



**Balmoral**  
TRIATHLON CLUB

400M Swim  
15km Cycle  
4km Run

# Chowder Bay Triathlon Series

15<sup>th</sup> November 2009  
31<sup>st</sup> January 2010  
21<sup>st</sup> February 2010  
14<sup>th</sup> March 2010

Race start 6:30am sharp  
(Transition Corner of Middlehead and Chowder Bay Rd, Mosman)

*Featuring traffic free cycle course, split waves*

Plenty of PRIZES

**Balmoral Triathlon Club Members only, limited to 75 entrants**

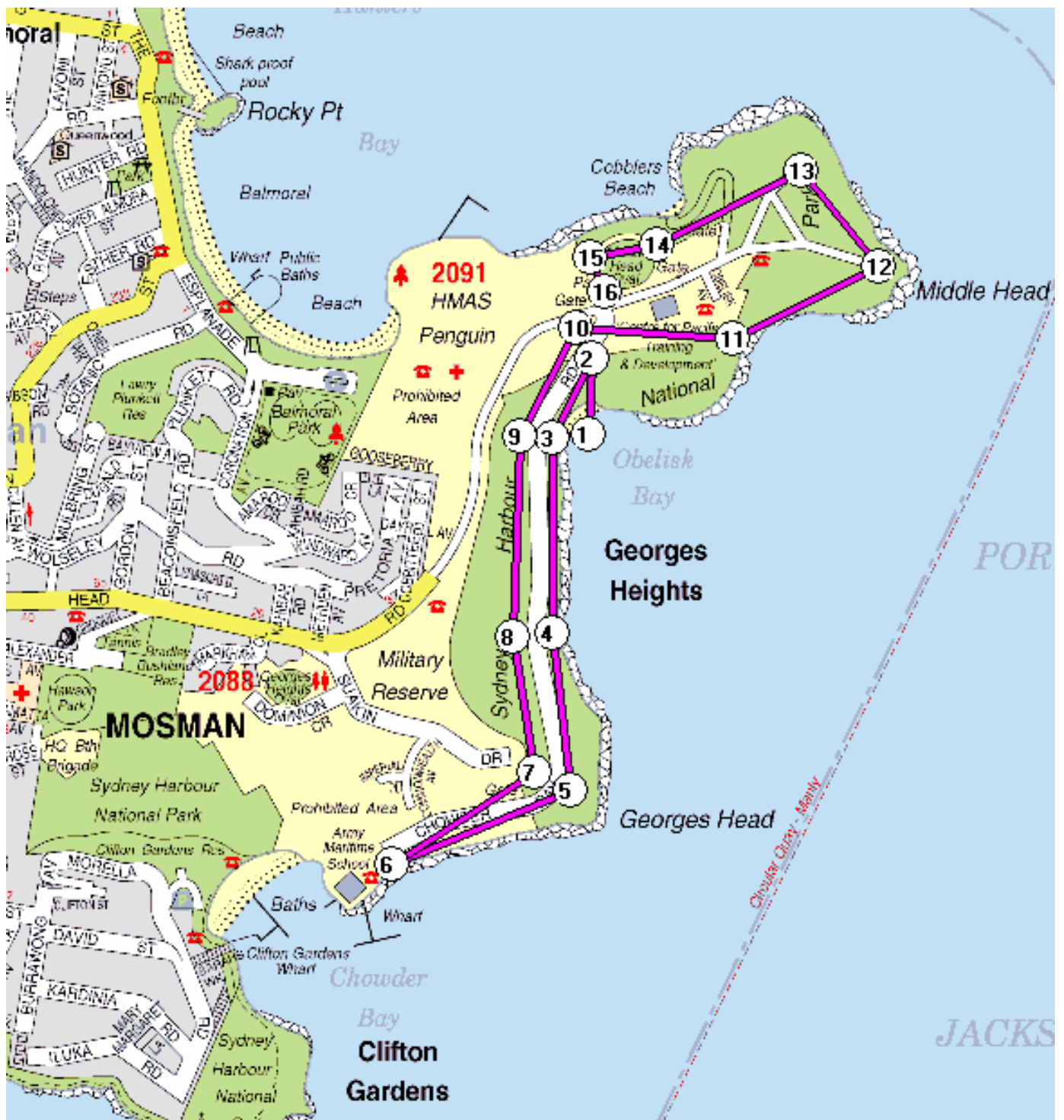
**Race Entry only \$35.00** (TriAus Members)

**\$45.00** (Non-TriAus Members)

More info: [info@balmoraltriathlonclub.org.au](mailto:info@balmoraltriathlonclub.org.au) or phone: 0419 970 533

Balmoral Triathlon Club is proudly supported by





**Swim:** Commencing the race from Obelisk Beach (1).

**Bike:** From the transition area in the car park above Obelisk beach (2), competitors would then cycle south down Chowder Bay Rd, make a U-turn at the south-western end (6) and return to make another U-turn just before the corner of Middle Head Rd (10). This cycle lap would be completed 5 times.

**Run:** The run leg would commence at the transition (2) and head in an anti-clockwise direction on the walking track around Middle head to the lookout (12) and back. This lap would be completed twice.