

Keep Up With
Newstalk ZB
 WELLINGTON • 1035AM
WORLD TROPHY
OPEN RACE 2005

NEW ZEALAND
COMMUNITY
TRUST

Gaming Charity - Returning Funds
 to Your Community

presents the

World Mountain Running Trophy



Sunday September 25th, 2005
Mt Victoria, Wellington

Start/Finish on Oriental Bay Parade

7:30am	Newstalk ZB Open Race
9:15am	DomPost Childrens Run
10:00am	New World Junior Women
11:30am	New World Junior Men
1:00pm	Meridian Energy Men
3:00pm	Meridian Energy Women



NEWSTALK ZB WORLD TROPHY OPEN RACE 2005



ENTRY FORM



MT VICTORIA, WELLINGTON – SUNDAY 25 SEPT 2005

Compete then watch the World's best, race the same circuit!

As part of the World Mountain Running Trophy 2005, there will be an Open Race.

All runners will start at 7.30am and complete 1, 2 or 3 laps according to the category entered:

JUNIOR WOMEN – 1 lap / 4.7km (310m vertical) – Juniors are under 20 on 31/12/2005

JUNIOR MEN, WOMEN, MASTERS WOMEN AND MASTERS MEN - 2 laps / 9.1km (620m vertical) – Masters Men & Masters Women are 35 plus on race day. Five year age groupings recognised in Masters category

MEN - 3 laps / 13.5km (930m vertical)

Spot Prize Giving will be held at the finish line at 9.00am.

ENTRIES

Name: _____

Address: _____

Phone: _____

Email: _____

Date of birth: _____

Male Female

Category:

Junior Open Masters

All entries will be listed on:

www.mountainrunning.org.nz

Entry Fees: NZ \$30

Late Entry Fee: NZ \$15

Total Remittance: NZ \$ _____

Cheques payable to:

Athletics Wellington

Online entries for Open Race at
www.mountainrunning.org.nz

Postal entries:

Must be received by 16/09/05

Newstalk ZB Open Race
226 Evans Bay Parade
Wellington



CONDITIONS OF ENTRY:

Participants compete at their own risk.

Participants must obey the instructions of event officials and stay on the event tracks at all times. Failure to do so will lead to disqualification.

No refunds will be given after the 19th September. If refunds are requested prior to this, a NZ\$15 administration fee will be held by the organisers.

In the event of extreme weather conditions where Mt Victoria is not suitable or safe for running, the organisers reserve the right to substitute an alternative run of similar distance. In this case the entry fee will NOT be refunded. If the event is cancelled entirely, the organisers will make the maximum refund possible to participants.

REGISTRATION:

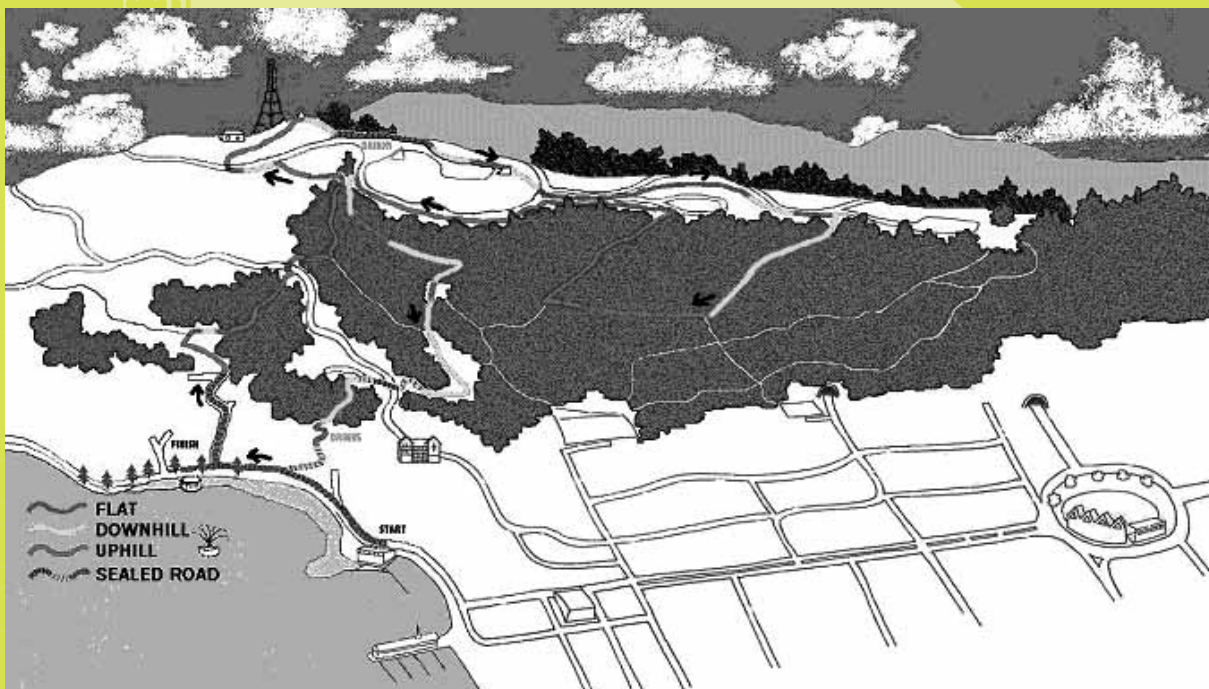
NO RACE DAY ENTRIES OR COLLECTION OF RACE PACKS ON RACE DAY

Race packs will be available for pickup at the following times:

Thursday 22nd Sept	12.00pm – 6.00pm	Wellington Town Hall, Square Affair
Friday 23rd Sept	9.00am – 12.00pm	Wellington Town Hall, Square Affair
Saturday 24th Sept	2.00pm – 4.00pm	Michael Fowler Centre, Renouf Foyer (next to Wellington Town Hall)

COURSE DESCRIPTION:

All events are based on a 4.2km lap with a total altitude gain of 310m. A stunning course with majestic views, the first climb from Oriental Bay heads straight to the trig on Mt Victoria, a climb of 196m. The run then descends 96m on Mt Victoria's tracks before climbing back to the summit. Then follows a fast descent back down to Oriental Bay. There is a 400m flat section at the start of each event before commencing the uphill.



For further queries please contact Event Director Arthur Klap – arthur@mountainrunning.org.nz

BODY O₂

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www.bodyo2.com



MARK BEESLEY

7 times Coast to Coast
individual competitor
2002 Silver Medal World
Multisports Champs (Vet Section)
2004 1st place overall Coast to
Coast 2 person team
2004 Coast to Coast Fastest
Mountain Run

As a runner you will be aware of the importance of being able to use oxygen efficiently. BodyO2 Simulated Altitude Training is designed to improve oxygen utilisation for elite runners, people wanting to keep fit for fun or to just look after their own well-being.

- ▶▶ **Improves power and speed**
- ▶▶ **Improves endurance and stamina**
- ▶▶ **Improves recovery time**

The BodyO2 programme is deceptively simple and does not interfere in any way with your normal fitness training. **BodyO2- it's simple, natural, drug free and it works!**

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"At 42 I am now achieving some of my best results"

BODYO2 has been part of my training for three years. Without doubt there is a marked difference in my strength and endurance since using BODYO2's Simulated Altitude Training Programme. I have been able to cope with a higher volume of training and recover faster than in previous years. At 42 I am now achieving some of my best results.

I am positive that the combination of quality training alongside the BODYO2 SAT Programme will produce better performance.

ADIDAS SHOE CLINIC RUNNING CAP OFFER!

FREE Adidas Shoe Clinic Running Cap with every shoe purchased from Shoe Clinic.

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