

# **WANGANUI HARRIER CLUB**

## **Marlon to Wanganui UNDER 20 RELAY Saturday 9<sup>th</sup> September 2017**

**Excellent Spot Prizes**

**\*\*\*\* Start time 12noon \*\*\*\***

This event is run over the last 4 legs of the senior Marlon to Wanganui relay course. The start line is by the large wool shed, halfway along leg 6 of the senior course. This course was developed in 2013, and the juniors who have taken part have found it a lot of fun.

This year we are supporting The Palmerston North Rescue Helicopter  
A portion of each team entry will be donated to support the great work the helicopter crews do in and for the Wanganui and wider Community.



***Proudly supported by the  
Wanganui East Club***

[www.wanganuiharrierclub.co.nz](http://www.wanganuiharrierclub.co.nz)



# Course Description

***The Under 20 Junior relay starts from the woolshed between leg 6 and 7 of the Marton to Wanganui and has a course record of 1:41:57 for 26.76km.***

- 0k      **Lap 1      Moderate      Distance 4.40 km**  
Start between Lap 6 and 7 of the senior course next to the wool shed. Run 2km to Kauangaroa and on to the finish by the stockyards before Reid's Hill.  
*Record: 2016 - Phoebe McKnight (Hutt Valley Harriers)      16:36*
- 4.4k      **Lap 2      Hard      Distance 2.50 km**  
Flat for 500 m then up "Reid's Hill", a solid climb of 2.5 km to the finish opposite No 240 Kauangaroa Rd. **NB Safety requirement. Run /Walk on the left-hand side of road.**  
*Record: 2015 - Jayden McKnight (Hutt Valley Harriers)      11:28*
- 6.9k      **Lap 3      Moderate      Distance 5.32 km**  
Gently downhill for 1 km, then up again for 1 km, and then undulating to reach Fordell. Turn right, at hotel, into Station Road for 200m to finish at Fordell Hall.  
*Record: 2015 – Rouben Goldingham-Newson (Hutt Valley Harriers)      20:31*
- 12.22k      **Lap 4      Moderate      Distance 6.24 km      (NO THROUGH TRAFFIC)**  
Start in Station Road, on gravel. Flat for 600m then downhill for 1 km to valley floor. Route turns left at railway and becomes Matarawa Valley Road. Follow alongside railway, undulating, on gravel, for 5 km to reach junction with Matarawa Hill Road.  
*Record: 2015 – Joel Carmen (Wainuiomata Harriers)      22:10*
- 18.46k      **Lap 5      Easy      Distance 2.50 km**  
Start Matarawa Valley Road junction with Matarawa Hill Road. This part of Matarawa Valley Road is sealed for 2.2 km to reach T- junction with Okoia Hill Road. Turn right and it is 200m to finish in Okoia village, just before rail crossing.  
*Record: 2015 - Phoebe McKnight (Hutt Valley Harriers)      7:58*
- 20.96k      **Lap 6      Moderate      Distance 5.80 km**  
Follow Okoia Rd, cross railway and turn left into No 3 Line. Flat for 5.5km to reach slight rise 400m from finish. At top of rise veer left, across rail bridge, then 100 m to finish, at Wanganui East Club, in Wakefield Street.  
*Record: 2016 – Christian Conder (Wanganui Harrier Club)      19:44*

Total Distance 26.76 km

**For more information regarding the Under 20 relay contact Rob Conder  
Ph (06) 343-2447 Cell 021-182-0626 or Email [conderrobert1972@vodafone.co.nz](mailto:conderrobert1972@vodafone.co.nz)**

# Official Junior Entry Form

Team Name/Club/School \_\_\_\_\_

Team Manager \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Lap 1 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

Lap 2 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

Lap 3 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

Lap 4 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

Lap 5 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

Lap 6 Name \_\_\_\_\_ T/TIME \_\_\_\_\_ L/TIME \_\_\_\_\_

T/TIME = total time      L/TIME = lap time

## Remittance Details

Number of team members \_\_\_\_\_

Entry Fee @ \$5:00 per competitor = \_\_\_\_\_ X \$5:00

Total fee \$ \_\_\_\_\_

May be made into Wanganui Harrier Club bank account 11 6840 0683200 11

Use MTWJ and your name/team name as the reference.

Please email confirmation of payment to [rama.bill@clear.net.nz](mailto:rama.bill@clear.net.nz)

### Entries close on Tuesday 5th September.

Late entries accepted up to half an hour before start time with the addition of late fee of \$5:00 / Team.

Send completed entry forms (or photocopy of same) to:

The Secretary  
Wanganui Harrier Club  
P O Box 702  
Wanganui

Or email to [rama.bill@clear.net.nz](mailto:rama.bill@clear.net.nz)

No confirmation of entry will be notified unless specifically requested

### Contact for information regarding the U20 Relay please contact:

Rob Conder  
(06) 343-2337    021-182-0626