

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:			1	2	3	4
				Harriers run - Speed sets - 5.30pm at harrier hut		Dextro Energy ITU Triathlon - Madrid
5 Ride - 2.5hrs - AC Baths - 8.30am - Coffee after - Contact Kevin Raven Ph 0272 508371	6 Spin - 6.15pm @ Tpo Intermediate- gold coin - Queens Birthday Public Holiday	7 Harriers Run 5.30pm - distance	8	9 Harriers run - Speed sets - 5.30pm at harrier hut	10	11
12 Ride - 1.50hrs followed by 30min run off bike - Meet at AC Baths - 8.30am - Coffee after. Ring Dean Hawkens Ph 3772455	13 Spin - 6.15pm @ Tpo Intermediate- gold coin	14 Harriers Run 5.30pm - distance	15	16 Harriers run - Speed sets - 5.30pm at harrier hut	17	18 Dextro Energy ITU Triathlon - Kitzbuhel
19 Run 1/4 Marathon @ Wharewaka Point, 9.00am - Ride 1.50hrs after - Meet at Wharewaka Point - 8.30am - Coffee after. Contact Chris Todd 021- 353218	20 Spin - 6.15pm @ Tpo Intermediate- gold coin	21 Harriers Run 5.30pm - distance	22	23 Harriers run - Speed sets - 5.30pm at harrier hut	24	25
26 To Be Confirmed	27 Spin - 6.15pm @ Tpo Intermediate- gold coin	28 Harriers Run 5.30pm - distance ----Iiron Virgin Mtg @ 7.30, Harrier hut	29	30 Harriers run - Speed sets - 5.30pm at harrier hut	Notes:	

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