



# SARINA TRIATHLON

500m Swim 16KM Bike 5km Run

*Individual and  
Team Entries  
Available*

**8<sup>th</sup> November 2009  
Sarina Beach**

**Registration from 7.00am - Race start at 7.45am**

**For more information please contact Narelle Bamford 0400 456 621**

**Entry Fee \$15 Non Members and \$10 Members  
Teams \$15**

**Entry includes ticket in 'Random Draw Prizes'**