



WEST AUSTRALIAN Multi Sport & Triathlon Calendar 2010-2011 Summer Events

OCT 2010	Sunday 31 October	Ocean Ride for MS Fremantle to Hillarys 30km • Fremantle to Burns Beach & Hillarys 50km ★ Beneficiary: Multiple Sclerosis Society www.oceanrideforMS.org.au	
NOV 2010	Sunday 7 November	Port to Port Fun Run / Walk Three distances • 12km • 8km • 4km ★ Beneficiary: Red Kite Cancer www.porttoport.org	 
	Saturday 13 November	12th Power Station Triathlon (WA Summer Triathlon Series #1) At C.Y. O'Connor Beach, North Coogee Novice: • Swim 200m • Cycle 10km • Run 2km Sprint: • Swim 400m • Cycle 20km • Run 4km Super Sprint: • Swim 1000m • Cycle 30km • Run 6km	
	Sunday 28 November	21st Left Bank Triathlon (WA Summer Triathlon Series #2) At John Tonkin Park, East Fremantle Novice: • Swim 200m • Cycle 9km • Run 2km Sprint: • Swim 300m • Cycle 14km • Run 2km Super Sprint: • Swim 400m • Cycle 19km • Run 4km	
DEC 2010	Saturday 18 December	Cancer Foundation of WA "All Women's & Girls Triathlon" At C.Y. O'Connor Beach, North Coogee Novice: • Swim 100m • Cycle 5km • Run 1km Fun: • Swim 200m • Cycle 10km • Run 2km Sprint: • Swim 400m • Cycle 20km • Run 4km	
JAN 2011	Saturday 8 January	Cottesloe Classic Mile Swim 1 mile (1600m) or ¾ mile (400m) www.cottsurf.com	 
	Wednesday 26 January	Honda North Australia Day Triathlon (WA Summer Triathlon Series #3) Novice: • Swim 200m • Cycle 7km • Run 2km Fun: • Swim 400m • Cycle 14km • Run 3km Sprint: • Swim 750m • Cycle 21km • Run 5km	
FEB 2011	Saturday 12 February	Cottesloe Beach Triathlon (WA Summer Triathlon Series #4) Novice: • Swim 200m • Cycle 10km • Run 2km Sprint: • Swim 750m • Cycle 20km • Run 6km	
	Saturday 12 February	Cottesloe Beach Ocean Adventure • Swim 1000m • Cycle 25km • Paddle 6km • Run 6km	
MAR 2011	Sunday 27 March	22nd SkilledCorporate Teams & Tri-It Teams Triathlon • Swim 250m • Cycle 10km • Run 2.5km Teams of two or three each doing the full triathlon or one leg each ★ Beneficiary: Fremantle Hospital Medical Research Foundation	 
APR 2011	Sunday 3 April	Coogee Beach Triathlon (WA Summer Triathlon Series #5) Novice: • Swim 250m • Cycle 10km • Run 2.5km Sprint: • Swim 750m • Cycle 20km • Run 5km	
	Sunday 3 April	Coogee Beach Ocean Adventure Novice: • Swim 250m • Cycle 10km • Run 2.5km • Paddle 3km Sprint: • Swim 1000m • Cycle 25km • Run 5km • Paddle 6km	

TO RECEIVE REGISTRATION FORMS OR EVENT INFORMATION SEND YOUR REQUEST TO:

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