



COBH TRIATHLON CLUB PRESENTS

COBH JAILBREAK

TRIATHLON

IN ASSOCIATION WITH PORT OF CORK



NB: Your licence must be purchased prior to race day

SAT 8 AUG

Registration Fri 7th Aug 7pm - 10pm
Registration Sat 8th Aug, 7.30am-9.30am
At the Commodore Hotel

DISTANCE

- 1) OLYMPIC/STANDARD: 1.5km Swim → 40km Cycle → 10km Run
- 2) SPRINT: 750m Swim → 20km Cycle → 5 km Run



REGISTER ONLINE:

WWW.COBHTRI.COM

WWW.TRIATHLONIRELAND.COM

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