

ATHLETICS MANAWATU WANGANUI

ROAD CHAMPIONSHIPS

Saturday 19th August 2017

hosted by:

WANGANUI HARRIER CLUB



RACE VENUE:

Wanganui East Club
101 Wakefield Street
Wanganui

RACE MANAGER:

Rob Conder
021-182-0626
wanganuiharrierclub@gmail.com

REGISTRATION & ENTRY FEES

No pre-registration required. Simply turn up and run/walk.

Registered Athletes:

\$5:00 Seniors/Masters

\$3:00 for all other grades Under-20

Clubs: Each club will be sent an invoice by the Centre for entry fees and it is each clubs' decision how they recover these fees from their registered athletes.

Non-registered runners/walkers:

Athletes who are not registered with any Club affiliated to Athletics Manawatu Wanganui – payable on the day:

\$10.00 Seniors/ Masters

\$5.00 all other grades Under-20

ELIGIBILITY

To be recorded in the official Championship results and be eligible for certificates, athletes must be registered with Athletics NZ via an affiliated club within the Centre for 2017 as at the day of the race.

Athletes must wear club uniform.

FACILITIES

Toilets and parking are available at the venue. Additional food and drinks will be available for purchase.

PROGRAM OF EVENTS

12:00pm

Course marked and open to inspect

1:00pm

Open Championship Walk

10km (2x 5km laps)

Boys & Girls U9

1km

Boys & Girls U11

2km

Boys & Girls U13/U15

3km

1:30pm

Junior Women U18/U20, Masters Women 35+

5km (1x 5km lap)

Junior Men U18

5km (1x 5km lap)

1:40pm

Junior Men U20

8km (2x 4km laps)

Senior Men & Women (20-34), Masters Men 35+

10km

(2x 5km laps)

3:15pm

Afternoon tea (or after last finisher) will be held in the Wanganui East Club.

Please bring a plate to share

AGES FOR GRADES

Except for Masters, all ages are as of age on 31 December 2017

Masters	35 or older on or before the date of the event
Seniors (20-35)	Born 1997 or earlier
Junior Men/Women U20 (18,19)	Born in 1998, 1999
Junior Men/Women U18 (15,16,17)	Born in 2000, 2001, 2002
Boys & Girls U15 (13,14)	Born in 2003, 2004
Boys & Girls U13 (11,12)	Born 2005, 2006
Boys & Girls U11 (9,10)	Born 2007, 2008
Boys & Girls U9 (8 and younger)	Born 2009 or later

Masters is in 5 year age grades from 35 years. Your actual birthday dictates transition to the next age grade. i.e. turning 55 on 14th July brings you into the 55-59 grade.

Running out of a grade: To compete in a grade different to your age group e.g. Master running as a Senior; make a request to the Race Referee prior to the start otherwise it is assumed you will run in your grade

TEAMS COMPETITION

An inter-club competition will be held for each Championship grade. All grades need 4 members to count, or if no team has 4 then 3 members will form a team.

OFFICIALS REQUIRED

The host club would like some assistance with officiating on the day, and clubs are asked to bring **1-2 officials to assist** with the days' racing, such as recording, time keeping or marshalling.

CLUBS please email/txt Rob Conder beforehand to advise who will be available.

AMW REPRESENTATION

These Manawatu/Wanganui champs are a key selection race for athletes to be considered to represent Manawatu/Wanganui at the 2017 NZ Road Championships in Christchurch on the 2nd September. Please see one of the Centre Selectors, Rob Dabb (FMoa), Alister Martin (PNAHC) or Paula Conder (WHC) if you wish to be considered.

If you are unable to take part in the AMW Champs but wish to be considered in the team contact one of the selectors BEFORE this event. The AMW team will be announced at prize giving.

COURSE NOTES

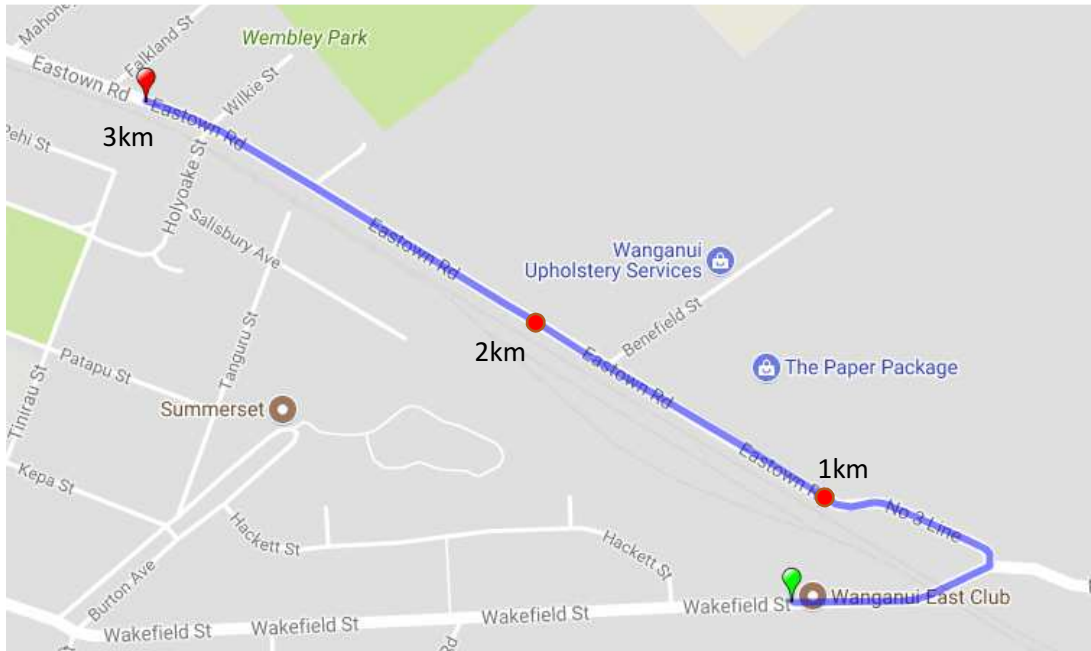
The course is adjacent to the Wanganui East Club car park on Wakefield Street, Wanganui East.

We do not have exclusive use of the road circuit and officials will be stationed at key points and shall caution athletes accordingly.

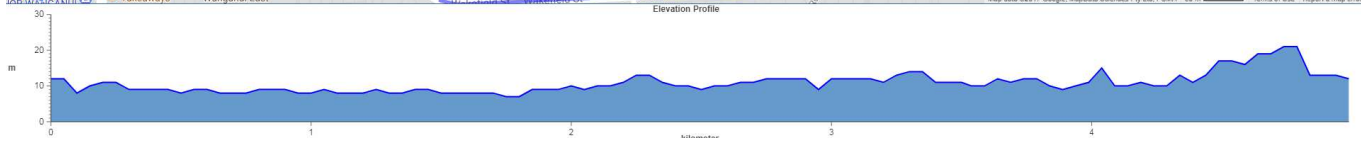
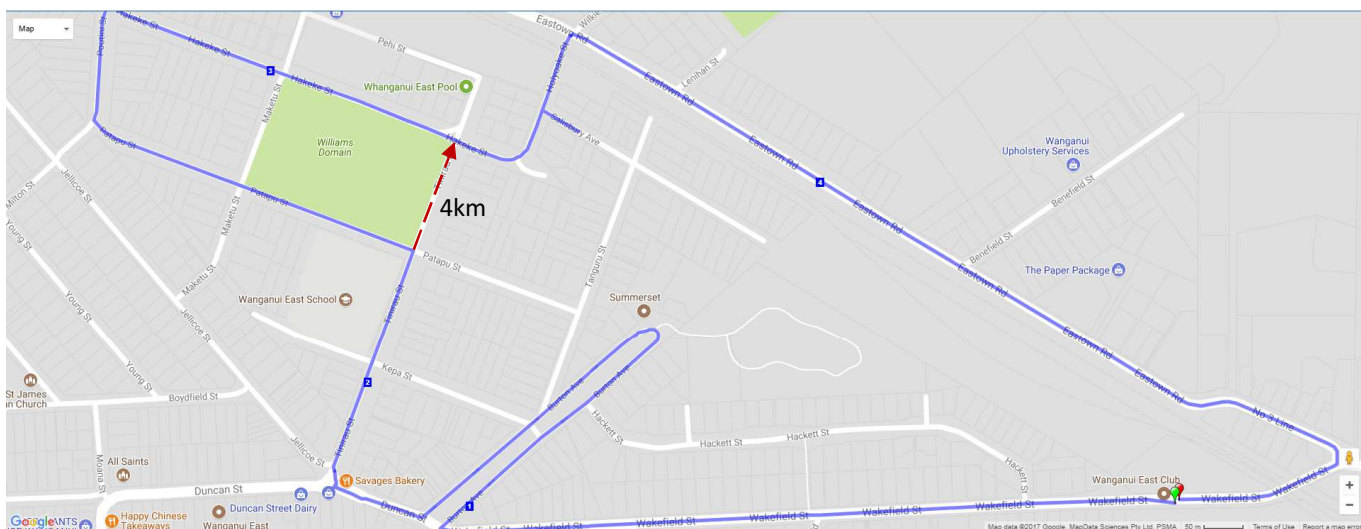
The terrain is predominantly flat, with slight up, then downhill in the final 500m.

The 1km, 2km, and 3km courses are and out and back - turnaround points will be marked (see map).

The 4km and 5km courses circuit the block. They are essentially the same course, but with an additional km added on the side for the 5km. The point where the courses deviate will be marshalled.



Short Course (1- 3km)
 Turn-around points noted for each full distance



4 & 5km Course