

TRI, TRI, TRI AGAIN.....

**Stokesley and Darlington events have been completed,
now it's time for the BIG ONE:**



**That's a 1.2 mile swim
followed by a 56 mile
cycle ride and a 13.1
mile half marathon!**

**If you want to make sure that I endure this event, (on the 5th
of June 2011) or perhaps you are just a benevolent, kind,
giving person, please go to my sponsor page and donate, in
support of Northallerton and The Dales Mencap Society:**

<http://www.virginmoneygiving.com/DavidGibson1>

**All donations go to supporting
their work with individuals and
families in our area, and the
building of a new centre in
Northallerton**



**Northallerton and
the Dales**



THANKS