



Saturday the 20<sup>th</sup> May, 1500 Lossie Water Sports Club, West Beach

# MORAY FIRTH TRIATHLON

The club social you've all been waiting for...

*aka the reverse triathlon!*

## 1500-1600 beach dash

Cove sea  
race? No.  
right?!

(Any route from the water sports club to lighthouse cliffs and return. Is it a timed What's the distance? You have a Garmin

## 1600-1700 cake and coffee

## 1700-1800 local cycle

(helmet compulsory, but any type of bike, any speed, route tba)

## 1800 open water sea dook

(wetsuits required unless you're bonkers)

## 1830 BBQ and pot luck

- ✓ Families, partners and pets welcome to join in.
- ✓ Donations of cake/pot luck please.
- ✓ Coffee, burgers and beer provided.
- ✓ Feel free to do all, or some of the activities or just chill in the Water Sports Club house!

It's Juliet's last weekend in Lossie before she joins up but fingers crossed....

