

# Bowen Triathlon

*Pace Yourself in Paradise*

*Saturday 14<sup>th</sup> October, 2006*

Everyone Welcome; elite to complete beginners to teams



The triathlon will be followed by an evening BBQ at the Bowen Surf Lifesaving Club.

Queens Beach, Bowen

Registration 2:30pm  
Race Brief 3:50pm  
Race Start 4:00pm

Sprint distance	Half-distance
750m swim	350m swim
20km cycle	10km cycle
5km run	2.5km run

Teams event (distances as above)

Sprint distance minimum age is 14 years & half distance is 12

***Event sanctioned by Triathlon Queensland***

Prize money for age category winners and lucky draw prizes

For more information please phone William Dawson on 04 19203787  
or Naomi Land 07 47861613

Nomination forms will be available on the TQ website  
([www.triathlonqld.com.au](http://www.triathlonqld.com.au)) or nominate on the day. **Hope to see you there!**