

Athletics Wellington

Road Running Championships

Saturday 24 August 2019

Reservoir Road, Wainuiomata

Location

The races are held in the Wainuiomata Recreation Area. Enter from Moores Valley Road and turn into Whitcher 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 traffic. 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 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. They will need to email Daryl,

daryl@fedude.co.nz by Thursday 22 August, 5:00pm.

If you have already received a bib at the Vosseler, Dorne Cup or Cross Country Champs, you MUST use the same bib. Bibs will be available for collection at the Truck for those people who have recently registered. Replacement bibs will be available to collect for those people who forget or have lost their bib. Allow plenty of time. Race Numbers must be worn on the front of club singlets.

Championship Events for Masters and Seniors:

10km Championship distance: SW, MW35-49, SM, MM35-49, MM50-59.

5km Championship distance: MW50-59, MW60-69, MW70+, MM60-69 MM70+

Any Senior or Master runner who wishes to enter a distance other than their championship distance must email daryl@fedude.co.nz by Thursday 20 August, 5:00pm. Please send the following details; Name, Club, Race Bib Number, Grade and Distance you are running, 5km or 10km. If you are a masters runner and wish to run in a "higher" championship grade (eg. a master wishing to enter the senior race, or a W50 wishing to enter the W35 10km race), please also let Daryl know this.

Age Grades

For all grades, except Masters, ages are at 31st December 2019. For Masters' grades, ages are age on the day.

U20 = 18 or 19 at end of this year.

U16 = 14 or 15 at end of this year.

U12 = 10 or 11 at end of this year.

U18 = 16 or 17 at end of this year.

U14 = 12 or 13 at end of this year.

U10 = 9 or younger at year end.

Teams and Medals

Open and Masters championship grades: 6 to count for Open Men. 4 to count for all other grades. Masters can count for both their club's Masters and Open teams.

Junior Grades: 3 to count for all junior age grades, WU20 and WU18 to be combined.

Centre medals will be awarded for the first 3 registered Wellington Centre athletes in each grade.

Medals will be given out as soon as provisional results become available.

Season medals for each championship grade will also be given out as the results become available.

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 or at Richard Prouse Park if you are arriving late.

Refreshments and toilet facilities

Refreshments will be for sale at the tent area by the start/finish line. There will be 4 portaloos at the entrance to the site. There are also toilets situated next to the clubrooms at Richard Prouse Park.

Wellington Road Champs 2019

Race Schedule

24 August 2019

Reservoir Road - Wainuiomata

Race	Start Time	Distance and Laps	Race/Age Group
1	12:40pm	7.5k 3 loops of 2.5k	JM U20
			MM 60-69 and 70+
		5k 2 loops of 2.5k	MW 50-59, 60-69 and 70+
			JW U20
			JW U18
			SM/MM 20-59 - non-champ SW/MW 20-49 - non-champ
2	1:20pm	1k 1 loop of 1k	Girls U10
			Boys U10
3	1:30pm	2k 2 loops of 1k	Girls U12
			Boys U12
4	1:50pm	6k 1 loop of 1k 2 loops of 2.5k	JM U18
			3.5k 1 loop of 1k 1 loop of 2.5k
		Boys U16	
5	2:20pm	2.5k 1 loop of 2.5k	Girls U14
			Boys U14
6	2:45pm	10k 4 loops of 2.5k	SM 20-34
			SW 20-34
			MM 35-49
			MW 35-49
			MM 50-59
			MM 60+ - non-champ MW 50+ - non-champ