



Road Running and Race Walking Championships

Saturday 19 August 2006.

Gallipoli Road, Trentham, Upper Hutt.

Everyone can enter the Lifestyle Sports sponsored Wellington 2006 Road Running and Race Walking Championships. The races are on fast and safe certified measured courses.

RACE	START TIME	RACE/AGE GROUP	DISTANCE AND LAPS	TEAM EVENT
1	11.15	Race walk men – judged	10 KM 5 laps of 2 km	No team
		Race walk women – judged	10 KM	No team
		All Junior walkers – judged	5 KM 1 km plus 2 laps of 2 km.	No team
		Fun walkers – not judged	5 KM 1 km plus 2 laps of 2 km	No team
		Fun walkers – not judged	10 KM 5 laps of 2 km	No team
2	1.00	Masters Women	6 KM 2 top loops, 1 big & half a top loop to finish	First 4
		Senior Women (Non – Championship.)		No team No medals
		Men 19		First 4
		Men 17		First 4
3	1.40	Women 19	4 KM. Almost 1 big loop followed by one top	First 4
		Women 17		First 4
		Girls Under 14		First 4
		Boys Under 14		First 4
4	2.05	Boys Under 12	2 KM. One and a half top loops	First 4
		Boys Under 10		First 4
		Girls Under 12		First 4
		Girls Under 10		First 4
5	2.30	Open Men	10 KM. One bottom loop, followed by 3 big loops	First 6
		Masters Men		First 4
		Open Women		First 4

Race Entries: The entry fee for athletes registered through a club is \$7 for all senior and masters grades. ALL finishers 20 and under will be charged \$3.50 (GST included). This will be invoiced to clubs when the results are finalised. Registered means that your club has allocated you a number and has paid a fee to Athletics Wellington and ANZ. If a finisher is not registered then the club will be subsequently charged for the registration fee by Athletics Wellington.

The entry fee for 'One Event' registrations (over 17) is \$10 and is payable at the caravan. 'One event' entrants will receive a race number when they register at the caravan, which should be no later than 15 minutes before the start of the race. All walkers must get numbers from the caravan.



RACE RULES

Unless otherwise directed by officials, athletes are to run on the road, as close as possible to the right hand side of the road at all times. You must stay inside the line indicated by cones and markers.

Please note that the roads will not be closed to vehicles.

NOTE: ALL ATHLETES ENTER AND COMPETE AT THEIR OWN RISK.

The running races will be in a clockwise direction. Races start in either Gallipoli Road, Pinehill Crescent or Freyberg Road. All running races finish in Gallipoli Road. Instructions from the Starter, Race Referee, and Walking Judges MUST be complied with. The 10 km walking races start and finish in Gallipoli Road and the 5 km races start in Somme Road and finish in Gallipoli Road.

All registered runners must wear their full club uniform. You cannot count for a team or win a medal unless you wear club uniform. All teams consist of the first four finishers for each grade, except for the Open Men when six will count. Club runners who do not appear in the list of registered runners will be counted for their club teams but will have to be paid for, and the Athletics Wellington registration fee will be billed to the club.

Race walkers must obtain race numbers from the caravan before the race and wear them front and back. A race walker who is disqualified must either leave the circuit when told of the disqualification by the Chief Judge, or may remove their front race number and continue as a Fun Walker to complete the course. The 10-km race starts and finishes in Gallipoli Road. The 5-km race starts in Somme Road and finishes in Gallipoli Road.

One Event walkers and runners must obtain a number from the caravan and wear it on the front

At the end of their race One-Event walkers and runners should take their finishing place card to the caravan to be recorded in the results.

RESULTS

Clubs must provide their own recorders. Results envelopes for clubs are available from the caravan. Names and initials plus the appropriate age group (e.g. BU14 or W17) must be recorded. **Please note that for all juniors the age is as at 31 December 2006.** For example a person who turns 14 on 31 December 2006 runs in the Under 17 not under 14 age group. Please return the competed envelopes to the caravan as soon as possible to speed the results process.

PRIZE GIVING and MEDALS

- **Medals and certificates** will be presented during the day as soon as possible after each race.
- **Athletics Wellington medals** will be presented to the first three athletes in each grade.
- **The first three in Under 12's and Under 10's** will be awarded Athletics Wellington certificates.
- **Athletics Wellington certificates for teams** will be posted to clubs for them to issue.
- **The results** will be posted on the Wellington Scottish Web Site at www.scottishathletics.org.nz
- **Please support our sponsors, Lifestyle Sports, Willis Street branch Wellington.**

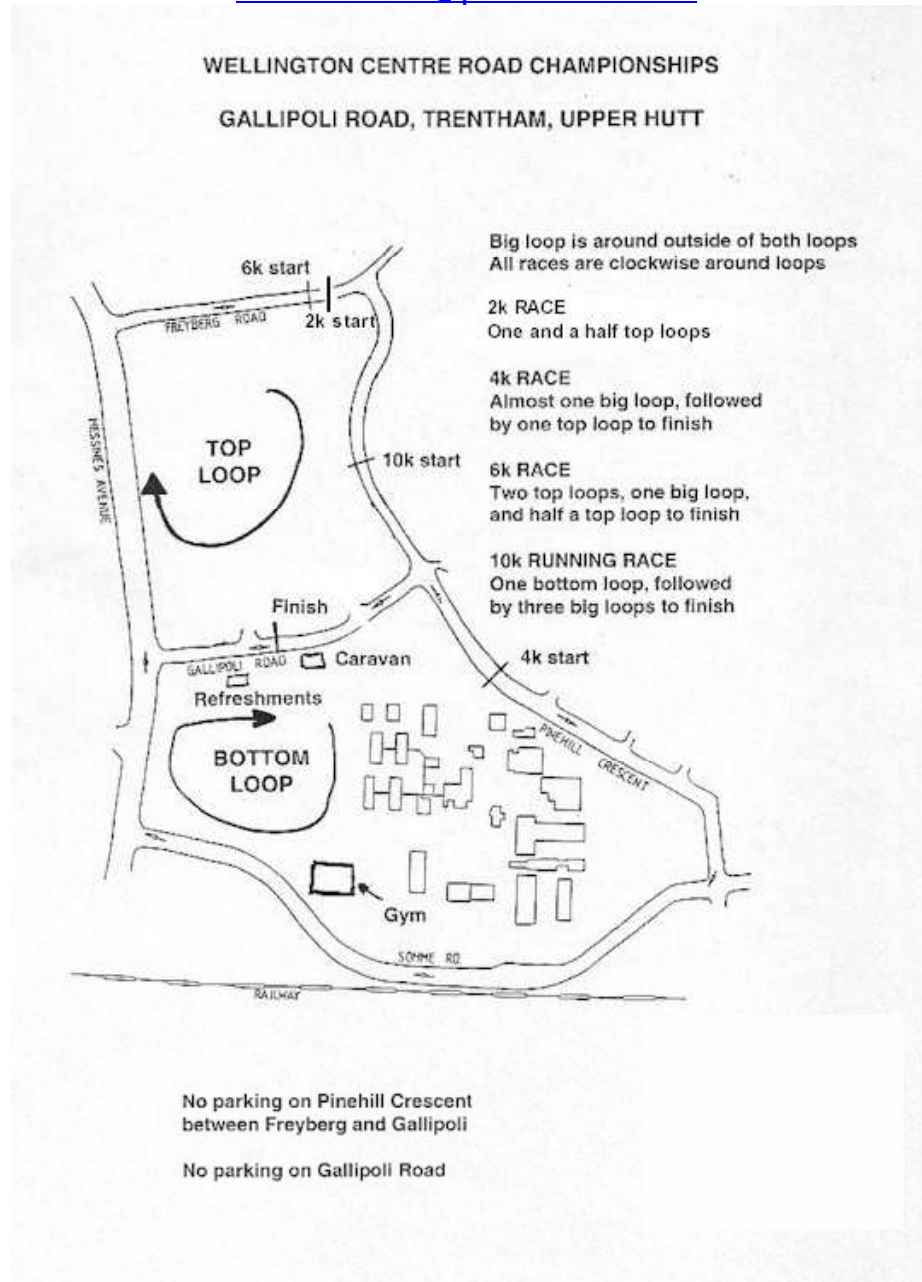
GENERAL INFORMATION

Car Parking: Parking is available on the Trentham Army Camp side of Messines Road. Please do not park on Gallipoli Road or on the grass playing fields. Parking is available in the car parks of the New Zealand International Campus –the old C I T. ***Please do not park on the areas by the finish, which will be closed off by tape/ropes or on the playing field by the caravan.***

Toilets and changing facilities: The Gymnasium will be open from 11:00am to 4:00pm, courtesy of the Y. M. C. A. **Do not leave clothes or valuables in the changing rooms.**

First aid: First aid coverage will be supplied by volunteers of the Upper Hutt Division of the Order of St John.

Race Director – For further information contact David Lonsdale, ph. 977 8990 or email to thelonsdales@paradise.net.nz



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