

Wycheproof King & Queen of the Mountain Duathlon

Saturday March 20, 2010

Leaving from Centenary Park Wycheproof
at approx. 8am (Assembly 7am)

- » First stage of this event is a 4 km run up Mt Wycheproof
- » Second stage is a 13km bike ride
- » Third stage is a 2km run



Entry fee - \$10

First Prize \$100 & trophy
Second Prize \$50 & trophy
Third Prize \$25 & trophy

All participants will receive a certificate.

Names and entry fees will be taken on the day
but pre booking is an option by contacting -

Lynda 0408 527 837

Penelope 0400 266 568

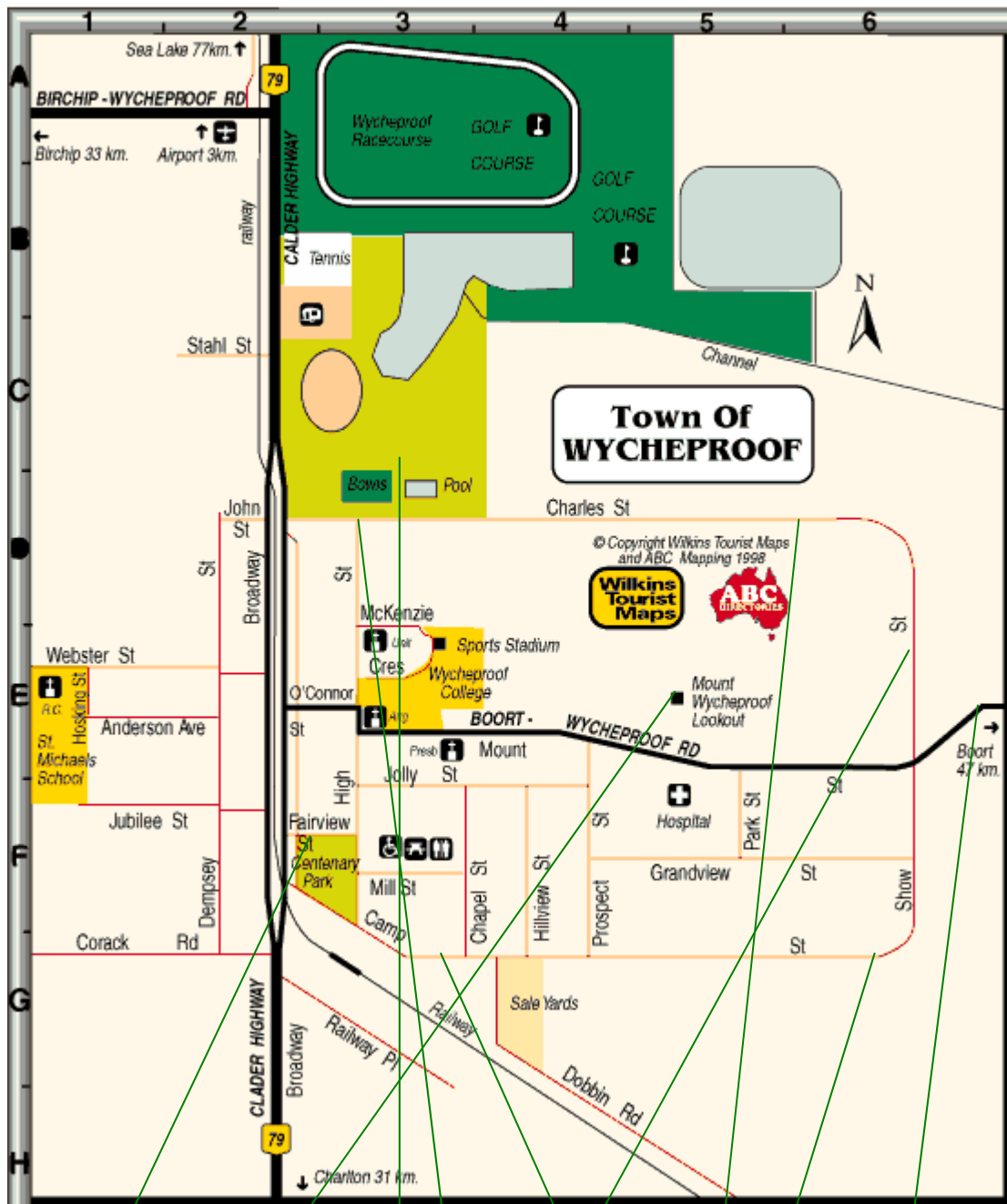
Rhonda 0427 780 109

Email: lrummy4@hotmail.com

Website: www.wycheproof.vic.au



See event map on reverse



Start/Finish Point

Mt Wycheproof

High St

Show St/Charles St

Camp St/Show St

Boort Rd

Road to Oval

First stage of this event is a 4 km running up Mt Wycheproof (and down), turning left and continuing left onto Show St/Charles St. following this and turning left into High street and returning to the Park.

Second stage is a 13km bike ride from the Park onto Camp St/Show St out the Boort Road to Millers Lane and return to the Park.

Third stage is a 2km run leaving from the Park, left onto High St, right onto Charles St. to the road between the Bowls and Pool around the Football Oval and returning on this same route to cross the finish line at Centenary Park.



**Marshalls will be stationed at all appropriate corners.

