



WELLINGTON

HARRIER ATHLETIC CLUB



PROUDLY PRESENTS THE 5TH

Needle Relay

Saturday 17th August 2024

Venue/Race HQ: The Wind Needle (Zephyrometer), Corner Cobham Drive and Evans Bay Parade, Wellington.

The races: There are three distinct events, open to both registered and social members of clubs: the **Walker's Turkey Trot**; the **Children's Needle Relay**, and the **Needle Relay**. Each event starts on the footpath by the wind needle and runners and walkers remain on the footpath at **ALL** times. No headphones, earbuds are permitted while competing.



Race Times	Event	Details
10.30am	Walker's Turkey Trot 5km walk for all ages	Walk north on the footpath besides Evans Bay Parade for 2.5km, turning around at the city end of Weka Bay. Walkers estimate their time with the winners being those closest to their estimated time. No watches or phones allowed! Enter on the day.
12.00pm	Children's Needle Relay 10-13 years of age on race day Girls Boys Mixed: For definition →	4 runners per team, each running the same 1.6km lap. 1.6km lap: Run south to east on the footpath along Cobham Drive for 0.8km, turning at the positioned marshal. Athletes of mixed genders (with at least one male and one female in the team), and all from the same club.
1.00pm	Needle Relay Junior Women U20 Junior Men U20 Senior Women Senior Men Masters Women 35 Masters Men 35 Masters Women 50 Masters Men 50 Open Masters 60 Mixed: For definition of Mixed see Rule (g) on page 3	5 runners per team, running a mix of 5km and 3km laps that total 21km. The 10 age grades run together, making for a compact and competitive day of racing. Laps 1, 3, and 5 (5km): Run north on the footpath beside Evans Bay Parade for 2.5km, turning around at the city end of Weka Bay. Runners stay on the footpath and run around the outside of Cog Park, NOT on the limestone path through the park. Laps 2 and 4 (3km): Run east on the footpath beside Cobham Drive for 1.5km. The turnaround is about 200m past the main airport roundabout.

- Age grades as at 31 December 2024, except Masters and Children's Relay where age is as at 17th August 2024.
- All competitors, apart from those in the Children's Relay, must be at least 14 years of age on race day.
- For a detailed explanation of Ages and Grades, refer to Rule (c) on page 3.

ENTRY INFORMATION

- Walker's Turkey Trot: enter with Geoff Henry on the day at Race HQ.
- **Team relay entries** must be submitted online by club officials via the online link <https://forms.gle/Q3joQu3Xkmn8swqs6> . The larger clubs will be issued a spreadsheet to use.
- **Entries close on Thursday 15th August at 11.59pm.** There will be no late entries.
- Information required for team entry is: Email; Club; Team Age Grade; Team Name (eg JW A); Club Bib Number; Runner Name for each leg; Individual Age Grade of each runner.
- Clubs must provide each of their teams a race bib with a specific number (e.g. W1, S2). Numbers need to be allocated before team captains can submit additional team information (see below).
- **Team Changes:** If there are any team and running order changes after the submission of the team entry online, those alterations must be made to the printed team sheet which will be given out with the timing baton on race day. Amended printed team sheets must be returned to Daryl Bloomfield **by the end of race day** at the start/finish.
- Runners competing out of grade (for example, an M50 competing in a SM team) will only be eligible for age-grade records, if their age-grade has been specified on the team information sheet. In the Children's Relay, gender must be specified on the team information sheet for runners to be eligible for the boy's and girl's lap records.
- Wellington Clubs will be invoiced for entry fees after the event: Needle Relay (Juniors, Seniors, Masters) \$70; Children's Needle Relay (10-13 years) \$38; Turkey Trot Walkers \$8.

BATONS

- Each relay team is allocated a specific baton which must be collected from the tent at Race HQ from one hour before the race start (the baton number will be independent from the bib number).
- Each baton is fitted with a timing chip and must only be used by the team it has been assigned to.
- Batons must be returned at the end of the relay in the bins provided near the start/finish area.

RACE RULES AND OTHER INFORMATION

The relay is organised by the Wellington Harrier Athletic Club Inc. and is held under Athletics New Zealand rules.

All competitors compete at their own risk. Team captains must attend a race briefing at the start/finish area 15 minutes before the start of the race, and are responsible for ensuring all team members understand the race rules and procedures.

(a) RACE HQ: On the grass by the Wind Needle

There is no parking available in the marina carpark by the Wind Needle. Participants and spectators are encouraged to carpool and to park in and around Kilbirnie. Toilets are available but there is no water or shelter (*there is limited space for club tents on the grass area*) so come prepared.

First aid will be provided by Wellington Free Ambulance, stationed in the marina car park.

Prizegiving will be held after each event, with medals awarded to the first team in each grade.

(b) SAFETY

Competitors must run on the footpath at ALL times, staying left as much as possible. Footpaths are open to the public so competitors must be courteous to other users. Do not step onto either the cycleway or the road under any circumstances, including if passing another runner or members of the public.

Please do not warm up, warm down, or congregate on the cycleway, nor on the footpath which is part of the relay course. Warm ups/downs should be done across the road at Kilbirnie Park.

Competitors and spectators must follow all instructions from the Race Referees, Race Marshals, Police Officers and Council Officers at all times. Marshals will be posted at any points along the course where cars enter and exit, and runners must stop if directed by marshals to do so.

(c) AGE GRADES - AGE ON RACE DAY

Age Grades are based on age as at 31st December 2024, with the following exceptions.

For the Children's Needle Relay, runners must be under the age of 14 on race day and also at least 10 years of age on race day. Therefore, born on or between 18 August 2010 and 17 August 2014.

For the 5-person Needle Relay, runners must be at least 14 years of age on race day. Therefore, born on or before 17 August 2010.

Master's grades are based on the runner's age on race day.

Teams which infringe the above rules will be disqualified.

(d) UNIFORM

Runners must wear club uniform, with the allocated race bib worn clearly on the front of their singlet.

(e) BATON AND CHANGEOVER

All team members must run with their team's allocated baton in their hand for the duration of their lap, before passing to the next runner within the allocated changeover zone. Next lap runners must enter the changeover area via the designated waiting pen, and only enter the changeover area once they see their incoming runner. There are two pens for the 21km relay: the city side is for runners on laps 2 and 4 and the airport side is for runners on laps 3 and 5.

(f) REPLACEMENT

If a runner cannot complete their lap, they can be replaced by another member of the team. Any replacement must be notified to officials at Race HQ. Any notified replacements will result in a 7 minute penalty, while unnotified replacements will result in team disqualification.

(g) MIXED TEAM 5-PERSON RELAY

Athletes of mixed ages and genders (with at least one male and one female in the team), and all from the same club.

Teams for the 5-person relay which are from the same club and are either all male or all female, with mixed age grades, should be entered into the age grade of the youngest athlete. For example, a team of SW, W35, W35, W50, W60 should be entered as a SW team. Where women aged 14-19 are included in such a team, that team should be entered as a SW team.

(h) OTHER RULES

No runner may run more than 1 lap for the same team. If a runner does a 2nd lap for another team at the event, then the result for the team that they do their 1st lap for will not be affected. If the team that the runner does their 2nd lap for places in the top 3 of its grade, that team will be disqualified.

There is to be no pacing of runners as defined in Athletics NZ Road Relay regulations, and no headphones or earphones worn while competing.

(i) PROTESTS AND APPEALS

IAAF Competition Rules 146 covers protests and appeals. Any protest must be made to the Race Referees within 30 minutes of the finish of the race. Any appeal must be made to the Race Director.

(j) PENALTIES (added to the runner's time and the team's overall time)

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| (i) | Running on the road, or on the cycleway | 2 minutes |
| (ii) | Second infringement of running on the road and/or cycleway for a team (including by the same runner) | Disqualification |
| (iii) | Pacing | 2 minutes |

(iv)	Wearing headphones or earbuds	2 minutes
(v)	Changing baton outside change zone (added to incoming runner's time)	1 minute
(vi)	Notified replacement: see Rule (f)	7 minutes
(vii)	Unnotified replacement: see Rule (f)	Disqualification
(viii)	Inclusion of under- or over-aged runners: see Rule (c)	Disqualification

(k) RACE RECORDS

Children's 6.4km relay: 1.6km lap, for both boys and girls, and team totals. A boy or a girl is only eligible for a lap record if the runner's gender is specified on the team information sheet.

21km relay: 3km lap, 5km lap and team total for each of the 10 grades. A runner competing for a team in another grade (for example, a W50 competing in SW team) is only eligible for the age-grade lap record if the runner's age grade is specified on the team information sheet.

Thank you for supporting this event. We look forward to seeing you all on race day.

Ian Macfarlane – Race Director

Email: whacracedirector@gmail.com **Phone:** 027 230 8884