

Hi All,

The 2022-2023 track & field season is just about over. One final event.

10000m Championships – Saturday 25th March 2023, 8:15 a.m. @ Nga Puna Wai:

One last challenge on the track for our distance athletes!

Within this event there is an option for a **2x 5000m team**, provided the combined team time is under 40 minutes. This event is for competitive 5000m runners, as we do not want those athletes to get in the way of the 10000m championship athletes.

10k Team Challenge – Saturday 2nd March 2023, 9:10 a.m. @ Nga Puna Wai

Cross-country & road runners looking for something different? Why not give the 10k Team Challenge Event a go? This event is open to COMMUNITY runners as well.

Make up a team of 2 to 5 runners and share the workload. Each runner completes 5 laps (2000m) or a multiple of 5 laps, before handing over to the next runner. Have a bit of a rest, then run another 5 laps.

ALL Entries Online – Now OPEN:

<https://events.mygameday.app/#/event/landing-page/ac25mar2023>

Entries close Wednesday 22nd March 2023 @ 11:45 p.m.

For all team events, only one team member needs to complete the online entry form, but please supply the names of all team members. The cost is \$5.00 per team member. Please sort out the payment between yourselves, to repay the one who entered the team.

This event is restricted to 100 competitors. Once there are 100 competitors, I will close off the online entries. We will need some lap scores, so please let me know if you can help. Lap scorers are not included in the gathering size of 100.

For all entries, all events, there is an admin fee of \$5.00.

I look forward to seeing you there.

Regards,
Andrew Stark



PS. I will be out of country from Wednesday 15th March until Friday 24th March. I will respond to inquiries as and where I can.