



in association with  
Manor West Hotel and Manor West Retail Park  
presents



SUPPORTING BANNA SEA RESCUE

# SUNDAY 15th AUGUST 2010

## Banna Beach, Tralee, 11.30am Start

750m Swim - 20km Cycle - 5km Beach Run

**EXPERIENCED, BEGINNERS AND RELAY TEAMS WELCOME**

BBQ and Entertainment for all

A family friendly event featuring face painting, egg and spoon races,  
beach volleyball and lots more...

**ENTER ONLINE AT**

[www.trikingdomcome.ie](http://www.trikingdomcome.ie)

