



Deuathlon Iau Penfro



Dydd Sadwrn 28ain Gorffennaf

Cymerwch ran yn ein deuathlon iau **HWYL, DI-CYSTADLEUOL** ar gyfer pob gallu! Mae pawb sy'n cymryd rhan yn derbyn medal. Crysau-t ar gael i'w brynu (mae'n rhaid ei archebu cyn 20^{fed} Gorffennaf).

Mynediad = £2 Cofrestri: 9.15yb Grŵp Oedran Cyntaf yn dechrau 10yb

Oed ar 28/07/18	Rhedeg 1 ^{af}	Beicio	Rhedeg 2 ^{ail}
3 oed & iau	20m	50m	20m
4-5 oed	50m	100m	50m
6 oed	70m	200m	70m
7 oed	100m	500m	100m
8 oed	200m	700m	200m
9 oed	300m	1000m	300m
10 oed	400m	1500m	400m

I archebi lle, cysylltwch â'r dderbynfya - 01437 776660

Ewch i www.pembrokeshire.gov.uk/gotri am ragor o wybodaeth

pembroke Junior Duathlon



Saturday 28th July

Take part in our **FUN, NON-COMPETITIVE** junior duathlon, for all abilities! Everyone who takes part receives a finisher medal. T-shirts are available to purchase (must pre order by 20th July).

Entry = £2 Registration: 9.15am First Age Group Starts 10am

Age on 28/07/18	1 st Run	Cycle	2 nd Run
3yrs & Under	20m	50m	20m
4-5yrs	50m	100m	50m
6yrs	70m	200m	70m
7yrs	100m	500m	100m
8yrs	200m	700m	200m
9yrs	300m	1000m	300m
10yrs	400m	1500m	400m

Contact reception on 01437 776660 to book

Visit www.pembrokeshire.gov.uk/gotri for more info

www.pembrokeshire.gov.uk/leisure