

2018 Montgomery Canal Triathlon

Saturday 19th May 2018

Complete one or two sections
or attempt all three!

Covering 35 miles of the Canal in one day:
CYCLE 17 miles from Newtown to Pool Quay
WALK 11 miles from Pool Quay to Morton
CANOE 7 miles from Morton to the Weston Arm,
Lower Frankton

ENTRY CLOSING DATE: 5th May 2018

For entry forms visit
www.montgomerycanal.me.uk/fmcevents2018.html

The triathlon follows the route of the Montgomery Canal. The cycling section is along cycleway-standard towpath. The walking section is generally flat but some lengths are unsuitable for wheelchairs, with some stiles and tree roots. Canoes have to be carried around four locks - but help is available.

First Aiders on duty throughout the event.

Light refreshments and WCs available at the end of each section.

A commemorative medallion made from local slate for all entrants completing a section.

Organised by the
Friends of the Montgomery Canal
in support of the
restoration of the Montgomery Canal
(see www.RestoreTheMontgomeryCanal.uk)

