

PUKEORA MOUNTAIN ADVENTURE

Last day of School Term 3!!!

Mountain Run

One Lap (7km) approx.

Mountain Bike

1. Novice (1 Lap)
2. Intermediate (2 Laps),
3. Expert (3 Laps)

Each Lap is approx. 7km long.

Categories:

Senior Boys, Junior Boys, Senior Girls, Junior Girls, The top 4 riders from your school will contribute to the Teams Trophy. All participants will contribute to the Schools Trophy.

Seniors—Year 11,12,13 Juniors—Year 9,10

Points System:

Run 1st = total amount of runners in category
2nd = 1 less etc.

Bike—Same as run but two laps = double points & 3 laps = triple points.

All participants get points for themselves & their school.

Venue:

Pukeora Forest located approx 5km south of Waipukurau (SH2).

Price \$10. per runner or rider

Dates:

Friday 24th September.

Sign in 9-10am, Briefing 10am

MTR Start approx 10.15am

MTB Start approx 11.15am

Organiser:

- CHBC Year 13 PE excellence class Teacher Mr J Welch
- 1st Aid—St Johns will be supporting this event
- Please help us by doing your entry ASAP but entry on the day is also OK
- Participants can do both MTB & MTR

Sponsored by: BNZ, Paper Plus, Waipukurau Cars, Colour Plus, Mitre10

Food

A sausage sizzle will be run at the event by BNZ Waipukurau

Spot Prizes!!! Be in to win!

LETS GET TOGETHER, GET INVOLVED AND PROMOTE PHYSICAL FITNESS & WELLBEING!

NAME: _____

School: _____

Emergency contact ph.no: _____

MEDICAL CONDITIONS & Treatment: _____

Category please tick

MT Run 1 lap MT Bike 1 lap

MT Bike 2 laps MT Bike 3 laps

Section please tick

Male SNR Female SNR
 Male JNR Female JNR

DISCLAIMER

I agree to take part in this event at my own risk and to abide by the race rules. I accept that this event involves a degree of risk and will not hold the event organisers, landowners, promoters, sponsors, school or other personnel liable for loss or injury to equipment or person, incurred in this event. I intend to participate in a safe and responsible manor.

Signature If under 16, by a Parent or Guardian)

Please make cheques out to: Central Hawkes Bay College (Refunds will incur a \$5 fee)

Post entries to:

HB Sec. Schls. Pukeora Mountain Adventure
C/O Central Hawkes Bay College
Tavistock Rd
Waipukurau