

Mid-South Canterbury Harrier Management Committee

The 24th Timaru Round the Gorges Relay

Saturday 28th August 2010

VENUE: Alpine Energy All-weather Track, Aorangi Park - Morgans Road, Timaru

THE RACE: **Seniors: 8 laps** The race starts at the All Weather Track, Aorangi Park & follows the traditional route Fairview, Holmes Station cnr, Pareora Gorge, Cave, Taiko Valley, Claremont, Gleniti, Pages Rd & finishes on All Weather Track - 65.2km

Men & Women 19: 6 laps The race starts just through Pareora Gorge at Limestone Rd. & follows the senior route to Cave, Taiko Valley, Claremont, Gleniti, Pages Rd and finishes on All Weather Track - 41.4km

START: Seniors - 10:00am All Weather Track Aorangi Park, Timaru
Men & Women 19 - 12:15pm Limestone Rd - just after Pareora Gorge

GRADES: Open Men and Women, Masters Men 40+ and Masters Women 35+, Masters Men & Women 50+, Junior Men and Women 19 & under. *Minimum age - 14 years or over as at 31st December 2010. Junior Men or Junior Women teams must comprise of runners younger than 20 years of age as at 31st December 2010. Masters teams must comprise of Masters runners. Masters 50 teams must comprise of runners who are 50 years of age or over on race day. No male runner may compete in a Women's, Masters Women's or Junior Women's team. An Open Men's team may include any runner.*

ENTRIES The race will be divided into A, B and C grades plus D & E if necessary.

ENTRY FORM: An entry form will be on our website - www.roundthegorges.co.nz

ENTRIES CLOSE: Monday 16th August

Mixed teams may be entered but please include grades for race record purposes

COST: \$120.00 per team - Seniors
\$90.00 per team - Men & Women 19

SUPPORT VEHICLES: We encourage only 1 vehicle per team

CONVENOR: Mark Peters - Phone: (03) 684-6330 email: markp97@hotmail.com

RACE RULES: Race Rules will be available in the Race booklet, a copy is provided for each competitor on the day of the relay. It is the responsibility of all competitors to be aware of all relevant race rules included in the programme book.

RACE PACKS Race packs available Saturday 28th August from 9am onwards at the All Weather Track