

Go-Tri Triathlon Series

This year,
Pembrokeshire Leisure
will be holding a series of four
triathlon events across the county

These events will
be ideally suited to
all abilities,
whether you are a
first timer or a
seasoned triathlete



2011 Dates
Fishguard
29th May
Crymych
24th July
Tenby
21st August
Haverfordwest
18th September



Challenge
yourself to take
part in one or
be brave and
take on all four

Triathlon Categories:

Novices/ Open/ Vet(40+)

Team Categories:

Open Male/ Open
Female/ Mixed

Entry Fees:

£20.00 Individual

£30.00 Team

£65.00 for all four (Indiv.)

£100.00 for all four (Team)

**For more information, or to request an
application form contact**

**Fishguard Leisure Centre or email
Jayne.Richards@pembrokeshire.gov.uk**

Pool Swim: 400m Cycle: Approx 12.5miles Run: Approx 3miles

www.pembrokeshire.gov.uk/leisure

Tel: 01437 775504



Pembrokeshire Leisure
Hamdden Sir Benfro

Cyfres Go-Tri

Flwyddyn yma,
fydd Hamdden
Sir Benfro yn cynnal
cyfres o 4 Triathlon dros y Sir

Mae'r cyfres yn
addas ar gyfer
unrhyw gallu, naillai
i ddechreuwr neu
i'r athletwr
profiadol.



Cymerwch
sialens i gymryd
rhan yn un
ohonynt, neu
byddwch digon
dewr i cystadlu
yn y 4

Am fwy o wybodaeth neu am
ffurflen cofrestru, cysylltwch â
Canolfan Hamdden Abergwaun neu

Jayne.Richards@pembrokeshire.gov.uk

Dyddiadau 2011

**Abergwaun
29ain Mai**

**Crymych
24ain Gorffennaf**

**Dinbych y Pysgod
21ain Awst**

**Hwlfordd
18fed Medi**



Categorïau Triathlon

Dechreuwr/Agored/Hun (40+)

Categorïau Tîm

Agored i ddynion / Agored i
fenywod / Cymysg

Tâl Cofrestru:

£20.00 Unigol

£30.00 Tîm

£65.00 am 4 (Unigol)

£100.00 am 4 (Tîm)

Nofio Pwll: 400m Beicio: tua 12.5 milltir Rhedeg: tua 3 milltir

www.pembrokeshire.gov.uk/leisure

Ffôn: 01437 775504