

# Athletics Wellington Road Running & Walking Champs 2011

## Venue: Wainuiomata – Reservoir Road

This is a closed, sealed, meandering road through a picturesque native bush valley with a hill on one side and a river on the other side. Because it is in a valley it is sheltered from wind but can be quite cool, so dress warmly. Come and join us in a lovely setting, where the only noises you are likely to hear, other than the yelling of the spectators, are the birds and the river below.

## Parking

There is parking either at the course, down by the clubrooms at Richard Prouse Park or at the end of Hine Road. If you want to use public transport, you can catch a **170 bus** to Wainuiomata from **Waterloo Railway station** or **Lower Hutt Shopping Centre** and get off the bus at the end of **Hine Road**.

## Getting there

Travel over the **Wainuiomata hill**, and go straight down **Wainuiomata Road** to the BP station. Go around the roundabout, turning right, into **Main Road** towards the coast. At the next roundabout, at the top of a rise, turn left into **Moore's Valley Road**. Go over **Moore's Valley Hill**. Turn right once you get over the bridge at the bottom of the hill into **Whitcher Grove** and follow the road to the course. The route will be signposted from the roundabout near BP. If you want to park at Richard Prouse Park or the end of Hine Road, continue down Main Road through the village until you reach Hine Road roundabout, and turn left into Hine Road.

## Club Tents

There is plenty of space for club tents at the start finish area. We ask that if your club is bringing a tent, that it be brought onto the course before 12:00pm (before the first running race).

## The course

The course is an out and back course over a 1k length of road making a 2K loop (same as last year). The walking race will be held on the flattest 500m section of the road making a 1K loop (200m further up the road than last year).

## Toilet Facilities and Refreshments

There will be 4 portaloos on site, as well as the toilets next to the clubrooms at Richard Prouse Park. A barbecue, hot drinks, cold drinks, and muffins will be for sale at the tent area by the start/finish line.

## Medals

Centre medals awarded for the first 3 registered Wellington centre athletes in each grade. Medals will be given out at the venue as soon as results become available.

## Electronic timing chips

Must be worn for races 2-7. Updated Chip allocation lists must be forwarded to Tony McKone.

## Race entry fees

Runners over 16, \$10. Runners 16 and under, \$7. All Walkers, \$7. Clubs will be invoiced.

For all grades except Masters, ages are at 31st December 2011.

For Masters' grades, ages are age on the day.

## One Event Registrations

Must register a minimum of 30 minutes before race start.

Must hire a Timing Chip. Fee is \$20 with \$10 refund on return of the chip.

Must also pay race entry fee of \$8 for Over 16 and \$5 for 16 and under.

## Runners competing out of grade:

Clubs must notify the intention of any athlete who wishes to run in a different grade to Tony McKone by Thursday August 4th (e.g. Masters Runner competing as Open or Masters Woman 50+ competing as Masters Woman 35 - 49)

## Contact Details

Warren Mueller, Wainuiomata Harrier Club - President: 04 5644042, 027 5417304, [heatzone@xtra.co.nz](mailto:heatzone@xtra.co.nz)

Alan Carman, Wainuiomata Harrier Club - Race Coordinator: 04 9713001, 022 6524692, [carmana@wgc.school.nz](mailto:carmana@wgc.school.nz)

Tony McKone, Timing System Manager: [tonesm@paradise.net.nz](mailto:tonesm@paradise.net.nz)

## Wainuiomata Harrier Club

<http://www.huttcity.com/wainuiomataharriers>