

It's all systems go for launch of festive season's Summer Series Triathlon

HERALD CORRESPONDENT

THE Atlas Security Summer Series Triathlon is all geared to launch this month, coinciding with the opening of the Nelson Mandela Bay festive season.

The event consists of three races, the first at Happy Valley (Humewood Beach) on Decem-

ber 16, the second at Hobie Beach on December 30, and the final leg at the Port St Francis resort on December 26.

The sprint distance race for individual and team entries is a 750m sea swim, a 20km cycle and a 5km run.

To encourage budding young athletes to participate

in the sport, a children's Aquathlon will be on the go to cater for children between the ages of eight and 13.

Eastern Cape Triathlon Association (ECTA) event organiser Sharon Oakley said the event had shown incredible growth over the years and athletes from all over the country,

who visit the coast during the festive season, look forward to this fun, family event.

"This event has always received interest from athletes all over the country" she said. "We receive daily inquiries from athletes as far afield as Nelspruit as well as from local triathletes who see this series

as a way in which they can enjoy a sociable competition among fellow athletes. As long as you have a bicycle, a helmet and a pair of running shoes, anyone can enter."

Entry forms and more information are available on the Eastern Cape Triathlon Association website www.epta.co.za