



**WELLINGTON**  
HARRIER ATHLETIC CLUB



## 100th Vosseler Shield Mountain Races

**Matairangi Mount Victoria, Wellington**  
**Saturday 25th May 2024**

### **VENUE**

Race headquarters are at the WHAC Clubrooms, 164 Alexandra Rd. All races start, and finish, on the grassed area (mountain biking area) which is below and to the east of the WHAC clubrooms.

### **COURSE DESCRIPTION**

The course covers bush tracks and rocky trails with steep uphill / downhill gradients. The entire race is off road with the exception for road crossings on Mt Victoria.

There are 5 races run over four distances ranging from 1.1km for boys and girls to 10km for senior and masters runners.

Road crossings are marshalled and subject to Traffic Management controls.

<b>RACE TIMES</b>	<b>GRADES</b>	<b>APPROX. DISTANCE</b>
12.40pm	SENIOR WOMEN   MASTERS WOMEN 35   MASTERS WOMEN 50   MASTERS WOMEN 60   MASTERS WOMEN 65   MASTERS WOMEN 70+ MASTERS MEN 60   MASTERS MEN 65   MASTERS MEN 70+ * NON-CHAMPIONSHIP 5k MEN 20-59	5km <i>elevation gain</i> 203m
1.35pm	JUNIOR WOMEN WU20   WOMEN WU18   GIRLS GU16 JUNIOR MEN MU20   MEN MU18   BOYS BU16	3km <i>elevation gain</i> 104m
2.00pm	GIRLS GU14   GIRLS GU12   GIRLS GU10	1.1km <i>elevation gain</i> 47m
2.10pm	BOYS BU14   BOYS BU12   BOYS BU10	1.1km <i>elevation gain</i> 47m
2.30pm	SENIOR MEN   MASTERS MEN 35   MASTERS MEN 50 * NON-CHAMPIONSHIP 10k WOMEN 20+	10km <i>elevation gain</i> 398m



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## **ENTRY INFORMATION**

### **Athletics New Zealand Sanctioned Event**

Only Athletics NZ registered athletes who are financial full competition members in the ANZ GameDay database are eligible to compete. **Athletes must be financial in GameDay by midnight Thursday 23rd May 2024 in order to compete.**

### **Race bibs**

You must be financial in ANZ GameDay as stated above to receive a race bib. If you are financial by **8:00pm Sunday 19th May**, you will receive a personalised race bib. If you are financial after 19th May and up to 23rd May, you will receive a temporary race bib, which must be returned after the race. **Race bib pick up (for Clubs) at the WHAC clubrooms on race day, 25th May from 11:30am.** Clubs outside the Wellington Centre must email entries to the race director by 23rd May: to both [whacracedirector@gmail.com](mailto:whacracedirector@gmail.com) and [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz).

Athletes must collect their race bib from their club representative at the WHAC clubrooms at least 30mins prior to the start of their race. **No current bib and timing chip means you will not be recorded in the results. Race bibs will again be used for each of the five (5) interclub races.** The bibs will have **Athletics Wellington timing chips** and must be worn on the front of the athlete's club singlet. Timing chips must be left securely on the front of the bibs.

### **Entry Fees**

Athletics Wellington clubs will be invoiced after the event according to the number of individuals completing the races. Other clubs pay with entry.

Entry fees for **ANZ Registered Club Members** are as follows:

Boys and Girls U10, U12, U14 and U16	\$33.50
All other grades	\$38.00

These entry fees include a special traffic management fee of \$24.00 per person. An application has been made for a grant to cover the traffic management fee. The entry fees will be reduced by any grant received.

### **Age Grades and Club Uniform**

Age on 31st December 2024; except Masters' grades where age is at 25th May 2024.

As this event is only open to Registered Club Members, the correct club uniform must be worn.

**Any athlete wishing to compete "out of grade" (e.g. junior in senior grade), must advise the Race Director, Graeme Morrison [whacracedirector@gmail.com](mailto:whacracedirector@gmail.com) and Daryl Bloomfield [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz) by 5:00pm Thursday 23rd May.**

## **TEAM AND INDIVIDUAL AWARDS**

Medals will be awarded to FIRST PLACE in each grade, (*\*except there will be no medals for non-championship*).

**Team Competition winners** will receive medals, with number to count in each grade as follows:

Open Men M20-99	10k only	6
Open Women W20-99	5k only	3
Masters Women MW50+	combined	3
Masters Men MM60/MM65	combined	3
Junior Women WU20/WU18	combined	3
Junior Men MU20/MU18	combined	3
<b>All other grades</b>		<b>3</b>



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Masters runners are eligible for team competition in both the Open grade and their own Masters grade.

The **Barry Everitt Plate** will be awarded to the Club scoring the *highest* number of points over *all* grades. This will be based on participation, where every competitor will score points, with 100 points to the winner. E.g., Senior Women, 30 finishers, first place scores 100 points, last place scores 71 points. (*The non-championship races will not count towards this Club competition*).

### **PRIZEGIVING**

Prize Giving, following each race, will be near the WHAC Clubrooms. If bad weather, it will be held inside.

### **PROTESTS AND APPEALS**

In the first instance, any protest must be made to the Race Referee, within 30mins of the finish of the race. Referee's decision will be given to the Race Director; any appeal must be made to the Race Director.

IAAF Competition Rules 146 covers protests and appeals.

### **HEALTH AND SAFETY**

#### **Marshals**

All races are marshalled; marshals are clearly identifiable with orange Hi-Viz vests around the course. If you are injured or observe an injury or problem of any kind, please report to the nearest marshal. All competitors must obey the directions of marshals.

#### **Course Marking**

The course will be marked with a combination of the following: tape, marker poles, arrows, cones, and marshals. Where **two (2)** marker poles are placed as a gate, runners must run between the marker poles. Where **one (1)** marker pole is used, runners must run within 5m either side of the marker pole. When running adjacent to roads, athletes must run within the coned off verge area. Failure to comply with a marshal's instruction or not following the correct course may result in disqualification.

#### **Public Roads**

The race includes the crossing of public roads. 2024 again sees the closure of Alexandra Road from just north of the SPCA to just south of the intersection with Lookout Road. Marshals will be placed at strategic points for your safety. However, you must remain alert at road crossings, look yourself, and be prepared to stop if directed to do so by a marshal. Where the course runs alongside public roads, competitors must run within the coned off verge area.

#### **Course Conditions**

This is a cross country race and accordingly trails may be loose, steep, slippery, uneven, and have trip hazards. Competitors are responsible for taking reasonable care.

### **RACE DIRECTOR**

Thank you for supporting this event. We look forward to seeing you all on race day. For inquiries, please contact Graeme Morrison (021) 385 936, or email: [whacracedirector@gmail.com](mailto:whacracedirector@gmail.com)