



# **ATHLETICS WELLINGTON RACE WALKING CHAMPIONSHIPS 2020**

The Athletics Wellington Race Walking Championships will be held on Saturday 19<sup>th</sup> September 2020 on a course on the Twin Lakes access road at Te Marua, Upper Hutt. Trentham United and Wellington Scottish Athletics and clubs are jointly hosting the meeting.

## **The races**

There are Championship, A Grade and non-Championship B Grade races.

Only registered financial members of Wellington Centre clubs can be placed in the championships, but visiting walkers may enter the A Grade. Any member of any club or an individual walker may enter as a B Grade competitor and will be allowed to finish.

The championship A grade races will be fully judged, and any disqualified walker will have to stop and leave the course. They cannot convert to become a B grade competitor. There is no Sin Bin operating.

The championship races will be as follows. Senior men and women, Masters men and women 35+ and Under 20 men and woman are all 10 km. Men and women under 18 are 5 km. Medals will be presented for championship race 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, for Athletics Wellington registered athletes.

Non-championship B Grade walkers can elect to do 10km or 5km. These will be judged for loss of contact and creeping.

There will be 2km and 3km non-championship races for juniors.

## **Entry to the races**

***Anyone who wants to compete in the A Grade championship races MUST ENTER by email to [awong-tung@windowslive.com](mailto:awong-tung@windowslive.com) by 11.59 pm on Thursday 17<sup>th</sup> September. See the information later in this message.***

Entries for all other races can be made on the day at the Registration Desk but NO LATER than 8:30 am. Please bring your own race numbers if you have them. We will have numbers and safety pins available at Registration.

The entry fees are:

Senior and master's grade championship races \$12.50.

U20 and U18 championship races \$8.

All B Grade races \$10. Children's 2 and 3 km race \$5.

Clubs can be invoiced for your entry fee after the event or you may pay cash on the day.

Championship competitors MUST compete in their club uniform.

B grade competitors may compete in any uniform BUT NO leggings for any walker please.

No headphones may be worn during the races.

Race number bibs must be worn and visible front and back. The A grade championship walkers will have a coloured identifier on their race number bibs.

## **Timetable**

Thursday 17<sup>th</sup> September Championship entries close 11.59 pm.

Saturday 19<sup>th</sup> September 2020.

08:00 am Registration desk open.

08:15 am Course open for practice.

08:30 am Registration desk close for all races.

08:40 am Walk judges meet and are assigned positions.

09:00 am Start all races.

10:30 am Prizegiving on the course with spot prizes drawn.

## **The course and facilities.**

The course is on Twin Lakes Road. Turn off SH2 at the Te Marua Golf Club but continue on Twin Lakes road to the course.

The lap is a measured one-kilometre circuit. It will be coned, and the walk judges will also act as umpires to ensure the course is followed. The start/finish line will be near the middle of the course. There will be marshals at each end of the course to control any traffic that will use the centre of the road.

There are toilets at the north (far) end of the course. If a competitor needs to leave the course to go to the toilet, they must do so at the North end turn and return to that place.

There will be a drink table on the course. Personal well identified drinks may be placed there and used as required. Water in cups will also be available. DO NOT TAKE a drink from anywhere other than this table. Doing so is a disqualifiable offence.

Car parking is at the far end of the course near the toilets. Tents can be put up on the grass beside the course. There are first aiders available, ask for help at the Start / Finish line.

## **COVID-19**

Our aim is to provide a safe environment for athletes to compete and the event will proceed under level 1 and 2 restrictions. Please observe the following measures - Social distancing, Sign in on arrival using the NZ Covid Tracer app or update your details on the contact tracing forms that will be provided, Hand Sanitiser and masks will be provided. Under no circumstances should athletes use or handle other athletes water bottles.

**The championship will be cancelled if New Zealand move to move to Covid level 3 or 4.**

## **Race rules and how to enter**

The races will be conducted under the World Athletics rules and the Athletics New Zealand (ANZ) Supplementary rules. By entering competitors agree to be bound by those rules and the directions of the Meeting Manager or Safety Officer. All competitors compete entirely at their own risk, and consent to receiving medical treatment which may be advisable in the event of illness or injuries suffered during or around the event.

A Grade Championship competitors MUST be registered through their club with ANZ and should email their entry to the Arlene Wong-Tung at [awong-tung@windowslive.com](mailto:awong-tung@windowslive.com). Please provide name, race division entered, club, your race number if you have one or advise if you will need a number, and advise whether to invoice your club or you will pay on day.

We look forward to seeing lots of you on Saturday 19<sup>th</sup> September at Te Marua.

Please contact Arlene Wong-Tung at [awong-tung@windowslive.com](mailto:awong-tung@windowslive.com) if you need further information.

Further information will be made available on the Athletics Wellington ([@athleticswellington](https://www.facebook.com/@athleticswellington)) and Race Walking Wellington ([@RWWLGNZ](https://www.facebook.com/@RWWLGNZ)) Facebook pages.