**2019 AOC Club Champs**

**AOS9 Whites Line, Sept 22nd 2019**

AOC club members can compete for Club Champion titles in 10-year age groups for the seniors and the usual 2-year junior age groups. To be eligible you must run the correct course for your age grade. You can run up a grade if you want and compete with those in that grade. Find your grade in the table below, and enter the correct course on Sunday.

NB. No AS or B grades this year – if you don’t want to run the course associated with you’re A-level age grade, just pick the course you want to run like a normal AOS event.

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| Course  | Men  | Women  |
| Red 1  | M20A, M21E  |  |
| Red 2  | M18A, M40A, M50A  | W20A, W21E  |
| Red 3  | M16A, M60A  | W18A, W40A, W50A  |
| Red 4  | M70A  | W16A, W60A  |
| Red 5  | M80A | W70A, W80A  |
| Orange Long  | M14A  |  |
| Orange Short  |   | W14A |
| Yellow  | M12A  | W12A  |
| White  | M10A  | W10A  |

Try to separate yourselves with at least one runner from another club between two AOC runners if possible.

There will be a picnic/social after your run, so bring your lunch and/or a plate to share and join us in the Auckland Club tent for a catch up with fellow club members.