



**PADDY'S DAY BRICK**

€633 raised for @pieta.house - well done everyone. couple of small showers and gorgeous in the sunshine with wind very manageable- all in all a great Paddy's Day Brick and a great spread from all our bakers thank you and to Whelan's Pub for hosting us after. Thanks to Natalie Shaw-Hamilton for organising. (See photos below)  
 Keep it up now! Sunday spins 9am @ Railway cottage and Saturday runs will be posted in the what's app.  
**DUNGARVAN TRIATHLON NOW OPEN FOR ENTRIES**  
 Sat 7th Sept - adults & YS (16-17) sprint: 750swim - 20k bike - 5k run  
 Standard: 1500swim - 40k bike - 10k run  
 Enter at: www.triathlonireland.com



**OPEN NOW OPEN NOW OPEN NOW**

750m SWIM  
20k BIKE  
5k RUN

**DUNGARVAN TRIATHLON**

1500m SWIM  
40k BIKE  
10k RUN

*Sprint - 2024 - Olympic*

**ADULTS & YS (16-17) SEPT 7TH**      **JUNIORS & YS (12-15) SEPT 8TH**

TRIED & TESTED  
SWIM BIKE RUN  
DUNGARVAN

**EVENT SPONSOR STS**  
SPECIALIST TECHNICAL SERVICES

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