

Athletics Wellington

Road Running Championships

Saturday 19 August 2017

Reservoir Road, Wainuiomata

Location

The races are held in the Wainuiomata Recreation Area. Enter from Moores valley Road and turn into Whicher Grove which leads to Reservoir Road.

Course Description

An out and back road race using a 1.25km stretch of road that is closed to public. There is a hill on one side and a river on the other side. The course is largely sheltered from wind. There is a grassy area for club tents close to the start/finish area. Weather conditions are usually cool at this time of the year.

Entries

Entry is only open to registered athletes who are entered on the clubnet database and marked as financial members. Registered athletes from other centres are welcome at this event, however entries must be submitted online no later than Thursday 18 August 5:00pm. The entry link is <https://2017awwinterracing.eventdesq.com/>

Online entries close: 5:00pm on Thursday 17 August.

If you have already pre entered all interclub events and received a bib at the Vosseler, Dorne Cup or Cross Country Champs, you MUST use the same bib. Replacement bibs will incur a fee – please advise before race day if you have lost your bib. If you have a race bib from one of the previous events but have not entered the Wellington Road Champs, you must still enter online with this link.

Children must make sure to use the bib they used at the Dorne Cup or Vosseler. Do NOT use the bibs that they have used for “kids Cross Country events”.

Collection of race bibs

If you have not collected your bib at one of the previous events, or from a representative of your club, you can collect your race bib from the registration area at the ‘Truck’ from 12:15pm onwards. Make sure you collect it BEFORE you head to the start line. Allow plenty of time. Race Numbers must be worn on the front of club singlets.

Long course / Short course options:

Seniors and Masters have the option of a long course (10km) and short course (5km) championship option. When entering, athletes are requested to indicate if they will compete in the long course, short course, or both. Athletes are however able to change options – simply line up in the race you want to be in.

Runners Competing Out Of Grade

For the Wellington Road Champs, any athletes who want to compete out of grade must let Daryl know at least one hour before your race start time. Or you can email Jo Murray at jo@athleticswellington.org.nz prior to Saturday.

Late Entries

You can enter on the day, BUT you must complete your entry by 12:30pm. There are more chances of being left off the results if you enter on the day so we encourage you to enter online before Thursday 17 August.

Age Grades

For all grades, except Masters, ages are at 31st December 2017. For Masters’ grades, ages are age on the day. Examples:

U20 = will be 18 or 19 at end of this year.

U13 = will be 11 or 12 at end of this year.

U18 = will be 15, 16 or 17 at end of this year.

U11 = will be 9 or 10 at end of this year.

U15 = will be 13,14 at end of this year.

U9 = will be 8 or younger at year end.

Teams and Medals

Details on teams to be confirmed following the Cross Country and Road Committee meeting in August. This document will be updated then.

Season Medals

Season medals for each grade also be given as the results become available. These are based on the points earned by each competitor over the 4 key races, Vosseler Shield, Dorne Cup, X-Country Champs and Road Champs (except for U13, U11, U9 where only the Vosseler, Dorne Cup and Road Champs will count for overall points).

Club Tents

There is space for club tents at the start finish area. We ask that if your club is bringing a tent, that it be brought onto the course by 12:15pm.

Parking

There is parking either at the course, down by the clubrooms at Richard Prouse Park or at the end of Hine Road. Parking spaces are limited, especially if wet. Car-pooling is encouraged as is the use of the car-park at the end of Hine Road if you are arriving late.

Refreshments and toilet facilities

Barbecue, hot drinks, cold drinks, and muffins will be for sale at the tent area by the start/finish line. There will be 4 portaloos on site. There are also toilets situated next to the clubrooms at Richard Prouse Park.

Race Timetable

19 August 2017

Reservoir Road – Wainuiomata

Race	Start Time	Distance and Laps	Race/Age Group
1	1:00pm	1k 1 loop of 1k	Girls U9
			Boys U9
2	1:15pm	2k 2 loops of 1k	Girls U11
			Boys U11
3	1:30pm	7.5k 3 loops of 2.5k	Junior Men U20
			Men and Masters Men – 5km
		5k 2 loops of 2.5k	Women and Masters Women – 5km
			Junior Women U20
			Youth Men U18
4	2:10pm	2.5k 1 loop of 2.5k	Youth Women U18
			Girls U13
5	2:30pm	2.5k 1 loop of 2.5k	Boys U13
			Girls U15
6	2:50pm	10k 4 loops of 2.5k	Boys U15
			Men and Masters Men – 10km
			Women and Masters Women – 10km

Medals: Centre medals are awarded for the first 3 Wellington centre athletes in each grade, including 5km and 10km distances for all Women, Men, Masters Women and Masters Men.

Note: This is an interclub event. Uniform is required to be worn.
