

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1 Spin - 6.15pm @ Tpo Intermediate - gold coin	2 Harriers Run 5.30pm - distance	3	4 Harriers run - Speed sets - 5.30pm at harrier hut	5	6 <b>Dextro Energy ITU London Triathlon - Womens Elite Race @ 8.30pm NZ time</b>
7 Mizuno Half marathon	8 <b>Dextro Energy ITU London Triathlon - Mens Elite Race @ 1.00am NZ time</b> - Spin - 6.15pm @ Tpo Intermediate - gold coin	9 Harriers Run 5.30pm - distance	10	11 Harriers run - Speed sets - 5.30pm at harrier hut	12	13
14 National Duathlon Champs - Taupo	15 Spin - 6.15pm @ Tpo Intermediate - gold coin	16 Harriers Run 5.30pm - distance	17	18 Harriers run - Speed sets - 5.30pm at harrier hut	19	20
21 TBC	22 Spin - 6.15pm @ Tpo Intermediate - gold coin	23 Harriers Run 5.30pm - distance	24	25 Harriers run - Speed sets - 5.30pm at harrier hut	26	27
28 RATS Off road Duathlon Training to be confirmed	29 Spin - 6.15pm @ Tpo Intermediate - gold coin	30 Harriers Run 5.30pm - distance ----liron Virgin Mtg @ 7.30, Harrier hut	31	Notes:		

Notes:- Children U13's must be accompanied by an adult. Rides Will be based around ' Farm Loop' .