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The 3rd Annual POWER TRIATHLON will take place on Friday 24 SEPTEMBER 2010 (PUBLIC HOLIDAY – HERITAGE DAY)

The venue will be somewhere at the Zambesi Mall / Oxygen Fitness and Wellness Centre

Time etc will be finalized with the venue

Only 25 lifters will be allowed to lift

Please contact me asap if you want to be part of this exciting event – first come first serve

Entry fee will be R 300 / lifter

Prize money of at least R 7500 is up for grabs (25 lifters x R 300 entry fee)

Every lifter will also , as is customary at the Triathlon receive a free limited edition t shirt and a supplement hamper – even if you came last the value of the hamper and t shirt will be more than your entry fee !

This year it will be

9 LIFTS IN 9 MINUTES !!

Don't be afraid and enter now !!!!

HELGARD COERTZE
MANAGER
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www.oxygengym.co.za