTICER

TRIATHLON

350M 10KM 2.5KM

SPRINT

TRIATHLON

750M 20KM 5KM

AQUA BIKE

TRIATHLON

750M 20KM

JUNIOR/SCHOOL AGE

TRIATHLON

7-9Y 100M 2.5KM 500M

10-11Y 150M 5KM 1KM

12-13Y 250M 5KM 1KM

14+y 350M 10KM 2.5KM



20
25

TRIATHLON
Age Group Team
QUALIFYING RACE

AUS TRIATHLON

newcastlecitytriathlon.com.au

0409 684 246 /sparkehelmorettriathlonfestival



Sponsored by



Make your race matter, raise funds for HMRI

