



**BENALLA TRI CLUB**

# LAKE BENALLA TRIATHLON

750m swim \* 20km ride \* 5km run

Proudly Sponsored by:

**JOHN SPENCER CYCLES**



**BENALLA**

**SPORTSPOWER**



**TUESDAY 27TH DECEMBER 2011**

Benalla Civic Centre

**Warrabilla Wines Rutherglen**

1pm - 3pm Registration



**COMMERCIAL HOTEL**

Short course distances:  
300m swim\*10km ride\*2km run



Short Course race start: 3pm  
Sprint Course race start: 5pm



Elite, team and age group categories



**ON-LINE REGISTRATION:**

**[www.benallatriclub.com.au](http://www.benallatriclub.com.au)**

Free T-shirt for all entrants!

**For details:**

**ph Tony: 0448 873377 or [admin@benallatriclub.com.au](mailto:admin@benallatriclub.com.au)**