

Sponsors

ACME TOOL HIRE

RIDE LIFE

BARTELSFONTEIN SLAGHUIS

WILDERNESS APTEEK

PALM TYRES

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GARDEN ROUTE SWIM SCHOOL

TENTCO

WILLIAM STOPFORTH

HEATHERPARK SUPERSPAR

TURA KINA FARMS

SANPARKS

COCA-COLA FORTUNE

MOERASRIVIER BOERDERY



FISH EAGLE AQUATICS

Island Lake Sports FESTIVAL

SUNDAY, 13 DECEMBER '09

THIS EVENT IS SANCTIONED BY SWIMMING SOUTH AFRICA.

Triathlon

400m Swim
15km Cycle
4km Run

U/19 • OPEN • 40+

Small Swim

600m Lake Swim

Iron Kids

Various Distances
and Age Groups
Swim, Cycle & Run

Big Swim

5km & 2km Swim
around the
Island

U/13 • U/19 • OPEN • 40+

Free!!

SWIM CAPS TO THE FIRST 50 SWIM ENTRIES,
T-SHIRT FOR THE FIRST 50 TRIATHLON ENTRIES

entry forms AVAILABLE AT
HEATHERPARK SUPERSPAR

CONTACT: JANNIE 083 380 9518 or RENÉ 076 274 5866

Prizes to the value of **R10 000**

