

RINGSTINGER 2009

(A Takapuna Harrier organised event)

Date: Sunday 5th July (weather will not affect)

Where: Takapuna Harrier Clubrooms, Akoranga Drive

Time: Walkers, Joggers and I lappers 2.00 p.m.
2 person teams 2.15 p.m.
Ringstingers 2.30 p.m.

Teams: Comprising 2 runners to run 1 lap each
(already have teams of grandparent/grandchild,
mother-in-law/ son-in-law etc, etc, etc)

Course: Road/Cross Country (see map overleaf)

Distance: 2 lap course – 12 Kms (ringstingers only)
1 lap – 6.60 kms (not eligible for merit prizes)
Teams – 6 kms each (eligible for merit prizes)

Registration: From 1.30 p.m. at clubrooms on the day

Entry Fee: Nil (Merit and Spot Prizes awarded)

BBQ etc: Free sausage sizzle, children's soft drinks etc.

Refreshments: Available at club rooms, post-race