

2010
30th - 31st OCT

Long Distance Nationals

Mount Kohora

WHALE ISLAND

WHAKATANE, BAY OF PLENTY

RACE SCHEDULE

Sunday 31st October

7.00 am	RACE 4 Briefing - W1 J19 Women (12km) W1 J19 Men (12km)
7.30 am	RACE 4 START

9.00 am	RACE 5 Briefing - W1 OPEN Women (12km) W1 MASTER Women (12km) W1 SENIOR MASTER Women (12km) W1 GOLDEN MASTER Women (12km)
9.30 am	RACE 5 START

10.30am	RACE 6 Briefing - W2 OPEN Women (12km) W2 MASTER Women (12km) W2 SENIOR MASTER Women (12km) W2 GOLDEN MASTER Women (12km) W2 OPEN Men (12km) W2 MASTER Men (12km) W2 SENIOR MASTER Men (12km) W2 GOLDEN MASTER Men (12km) W2 J19 Mixed W2 OPEN Mixed W2 MASTER Mixed W2 SENIOR MASTER Mixed
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	<i>W2 GOLDEN MASTER Mixed</i>
11.00am	RACE 6 START

11.00am	RACE 7 Briefing - <i>W1 OPEN Men (12km)</i> <i>W1 MASTER Men (12km)</i> <i>W1 SENIOR MASTER Men (12km)</i> <i>W1 GOLDEN MASTER Men (12km)</i>
11.30am	RACE 7 START

1.30pm	RACE 8 Briefing - <i>Super 12 Men / Women / Mixed (15km)</i>
2.00pm	RACE 8 START

[For further information or queries, please contact:](#)

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