

# WOMEN'S TRIATHLON PROGRAM



*Finish lines, not finish times*

**WOULD YOU LIKE TO HAVE A GO AT A TRIATHLON?  
NEED A BIT OF HELP TO GET STARTED??**

**Scone Triathlon Club are offering weekly training sessions for 4 weeks followed by participation in a super short club event.**

**Training sessions: Tuesdays 27/10, 3/11, 10/11 and 17/11  
4-5pm or 5-6pm (other options may be available)**

**Event: Sunday 22nd November**

**Distance: Women's wave 100m swim/4km bike/1km run**

**Venue: Scone Memorial Swimming pool**

**Cost: \$10 includes training with accredited triathlon coach, pool entry, one day licence for event, t-shirt, coffee voucher (subsidised by Triathlon NSW grant)**

**LIMITED SPOTS AVAILABLE**

**Sign up at [www.eventbrite.com.au](http://www.eventbrite.com.au) and search for Scone events**

**For more information please email [sconetriclub@gmail.com](mailto:sconetriclub@gmail.com) or call Nicky Western on 0414-806074.**



