

WELLINGTON MASTERS ATHLETICS

25th 8km ROAD RACE & RACE WALK

SUNDAY, 26th July, 2009

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 11.00 am

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.
Four to a team with at least one woman.

Prizes for the first 2 Club teams.

Pre-masters are welcome.

Prizes for first two men and women in race walk plus additional prizes where warranted.
A number of Spot Prizes will be drawn on the day.

A light lunch will be provided.

Entries: Entry Fee: \$10.00

Entries received after 22nd July: Late Fee: \$5.00

Non-members: \$15.00

Pre Masters welcome

Cheques payable to Wellington Masters Athletics

Send entries to: Brian Watson, 96 Beazley Avenue, Paparangi, Newlands, Wellington - Telephone 04 971 1351



Wellington Masters 8km Road Race and Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:

CLUB: AGE ON RACE DAY:

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.....