

for Schools and club juniors Sat 17<sup>th</sup> August 2019

**VENUE** - Race headquarters is the Te Kopahou Interpretation centre at Owhiro Bay beside the **FRENZY** (Colin Webster-Watson) bronze shark sculpture. There is an undercover area in case of rain with toilets, and water available.



**HEALTH and SAFETY** There is a qualified first aid person present with a suitable kit. Attention has been made to the current health and safety legislation. A document outlining this event's compliance is available on request and further details will be given on entry. WCC has approved this event and the safety plan.



**Map** a map of the course has been made, and will be made available to all entries.

**Entries will be taken from midday** There is no need to pre-enter, but please email the race director if you have a team, so we have an idea of the numbers. If you don't have a team, don't worry, we can find one for you on the day. Entries will be taken right up until 1:20. This year, there will be a small entry fee of \$5 per team.



### 12.30 Beach Olympics

We will stage many track and field events as fun beach events making use of natural features in the environment. The sand is perfect for long jump and triple jump. A rock makes a perfect shot put, and some informal track races can take place on a small track marked out on the sand. This is a lot of fun. With the shot we do have to be very strict on the safety aspects.

"It was throwing a rock on the beach in Napier eight years ago which provided the catalyst for Nick Palmer's shot put ascension." Athletics in Action Athletics NZ June 2018

### 1pm A fun warm-up run

We will take an easy 20minute short warm-up pack exploring up the stream. There are stream crossings and great scenery. This area is out of the wind, once you get into the valley.

### 1.30 FRENZY open championship

This is suitable for years 6 to 8, but open to any primary or intermediate school pupil. Teams must have at least one girl and have four members. It is a relay run over a short cross-country course.

**The course** is approximately 1km and covers soft sand, undulations, and natural obstacles such as found logs and a small rock wall. It is well marked with cones and the usual rules apply. That is, you run between pairs of markers, and within 5m of single markers. For younger or less fit runners and parents, we also offer a fun race over a shorter course of 600m that stays on the beach. It will start just after the relay.



**Prizes** The FRENZY trophy will be awarded to the team that finishes first. There are also **MEDALS** for each member of the winning team. Because of the evidence on the evils of added sugar in our diet (even for fit people) we don't award anything sugary. We provide free fruit and nuts, and award pineapples and coconuts to the shot-put winners.

**The Course** will contain at least one dug-out trench to jump across inspired by historical Māori Pa defenses. One part of the course will be a slalom section of cones

where you have to weave your way through (that develops suppleness and balance).

### 1.45 Prize-giving

**ENQUIRIES and ENTRIES** Jonathon Harper (Race Director)

027 413 6299 [jonathonharper101@gmail.com](mailto:jonathonharper101@gmail.com)

<http://jonathonharper.weebly.com/athletics.html>

