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# THE GLEN EDEN ATHLETIC & HARRIER CLUB INC

# 10 MILLER



Major Sponsor

Saturday 24th July, 2010

5km FUN RUN ALL AGES

2km FUN RUN For under 14 yrs

RUN UNDER ATHLETIC N.Z. RULES

CERAMCO PARK CLUBROOMS, GLENDALE RD, GLEN EDEN

Enjoy the beautiful Waitakeres in the famous 10 mile (16.1km) road run, or try the 5km or 2km under 14 fun run. The events are open to registered or unregistered runners.

Trophies and age group merit prizes will be awarded for the 10 mile event.

Finishers in the 5km Fun Run are also eligible for the wide range of spot prizes.

Afternoon tea and prize-giving is at the clubhouse at 4pm.

## MAJOR SPOT PRIZE



A 5 day Motorhome holiday in New Zealand in a Maui 4 or 6-berth including Toilet & Shower Motorhome. Prize includes a Maui Premium Pack

## ENTRY FORM: Glen Eden 10 Miler

ENTRY FEE \$30 - LATE ENTRIES \$10 EXTRA - All entrants in the 10 Mile Race must be 16 years or over on the Race Day. This race will be timed electronically. Competitors NOT returning transponders will be charged \$50.00.

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Age on Race day (Masters only 35+): \_\_\_\_\_  
Club: \_\_\_\_\_ Reg. No: \_\_\_\_\_  
Email: \_\_\_\_\_

Tick Box if estimated time is greater than 1 hr 45 min

- Under 20 Men  Under 20 Ladies  
 Senior Men  Senior Ladies  
 Masters Men  Masters Ladies

*I declare that I am an amateur as defined by IAAF Rules under Rule 53. I will abide by the Rules and Laws for competition of IAAF. I enter and intend running entirely at my own risk.*

Signed: \_\_\_\_\_

## ENTRY FORM: Glen Eden 5k Fun Run

ENTRY FEE \$12 - LATE ENTRIES \$5 EXTRA

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Age on Race day (Masters only): \_\_\_\_\_

FUN RUN/WALK

*I enter and intend running entirely on my own risk.*

Signed: \_\_\_\_\_

## ENTRIES CLOSE on 22nd July 2010

WITH: Race Secretary, 218 Konini Rd. Titirangi.  
ENQUIRIES: Ph: 817 6230 or Email: S.Tilton@xt.a.co.nz  
Cheques payable to Glen Eden Harrier Club (fees include GST)  
2KM FUN RUN ENTER ON DAY.  
START TIME 12 NOON. ENTRY FEE \$1.00

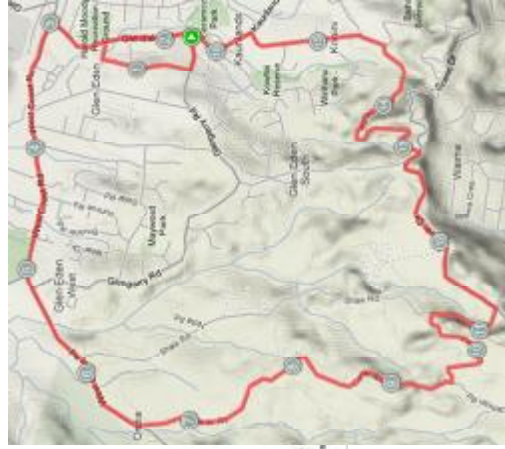
## COURSE MAPS:

### 10 MILE

Start Time 2pm  
Race No's may be picked up from 12.15pm



10 Mile Race Records:  
Men - Mark Bright 52.35  
Women - Keko Kamiyama 58.55



### 5K FUN RUN

Start Time 1.15pm



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