

WELLINGTON MASTERS ATHLETICS

10KM ROAD RACE AND WALK

(Incorporating Wellington Masters Championships)

SUNDAY 7 NOVEMBER 2004 at LOWER HUTT

STARTING TIMES: Walkers 9.30am – Runners 10.00am

START & FINISH: Ludlam Park, Lower Hutt

RACE HEADQUARTERS: Huia Indoor Swimming Pool – Lower Hutt – Entries will be taken on race day at the start area at Ludlam Park.

COURSE: The race starts in Ludlam Park, travels down Massey Avenue, turns left into Pohutukawa Street and continues along past the Waterloo Interchange into Oxford Street – turns at the junction with Guinness Street and retraces course back to start/finish in Ludlam Park.

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.

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 7/11/2004
Master - 35 years of age on 7/11/2004

WOMEN: Pre-master - 30 years of age on 7/11/2004
Master - 35 years of age on 7/11/2004

ENTRY FEES:

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)

SURNAME:

CHRISTIAN NAME:

ADDRESS:

MALE/FEMALE:

AGE AT 7/11/2004:

TELEPHONE: (home)

(business)

CLUB:

RUNNER OR WALKER:

ENTRY FEES: \$10 – Members of NZMA – no late entry fee applies.

\$15 – Non-members of NZMA – no late entry fee applies.

\$30 – Annual Subscription for NZMA and Wellington Masters Athletics. Covers period 1/9/2004 to 31/8/2005.

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

Post Entries to: Wellington Masters 10km Road Race

C/- Kathryn Fraser

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