

Cycling

DATE: Sat 3rd Oct - Time Trial
Sun 4th Oct - Road Race

VENUE(S):
Sat 3rd - Old West Coast Road
Sun 4th - Sefton

AGE: As at 30 September 2009
30+ Men & Women

TIME: Following are start times
Time Trial: 9am
Road Race: 10am

SPORTS FEE: \$10 per event

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Cycling

Please send this completed sports coupon with the Completed Registration Form.



Gender Male Female

Age Groups 30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+

Events

Individual Time Trial (Sat 3rd) 20km Individual

Road Race (Sun 4th) 64km 30-39 men 64km 40-49 men 48km 50+ men

48km 30-39 women 48km 40+ women

For more information see www.simasters.co.nz