



# Waterfront

## 5k Series & 10k Road Race



### FUN RUN & WALK SERIES

*Weekly from August through to April!*

- When** every Tuesday from 4 August
- Start times** Walkers: 5.30pm  
Joggers: 5.30pm  
Runners: 5.45pm
- Register** from 5.00pm on the deck outside Loaded Hog, Queen's Wharf
- Entry fee** \$7 per person

#### The Course

Start/finish outside Ferg's Kayak's. Heads out to Oriental Bay and back again. Hugs the wharf round the side of Te Papa and along pathway out to Cable Street, around far side of Waitangi Park to Oriental Parade to turnaround - back the same way to finish.

#### Prize-giving

Join us after the run/walk for a free drink upstairs at Loaded Hog

**\*for full details on the series see the Scottish website: [www.scottishathletics.org.nz](http://www.scottishathletics.org.nz)**

**Contact** andrena@meninwhite.co.nz

**See reverse side for 10k Road Race details and entry form**

**Get a free drink at Loaded Hog**

**Sponsored By:**



**Presented By:**



# 10k Road Race



**When:** Saturday 22 August 2009  
**Where:** Trentham, Gallipoli Road, Upper Hutt  
**Time:** Race starts 2.30pm  
**Entry fee:** \$20

Test yourself over the classic 10k distance on a flat fast measured course (five lap circuit).

This year we are running the Wellington 10k Road Championships as part of an open race for all runners. So come along to this exciting event on the Wellington running calendar.

There will be spot prizes!

Complete the entry form below. Scottish will confirm receipt of entry by e-mail and provide race day instructions.

See the Wellington Scottish Athletics Club website for more details on the race: [www.scottishathletics.org.nz](http://www.scottishathletics.org.nz)

## Presented By:

**Wellington  
Scottish  
Athletics  
Club Inc.**



## Entry form

**FIRST NAME**

**SURNAME**

**POSTAL ADDRESS**

**GENDER**

**M**

**F**

**AGE**

**E-MAIL**

## Sponsored By:



**Send cheques made out to Wellington Scottish Athletics to:**

10K Road Race, P O BOX 6239, WELLINGTON

Note for all registered club members - you are already entered so no action required