



HARRIER & ATHLETIC CLUB

Junior OneK Challenge

ARC Ambury Farm Park,
Mangere
Saturday 14 August 2010

Junior OneK Challenge

Held in conjunction with the John Riddell Relay

Who: Boys & Girls 16 years and under

Where: Ambury Park (end of Ambury Road), Mangere

When: Saturday 14th August 2010. Registration from 12:45pm onwards
First heat away at 1:30pm(7yrs & under),

Entries: \$4 entry on the day

The course will be marked & measured, making 1km (2 laps x 500m).

Rather than competing against others, the aim of this event is to “race the clock” for a bronze, silver or gold award. Times based on international guidelines have been allocated to each age in years, going up in one year increments so for a 10 year old boy the standard for gold is 3m45 and 4m15 for silver, while 11 year old standards will be slightly faster.

Children will run in age groups where possible (age on 14 August).

Ribbons will be awarded to all participants acknowledging the standard achieved PLUS lots of spot prizes.

Our thanks to the A.R.C. for use of the Farm and facilities.
Check out the farm and its animals and enjoy a relaxing day at Ambury Farm.

**Thanks to our Sponsors;
Ollies Burgers & Ice Cream, House of Chocolate, Hubbards Foods,
Barkers Fine Foods and Sony NZ**