

AOC Club Champs – Whites Line – 18/9/2016

Club Champion titles are up for grabs for AOC club members in 10 year age groups for the seniors and the usual junior age groups.

To be eligible you must run in the correct grade for your age group. You can run up a grade if you want and compete with those in that grade.

Red 1, 2 and 3 will visit the coastal strip. For those that aren't up to a championship challenge, there is the option of competing in the short course for 21+ or 40+ and also a B Grade (Orange Course) option.

Find your grade in the table here to make sure you are running the correct course. Please separate yourselves with at least one runner from another club between two AOC runners if possible.

Course Planner: Lauren Holmes, Controller: Kayla Fairbairn

Grade / Course allocations are listed below. Also listed are indicative course lengths (may change a little, but not much).

Course	Distance	Men	Women	Short / B Grade
Red 1	10.7 km	M20, M21		
Red 2	8.0 km	M18, M40, M50	W20, W21	
Red 3	5.6 km	M16, M60	W18, W40, W50	M21S
Red 4	3.6 km	M70	W16, W60	M40S, W21S
Red 5	2.3 km		W70	W40S
Orange Long	5.1 km	M14		M21B
Orange Short	3.2 km		W14	W21B
Yellow	3.0 km	M12	W12	
White	2.1 km	M10	W10	

We will also be hanging around afterwards and having a post-race picnic and catch up. So bring your lunch and join us in the Auckland Club tent when you have completed your course.