

2009 Senior Section Cross-Country & Road Calendar of Events

MAR. Sat 21 Opening Day - Promotional Day
Sat 28 Race 1: Road Handicap

APRIL Sat 04 Half Marathon Champs; Club - Start: 12 noon Walkers, 1pm Runners
Sat 11 Race 2: Road Handicap (Easter)
Sat 18 Race 1: XC Handicap
NZ Mountain Running Champs - Wainuiomata
Sat 25 **Southland Centennial Relays - Owairaka**; XC Pack Run

MAY Sat 02 Race 2: XC Handicap; **Rotorua Marathon (Club & Akld Champs)**
Sat 09 **GP 1 - HEB XC - Pukekohe Show Grounds**; XC Handicap (No Points)
Sat 16 Race 3: XC Handicap; ACA Pairs Relay - One Tree Hill Domain
Sat 23 **GP 2 - Macrennie Construction XC - Pakuranga**
Sun 24 **Huntly Half Marathon (Akld Half Marathon Champs) - Huntly**
Sat 30 Race 4: XC Handicap

JUNE Sat 06 Memorial Day (Ranked Handicap) Four Event Day (Hill, Road, Mile, XC)
Sat 13 **GP 3 - Auckland Teams XC - Manukau Velodrome**
XC Handicap (No Points)
Sat 20 Race 5: White Horse Inn XC (Handicap - Short Course)
Sat 27 **GP 4 - North Harbour XC - Long Bay**; XC Handicap (No Points)

JULY Sat 04 **North Island XC - Taupo**; XC Handicap (No Points)
Sat 11 Road Pack Run
Sun 12 Race 6: **Club XC Champs** (All start 10am, trophies presented 12noon)
Sat 18 Road Time Trial
Sun 19 **GP Final - Akld XC Champs - TBA**
Sat 25 Race 3: Road Handicap

AUGUST Sat 01 **NZ XC Champs - Christchurch**; Race 4: Road Handicap
Sat 08 Race 5: Road Handicap
Sat 15 Road Pack Run
Sun 16 **Auckland Road Champs - Unitec**
Sat 22 Race 6: Road Handicap; Australian XC Champs
Sat 29 Marathon Relay - Club (12.30pm Start)

SEPTEMBER Sat 05 **NZ Road Champs - Dunedin**; Race 7: Road Handicap
Sat 12 Race 8: **Club Road Champs** (All start 2pm; trophies presented 4pm)
Sat 19 **Akld Road Relay Champs - TBA**; Road Handicap (No Points)
Sat 26 Mystery Run - Reverse Pairs

OCTOBER Sat 03 **NZ Road Relay Champs - Christchurch**; Road Pack Run
Sat 10 Sponsors Day; **AGM & Special Trophies handed out 3.45pm**
Sat 17 Sir Barry Curtis Helpers Run
Sun 18 **Sir Barry Curtis 10km Road Race** (incl. 5k race) - Pakuranga

NOV. Sun 01 **Auckland Marathon & Half (NZ Half Marathon Champs)**
Sun 22 **Southland Marathon (NZ Marathon Champs) - Invercargill**

DETAILS Name:
Registration No. Grade:
XC = Cross Country • GP = Grand Prix

SELECTORS SM Nick Pannett - 535 8947
SW Bruce Calway - 535 8601
MW Kristine Reid - 533 3544 & Natalie Seay - 537 2054
MM Chris Keith (35-49) 533 9671; John Read (50+) 533 3544

CLUB DAY - Saturday Clubrooms open 1.15pm Announcements 4.00pm

Events commence 2:00pm except where early start is indicated.

Membership Fees taken on Saturdays. These must be paid before 30 April 2009.

Uniforms available for purchase on club days from 4.00-5.00pm.

Day Duty Roster - all members are rostered for timekeeping and day management duties. Please play your part when rostered on duty, to ensure the smooth running of Club days.

GENERAL INFORMATION

1. Membership period - 1 April 2009 to 31 March 2010.
2. The handicap points system: 10 points for 1st place down to 1 point for 10th to last placing.
3. The Club uniform must be worn on Club Days including Championship Days and all official outside events. Club colours - Red, White and Blue.

OUTSIDE EVENTS CALENDAR 2009

Month	Date	Event
March	Sun 29	Run Auckland 5/10km; Waitarua Reserve Hamilton Lake Fun Run 12/8/4km
April	Sun 05	Whenuapai Half Marathon/10/6km Fun Run
	Sun 19	Run Auckland 5/10km; Te Atatu
May	Sun 26	Y Womens 5/10km; Puriri Drive
	Sun 10	Onehunga Half Marathon/16/10/5km Run Auckland 5/10km; Eastern Beach
June	Sun 17	Sri Chinmoy Half Marathon/10km; Domain
	Sun 31	Run Auckland 5/10km; Milford
July	Sun 21	Run Auckland 5/10km; Western Springs Te Awamutu Half Marathon/16/8km Fun Run
	Sun 28	Sri Chinmoy Half Marathon/10km; Domain
August	Sun 05	King-of-the-Mountain Half/16/5km; Panmure
	Sun 12	Run Auckland Half Marathon/10km; Takapuna
September	Sat 25	Glen Eden 10-Mile Road Race
	Sun 02	Sri Chinmoy Half Marathon/10km; Domain Taupo Half Marathon Fun Run
October	Sat 12	Whangamata Half Marathon/11/6km Fun Run
	Sun 13	Sri Chinmoy Half Marathon/10km; Domain
November	Sun 20	Whangarei Marathon/Half Marathon/Relay
	Sun 04	Hamilton Half Marathon/10km
	Sun 11	Waitakere City Half Marathon/11km Fun Run
	Sun 08	Thames Half Marathon/10/5km Fun Run
	Sun 15	Hamilton Round-the-Bridges 12/5km
	Sat 21	Kerikeri Half Marathon
	Sun 28	Point-to-Pub Fun Run; Howick

PAKURANGA ATHLETIC CLUB INC.

Club: Lloyd Elsmore Park, Cascades Road (access between #36 & 38), Pakuranga
PO Box 51 090, Pakuranga (09) 576 4330
Web: www.pakrun.org.nz

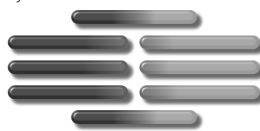
Pakuranga & Howick Realty LIMITED

Senior XC & Road 2009

COMMITTEE MEMBERS

Stephen Moorehead	577 3021	Chairman/Mngmnt Del/Macrennie Race Dir.
Kathleen Payne	535 6961	Secretary/NZRR
Richard Thomson	273 3235	Treasurer/Newsletter Editor/NZRR
Scott Dean	534 7696	Time Keeping
Sarah Devoy	577 4450	NZRR
David Hamilton	579 3869	Centre Delegate
David Harper	535 6258	Summer Runs
Craig Haslip	576 7871	Sponsorship/5km
Chris Keith	533 9671	Handicapper
Bev Lorimer	534 9517	Trophies
John Read	533 3544	Succession Planning
John Robinson	273 6565	Course Manager
Natalie Seay	537 2054	New Member Liaison/Asst. Macrennie
Gaye Stratton	534 4489	Trophies
Lindsay Hotham	534 9135	Registrations

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