

NEW ZEALAND LONG DISTANCE WALKING CHAMPIONSHIPS
SUNDAY 22nd OCTOBER 2006
AT WHAKATU, HASTINGS
NON-CHAMPIONSHIP RACES ONLY
(FOR THE CHAMPIONSHIP RACES REFER TO THE SEPARATE ENTRY FORM)

USER FRIENDLY:

These non-championship races are intended to cater for a wide range of walkers, including those who may have had little or no previous exposure to judged race walking.

All walkers will be judged according to the IAAF Rules, BUT the rules for the non-championship races only will be modified to allow all walkers to complete their race, even those who would normally be disqualified and removed from the course. The results of the non-championship races will be split into two divisions, with one division being recognised as "Race Walkers" and the other as "Other Walkers".

This will allow all walkers to receive valuable feedback on their technique without risk of having their race cut short.

DISTANCES – YOUR CHOICE

To make the non-championship races accessible to everyone, there will be a wide choice of distances. The choice is largely over to the individual. The suggested distances for senior walkers are 10km, 16km, 20km, 30km and 50km. Any younger juniors or others who are not yet ready to tackle a 10km race may enter a shorter distance of their choice. This might be anything from 2km to 6km.

As these races are being held on a 2km course, it is preferred that the distances are multiples of 2km. It is recognised however that 15km is a recognised distance, and if anyone had a special reason for wanting to race 15km, we can make arrangements for that.

COACHING SESSION

The day before the races, a coaching session will be held. This will cover mainly the essentials, and is aimed at preparing new walkers for what they will experience in their race next day. It will be important to not overwhelm new walkers with a mass of theory at this stage.—There will be time for that later. This will include a short (1km) practice race to see how it works in practice, and further discussions will follow. Explanatory materials will be included in the entry fee.

PROGRAMME

Saturday 21 October

2:00pm Coaching session

Sunday 22 October

7:00am All 50km.

8:00am All other Championship Races – 10km, 15km and 20km.

9:00am All non-championship races (except 50km).

VENUE

The races will be held at the Turners & Growers Enza Coolstore complex at Whakatu, about midway between Hastings and Clive. On Saturday, access is off the end of Groome Place, which is a short road running off Station Road. (There is also a Railway Road, so don't get confused. To make it more confusing, there is a railway but there is no station.) During the racing, on Sunday, access will be confined to the gates at the western end of the venue. This will keep the racing circuit totally free of all traffic.

ENTRY FEES: Non-championship races only.

10km to 50km \$25.00

Late Fee \$5.00

2km to 6km \$10.00

Late Fee \$5.00

These fees include the coaching session and the handouts that will be provided. (*We want to give you your money's worth.*)

Please forward your entry including payment to:

**Non Championship Entry,
NZ Long Distance Walks Championships,
c/o Hastings Harrier Club,
P. O. Box 426,
HASTINGS.**

Further information can be obtained from Jack Tregurtha, 980 Riverslea South, Hastings, (06) 878-6551 or 025 2069289
jack.tregurtha@clear.net.nz

You may also email your entry to jack.tregurtha@clear.net.nz and pay on the day. No Late fee in this case

Please make cheques out to "Athletics Hawke's Bay Gisborne".

NORMAL ENTRIES (Non-Champs) CLOSE Wednesday 18th October.

LATE ENTRIES ACCEPTED ON THE DAY ON PAYMENT OF AN ADDITIONAL \$5.00

NOTE: Late entries will NOT be accepted for the Championship races.

Championship entries close on 8th October.



**ENTRY FORM
FOR THE
NON-CHAMPIONSHIP RACES**

**TO BE HELD IN CONJUNCTION WITH THE
ATHLETICS NEW ZEALAND LONG DISTANCE
WALKS CHAMPIONSHIP
SUNDAY 22nd OCTOBER 2006**

(NOT FOR CHAMPIONSHIP ENTRIES)

NAME: **DATE OF BIRTH**

ADDRESS
.....
.....

PHONE **MOBILE PHONE**

EMAIL ADDRESS

SEX: MALE / FEMALE
(Please circle one)

RACE DISTANCE **Km**
(Multiples of 2km, please)

COACHING SESSION
I intend to attend the Coaching Session **YES** **NO**
on Saturday 21 October.
(Please circle one)

ENTRY FEE enclosed. **\$**
(Make cheques payable to Athletics Hawke's Bay Gisborne)

(\$25.00 for all distances from 10km to 50km)
(\$10.00 for 2km to 6km)

Please post to
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NZ Long Distance Walks Championships,
c/o Hastings Harrier Club,
P. O. Box 426,
HASTINGS.

