

RACE PROGRAMME
SATURDAY 3rd DECEMBER 2022 : START TIME 9.00am

PLEASE NOTE: Races are subject to change at organisers discretion

<u>Race</u>	<u>Type</u>	<u>Distance</u>	<u>Event</u>
9.00am			
1	W6 mixed	6km	Peter Muijlwijk Memorial Cup • 6 men / 6 women per club - 2 laps of course (approx. 3k per lap)
			Trophy Presentation
2	W1	500m	Zane Ferguson Memorial race – J16 W1 Boys Heat 1 – see attached
3	W6	500m	Midget Boys & Girls
4	W1	500m	Zane Ferguson Memorial race – J16 W1 Boys Heat 2 – see attached
5	W1	500m	Intermediates Girls
6	W6	1000m	J19/Open/Master/Snr Master - MEN
7	W1	500m	Junior 16 Girls – Heat 1 – see attached
8	W6	1000m	Open/Master/Golden Master - WOMEN
9	W1	500m	Junior 16 Girls – Heat 2 – see attached
10	W1	500m	Intermediates Boys
11	W1	500m	Junior 19 Boys
12	W6	250m	Midget Boys & Girls
13	W1	500m	Junior 19 Girls
14	W6	500m	Intermediate Girls & Boys
15	W1	500m	Zane Ferguson Memorial Race – FINAL Trophy Presentation
			15 mins Lunch Break
16	W6	1000m	Junior 16 Girls
17	W6	1000m	Junior 16 Boys

18	W6	1000m	Intermediate Girls & Boys
19	W1	500m	Open/Master/Snr Master/Golden Master - WOMEN
20	W6	1000m	Junior 19 Girls
21	W1	500m	Open/Master - MEN
22	W1	500m	Snr Master/Golden Master - MEN
23	W6	500m	Junior 16 Boys
24	W6	500m	Junior 16 Girls
25	W6	500m	Open/Master/Golden Master - WOMEN
26	W1	500m	Junior 16 Girls FINAL
27	W6	500m	J19/Open/Master/Snr Master - MEN
28	W6	500m	Junior 19 Girls
29	W6	3000m	Open/Master/Golden Master - WOMEN
30	W6	3000m	J19/Open/Master/Snr Master - MEN
31	W6	3000m	Junior 16 Girls & Boys
32	W6	3000m	Junior 19 Girls
			Junior Club Points Trophy Presentation

PLEASE : NO PROTESTS

