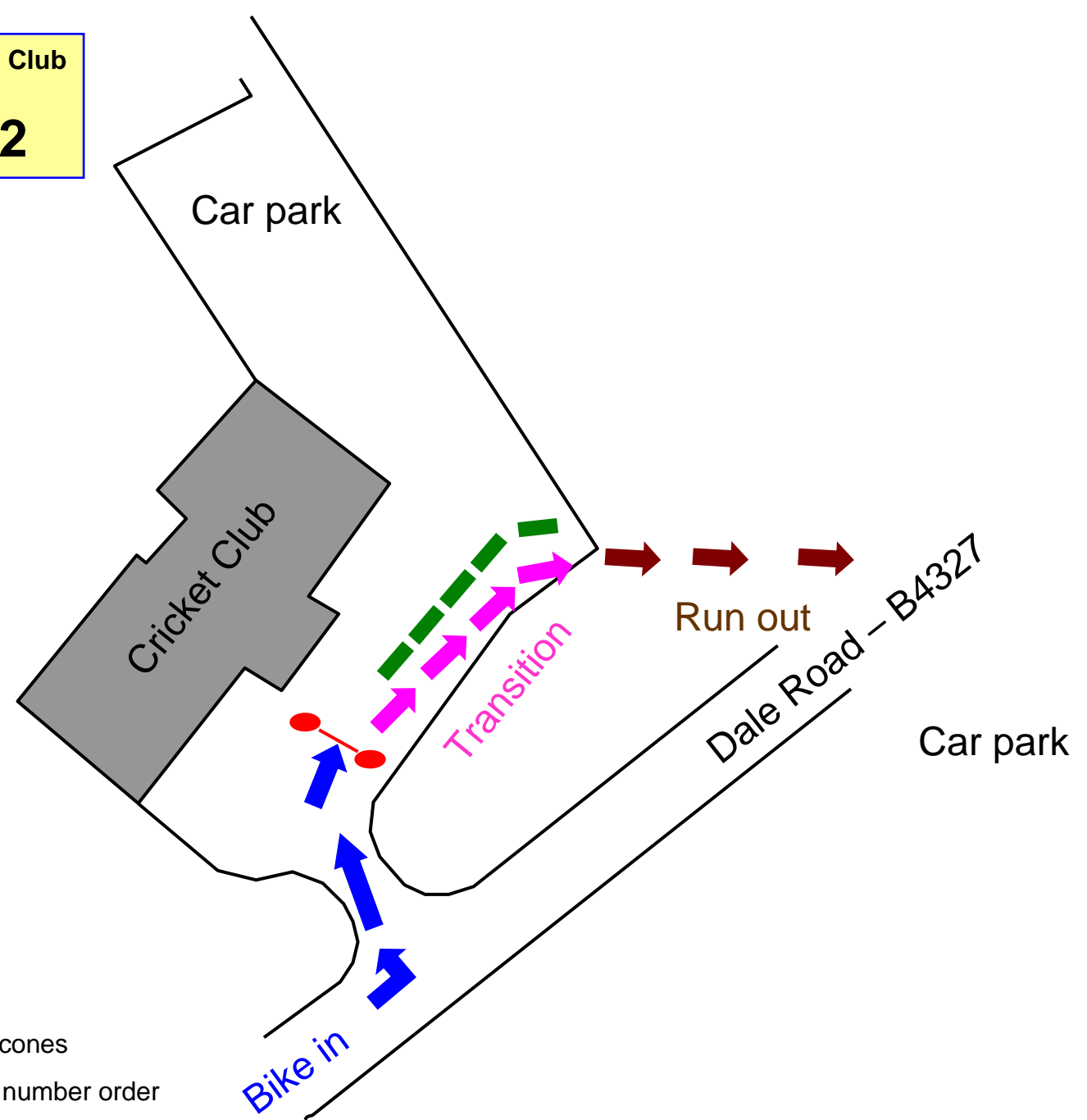




Pembrokeshire Triathlon Club  
Club Triathlon  
**Transition 2**



-  Dismount between cones
-  Kit crates – in race number order