

SOUTHLAND ROAD CHAMPS, TE ANAU.

Saturday, 24 August

The ages, distances and start times are as follows:

1pm Fun Run 2km
1:20pm U10 Girls and Boys 2km
U12 Girls and Boys 2km
U14 Girls and Boys 4km
U18 Women and Men 6km
U20 Women 6km
Masters Women 35 + 6km
Masters Men 60+ 6km
U20 Men 8km
Senior Women and Men 10km
Masters Men 35-49 10km
Masters Men 50-59 10km

U20 Women, Masters Women may run 2 extra laps following 3rd lap to be eligible for team honours, U20 men can do 1 extra lap, but must go through finish to get individual time collected.

U18 are not eligible to run for team or to run up in Senior grades.

Teams: 3 women or 4 men.

Don't forget the \$5 entry fee (all grades) and to be eligible for Southland Championship medals you MUST wear club uniform