

# 21st & 22nd Sept 2013

## ELITE

Teams of 2  
All disciplines



Isle of Man  
**Adventure Race**

Kayak - Bike -  
Navigation - Run / Trek -  
Assault Course.

## AMATEUR

Teams of 4  
2 disciplines each



Swim- Kayak - Bike -  
Run- Climb

**£60 per person** - includes **FREE** Sunday BBQ, t-shirt and race pack.  
Package Deals available through Isle of Man Steam Packet

For more info call: 01624 843 034 email:  
info@adventurousexperiences.com



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