



NENAGH
LIONS CLUB



A
SPORTSMANS
DREAM



A Sportsman Dream, Kenyon Street, Nenagh 067-32205

NENAGH'S HOTTEST SUMMER EVENT

TRY A TRI'
June 9



*Go on,
give it a try!*

In Support of

Nenagh Olympic AC

TRY A TRI

Swim (10 Lengths) 250m

• Cycle 10 Km • Run/Jog/Walk 3 Km

OR - **NEW FOR 2018!**

SPRINT TRI

Swim (30 Lengths) 750m

• Cycle 20 Km • Run 5 Km

RELAX, BBQ & ENTERTAINMENT AFTERWARDS

Enter at **A Sportsmans Dream, Kenyon St., Nenagh**
or www.runireland.com

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A
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DREAM



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Sponsors:





NENAGH
LIONS CLUB

in
association
with



**Submit completed entry forms with entry fee to:
A Sportsman's Dream, Kenyon Street, Nenagh**

Tick 1 event only - Combined entries NOT permitted

Try a Tri **Sprint Tri**

- Individual Adult (€50) - U/18 (€30)
- Team of 3 (€135) Fittest Family (2 Adults + 2 U/18) (€100)
- Relay team (3) (€135)

Name 1: _____

Email: _____

Tel:- _____

M F Date of Birth: _____ Tshirt Size: S M L XL

Approx Swim Time: _____ 250m = 10 lengths

Approx Swim Time Sprint Tri _____ 750m = 30 lengths

Name 2: _____

Email: _____

Tel:- _____

M F Date of Birth: _____ Tshirt Size: S M L XL

Approx Swim Time: _____ 250m = 10 lengths

Approx Swim Time Sprint Tri _____ 750m = 30 lengths

Name 3: _____

Email: _____

Tel:- _____

M F Date of Birth: _____ Tshirt Size: S M L XL

Approx Swim Time: _____ 250m = 10 lengths

Approx Swim Time Sprint Tri _____ 750m = 30 lengths

Name 4: _____

Email: _____

Tel:- _____

M F Date of Birth: _____ Tshirt Size: S M L XL

Approx Swim Time: _____ 250m = 10 lengths

Approx Swim Time Sprint Tri _____ 750m = 30 lengths

Try a Tri & Sprint a Tri description & Rules

1. Individual completes in all three events
2. Each member of Team of 3 and Fittest family completes all three events.
3. For Relay team: 1 swimmer / 1 cyclist / 1 runner
4. Sprint Tri **OVER 16'S ONLY**



Keep up to date with us
on Facebook ('Try a Tri' Nenagh



And Twitter
(@tryatrinenagh)