

Proudly supported by...



WANGANUI 3 BRIDGES MARATHON 2011

& HALF MARATHON Plus 5km and 10km Events

Saturday 10th December 2011



Proudly brought to you by the

Wanganui Harrier Club

- 4-lap Course for Full Marathon
- 2-lap Course for Half Marathon
- 1-lap for 10km
- 5km Dublin/City Bridge Loop



- Picturesque riverside course
- Events open to runners and walkers
- Value for money
- Late entries taken on the day

For more Information:

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roger.sharon@xtra.co.nz or roger.morrison@publictrust.co.nz

www.wanganuiharrierclub.co.nz

And just how do you think we can continue to provide you with such great value for money?
It's all thanks to this elite group of supporters. Please support them.



trigger point • massage therapy



Wanganui Motors Mazda

The race starts and finishes near the Union Boat Club on Somme Parade Wanganui. Just upriver from the City Bridge on the city centre side of the river and near the Waimarie berth.

The course takes in the **Dublin Street Bridge**, **City Bridge** and the **Cobham Bridge**, alongside the Whanganui River. The surface varies from sealed road edge, footpaths, grass (for only 400m) and walking tracks, generally flat.

We will have a detailed course map at the start, but our course markers are proud of their handiwork, so you won't get lost.

Please abide by the instructions of the course marshals.

Race numbers/packs available for pickup Friday 9th December from 5.30pm/8.30pm Union Boat Club Somme Pde
Race Numbers will also be available at the start on race day.

Please no family pets to accompany competitors on course.

Please be in plenty of time to lower officials stress levels.
Drink stations will be set up around the course, complete with energy drinks.

There are toilets, Port-a-loo's and showers available near the start area.

Presentations will follow the event at 1pm. At the start/finish area if the weather is kind to us. And while you're waiting there is the chance to check the nearby market.

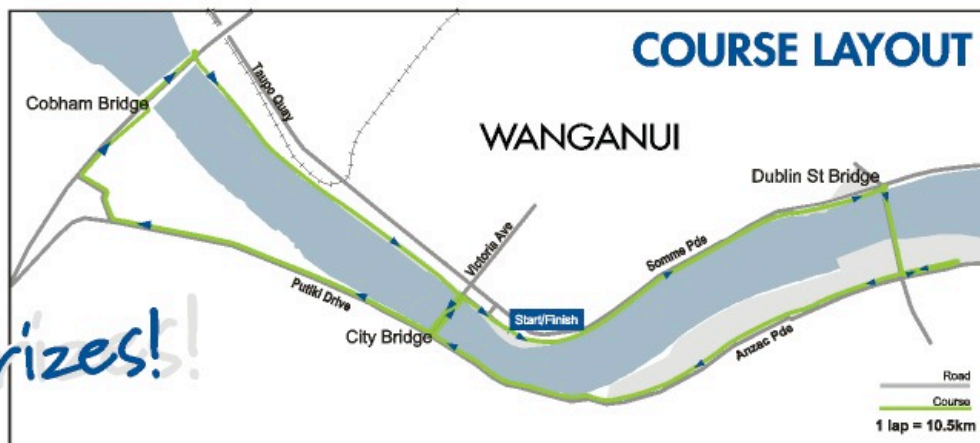
Certificates and results will be posted out following the event.
Results also posted on www.wanganuiharrierclub.co.nz

Race records Marathon run - Peter Handcock 2.42.37 (2005)
- Melanie Burke 2.50.06 (2005)

Marathon walk - Eric Kemsley 4.27.27 (2005)
- Robyn Wolfsbauer 5.00.28 (2009)

EVENT STARTING TIMES

■ 6.30 am	Marathon Walkers	■ 9.00 am	Half Marathon Runners
■ 7.30 am	Marathon Runners	■ 9.30 am	10km Competitors
■ 8.00 am	Half Marathon Walkers	■ 9.35 am	5km Competitors



Spot Prizes!

For those needing Accommodation:

(we would recommend the following)

Riverview Motel

14 Somme Parade, Wanganui Ph John or Sandra (06) 345 2888 or email riverviewmotel@xtra.co.nz (mention why you're in town)

Anndion Lodge

143 Anzac Pde, Wanganui 0800 343 056 or www.anndionlodge.co.nz.

Tamara Backpackers Lodge

24 Somme Parade, (06) 347 6300 or www.tamaralodge.com

Wanganui River Top 10 Holiday Park

460 Somme Parade, Wanganui.
Ph Andre or Martie (06) 343 8402 or email wriver10@xtra.co.nz

For a Meal :

(we would recommend the following)

See Mike and Julie at the Brick House Restaurant

72 St Hill Street Ph 06 348 4945



T SHIRTS / SINGLETS

T-Shirt order forms are on the race entry form, Please have your order in before 25th of November.

Late entries will be accepted up until the race start, with a penalty fee of \$5.00 on race day so please try to have your entries in at least a week prior to the event so that we can be better organised for the day.

Name: _____

Address: _____

Email: _____

Contact Ph: _____

Male Female First marathon Y / N

Age Group:

(tick one)

Open

40-49

50-59

60 Plus

Events:

(tick one)

Event	Entry fee
<input type="checkbox"/> Marathon Run _____	\$35.00
<input type="checkbox"/> Marathon Walk _____	\$35.00
<input type="checkbox"/> Half Marathon Run _____	\$25.00
<input type="checkbox"/> Half Marathon Walk _____	\$25.00
<input type="checkbox"/> 10km Run _____	\$15.00
<input type="checkbox"/> 10km Walk _____	\$15.00
<input type="checkbox"/> 5km Run _____	\$5.00
<input type="checkbox"/> 5km Walk _____	\$5.00



Entries accepted on the day for Marathon and half Marathon will incur an additional \$5.00 fee

T SHIRTS / SINGLETs PTO for sizes

T-Shirts & Singlets

(please include with your entry fee)

We have included the measurements next to the size of the T Shirt. **This is a half chest measure, taken from middle of the chest round the side, to the middle of the back**



Quality 'Quick Dry' fabric



Quality 'Dri Gear' fabric

Orders on the day will incur a \$5.00 p&p additional fee

For those wanting a t-shirt remember to have your order to us by the 25th of November 2011 so we can guarantee you the apparel.

Declaration: (to be completed and signed by all entrants)

1. I acknowledge that I compete entirely at my own risk.
2. I authorize any information given on this entry form to be used for promotional/and or results purposes pursuant to the Privacy Act 1993.
3. I agree to abide by the race officials, NZ Police & St John's Staff.
4. If a walker is judged to be other than walking, they will be classed as a runner
5. Course is partially run on public roads and is open to vehicular traffic.
6. Entrants must not be more than two abreast at any time.
7. Marathon and Half Marathon entrants to be 16 years and over.

Post Entries to:

Wanganui Harrier Club

PO Box 702

Wanganui 4540

Signed: _____ Total Enclosed \$: _____

(Including T-shirts/singlets)

Payment by cheque or online direct credit to Wanganui Harrier Club account with anz bank account number 11 6840 0683200 11 include name and event

Proudly supported by...



CLOTHING SIZES

T SHIRTS

Quality 'Quick Dry' fabric



Mens Sizes: (tick one)

- S** /52cm
- M** /54.5cm
- L** /57cm
- XL** /59.5cm
- 2XL** /62cm
- 3XL** /64.5cm

Womens Sizes: (tick one)

- 8** /44cm
- 10** /46.5cm
- 12** /49cm
- 14** /51.5cm
- 16** /54cm
- 18** /56.5cm

Marathon: Black/Gold

Others: Black/Red

T-Shirt Cost: **\$40.00**

NOTE: BE CAREFUL WHEN ORDERING
AS CM SIZES ARE **GARMENT CHEST WIDTH**

SINGLET

Quality 'Dry Gear Tech' fabric



Mens Sizes: (tick one)

- S** /48cm
- M** /50cm
- L** /52cm
- XL** /54cm
- 2XL** /56cm
- 3XL** /58cm

Womens Sizes: (tick one)

- 8** /40.5cm
- 10** /43cm
- 12** /45.5cm
- 14** /48cm
- 16** /50.5cm
- 18** /53cm

Marathon: Black/Gold

Others: Black/Red

Singlet Cost: **\$35.00**

Orders in by 25th November 2011