



Sanctioned event  
Athletics New Zealand  
No: WBP 1113

Presents their day of road running and race walking at

Hosted by  
Tauranga Ramblers  
Contact: Malcolm  
Taylor 07 576 0000  
evenings

**“The Lakes”, Tauriko, Tauranga**

**Saturday 6 August 2011**

**This event incorporates Athletics Waikato BOP  
Road Running and Road Race Walk 2011 Championships**

Events are open to all runners and walkers - youngsters through to Granddads and Grandmas

**Order of events**

Start time	Grade	Distance	Entry Fees
<b><u>Fun run/ Freestyle walk</u></b>			
Event # 1. 11.30am	All ages	10km	\$12.00
<b><u>Race Walk events (judged)</u></b>			
Event # 1. 11.30am	Men 20 (20-34 yrs)	10km	\$12.00
	Women 20 (20-34 yrs)	10km	\$12.00
	Masters Men (35 plus)	10km	\$12.00
	Masters Women (35 plus)	10km	\$12.00
	Men 19 (17,18,19 yrs)	5km	\$10.00
	Women 19 (17,18,19 yrs)	5km	\$10.00
<b><u>Running events (open to all runners)</u></b>			
Event # 2. 1.00pm	Boys/girls 10 (10 & under)	2000 metres	\$5.00
Event # 3. 1.00pm	Boys/girls 12 (11, 12 yrs)	2000 metres	\$5.00
Event # 4. 1.10pm	Boys/girls 14 (13, 14 yrs)	3000 metres	\$6.00
Event # 5. 1.30pm	Women 16 (15,16 years)	5000 metres	\$8.00
Event # 6. 1.30pm	Women 19 (17,18,19 yrs)	5000 metres	\$10.00
Event # 7. 1.30pm	Masters women (35 plus)	5000 metres	\$12.00
Event # 8. 2.00pm	Men 16 (15,16 yrs)	6000 metres	\$8.00
Event # 9. 2.00pm	Men 19 (17,18,19 yrs)	8000 metres	\$10.00
Event #10. 2.00pm	Men 20 (20-34 yrs)	10000 metres	\$12.00
Event # 11. 2.00pm	Women 20 (20-34 yrs)	10000 metres	\$12.00
Event # 12. 2.00pm	Masters men (35 plus)	10000 metres	\$12.00

**Course location / Description:** 2km lap within The Lakes off State Highway 29, Tauriko Tauranga. Turn off State Highway 29 to Takatimu Drive opposite Toll Road, Tauriko on to Lakes Boulevard into Landing Drive. Course flat with gentle undulations and one runnable hill per 2000 metre lap. 1km lap flat with gentle rises and falls for walkers and younger grades.  
**Traffic will be on the course – Care must be taken by all competitors and they must obey marshals.**

**Facilities:** No changing facilities available. Portaloos toilets will be close to start/finish area. Club tents can be placed in designated area as per map. Parking to be in designated area only in designated reserves corner Scotia Close and opposite Capstan Close. There is no parking on the course proper. Entry to course is off Landing Drive.

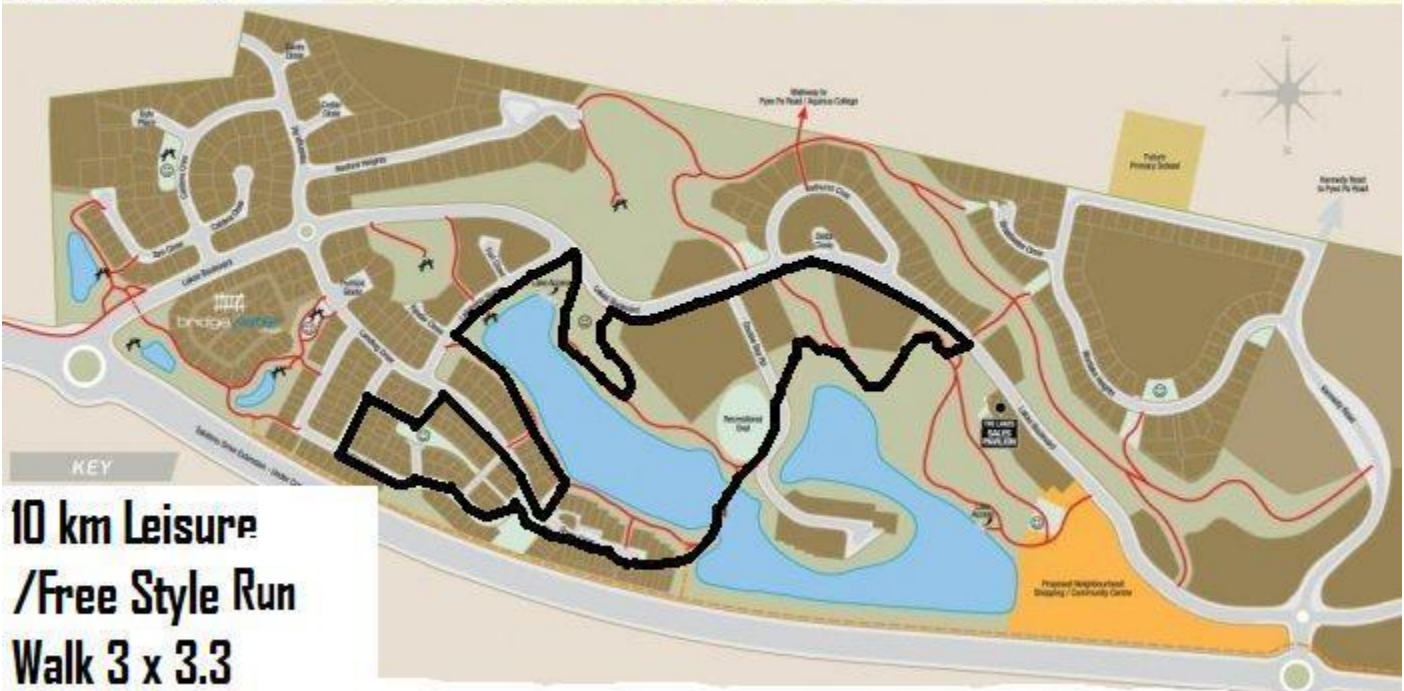
**Prize-giving / Refreshments:** Prizegiving for the Athletics Waikato championship events will be on site at the conclusion of events. Athletes and supporters as asked to bring own food and drinks. Mobile coffee will be available to purchase at the venue.







# Walking Course Non Judged Walk & Leisure/Fun Run Course



**10 km Leisure  
/Free Style Run**  
**Walk 3 x 3.3  
laps** —

**The Lakes Festival of Running/Walking 6th August 2011**