

GO- Tri 2018



Go-Tri Categories:

- **Novice (first triathlon)**
- **Open**
- **Vet (40+)**
- **Super Vet (50+)**
- **Team of 4**
2 Female & 2 Male
Combined time of all 4 competing all disciplines

Fishguard Super Sprint

£8.00

Sunday 3rd June

🏊 **Swim 200m**

🚴 **Bike 10km**

🏃 **Run 1.6km**

Go-Tri Series

🏊 **Swim 400m** 🏊

🚴 **Bike 20km** 🚴

🏃 **Run 5km** 🏃

Fishguard Go-Tri

Sunday 3rd June

Tenby Go-Tri

Wednesday (evening) 25th July

Haverfordwest Go-Tri

Sunday 19th August

Scolton Manor Duathlon

Sunday 6th May

🏃 **Run 5km**

🚴 **Bike 20km**

🏃 **Run 2.5km**

Individual per Event £22.00

**On the day (where places allow)
£30.00 per individual**

COST

Doing the three disciplines in one go a little daunting? Why not come along for fun and get some friends to split the three elements between you (only one individual entry needed)



Bookings can be made online at www.pembrokeshire.gov.uk/gotri
For further information please email: gotri@pembrokeshire.gov.uk