

1 BICYCLE START

Bicycles will start on the Severn Way in Newtown, SY16 2JB from 9.00am. Triathlon entrants class A and B will leave first. Storage for bicycles will be available at Welshpool.

3 WALK START

The walk will start from the Stables at Llanymynech, from 2.30pm. Refreshments will be available at Llanymynech and Paddlesports at Queens Head will be open for tea.



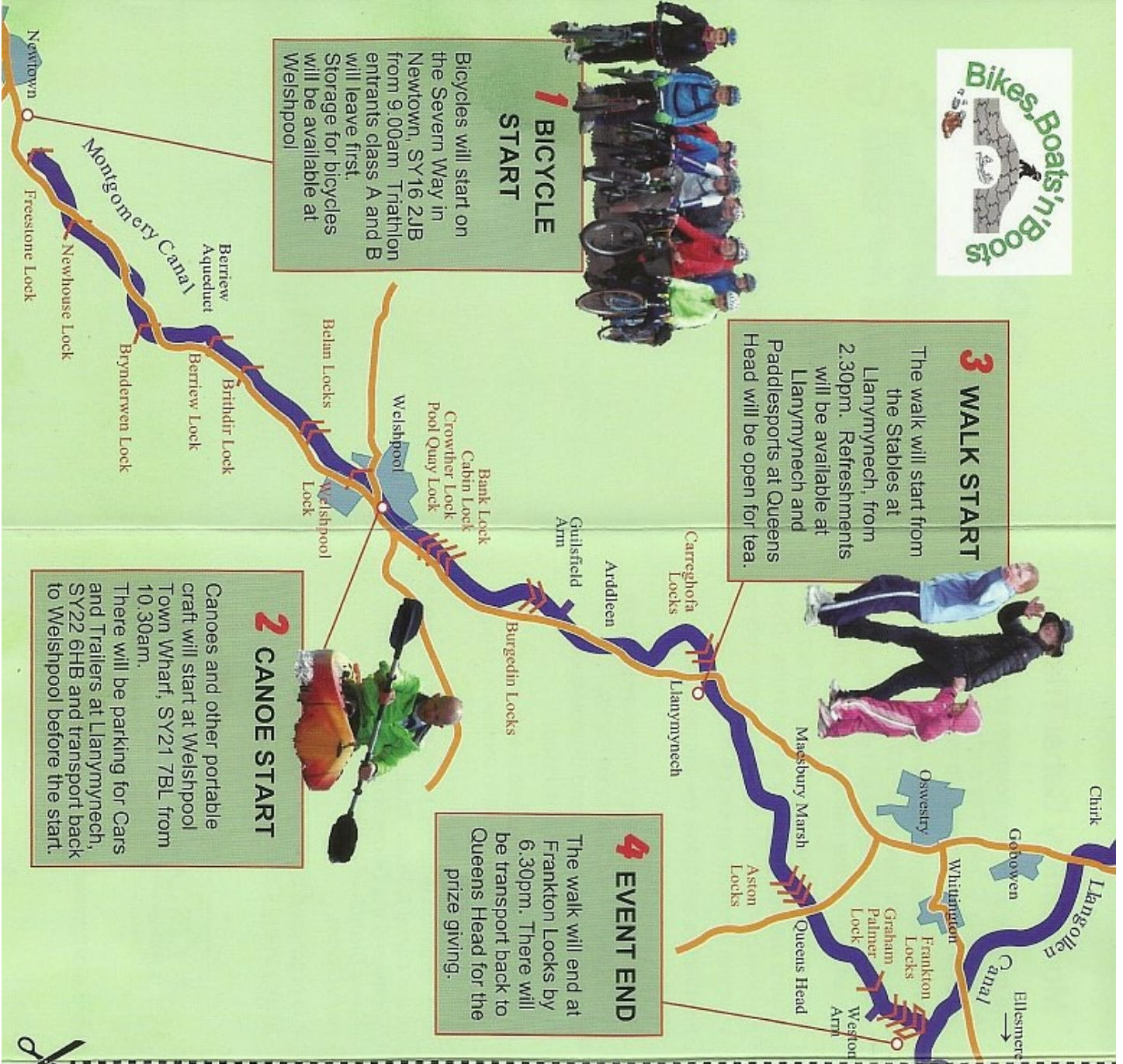
2 CANOE START

Canoes and other portable craft will start at Welshpool Town Wharf, SY21 7BL from 10.30am. There will be parking for Cars and Trailers at Llanymynech, SY22 6HB and transport back to Welshpool before the start.



4 EVENT END

The walk will end at Frankton Locks by 6.30pm. There will be transport back to Queens Head for the prize giving.



Montgomery Canal Triathlon

Entry Classes

Complete Triathlon

- A Individuals completing all 3 sections
- B Teams completing all 3 sections

One section only

- C Cycling from Newtown to Welshpool
- D Canoeing from Welshpool to Llanymynech
- E Walking from Llanymynech to Welsh Frankton

Entry Fees

Complete Triathlon A,B

Adults £25.00

Juniors £12.50

(includes anyone in full time education)

To enter one section only C,D or E

Adults £10.00 per section

Juniors £5.00 per section

Payments should be made to 'The Friends of the Montgomery Canal'

For further details contact:-

Peter & Judith Richards

Canal House, Morton, Oswestry SY10 8BQ

Telephone 01691 831455

peter_richards42@btinternet.com





Montgomery Canal Triathlon

Entry Form

Name

Address

Town

Post Code

Telephone

Email

Entry class A..... B..... C..... D..... E.....
(tick as appropriate)

If B enter Name of Team

Fee

Please send completed form with cheque payable to 'The Friends of the Montgomery Canal' to:-
Peter & Judith Richards
Canal House, Morton, Oswestry SY10 8BQ

Montgomery Canal Triathlon

The route is along the Towpath of the Montgomery Canal. The surface varies from cinder covered cycleway to grass.

There are three road crossings for cyclists and three more for canoeists. All of these crossings will be controlled by marshals. Please listen to the marshal's instructions.

The walking section is generally flat but some lengths are unsuitable for wheelchairs. There are several fixed wooden stiles, tree roots and possible livestock on the path.

First Aiders will follow the entrants along the route.


Refreshments and toilets will be available at Welshpool Wharf, Burgedin Locks, Llanymynech Stables and Paddlesports headquarters at Queens Head.

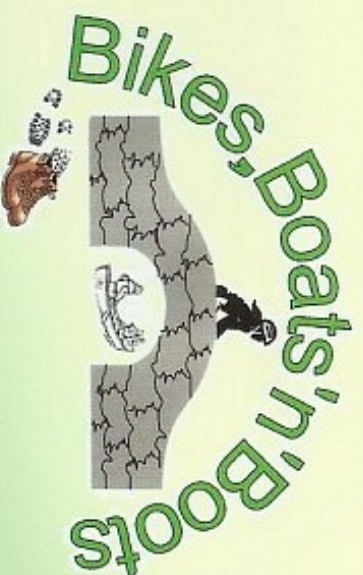
All entrants who complete a section will receive a commemorative medallion made from local slate.

The Triathlon is taking place with the support of the Canal & River Trust, Shropshire Paddle Sports and the Shrewsbury District & North Wales Branch of the Inland Waterways Association.

It is organised by 'The Friends of the Montgomery Canal'



 www.montgomerycanal.me.uk/triathlon2014.html



MONTGOMERY CANAL TRIATHLON

LET'S GO AN EXTRA MILE

Saturday May 10th 2014

Using the 35 miles of
Towpath in one day
CYCLE 13½ miles from
Newtown to Welshpool
CANOE 11 miles from
Welshpool to Llanymynech
WALK 10½ miles from
Llanymynech to Frankton

**Complete one section
or attempt all three!**

Hosted by The Friends of the Montgomery Canal
in support of The Maesbury Canal Festival 2014