



1Km Row



5Km Cycle



3Km Run

The Tri Challenge

@ The EGSC Fitness Suite

WIN A MONTHS FREE MEMBERSHIP AND UP TO £50 CREDIT ON YOUR MEMBERSHIP CARD

Test your Fitness with the Fitness Suite's Tri Challenge consisting of a 1Km row followed by a 5km bike ride, followed by a 3km run. All you need to do next is ask a member of the Fitness Suite Team to enter you for the Tri Challenge. You can practice as much as you like and then when you're ready, we will time your attempt at the challenge and post your score on the top 20 leader's board.

All members can enter the competition which is being run over a 3 month period starting on Monday 17th May 2010, ending 9pm on Friday 13th August 2010.

There are prizes for the Top 3 places and a prize for the fastest time on each discipline.

Prizes as follows: -

Prizes for both the Men's & Ladies Competitions

1st Place = 1 months FREE membership and **£50 credit** on your EGSC card

2nd Place = 1 months FREE membership and **£25 credit** on your EGSC card

3rd Place = 1 months FREE membership and **£10 credit** on your EGSC card

For a chance to compete against your fellow Fitness Suite Members, ask one of the Fitness Suite Team for more information.