



MONMOUTH CHALLENGE 2014

AQUATHLON

Sunday 27 July - Monmouth Carnival Day



Join us for the first Monmouth Challenge Aquathlon! Swim in the beautiful River Wye Valley, run alongside the river bank on a single lap, multi-terrain course!

Adult Races

For adults and young athletes 17 or over.
Choose from:



Full Challenge

2km river swim + 10km run*

Downstream Challenge

1km river swim + 10km run*



11km Challenge Run

*Relay option available

Shorter options with pool swimming for children also available.

All information and entry details on our website:

www.monmouthtriclub.co.uk



Monmouth Tri Club

