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# THE GLEN EDEN ATHLETIC & HARRIER CLUB INC 10 MILER

MAJOR SPONSOR  **AATKings**  
Best under the Australian sky

## Saturday 29th July, 2006

5km FUN RUN ALL AGES

2km FUN RUN for under 14 yrs

RUN UNDER ATHLETIC N.Z. RULES

### CERAMCO PARK CLUBROOMS, GLENDALE RD, GLEN EDEN

Enjoy the beautiful Waitakeres in the famous 10 mile (16.1km) road run, or try the 5km or 2km fun runs. The events are open to registered or unregistered runners.

Trophies and age group merit prizes will be awarded for the 10 mile event. A club team prize will be awarded for the fastest team of 2 men and 2 women from any grade.

Finishers in the 5km Fun Run are also eligible for the wide range of spot prizes. Afternoon tea and prize-giving is at the Clubhouse at 4pm.

#### MAJOR SPOT PRIZE



- Explore Auckland, the 'City of Sails'
- Cross the Auckland Harbour Bridge
- Travel via Hibiscus Coast to the Bay of Islands
- Walk amongst the magnificent Kauri trees at the Parry Kauri Park
- Visit the historic Waitangi Treaty Reserve
- Discover the beautiful Bay of Islands, a popular holiday destination
- Enjoy a full day at leisure for optional activities
- Stay at the award winning Copthorne Hotel & Resort Waitangi
- Cruise to Cape Brett and through the famous 'Hole in the Rock'
- Sandy beaches and beautiful bays

# ENTRY FORM GLEN EDEN 10 MILER

ENTRY FEE \$25 • LATE ENTRIES \$10 EXTRA

All entrants in the 10 Mile Race must be 16 years or over on Race Day

First Name:..... Surname:.....

Address:..... Phone:.....

..... Age on Race day (Masters only 35+):.....

Club:..... Reg.No:.....

Email:.....

Tick box if estimated time is greater than 1hr 45min

Under 20 Men

Under 20 Ladies

Senior Men

Senior Ladies

Masters Men

Masters Ladies

I declare that: I am an amateur as defined by IAAF Rules under Rule 53. I will abide by the Rules and Laws for competition of IAAF. I enter and intend running entirely at my own risk.

Signed.....

# ENTRY FORM GLEN EDEN 5KM FUN RUN

ENTRY FEE \$10 • LATE ENTRIES \$5 EXTRA

First Name:..... Surname:.....

Address:..... Phone:.....

..... Age on Race day (Masters only):.....

FUN RUN/WALK

I enter and intend running entirely at my own risk.

Signed.....

## ENTRIES CLOSE ON 26th JULY 2006

WITH: Race Secretary, 218 Konini Rd, Titirangi. ENQUIRIES: Ph: 817 6230  
or Email: S.Tilton@xtra.co.nz

Cheques payable to Glen Eden Harrier Club (fees include GST)

**2KM FUN RUN ENTER ON DAY,  
START TIME 12 NOON. ENTRY FEE \$1.00**

## PLEASE SUPPORT OUR SPONSORS COURSE MAPS

**10 MILE**  
Start Time 2pm  
Race No's may be picked up from 12.15pm

**10 MILE RACE RECORDS**  
MEN - MARK BRIGHT 52.35  
WOMEN - KIEKO KAMIYAMA 58.55

Proudly supported by:



**5K FUN RUN**  
START TIME 1.15 p.m.