



2010 AYR OPEN WATER SPRINT TRIATHLON – Sun 8th August, 11:15am

DOONFOOT by AYR

This year's Ayr Open Water Sprint Triathlon will be run over an established route based at the mouth of the river Doon, South of Ayr.

The 750m swim will take place in the River Doon, a calm fresh-water stretch of water. The 20K cycle section is an undulating out and back route with a loop through the village of Dunure. The run section will be a 5K loop along cycle paths & quiet streets.

Tents will be available for limited changing and to leave baggage at the start.



All finishers will receive a commemorative finisher's prize.

HOW TO GET THERE

The race will take place at Doonfoot, on the South Side of Ayr. To get there from the A77 follow signs for Alloway, Doonfoot, Greenan Shore.



Entries may also be submitted on-line at www.entrycentral.com



For further information/entry form, contact: John Strawhorn,
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