

WELLINGTON MASTERS ATHLETICS
10KM ROAD RACE AND WALK

(Incorporating Wellington Masters Championships)

SUNDAY 5 NOVEMBER 2006 at LOWER HUTT

START TIMES: Walkers 9.30am - Runners 10.00am

NOTE: NEW START/FINISH: Outside Sacred Heart College in Bellevue Road

RACE HEADQUARTERS. Huia Indoor Swimming Pool - Lower Hutt - Entries will be taken on race day at the start area outside Sacred Heart College

COURSE: The race starts outside Sacred Heart College, travels down Bellevue Road, turn left into Ludlum Crescent, then into Puriri Street along to the end, then into Pohutakawa Street and continue along past the Waterloo Interchange into Oxford Street - turn at the cone and retrace course back to start/finish at Sacred Heart College

SHOWERS: will be available at the pool - free of charge

REFRESHMENTS' Tea and Coffee will be available after the race in a meeting room upstairs at the pool also used by Hutt Valley Marathon Clinic, which has kindly agreed to act as host for the race Lunch will NOT be available Tea and Coffee with light refreshments will be covered by your race entry fee

PRIZEGIVING: Will take place in the meeting room at the Huia Pool with each 5-year age group being recognised

ENTRIES: For this event entries (runners & walkers) will be received from both members and non-members of New Zealand Masters Athletics provided that they meet the minimum age requirements

MEN Pre-master - 30 years of age on 5/11/2006

Master - 35 years of age on 5/11/2006

WOMEN Pre-master - 30 years of age on 5/11 2006

Master - 35 years of age on 5/11/2006

ENTRY FEES.

Member of the WMA - \$10 - no late entry fee is payable

Non-member of WMA - \$15 - no late entry fee is payable

PLEASE CUT OFF ENTRY FORM (Please Print Clearly)

SURNAME

CHRISTIAN NAME

ADDRESS

MALE/FEMALE

DATE OF BIRTH

EMAIL

TELEPHONE (home)

(business)

CLUB

RUNNER OR WALKER

ENTRY FEES \$ 10 - Members of NZMA - no late entry fee applies

\$ 15 - Non-members of NZMA — no late entry fee applies

\$45 - Annual Subscription for NZMA and Wellington Masters Athletics - covers period 1/9/2006 to 31/8/2007

TOTAL AMOUNT ENCLOSED \$_____ Cheques payable to Wellington Masters Athletics

Post Entries to:

Wellington Masters 10km Road Race

C/- Kalhryn Fraser

49 Dress Circle, Newlands,

Wellington

Telephone 477 4914

No postal entries after 2nd November- please register on the day at the start area.

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules

1 I will follow the directions of race officials

2 I acknowledge that I compete at my own risk.

3 There are NO road closures

4 Runners and walkers must use the footpaths provided or where there is no footpath, run/walk as close as possible to the side of the road

5 Privacy Act Information concerning this event may be used by Wellington Masters Athletics for promotional purposes

Signed