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## Run Swim Run & 5km Run Training Event

Ideal for beginners, juniors and seasoned athlete. Surf Club Competitors welcome.

When: **Saturday 19th Dec 2009**

**REGO 9.30am FOR 10:00am START**

- Where: Double Bay Beach, Grand Pd, Kawana Island(next to Montego's)
- Contact: Jason Crowther on **0410 313 551**

### Events:

- **Adult - run/swim/run**  
2.5km Run/1km Swim/2.5km Run
- **Junior/Beginner - run/swim/run**  
1.5km Run/500m Swim/1.5km Run
- **5km fun run**

### Entry Fee

- \$20 open**
- \$10 age group**
- \$10**
- \$10**

**Prizes:** Open category in the Adult - run/swim/run with \$20 entry fee going into a prize pool for men v women handicapped event.)

Random product prizes for other categories.

**All funds raised from the event will go into running the next bigger and better event!**

