

Kapiti Harrier and Multisport Club Presents

# Duathlon # 3



**WHERE:** Mazengarb Park  
Paraparaumu

**WHEN:** Sunday 3rd October 2010

**TIME:** Registration from 8:15 am  
Start 9:00 am

**ENTRY:** \$5 for Kapiti Harriers Members  
\$5 for Kids (15 and under)  
\$15 for non Members  
\$20 for Teams  
\$35 for Families

**DISTANCES:** Short Course: 2k run, 12k bike, 2k run  
Long Course: 4k run, 19k bike, 4k run

For more information please contact :-  
Ross Twyford: 027 6007 907; ross.twyford@xtra.co.nz  
Bruce Jenkins: 021 521 584; bjandkate@xtra.co.nz  
or visit

[www.kapitiharriers.org.nz](http://www.kapitiharriers.org.nz)