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## ATHLETICS – 10km Road Walk

### INFORMATION FOR PARTICIPANTS

#### Date and Time

Sunday 4 February 2018 at 9.00am.

#### Start and Finish

Buses will take competitors from the Caledonian Ground to the start line at the Harbour Walkway in St Leonards. Buses will leave the Caledonian Ground at **8.30am sharp**. Don't be late! Competitors will finish on Butts Road, adjacent to the University Oval (just along the road from the Caledonian Ground).

#### Facilities

Designated changing rooms will be available for men and women for use underneath the grandstand at the Caledonian Grandstand, Logan Park Drive. Toilets are also available at the back of the grandstand. Equipment and clothing can be left in a designated room at the Caledonian Ground. Please don't bring any valuables.

#### First Aid

The Red Cross will be in attendance at finish area and at points along the course. The race organizers reserve the right to withdraw any competitor who is deemed unfit to continue the race.

#### Refreshments

Water will be available at the halfway point and near the finish line.

#### Medal Ceremony

Medals will be awarded to the first, second and third male and female home in each 5-year age group. The presentation of the medals will take place in front of the Caledonian Ground grandstand. The ceremony will be held after the results have been processed at approximately 12.00 noon. It is not until the final competitor has completed the course that the final results can be processed.

There will be tea and coffee available in the top room in the Caledonian Ground for those who have completed the race and are waiting for the medal ceremony to take place.

#### Competitor Numbers

Each competitor must display their race number on the **FRONT**.

Numbers will be issued at the Caledonian Ground from **7.45am on race day**. You must come and pick up your number and tick off your name from the info desk.

After passing the finish line competitors will continue through a chute in single file where their number will be recorded. Only walkers wearing the official race number will be allowed into the finishing chute.

#### Course Supervision:

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Marshals will be posted along the course at all major course direction changes.

For reasons of safety and congestion, no buggies, prams, animals, skateboards, scooters, roller blades etc may accompany walkers. **Music listening devices should not be worn.**

Roads, pavements and cycle ways are open to the public. Be respectful towards pedestrians and follow instructions of race officials at all times.

Walkers are responsible for their own safety when crossing roadways on all parts of the course. All the roads and cycle ways are open for use by normal traffic. All competitors enter at their own risk.

This walking race is recreational and therefore not judged under Athletics New Zealand rules. Participants however are not to run. This means that one foot must be in contact with the ground at all times. Any participant observed running by a race marshal or race official will be precluded from winning a medal.

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