

ATHLETICS 10KM ROAD WALK

Date: Sunday 4 February 2018

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FACILITIES:	Designated changing rooms will be available for men and women for use underneath the grandstand at the Caledonian Ground, 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. There will be a double portaloos at the start area.
MEDALS:	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 12.00noon. Medals will be awarded to the first, second and third male and female home in each 5-year age group. It is not until the final competitor has completed the course that the final results can be processed.
DIRECTIONS:	The start line is on the Harbour Walkway at St Leonards. Competitors will finish on Butts Road, just along the road from the Caledonian Ground. Buses will leave the Caledonian Ground at 8.30am sharp to take competitors to the start line. Don't be late!
PROGRAMME:	<p>Each competitor must display their race number on the FRONT of their clothing. Numbers will be issued at the Caledonian Ground from 7.45am on race day. You must pick up your number and check in with the info desk.</p> <p>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.</p>
FIRST AID & SAFETY EQUIPMENT:	Qualified first aiders will be in attendance at the finish area and at points along the course. The race organisers reserve the right to withdraw any competitor who is deemed unfit to continue the race. 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.
REFRESHMENTS:	Water will be available at the halfway point and near the finish line. There will be tea and coffee available in the Athletics Otago rooms first floor in the Caledonian Ground grandstand for those who have completed the race and are waiting for the medal ceremony to take place.
SPORT SPECIFIC INFORMATION:	<p>Marshals will be posted along the course at all major course direction changes. For reasons of safety and congestion, no prams, animals, skateboards, scooters, roller blades etc. may accompany walkers. Roads, pavements and cycle ways are open to the public. Be respectful towards other road and pathway users and follow instructions of race officials at all times.</p> <p>This walking race is recreational and therefore not judged under Athletics New Zealand Rules. Participants however MUST NOT RUN. This means that one foot must be in contact with the ground at all times. The race officials rely on the integrity of all competitors that they will walk the whole distance. Any participant observed running by a race marshal or race official will be precluded from winning a medal.</p>

Course Description

Start at St Leonards on the West Harbour Walk and Cycle way. Follow the walkway almost the complete distance until the boat harbour; turn right into Neptune Street, right into Parry Street and right into Ravensbourne Road. Follow Ravensbourne Road on the foot path until the Ravensbourne Hotel, and then turn right re-joining the West Harbour Walk and Cycle way at the Ravensbourne Boating Club. Follow the walkway back to the city under the bridge by the Waters of the Leith, through the Stadium roadway and west along Anzac Ave. Cross Anzac Ave into Butts Road. Continue along Butts Road to the Finish.

The course is flat except for the Ravensbourne loop where there is approximately a 50 metre rise from Parry Street to Ravensbourne Road opposite the Ravensdown Fertiliser Works.

Buses will leave the Caledonian Ground at 8.30am sharp to take competitors to the start line.

