

STAIR RACING

Dates: Monday 4 February 2019

Address for Sport: Durie Hill Stairs, Anzac Parade, Whanganui

Contact: Mark Stoneman 027 561 7606, Jimmy Hildreth 029 770 1235

FACILITIES	Limited Parking, easy to park near the games village and walk to the Durie Hill Stairs.
MEDALS & CEREMONIES	Prizegiving will be held at the Games Village at 6:30pm. Medals will be presented to 1 st , 2 nd and 3 rd in each age group.
DIRECTIONS	Just across the town bridge at the base of Durie Hill (the one with the big tower on it). Approx. 10 min walk from the Games Village across the bridge.
PROGRAMME	Briefing 4:30pm Race Start 5pm Prizegiving 6:30 at the Games Village
FIRST AID	Basic First Aid will be available on site.
REFRESHMENTS	Refreshments will be available at prizegiving
SPORT SPECIFIC INFORMATION	The race starts at the bottom of the stairs, you must touch every step on the way up to the top of the tower and back down to the bottom. Competitors must keep left unless passing. The record is 5 minutes 42 Seconds

