

Shoe Clinic Mizuno

Crater Rim Trail Run

SUNDAY 17th OCTOBER 2010

30km Trail Run – 8.00am

20km Trail Run – 8.30am

COURSE:

30km: Mt Vernon Farm Park Track to the Sign of the Bellbird via Rapaki Valley, Rapaki Track and the Crater Rim Tracks and return.

20km: As above to the Sign of the Kiwi and return.

ENTRIES:

This is an Athletics New Zealand Sanctioned Event.

Entry is open to registered and non-registered competitors, 18 years of age and over.

Trail run: \$30.00 non registered

\$20.00 2010 Athletics NZ Registered

Entries close: Monday 11th October 2010 with the Secretary,

Port Hills Athletic Club, PO Box 12-069, Christchurch

LATE ENTRIES:

Late entries on the day up to 30 minutes prior to each event start

Entry fee as above plus \$15.00.

START/FINISH:

St Martins Primary School, Albert Terrace, St Martins

Performance Prizes Spot Prizes

And

Our Famous Morning Tea

Race Director:

Kevin Jago

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Shoe Clinic
The fitting choice

