



## Long Distance Nationals – Gisborne – October 7<sup>th</sup> & 8<sup>th</sup> 2011



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**New Zealand Post**



### Long Distance Nationals – Novice, Open 23s & W1s

Novice & Open 23 Races - We are offering Novice Mens, Womens and Mixed Races (one category only) over 12 km approximately. These are non championship events but NKOA race rules still apply. We will also offer open 23 races for W1 & W6 categories. Entries for these events will close on 1 October but will not incur the late entry fee after 23 September.

**Notice to W1 paddlers for LDN** - if you are already entered in W6 - you can enter in W1 without incurring late entry fee. However this needs to be done by 1 October 2011. Please email to [mitamarshalls@xtra.co.nz](mailto:mitamarshalls@xtra.co.nz) if you have any problems with organising entries online through your club.

### Get amongst the action – LDN spectators viewing trips – Takitimu



Departing Tatapouri Fishing Club – Gisborne Wharf – 8.15am and 12pm each race day - Tickets \$20 each for 1-1/4 to 1 1/2 hour cruise following the race. Limited to 25 people per trip.

Tickets from Tourism Gisborne [info@gisbornenz.com](mailto:info@gisbornenz.com) or ph 06 867 2000

## Prizegiving, after race activities and what your entry fee gets

Prizegiving will be at the race venue from 4.30pm each racing day.

On Saturday – prizegiving will be followed by a free meal for all race competitors – this will be followed by a social evening at the Yacht Club Race HQ.

There will also be free BBQ and Soup provided for all race competitors on both racing dates. Tickets will be issued for these at registration.

## Sunday Breakfast

For those interested in a cheap cooked breakfast on Sunday morning before the AGM, these will be offered at \$10 pp at Te Poho o Rawiri Marae.

Contact Mihi at [aston-whanau@vodafone.co.nz](mailto:aston-whanau@vodafone.co.nz) or 0276245796

## Off the water action

### Opshop headline - Mix up at the Cut – Te Unga Mai/Real Festival 8<sup>th</sup> October



For those not participating in the races either morning or afternoon, there is a range of activities happening at “The Cut” on the city side of the river as part of the Te Unga Mai festival – culminating in an afternoon performance by OPShop (just prior to our prizegiving)

From 6pm two Rugby World cup quarter finals are on the big screen.

IT IS  
**OK** TO ASK  
FOR  
HELP

0800 456 450  
[www.areyouok.org.nz](http://www.areyouok.org.nz)