

WELLINGTON MASTERS ATHLETICS

21st 8km ROAD RACE & RACE WALK

SUNDAY, 7th AUGUST, 2005

Olympic Harrier Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Note: Due to traffic the start and finish will now be in Kipling Street. The roads will NOT be closed to traffic

Road Race: 5 laps = 8 km - Start 11,00am **Race Walk:** 4 laps = 6.4 km - Start 10.45 am

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted. Prizes for the first 2 Club teams
Four to a team with at least one woman. Pre-masters are welcome
Prizes for first two men and women in race walk plus additional prizes where warranted. A light lunch will be provided
A number of Spot Prizes will be drawn on the day

Entries: Entry Fee: \$8.00 Non-members: \$15.00
Entries received after 2nd August: Late Fee: \$2.00

Cheques made payable to Wellington Masters Athletics

Send entries with cheques to:

Kathryn Fraser, 49 Dress Circle, Newlands, Wellington 6004 - Telephone 04 477 4914



Wellington Masters 8km Road Race and Walk

NAME: *TELEPHONE No.*

ADDRESS:

EMAIL:

CLUB: DATE OF BIRTH: . , . / . . . / . . .

RUNNER or WALKER (Please delete or circle one)

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 on the left hand side of the road
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....