

# RECREATION ENTRY FORM



## MOUNTAIN RUNNING CHAMPIONSHIPS 2005 Mt Victoria, Wellington Sunday 15 May 2005



### THE NEWSTALK ZB RECREATION RUN

As part of the Athletics NZ Mountain Running Championships there will be a recreational run open to all runners. You do not have to be a member of Athletics NZ to participate. All runners will start at 8am and complete 1, 2 or 3 laps according to the category entered (see below).

Junior Women – 1 lap / 4.7km / 310m vertical

Junior Men, Women, Masters Women and Masters Men - 2 laps / 9.1km / 620m vertical

Men - 3 laps / 13.5km / 930m vertical

**Juniors are under 20 on 31/12/2005 and both Masters Men & Masters Women (35 plus on race day)**

### TIMETABLE

**8.00am Newstalk ZB Recreational Run**

10.00am New World Junior Women (1 lap)

10.00am Meridian Energy Women / Meridian Energy Masters Women / New World Junior Men / Meridian Energy Masters Men (2 laps)

11.00am Meridian Energy Men (3 laps)

1.00pm Prize Giving

*If you wish to enter the NZ Championships, then enter on line at [www.mountainrunning.org.nz](http://www.mountainrunning.org.nz)*

### ENTRIES

#### Entry Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender (please tick):  Male

Female

Category (please tick):  Junior

Open

Masters

Birth Date: \_\_\_\_\_

Total Remittance: (\$20 before 9<sup>th</sup> May, \$30 after 9<sup>th</sup> May)

\$ \_\_\_\_\_

#### Paying by Credit Card

Credit card type:  Visa

Mastercard

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Credit card Signature: \_\_\_\_\_

**Postal Entries to: Newstalk ZB Recreation Run, 226 Evans Bay Parade, Wellington  
Cheques payable to Athletics Wellington.**

**Postal Entries Close: MONDAY 9<sup>th</sup> May 2005**

## **ENTRY FEES:**

**Entry Fee Only \$20.00**

**Late Entry Fee**

**\$10.00** (after May 9<sup>th</sup>, 2005)

**Confirmation of Entry** - Banking of cheque will be confirmation of entry.

## **CONDITIONS OF ENTRY:**

Participants compete at their own risk.

Participants must obey the instructions of event officials and stay on the event tracks at all times. Failure to do so will lead to disqualification.

No refunds will be given after the 9<sup>th</sup> May 2005. If refunds are requested prior to this, a \$10 administration fee will be held by the organizers.

In the event of extreme weather conditions where Mt Victoria is not suitable or safe for running, the organizers reserve the right to substitute an alternative run of similar distance. In this case the entry fee will NOT be refunded. If the event is cancelled entirely, the organizers will make the maximum refund possible to participants.

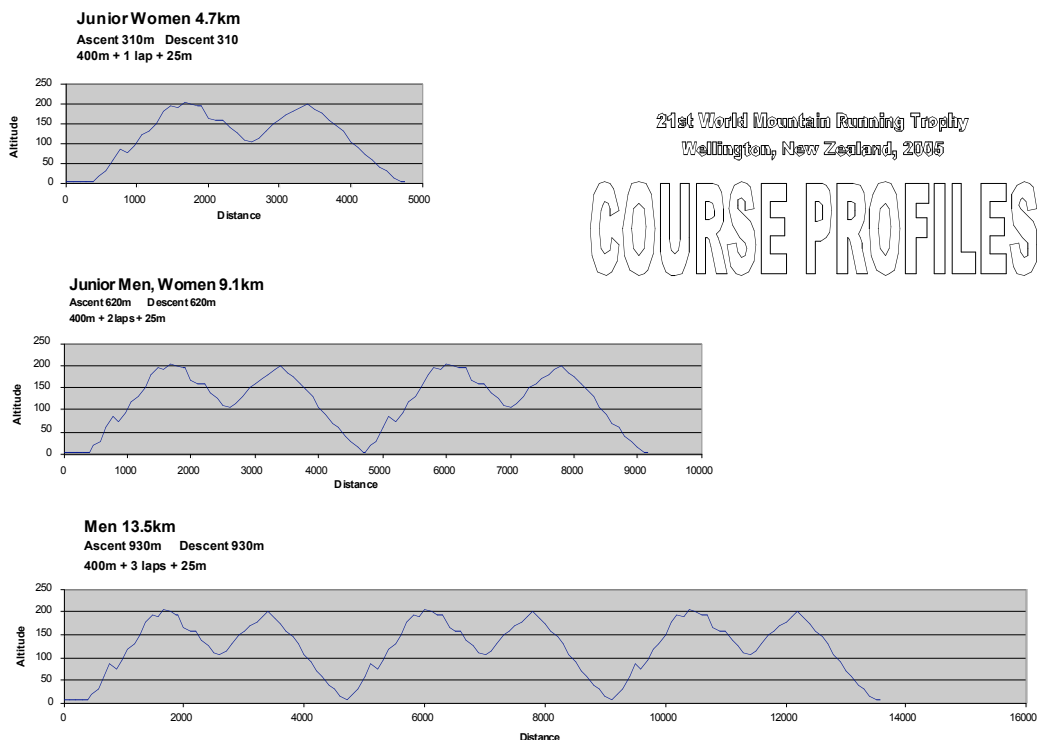
## **REGISTRATION:**

Race packs will be available for pickup from the Band Rotunda from 3.00pm to 5.00pm on Saturday 14<sup>th</sup> May or on race day, Sunday 15<sup>th</sup> May 2005, from 7.00am to 9.00am.

## **COURSE DESCRIPTION:**

All events are based on a 4.2km lap with a total altitude gain of 310m. A stunning course with majestic views, the first climb from Oriental Bay heads straight to the trig on Mt Victoria, a climb of 196m. The run then descends 96m on Mt Victoria's tracks before climbing back to the summit. Then follows a fast descent back down to Oriental Bay. There is a 400m flat section at the start of each event before commencing the uphill.

**Check run maps, profiles etc on the event website [www.mountainrunning.org.nz](http://www.mountainrunning.org.nz)**



**For further queries please contact Event Director:**

**Arthur Klap - [arthur@mountainrunning.org.nz](mailto:arthur@mountainrunning.org.nz)**