

Orange Triathlon Club PRESENTS



SATURDAY
10 DECEMBER
GOSLING CREEK RESERVE
www.octc.org.au

Sandy Ostini Ladies Colour Triathlon or Duathlon

Distances

**200m swim or 800m run
8.8km ride
2km run**

Registration **3:30pm**

Race Starts **4:00pm**

Cost **\$10** All proceeds
donated to Orange Cancer Council

FINISH LINES NOT FINISH TIMES

BYO - friends, daughters, mothers and grandmothers

Finisher medals, recovery food and drinks

Free Training Sessions for next 4 weeks

Friday nights from 11/11/2022 - 2/12/2022.

Gosling Creek - Arrive from 5:30pm for 6pm start

Short distances to develop your skills and build confidence with BBQ afterwards