

THE ISABELLA GRACE TRIATHLON

31st MARCH 2013

9:00AM

Please meet at 8:30 for registration purposes. Spectators welcome

Full, Mini and Relay Triathlon Events

Full: 396m Swim, 8.5 Mile Bike Ride, 4.5 Mile Run

Mini: 198m Swim, 6.5 Mile Bike Ride, 2.5 Mile Run

Queensbury Swimming Pool and the surrounding area

For details visit the events page at www.isabellagrace.org.uk

or Email: info@isabellagrace.org.uk ★ neilvjones@yahoo.co.uk

Follow us on Twitter: [@isabellagsenior](https://twitter.com/isabellagsenior)



The Isabella Grace Fund continues in its quest to raise the awareness of Bronchiolitis and RSV throughout the UK