



2014 COMPETITIVE WALKING SEASON GUIDE

An overview of the Scottish winter walking programme including race descriptions.

The winter programme suits competitive walkers of all varieties, from fully legal to freestyle. Scottish offers walkers two race competitions throughout the winter.

The Club Walking Championship consists of three 10km judged races in June, July and August. There is a separate competition for men and women. Club medals are awarded for the first three placings for men and women at the Club prize giving.

The Best All Round Walker Competition is competed over 9 races of various types and lengths. It suits walkers of all styles with only some races being judged. A prize is awarded to the winner at the prize giving. The document below entitled 'Scottish Athletics Club Inc Walking Competitions 2014' provides details.

Club Walks

Throughout the winter season following the official club opening on 22 March, there are walks from the clubhouse at 2pm on Saturdays.

Alternatively they may be arranged from alternative venues. Packs are arranged to suit your walking speed and this is a good way to learn new routes and meet other club members.

Saturday Road Races

5km and 10km races will be run at 8:30am on the first Saturday in April, May and August from Queens Wharf over the waterfront course used on Tuesdays. Entry is free to club members, and is \$10 per race for non-members.

Saturday Scenic Walks

On the last Saturday of each month starting 31 May there will be a series of off road runs and walks from a variety of locations.

5km Waterfront Road Races. These races are run weekly from August through the summer to April of the following year. Entry fee \$8 paid by competitors.

APRIL

12 April

Tearle Trophy Handicap

A 6 km handicap race over 6 circuits of flat streets in Island Bay raced on the footpath. The start is staggered based on handicap and the winner is the first to cross the line. Handicaps are set based on previous race results. Entry fee \$5 which is paid by Scottish for those with racing or standard membership.

MAY

10 May **Chocolate Race**
A *turkey trot* style race over 6km at QE2 Park in Paekakariki run by the University Athletics Club. Competitors estimate their time and race without a watch. The winner is the one who finishes closest to their estimated time. Entry fee \$5 which is paid by Scottish for those with full racing membership.

18 May **Ekiden Relay**
This is a 6 leg relay over the marathon distance, held over a 1.25km course around the old General Motors factory at Trentham. There are categories for judged and unjudged walkers. The race incorporates The Race Walking New Zealand Relay Team Championship 2014. Entry fee is \$150 per team or \$25 per composite team member. All Scottish members may enter without paying an entry fee.

JUNE

14 June **Trentham 10km Race**
A fully judged 10km race over the General Motors course at Trentham, also with an unjudged B category. The first of the three races for the Club Walking Championship. Entry fee \$10 which is paid by Scottish for those with full racing membership.

22 June **Wellington Half Marathon**
A popular half marathon over a course from Westpac Stadium to the far side of Evans Bay and back. Entry fee \$55 paid by competitors. This is one of the half marathon races for the Best All Round Walker Competition.

JULY

19 July **Paekakariki 10km Race**
A fully judged 10km race over a 1.25km course at MacKay's Crossing in Paekakariki, also with an unjudged B category. The second of the three races for the Club Walking Championship. Entry fee \$10 which is paid by Scottish for those with full racing membership.

AUGUST

16 August **Island Bay Turkey Trot**
The same style race as the Chocolate Race above, over 5km from Island Bay to Lyall Bay. Entry fee \$5 which is paid by Scottish for those with full racing membership.

23 August **Wellington Road Championships**
A fully judged 10km race held over a 1.25km course at Trentham. The third of the three races for the Club Walking Championship. Entry fee \$10 which is paid by Scottish for those with full racing membership. Athletics NZ registration required for official placing and medals.

SEPTEMBER

- 7 September **Marlon to Wanganui Relay**
A popular relay of 10 legs over 60 km using back country roads. Entry fee \$15 each, which is paid by Scottish for those with full racing membership.
- 14 September **Pelorus Half Marathon**
Half marathon and 10km races over a course in Lower Hutt. One of the half marathon races for the Best All Round Walker Competition. Entry fee paid by competitors.
- 20 September **Cole Land Cup**
A 6km handicap race on the footpaths around Evans Bay. The start is staggered based on handicap and the winner is the first to cross the line. Handicaps are set based on previous race results. Entry fee \$5 which is paid by Scottish for those with racing or standard membership.
- 28 September **Wellington 20km Senior and 10km Junior Road Walking Championships**
Fully judged championship races held over a 1.25km course at Trentham, also with an unjudged B category. Entry fee \$10 which is paid by Scottish for those with full racing membership. Athletics NZ registration required for official placing and medals.

Other Races Popular with Scottish Walkers

3 Peaks – 8 June, 27 July, 7 September

A social series and a chance to walk with others on a long Sunday walk. Starting from the clubhouse at 8am walkers have to navigate their way by the fastest (not always the shortest) possible route to your choice of 1,2 or 3 nominated peaks, then return to the clubhouse for a hot shower and morning tea. An entry fee applies.

Disclaimer: Some race fees have not been set for 2014 at the time of production, so some may vary from those shown here.

Scottish Athletics Club Inc Walking Competitions 2014

1 Club Walking Championships

These races are fully judged. There is a separate championship for men and women.

1	Road race	10km	Trentham	14 June	Fastest time
2	Road race	10km	Paekakariki	19 July	Fastest time
3	Centre Road Champs	10km	Trentham	23 August	Fastest time

2 Scottish Athletics Best All Round Walker Competition

The eleven races below held over the winter season with placed finishers earning points as below. Points from each competitors 9 best scoring events contribute to their total. The highest number of points in any 9 events wins the competition, although one of the half marathon events is required to be one of the 9 races. The Scottish uniform singlet must be worn for all races for competitors to be eligible to earn points. Men and women compete together for a single trophy.

Points are calculated for the first 10 places as follows:

First Scottish member over line	20 points
Second Scottish member	18 points
Third Scottish member	16 points
And so on down to	2 points
Any Scottish member after 10 th	1 point for finishing

Races

1	Tearle Trophy	6 km	Island Bay	12 April	Handicap (first across line)
2	Chocolate Race	6 km	Paekakariki	10 May	Closest to own estimated time
3	Road race	10 km	Trentham	14 June	Fastest time (fully judged)
4	Harbour Capital ½ marathon	21.1km	Wellington	22 June	Fastest time
5	Road race	10 km	Paekakariki	19 July	Fastest time (fully judged)
6	Turkey Trot	5 km	Island Bay	16 August	Closest to own estimated time
7	Centre Road Champs	10 km	Trentham	23 August	Fastest time (fully judged)
8	Waterfront 5km	5 km	Wellington	2 Sept	Fastest time
9	Pelorus ½ marathon	21.1km	Petone	14 Sept	Fastest time
10	Cole Land Cup	6 km	Evans Bay	20 Sept	Handicap (first over line)
11	Waterfront 5km	5 km	Wellington	14 Oct	Fastest time

Any blatant jogging or running observed will result in the walker being disqualified and earning no points from that race. The Committee will investigate any complaints.

In the three judged 10 km races, points will be awarded in order of judged finishers followed by unjudged finishers, both in order of finishing. Any judged competitors who are DQ'd will move into the unjudged category and earn points according to their finishing time. This applies to both the Walking Championship and the Best All Round Walker competition.

Scottish Walking Trophies

Trophy	Competition
Albert Rowland Trophy	Mens Walking Champion (fastest in 3 x 10km judged races, including the Centre Championships)
Lonsdale Trophy	Women's Walking Champion (fastest in the same 3 x 10km judged races)
Cole Land Cup	Evans Bay handicap race (first Scottish member to cross the line)
Tearle Trophy	Island Bay handicap race (first across the line)
Best All Round Walker	Most points in 9 out of 11 events
Island Bay Award	Best contribution to walking in the Club throughout the year