

Triathlon Seminar Series

Seminar 1

“What it takes to get across the finish line”



panel

Dougal Allan

Multisport/Endurance Athlete

Wendy Benwell

USA Triathlon Certified Coach,
Physiotherapist & Ironwoman

Jodi Currie

Physiotherapist & Ironwoman

Richie Lambert

Personal Trainer & Triathlete

Giulio Chapman-Olla

First Time Ironman 2011

Sunday 21 August 4.30pm

Queenstown Events Centre

More info: www.thebodymechanics.co.nz

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