

WELLINGTON MASTERS ATHLETICS

10KM ROAD RACE AND WALK

(Incorporating the Wellington Masters 10km Championships)*

SUNDAY 1 NOVEMBER 2009 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 left into Pohutakawa 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.

***CERTIFICATES:** Will be posted out after the event to all place-getters in each 5-year age group.

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 1/11/2009
Master - 35 years of age on 1/11/2009
WOMEN:
Pre Master - 30 years of age on 1/11/2009
Master - 35 years of age on 21/11/2009

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 - covers period 1/9/2009 to 31/8/2010.

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

A range of WMA singlets (\$30) and Tee Shirts (\$50) will be available for purchase on the day

Post Entries to:

Wellington Masters 10km Road Race,

C/- Richard Harris, 11 Whitu Street, Khandallah, Wellington 6035 – For any enquiries telephone (04) 971 5993

No postal entries after 27th 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.

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