

NEW ZEALAND LONG DISTANCE WALKING CHAMPIONSHIPS

SUNDAY 30 OCTOBER 2011
PALMERSTON NORTH

CHAMPIONSHIP RACES

Entry form for New Zealand Long Distance Walking Championships can be completed on line at <http://www.athletics.org.nz>

NON CHAMPIONSHIP RACES ONLY

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. Non championship walkers are always able to complete their full distance.

This gives the opportunity to record a time over an accurately measured flat, fast course. The course is a 1 kilometre lap and you have the opportunity to participate in the recognised Olympic and Commonwealth Games distances, from 20 to 50 km’s. While a 1 km course may appear daunting, the multi lap format allows the athlete to be self supported with access to toilets, their own drinks and food and any of their other requirements on each lap. The multi lap format also allows all competitors to watch the race unfold, rather than walkers becoming spread out over many kilometres.

Distances – Your Choice

To make the non championship races accessible to everyone, there will be a wide choice of distances. The choice is largely up to the individual, with suggested distances for senior walkers being 5 k, 10 k, 15 k, 20 k, 30 k or 50 k.

Non championship entrants: Please forward your entry including payment to:

Non Championship Entry
NZ Long Distance Walks Championships
C/O Manawatu Striders
PO Box 1871
PALMERSTON NORTH 4440

You may also email your entry to Peter Zwart at pjzwart@gmail.com and pay on the day. No late fee is payable just so long as the email is received before the normal entry close off date of Wednesday 19 October 2011.

Please make cheques out to: Manawatu Striders

ENTRY FEES: Non championship races only
5 km to 50 km **\$25.00** Late fee \$5.00

Normal entries (non championships) close Wednesday 19 October 2011

DETAILS FOR BOTH EVENTS

PRIZE GIVING AND AFTER MATCH FUNCTION

After the event there will be a prize giving at the *Croquet Club Pavilion* Manawaroa Street, The Esplanade. (See Venue Map). Some light refreshments will be available free of charge. All competitors in the championship and non championship events and all officials will be eligible for spot prizes; you must be at prize giving to collect a spot prize.

PROGRAMME

Saturday 29 October

Course inspection – Please note the road will be open to traffic

3.00 AGM Race Walking New Zealand Croquet Club Pavilion Manawaroa Street
The Esplanade

Race numbers can also be picked up at this time and place

Sunday 30 October

7.00 am All 50 km

7.00 am All non championship races over 20 km

9.00 am All other Championship Races – 10 km, 15 km and 20 km

9.00 am All non championship races up to and including 20 km

Registration also available from 7.00 am on the day from Race Head Quarters on Centennial Drive

VENUE

The races will be held on Centennial Drive, Hokowhitu, Palmerston North (See Venue Map). Car parking is available at The Chalet or Massey Campus both on Centennial Drive. The road will be closed to vehicle traffic on race day.

Shower facilities will be available at the kayak club (part of the Chalet complex) or Croquet Club Pavilion, Manawaroa Street, The Esplanade.

ACCOMMODATION

Visitors from out of town should make their own arrangements. Please note that Palmerston North is hosting New Zealand Marching Teams Championships the same weekend so it may pay to book early. Full information about Palmerston North and the Manawatu region, including accommodation, is available at www.manawatunz.co.nz

ENTRIES

Entry form for New Zealand Long Distance Walking Championships can be downloaded from <http://www.athletics.org.nz>

Entry forms for non championship races can be down loaded from <http://www.manawastriders.org.nz/>

Further information can be obtained from Peter Zwart at pjzwart@gmail.com or telephone on (06) 3535087.