

INDOOR IRONMAN

ROE VALLEY LEISURE CENTRE, LIMAVADY

IRELAND'S FIRST EVER INDOOR IRONMAN RECORD ATTEMPT

**9TH FEBRUARY from
7 am to 10.00 pm**

***152 lengths of 25 metre pool**

***180 km on a gym bike**

***42.195 k on a running machine**

There will also be an indoor ironman relay which you are encouraged to join in so you can swim, bike and run beside Peter in teams of between 3 and 9

- Peter Jack, with 11 (outdoor) Ironmen race finishes under his belt wants to become the first athlete in Ireland to do an indoor one! Please support him on his birthday as he supports Books for Africa, a Limavady Rotary Club Charity. All monies raised will support the transport of books to school libraries in Africa.
- **GIFT AID forms are available for tax payers.**

