

The Bays Relay

Island Bay to Evans Bay
Saturday 14 August 2010

Start: The Esplanade, Island Bay

10.30 Walkers 5km (NB first lap of relay course)

**12.30 Women 19 and under,
Senior Women,
Masters Women (35+)**

**1.00 Men 19 and under,
Senior Men,
Masters Men (40+),
Masters Men (50+)**

- Age grades at 31 December 2010, except Masters where age at 14 August 2010
- Inter Club relay for teams of 5 runners
- Mixed teams of male and female may compete, but only eligible for fastest lap times.
- Entry fees:
Relay \$50 per team (includes GST)
(Late entries \$60.00)
Walkers \$8.00
- **Entries close Wednesday 11 August 2010**

**Race numbers to be collected
from 11.30am at the race start.**

**Late entries will be taken up to
12.15pm at the race start on payment of late fee.**

Medals will be awarded to the first team in each grade.

Presentation of awards will be made at the Wellington Harrier Athletic Club on Mt. Victoria approximately 3.30pm.

Showers and refreshments will be available.

**Enquiries: Graham Tattersall
(Race Director) (04) 4780278
021 1642776
ATHLETICS NZ SANCTIONED EVENT**



HOW TO ENTER

Advise the **number of teams and grades ONLY** to be entered by email to gtatts@xtra.co.nz, or post to Race Director, P.O.Box 6278, Wellington, to arrive by **5pm Wednesday 11 August 2010**. **Late fee applies after this time.** Team details to be advised on the day (see below). Athletics Wellington Clubs will be invoiced for entry fees after the event.

Confirm all team(s)* details on the official entry form attached, to Race Start HQ Caravan, at least 15 minutes before relevant race start time. **ALL SECTIONS OF THE FORM MUST BE COMPLETED.**

(* Provide: Club Name, Team, Grade & Runners' Full Names in lap order.)

Race Packs (1 per team) will then be distributed to the Club contact.

2010 Bays Relay

1. **START** **The Esplanade, Island Bay.**

Toilets are available at Island Bay, Lyall Bay, Worsler Bay and Scorching Bay.

2. **CHANGE OVER POINTS**

Start at Island Bay

- (1) Near the end of the sea wall at Lyall Bay opposite Kingsford Smith Street – **4.8km**
 - (2) Just past the bus stop at Eve Bay (before the Pass of Branda) – **4.6km**
 - (3) On the grass beside the changing rooms at Scorching Bay – **4.8km**
 - (4) Shelly Bay, by the gates at the southern end of the old airforce base – **3.9km**
- Finish at Evans Bay Parade / Cobham Drive intersection – **4km**

After the event, showers and refreshments will be available at the Wellington Harrier Athletic Club, Alexandra Road, Mt. Victoria.

4. **RACE RULES**

The relay is organised by the Wellington Harrier Athletic Club (Inc.) and is run under Athletics New Zealand rules. All athletes competing in the relay races must be registered Club members. Competitors compete at their own risk.

(a) **SAFETY**

Competitors must run on the footpath on the seaward side of the road where it is available, except where directed to run elsewhere by the Race Marshalls. If no footpath is available, competitors must run within ONE METRE of the right hand edge of the sealed surface of the roadway. Competitors and supporters must obey the directions of the Race Referee, Race Marshalls, and Police Officers at all times.

(b) **UNIFORM**

Club uniform must be worn. The race number or letter provided for each team is to be worn on the front of uniform and must be clearly visible.

(c) **REPLACEMENT**

In the event of a runner being unable to complete a lap, that runner may be replaced by another member of the team. However, any team making a substitution during the race will not be eligible to claim any team award or placing. Any runner replaced during the event for being unable to complete his / her lap, may not run in a subsequent lap for any team

(d) **INFRINGEMENTS**

Teams can expect **DISQUALIFICATION** for a major infringement of the race rules.

Teams **WILL AUTOMATICALLY** receive a **TWO MINUTE PENALTY** added to the overall team time for an infringement of Race Rule (a) SAFETY. Persistent infringement of Race Rule (a) SAFETY will be deemed a major infringement and result in disqualification. A warning may not be given for infringement of rules.

(e) **PROTESTS**

Any protest will be decided by the Race Referee

(f) **NOTICE TO SPECTATORS**

The road is very narrow for most of the course. If following the relay in your car, please keep well to the left and do not delay following traffic. Do not stop on bends or other spots likely to cause traffic congestion. Park well away from all changeover points. **Take Care At All Times.**

2010 BAYS RELAY ENTRY FORM

CLUB.....CONTACT : Tel:
 (One contact per Club) Duplicate this form for more entries.

Team:	WHAC A, Scot B, etc	Grade Senior Men, Junior Women, etc
Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		

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Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		

Team:	WHAC A, Scot B, etc	Grade Senior Men, Junior Women, etc
Lap	First Name (Print clearly)	Last Name
1		
2		
3		
4		
5		



BAYS RELAY

IMPORTANCE NOTICE TO CLUB OFFICIALS

It is a condition of competing that all your team(s) are briefed on the following :-

SAFETY

Competitors must run on the footpath on the seaward side of the road where it is available, except where directed to run elsewhere by the Race Marshall's. If no footpath is available, competitors must run within **ONE METRE** of the right hand edge of the sealed surface of the roadway,. Competitors and supporters must obey the directions of the Race Referee, Marshall's and Traffic Officers at all times.

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ROADS WILL NOT BE CLOSED, BE AWARE OF MOVING TRAFFIC AT ALL TIMES

THE INSTRUCTIONS OF MARSHALLS MUST BE OBEYED.

TEAM DRIVERS – DO NOT OBSTRUCT THE CHANGE OVER POINTS ON DROP OFF / PICK UP OF ATHLETES – PLEASE ADHERE TO THE MARSHALLS INSTRUCTIONS AND KEEP CLEAR OF THE CHANGE OVER AREA WITH YOUR VEHICLE

I have received the race pack and read the instructions

Team No. **Signed.....**