



HARRIER & ATHLETIC CLUB

John Riddell Memorial Relay

**ARC Ambury Farm Park,
Mangere**

Saturday 14 August 2010

Teams of four runners or three walkers complete a lap of about 5km each. Teams may be all men, all women or mixed. All **MUST** be 15 years or older at 31 December 2010.

Team start times are handicapped and are based on a maximum finishing time of 2.5 hours.

First teams away at approximately 12:30pm.

Start/Finish is at ARC Ambury Farm Park, end of Ambury Road, Mangere.

The course is on roads and paths around Ambury Park and will be a flat/undulating safe course. Estimated team times should be based on a distance of 5km. Maps will be available on race day.

Procedure:

Handicaps will be determined after the closing date for entries and will be advised to the team captain on collection of the race numbers. If there are any changes to your team after the entry please advise Ian Sussex so that the handicap can be adjusted if necessary. Team captains should collect the team race numbers before 12:00noon on race day.

Afternoon Tea:

It would be appreciated if participants could bring a plate of finger food to assist with afternoon tea.

Entry:

Closing date for entries 10 August.

Please fill in all the boxes below, detach the form and send with entry fee of \$8 per team member to Wesley Harriers, PO Box 29085, Greenwoods Corner, Epsom. (Email wesley@wesley.org.nz).

Make Cheque payable to: Wesley Athletic and Harrier Club. For more info call Ian Ph418-1226.

Cut off here and keep the upper part for your reference:

John Riddell Memorial Relay - Entry Form			
Club Name:			
Team Name:		Email:	
Team Captain:		Phone:	
Lap	Name of runner or walker		M/F
1			
2			
3			
4			
Total estimated time for team: _____ Hours _____ Minutes _____ Seconds			



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