

# 'Upper Hutt' Course Summary

## Overview – September

To help you out, here is a quick summary of each of the options available for today, for further details please study the relevant course descriptions that are posted near here

Transition opens	7:30am
Registration	7:30am - 8:30 am
Late entries accepted	7:30am - 8:00 am
Verbal Event Briefing	8:45am
Transition closes	8:55am

	Long	Medium	Short
Start time - Men & teams	9:00am	9:10am	9:20am
Start time - Women	9:02am	9:12am	9:22am
Basic Summary	Run 10k, Cycle 40k, Run 5k	Run 5k, Cycle 20k, Run 2.5k	Run 2.5k, Cycle 12k, Run 2k
Opening run goes where?	Clockwise loop up tank Hill to Chatsworth Road back along roads	Hill	Flat Flat Lap around Freyberg Road
Opening run is?	2 laps (10k)	1 lap (5k)	2 laps (5k) 1 lap (2.5k)
Cycle goes where?	North to Ward Street, then into Whitemans Valley to Mangaroa School		North, up to Ward Street roundabout
Cycle is?	2 laps (40k)	1 laps (20k)	2 laps (12k)
Closing run goes where?	Flat Lap around Freyberg Road		Flat Lap around Gallipoli Road
Closing run is?	2 laps (5k)	1 lap (2.5k)	1 lap (2k)

**Prizegiving :** 11:30 am

This is an approximate time, but is dependant on when the last participant finishes, we will attempt to not start before then!). Prizegiving will be near the finish line.

## Entry Fees

The late entry fees applicable today are:

<b>Individuals &amp; Teams</b>	Open	<b>\$45</b>
	Students	<b>\$35</b>

Payment can be either cash or cheque (Please make cheques payable to "Fedude Sports" - thank you)