



Co. CLARE PONY CLUB

WINTER TRIATHLON



Saturday 16th March 2019
Shannon Leisure Centre, Co Clare
(Eircode: V14 PH02)



Shoot: 12 noon

Swim: 2pm

Run: 4pm

Event	Swim	Run	Shoot
Senior Boys	4min	3000m	10m pistol
Senior Girls	3min	1500m	10m pistol
Junior Boys	3min	1500m	10m rifle
Junior Girls	3min	1500m	10m rifle
Maximus (over 12) Boys	2min	1000m	n/a
Maximus (over 12) girls	2min	1000m	n/a
Minimus Boys	2min	1000m	n/a
Minimus Girls	2min	1000m	n/a
Under 10 Boys	2min	1000m	n/a
Under 10 Girls	2min	1000m	n/a

Swimming and Shoot Times will be posted Thursday 14th
March on

www.clareponyclub.ie

<https://www.itsplainsailing.com/club/ccpc>

Entries close 8pm Monday 11th March

Queries & further Information
Contact Nicki Harvey 086 7830158 / Erin Begley 0872739937
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