



Ayrodynamic Triathlon Club

# Autumn Aquathon

Swim + Run = Aquathon

Saturday 6<sup>th</sup> September, at Prestwick Swimming Pool

- 8 years 50m swim / 600m run
- 9-10 years 150m swim / 1k run
- 11-12 years 250m swim / 2k run
- 13-14 years 400m swim / 3k run
- 15-16 years 400m swim / 3k run

Age on 31/12/08

must pre-enter

download an entry form at [www.ayrodynamic.co.uk/races](http://www.ayrodynamic.co.uk/races)

entry £6 [includes goody bag]

lots of information on Ayrodynamic website

**Triathlon**Scotland sanctioned event

Round 12 of the Mazda Aquathon League

[www.ayrodynamic.co.uk](http://www.ayrodynamic.co.uk)