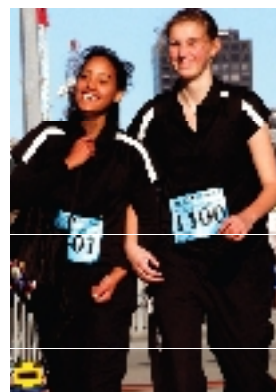
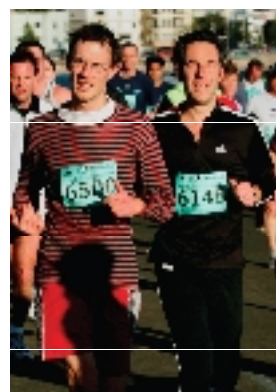
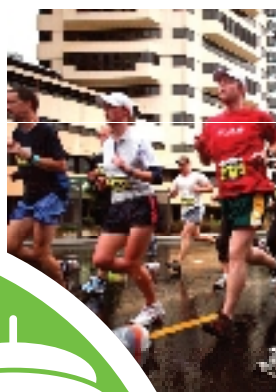
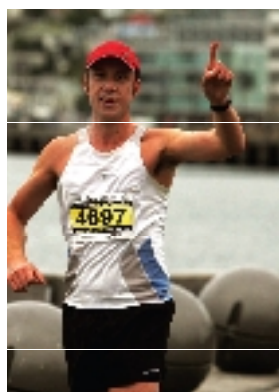


Shoe Clinic

HARBOUR CAPITAL MARATHON

Half Marathon – 10k – Kids' Magic Mile



27 June 2010 – 25th Anniversary

**Wellington
Marathon
Clinic** ☆
www.wmc.org.nz

www.harbourcapital.org.nz



Welcome... to the 25th Anniversary of Wellington's premier marathon event. With a fast, flat and scenic route around Wellington's spectacular waterfront, and options including Full Marathon, Half Marathon, 10K and the Kids' Magic Mile, this is an event that provides something for runners and walkers of all age, ability and aspiration. In 2009 a record 4701 people from 12 countries lined up at the famous Westpac Stadium. Help make the 25th Anniversary the biggest yet... Enter Now.

ENTRY DETAILS

Enter Online: www.harbourcapital.org.nz

Enter Manually: If you do not have access to internet or a credit card, you can fill out this entry form and post with cheque or money order to: **Wellington Marathon Clinic, P.O. Box 2416, Wellington 6140.**

Earlybird Entry: Entries prior to midnight 1 May go into a draw to win one of six gym memberships at Habit Health & Fitness.

Late Entries: Entries after midnight 14 June will incur an additional late fee of \$15.00.

Confirmation: All entrants will receive entry confirmation and GST receipt via email. Please fill out your email address clearly.

Refunds: Withdrawals prior to 14 June will receive a refund minus \$10 admin fee. **No refunds after 14 June.**

T-SHIRTS

Adidas Technical Running T: \$40

Kids Magic Mile Cotton T: \$25

Retro 25th Anniversary T: \$30

Designs can be seen on the event website.

Only limited numbers will be available on race day. To be sure of getting a t-shirt, order when you enter.

CATEGORIES

All categories apply to runners and walkers, male & female. All entrants are eligible for the Overall category and age group categories are set automatically via date of birth.

Full Marathon: Overall; 40-49yrs; 50-59yrs; 60-69yrs; 70+yrs. NB: there are no age group categories for Full Marathon Walk.

Half Marathon: Overall; 13-19yrs; 40-49yrs; 50-59yrs; 60-69yrs; 70+yrs.

10K: Overall; Under 20yrs; 40-49yrs; 50-59yrs; 60-69yrs; 70+yrs.

Kids' Magic Mile: Open to children aged 5 to 12. Parents may accompany their children at no cost.

Teams: There are Team competitions in the Half Marathon and the 10K for Open Teams, Women's Teams, Corporate Teams, School Teams and Walking Teams. Teams must consist of at least four entrants and all entrants must fill out their correct team name when entering. Team results will be calculated on the total time of the fastest four members of each team.

Wgtn Half Marathon Champs: If you wish to be eligible for Wgtn Championships you must be registered with a club and give your registration number and club name. Categories: Men Overall; Women Overall; Men 40yrs+; Women 35yrs+.

Age Limits: Parent or guardian must sign entry form for any participant under age 16. Participants in the full marathon must be aged 18 or over.

WALKERS

Entrants must elect whether they are Runners or Walkers. The Walk events are open to any style of walking, but WALKERS MUST NOT RUN. Entrants wishing to jog/walk should enter as Runners.

ACCOMMODATION

Holiday Inn is the event host. They are just 5min walk from start/finish and have special rates for entrants. \$119 per night for two or more night stay. \$149 for single night stay.

Ph: 04 499 8686

Email: res@holidayinnwellington.co.nz

Web: www.holidayinnwellington.co.nz

RACE PACK REGISTRATION

All entrants must collect their race pack prior to starting. Race pack pick up is on the following days. Venue to be advised on the website.

Friday 25 June: 10.00am to 7.30pm

Saturday 26 June: 10.00am to 4.00pm

RACE DAY

Car Parking: There is limited carparking at Westpac Stadium. Tickets for stadium parking are available for \$6 at the pre-race registration. Wellington CBD, only 1.5k away, has free on-street parking on Sundays.

Pre-Race Briefing: Pre-Race briefings will occur on the start line for all events. All entrants must be in attendance.

Start – Full Marathon Walk: 6.30am

Start – Full Marathon Run: 7.30am

Start – Half Marathon Run & Walk: 9.00am

Start – 10K Run & Walk: 9.15am

Start – Kids' Magic Mile: 9.25am

PRIZE GIVING

Westpac Stadium – 1:30pm.

Kids Magic Mile Prize Giving is 10:30am.

Results on race day are strictly provisional.

Total value of the prize pool is at least \$20,000.

Merit prizes will be awarded in all categories.

RECORD BONUS

A \$1000 bonus will be awarded to the overall winners breaking the following race records:

Full Marathon

Men: 2hrs 31min 38secs (Grant McLean, Wgtn, 2004)

Women: 3hrs 00min 57secs (Lotty Turnidge, Wgtn, 2009)

Half Marathon

Men: 1hr 09min 15secs (Andrew Douglas, Scotland, 2009)

Women: 1hr 17min 49secs (Belinda Wimmer, Nelson, 2008)

COURSE

All events start and finish on the Walkway in front of Westpac Stadium. The course follows Waterloo Qy, Aotea Qy and Cable St, turning left at Taranaki St into the Waterfront Wharves and passing around the back of Te Papa and Chaffers Wharf to the Overseas Terminal and into Oriental Parade...

The 10k... turns around approx 200m past Pt Jerningham and returns through the Wharves to Waterloo Qy and Westpac Stadium.

The Half Marathon... continues to Evans Bay, turning left onto Cobham Dve to Miramar, where it turns left into Shelly Bay Rd. The Half Marathon turns around approx 800m along Shelley Bay Rd and returns around the waterfront and through the Wharves to Waterloo Qy and Westpac Stadium.

The Full Marathon... continues past Shelley Bay to Seatoun, turning right to follow Inglis St over the Pass of Branda to Breaker Bay Rd. The Full Marathon turns approx 1k down Breaker Bay Rd and returns around the waterfront and through the Wharves to Waterloo Qy and Westpac Stadium.

Kids' Magic Mile... The Kids course starts the same as the main events, but turns around on Waterloo Quay outside Blue Bridge Ferry entrance and returns the same way.

Course Cut Off: The course is closed at 1:00pm. Participants still on-course are then responsible for their own safety and support.

GENERAL INFO

Drink Stations: Positioned approx every 5K.

Marshals: Marshals are on course for direction only. At all times entrants are responsible for their own actions.

First Aid: First Aid assistance is available around the course.

Toilets: Toilets are marked on the course map.

ROAD CLOSURES

There will be some partial or full road closures in place, but this does not give entrants sole use of any part of the course. Road closures give entrants the legal right to run/walk on the roads, but does not mean that vehicles will not be present on the course. We have to allow for emergency and resident access. Entrants should obey all road rules and watch for traffic at all times.

RULES

- 1) Participants must obey all officials, police and marshals.
- 2) Race number must be visible on your chest at all times, and must not be altered.
- 3) Participants must follow the course as laid out in the event programme.
- 4) Prams, buggies, roller blades, skateboards, hand cycles, wheel chairs, bicycles and dogs are prohibited.
- 5) Participants must not be accompanied by anyone not entered in the event except that parents or guardians are welcome to accompany their children in the Kids' Magic Mile.
- 6) Walk entrants must only walk. Walkers seen running will be reallocated to the run category.
- 7) All competitors will receive a Timing Chip with their race pack. This must be returned after the finish line. Chips not returned will incur a \$50 fee.

SHOE CLINIC DEALS

Between April 1 and race day Shoe Clinic stores nationwide are offering all entrants 15% off adidas footwear and apparel. Just take along your entry confirmation. For Shoe Clinic locations nationwide see: www.shoeclinic.co.nz.

Shoe Clinic and adidas will also have huge reductions at the race pack pick up, so bring your wallet.

IMPROVE YOUR HABIT

Habit Physiotherapy are offering free injury advice and discounts. See www.harbourcapital.co.nz.

BECOME A HEART RACER

Help save lives by becoming a heart racer. It takes just 3 minutes and you may win a spot prize.

Register at www.heartracer.org.nz



ENTER ONLINE & WIN

Enter online and you can enter the My Shoe Clinic prize draw. By simply listing your nearest Shoe Clinic outlet when you enter online you go into a draw for a pair of adidas shoes from that outlet. 15 outlets, so 15 prizes. But only when you enter online!"

CONTACTS

Phone: Michael on 0275-244-821

Website: www.harbourcapital.org.nz

Enter online for a chance to win one of 15 Adidas shoes – www.harbourcapital.org.nz

ENTRY FORM

(online credit card entry available at <http://www.harbourcapital.org.nz>)

NAME AND ADDRESS (USE CLEAR BLOCK LETTERS)

EMAIL

FIRST NAME

SURNAME

DATE OF BIRTH

POSTAL ADDRESS

SUBURB

CITY

POST CODE

COUNTRY

PHONE NUMBER – DAYTIME

PHONE NUMBER – EVENING

MOBILE PHONE

RACE ENTRY

 RUNNER WALKER MALE FEMALE FULL MARATHON (\$60) HALF MARATHON (\$50) 10K (\$30) KIDS' MAGIC MILE (\$15) YOUR ENTRY FEE: \$_____ LATE ENTRY (entries after June 14 incur an additional late fee of \$15) LATE ENTRY FEE: \$_____

Early Bird Entries: Entries prior to midnight May 1 go into a draw to win one of six gym memberships at Habit Health & Fitness.

Late Entries: Entries after midnight 14 June will incur an additional late entry fee of \$15.00.

Race Divisions: Entrants will be automatically assigned an age group division according to their age on race day.

Walkers: Walkers may use any walking technique, but must not run. Entrants wishing to jog/walk should enter the run option.

WELLINGTON HALF MARATHON CHAMPS

To be eligible, participants must fill out their Athletics NZ registration number and club.

ATHLETICS NZ REG NO.

CLUB NAME



AW 1001

TEAM COMPETITORS – HALF MARATHON AND 10K ONLY

The team section is designed to encourage families, businesses, friends, schools etc to get groups together for a fun day out. Team must include at least four members and must all be in the same event (either 10K or Half Marathon). Teams must elect one Team Category (either Open, Women, Corporate, School, Walkers). Teams must all fill out a team name. The fastest four finishers count toward their team result.

 10K HALF MARATHON OPEN WOMEN'S CORPORATE SCHOOL WALKERS

TEAM NAME:

T-SHIRTS

 UNISEX STYLE – \$40 S M L XL XXL \$_____ WOMEN'S STYLE – \$40 8 10 12 14 16 \$_____ RETRO 25th ANNIVERSARY T – \$30 XS S M L XL XXL \$_____ KIDS' STYLE – \$25 6 8 10 12 14 \$_____

TOTAL FEES TO PAY

Add all fees together. Make payments to: Wellington Marathon Clinic, PO Box 2416, Wellington 6140.
Tax invoice: All fees include GST (no. 13-186-348)

TOTAL ENTRY FEE: \$_____

WAIVER & SIGNATURE

- I acknowledge that neither the organisers, sponsors nor any other party associated with this event shall have any liability, financial or otherwise, which might arise, whether or not by negligence, from any direct or indirect loss or damage of property, or injury or death, which might be sustained by me or any party directly or indirectly associated with me, from any intended or actual participation in this event or its related activities.
- I agree to abide by all race rules and any other requirements included in the entry details as listed on the Harbour Capital entry form, website and event programme.
- I authorise information given on this entry form may be used for promotional purposes pursuant to the Privacy Act 1993.
- I accept that in the event that any "Act Of God" or any circumstances beyond the control of the organisers result in the cancellation of this event, my total entry fee is not refundable.
- I acknowledge that the course organisation will be closed at 1:00pm on race day, and that I must take responsibility for my actions and make my own arrangements for any support after this time.
- If entering as a Walker I agree to walk the entire course. I understand that if I am judged to be not walking at any stage of the race that I will be disqualified from the walking section and re-categorised as a runner for the purposes of results, and that I will be ineligible for any merit prizes (but still eligible for spot prizes).

Tick if you do not want to receive sponsor promotions.

SIGNATURE: _____
(parent or guardian if under 16)

DATE: _____



Physiotherapy & Rehabilitation Clinics

