



sparke  
HELMORE  
LAWYERS

# NEWCASTLE CITY TRIATHLON

SUN 10<sup>TH</sup>  
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](http://newcastlecitytriathlon.com.au)

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