

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1	2 North Island Cross Country Champs----TDF Stage 1
3 8.30am @ AC Baths - Ride - Run approximately 2hrs, Contact Kevin Raven Ph 0272 508371 Coffee After - TDF Stage 2 - TTT	4 Spin - 6.15pm @ Tpo Intermediate- gold coin	5 Harriers Run 5.30pm - distance	6	7 Harriers run - Speed sets - 5.30pm at harrier hut	8	9
10 Mt Tauhara Off Road Half Marathon	11 Spin - 6.15pm @ Tpo Intermediate- gold coin	12 Harriers Run 5.30pm - distance	13	14 Curry in Evening b4 TDF Stage Stage 12 Mtn Finish, Location to confirmed --- Harriers run - Speed sets - 5.30pm at harrier hut	15	16 Evening Curry\meal in town followed by viewing of the TDF Stage 14, assuming Sky TV is live - Mtn Finish - Location to be confirmed - Hamburg Triathlon
17 8.30am @ AC Baths - Ride 1.30hr - Run 45 mins approximately 2hrs, Contact Chris Todd Ph 07-3770606 Coffee After	18 Spin - 6.15pm @ Tpo Intermediate- gold coin	19 Harriers Run 5.30pm - distance	20	21 TDF Stage Stage 18 Mtn Finish ---- Harriers run - Speed sets - 5.30pm at harrier hut	22 Evening Curry in town followed by viewing of the TDF Stage 19 Mtn Finish - Alp D'Huez. -- Assuming Sky live coverage	23 TDF Stage Stage 20 TT.
24 Rotorua Tri Club - Duathlon - \$15pp. 4.5klm run, 30klm bike, 3klm run, See Dean Hawkens for entry details ph 3772455	25 Spin - 6.15pm @ Tpo Intermediate- gold coin	26 Harriers Run 5.30pm - distance ----liron Virgin Mtg @ 7.30, Harrier hut	27	28 Harriers run - Speed sets - 5.30pm at harrier hut	29	30
31	Notes:					

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