

# Athletics Wellington

## Road Running Championships

Saturday 19 September 2020

Reservoir Road, Wainuiomata

### Coronavirus and the Road Champs

The Road champs is planned to go ahead at Level 1 or Level 2. The information below is based on Wellington being at Level 1 with large gatherings up to at least 500 allowed. A contingency plan will be used if Wellington is at level 2 or at a level where gatherings greater than 100 are not allowed. More details about this contingency plan will be shared at a later date if required, but it will result in revised start times and potentially distance changes for junior races. We are planning for Level 1 at this stage.

### 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](mailto:daryl@fedude.co.nz) by Thursday 17 September, 5:00pm.

However, only "Competitive" members of an Athletics Wellington club will eligible for championship medals and to count in teams' races.

"Social" members can compete in a "Recreation" category. However they must notify Todd Stevens ([todd.stevens@pwc.com](mailto:todd.stevens@pwc.com)) and pay an additional \$10 entry fee direct to Athletics Wellington by 17 September (deposit into 031-540-0009238-00).

Competitive athletes from other centres are welcome. They are to email their entry to Daryl Bloomfield ([daryl@fedude.co.nz](mailto:daryl@fedude.co.nz)) by 17 September and pay the \$12 entry fee direct to Athletics Wellington (deposit into 031-540-0009238-00).

### Entry Fees

Athletics Wellington clubs will be invoiced after the event for the competitors who finish (both Competitive and Social):

\$12 for all competitors aged 20+

\$7.50 for all competitors under 20

(As noted above, competitors from other centres must pay their entry fee direct to AW. And "Social" competitors must pay their additional \$10 fee direct to AW).

### 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, or run in a higher grade must email [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz) by Thursday 17 September, 5:00pm.

### Age Grades

For all grades, except Masters, ages are at 31st December 2020. 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.

### Race uniform and numbers

All competitors must wear their official club uniform and have a race number written on their hand.

Prior to the race, competitors must report to the registration desk (located at the Wainuiomata Harriers Tent where a race number will be written onto their hand. After crossing the finish line, competitors must stay in the order they finished until their race number is recorded.

## 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.

## 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

There will be no refreshments available this year. 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 2020

## Race Schedule

19 September 2020

Reservoir Road – Wainuiomata

Race	Start Time	Distance and Laps	Race/Age Group
1	12:40pm	7.5k 3 loops of 2.5k	JM U20
			JW U18 and JWU20
		5k 2 loops of 2.5k	JM U18
			MW 50-59, 60-69 and 70+
			MM 60-69 and 70+
			SW/MW 20-49 non-champ SM/MM 20-59 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	1:45pm	3.5k 1 loop of 1k 1 loop of 2.5k	Girls U16
			Boys U16
5	2:10pm	2.5k 1 loop of 2.5k	Girls U14
			Boys U14
6	2:30pm	10k 4 loops of 2.5k	SW 20-34, MW 35-49
			SM 20-34, MM 35-49, MM 50-59
			MW 50+ non-champ MM 60+ non-champ