

Montgomery Canal Triathlon

Saturday May 10th 2014

A 35 mile endurance challenge

Complete one section or attempt all three

For further details contact:-
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CYCLE
 13½ miles
 from
 Newtown to
 Welshpool



WALK
 10½ miles
 from
 Llanymynech to Welsh-Frankton.



CANOE
 11 miles
 from
 Welshpool to
 Llanymynech

