

Paekakariki Road Races

Sunday 24th January 2010



5 EVENTS 3 DISTANCES

15km Run

10km Run (Don Melrose Memorial Race)

10km Walk

5km Run

5km Walk

PROUDLY SUPPORTED BY:



MORNING TEA AND PRIZE DRAW IN THE HALL IMMEDIATELY AFTER THE EVENT (10.30AM approx)

THE COURSE:

All races start at Campbell Park and run a scenic and interesting 5km lap around the streets of Paekakariki, including The Parade, Beach Road, Wellington Rd, Tilley Rd and into Queen Elizabeth Park. All races start at 9.00 am

Contacts: Bryn Kempthorne 04 9043889 or 027 445 4625
Peter Ellis 04 2970691 or 027 447 1883

www.kapitiharriers.org.nz





PAEKAKARIKI ROAD RACE ENTRY FORM

Name: _____

Address: _____

Email: _____

Gender: (circle) MALE FEMALE

Age Category: (circle) U16 16-19 20-34 35-49 50+

Event: (circle) 5km run 5km walk

 10km run 10 km walk 15km run

ENTRY FEES

Under 16 (5km only) = \$5.00

16 to 19 = \$5.00 _____

Adults = \$10.00 _____

\$3.00 late fee after 21st Jan _____

TOTAL (Cash or cheque only) _____

Post entries to Paekakariki Road Race PO Box 259 Paraparaumu (before 21 January) or **email** details to b.a.kempthorne@xtra.co.nz or **fax** to 04 298 3889 (and pay on race day)

I hereby agree to compete at my own risk and obey all race rules as written or given verbally by race officials. I understand all roads are open to normal traffic and I will run as close to the side of the road as possible at all times

Signed

AW SANCTION NO: AW912

