

WANGANUI HARRIER CLUB

Turakina 19km Road Race

(Open Handicap Event)

Turakina - Saturday 28th January 2017

Start in Turakina township @ St Andrews Church

Out and back from St Andrews Presbyterian Church
Run north along SH3, turn left into Turakina Beach Road. Follow Beach Road out to settlement of Koitiata (becomes Wainui Street). Turn left into Te One Street - turn around point is at public toilets.

Return via same route to SH3, right into Simpson Street, right into Cameron Road to finish at Caledonian Grounds, Turakina (listen for the bagpipes).

Changeover points/drinks stops at:

4.35km (leg length 4.35)

9.35km (leg length 4.5)

14.35 km (leg length 5.0)

19.00km (leg length 4.65)

START TIMES (Under Handicap conditions)

Walkers and Walk Teams (2 & 4 person) Start - 8.00 a.m.

Runners and Run Teams (2 & 4 person) Start - 9.00 a.m.

Staggered start times with slowest away first - fastest away last!!

ENTRY FEES

Individual \$15.00

2 Person Team \$25.00

4 Person Team \$40.00



Entry form on reverse

Victoria Park, Parson St
St Johns Hill, Wanganui

www.wanganuiharrierclub.co.nz



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NAME (Individual):

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TEAM LAP 1
LAP 2
LAP 3
LAP 4

Estimated Time.....

**ENTRIES ACCEPTED ON THE DAY OR POST TO
PO BOX 702, WANGANUI or email: wanganuiharrierclub@gmail.com**

**Warning: Extreme heat conditions can prevail so hydration is paramount!!!
There may not be drink stations available so prepare accordingly**

HANDICAP RULES

The estimated time will be the guideline that we will use to determine your start time i.e. the slowest estimated time will be the first individual/team to start. The fastest estimated time will be the last to start i.e. if the slowest estimated time is 2 hours 42 min & the fastest 1 hr 42 min, the fastest individual/team will start an hour after the slowest starts!!!

To be eligible for the handicap prizes you must finish within a certain percentage of your estimated time i.e. if we use the 7% guideline then look at the following example;- If your estimated time is 2 hours 30 min & you finish the event in 2 hours 20 min then you are inside the allowable time. If you finish in say 2 hours 10 min then it is likely that you will be ineligible for any handicap prizes as you will have finished 13% inside your time - make sense!!!

The two trophies competed for are donated by the Turakina Highland Games organisers - the 'Targe' Trophy for the 1st in the run handicap & the St Andrews Shield for the fastest run time.



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