

Wellington Centre Road Champs

Race Timetable

6 August 2011

Reservoir Road
Wainuiomata

Race	Start Time	Race/Age Group	Distance and Laps	Team Event
1	10:30am	Race Walk men-judged	10k - 10 loops of 1k	No team
		Race Walk women – judged	10k - 10 loops of 1k	No team
		Race walk men & women 19 – judged	5k – 5 loops of 1k	No team
		Freestyle walkers – non judged	10k - 10 loops of 1k	No team
		Freestyle walkers – non judged	5k – 5 loops of 1k	No team

2	12:15pm	Masters Women 50+	5k – 1 loop of 1k & 2 loops of 2k	First 4
		Women Under 50 (non-champ)	5k – 1 loop of 1k & 2 loops of 2k	No team/ medals
		Men (non-champ)	5k – 1 loop of 1k & 2 loops of 2k	No team/ medals
		Women 19	5k – 1 loop of 1k & 2 loops of 2k	First 4
		Women 16	5k – 1 loop of 1k & 2 loops of 2k	First 4
3	12:55pm	Girls 13	3k – 1 loop of 1k & 1 loop of 2k	First 4
		Boys 13	3k – 1 loop of 1k & 1 loop of 2k	First 4
4	1:15pm	Open Women	10K – 5 loops of 2k	First 4
		Masters Women 35 - 49	10K – 5 loops of 2k	First 4
		Men 19	8k – 4 loops of 2k	First 4
		Men 16	6k – 3 loops of 2k	First 4
5	2:15pm	Girls 11	2k – 1 loop of 2k	First 4
		Boys 11	2k – 1 loop of 2k	First 4
6	2:30pm	Girls 9	2k – 1 loop of 2k	First 4
		Boys 9	2k – 1 loop of 2k	First 4
7	2:50pm	Open Men	10k - 5 loops of 2k	First 6
		Masters Men	10k - 5 loops of 2k	First 4

Wainuiomata Harrier Club

<http://www.huttcity.com/wainuiomataharriers>