



VALE TRIDENTS JUNIOR TRIATHLON CLUB

RUN - SWIM - CYCLE
ALL ABILITIES WELCOME

Every Saturday 12-2 pm at the Faringdon Leisure Centre
Ages 8-16 years

1 hour running or cycling and 1 hour swimming
All sessions run by qualified coaches

HAVE FUN :: GET FIT :: COMPETE
for more information contact David Zimmer on
01793 825 395
or www.valetridents.co.uk