

**WELLINGTON MASTERS ATHLETICS**  
**10KM ROAD RACE AND WALK**

**(Incorporating the Wellington Masters 10km Championships)**

**SUNDAY 28 OCTOBER 2007 at LOWER HUTT**

**START TIMES:** Walkers 9.30am - Runners 10.00am

**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 Pohutukawa Street and continue along past the Waterloo Interchange into Oxford Terrace - 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:

<b><u>MEN:</u></b>	Pre-master -	30 years of age on 28/10/2007
	Master -	35 years of age on 28/10/2007
<b><u>WOMEN:</u></b>	Pre-master -	30 years of age on 28/10/2007
	Master -	35 years of age on 28/10/2007

**ENTRY FEE:**

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)**

NAME:

ADDRESS:

MALE/FEMALE:

AGE ON RACE DAY:

EMAIL:

TELEPHONE: (home)

(business)

CLUB:

RUNNER/WALKER (delete or circle one):

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 1/9/2007 to 31/8/2008.

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_ Make cheques payable to Wellington Masters Athletics.

**Post Entries to:**

Wellington Masters 10km Road Race

C/- Dick Harris, 11 Whitu Street, Khandallah

**No postal entries after 25<sup>th</sup> October — 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.....