

# Athletics Wellington

## Road Running Championships

Saturday 19 August 2023

Reservoir Road, Wainuiomata

### 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. Alternatively, especially if wet or arriving late, drive to Hine Road and then up Hine Road to either Richard Prouse Park or the very end of Hine Road. Find a park and then it is a short walk across the fields up to the venue on Reservoir Road.

Note that if coming from Wellington, it is often much quicker to avoid the Petone Esplanade, especially if fine. Exiting at the Dowse Interchange and taking Hutt Road North up to Railway Ave towards Hutt City Central and onto Woburn Road past Hutt Valley High School is often quicker even though it is slightly longer.

### 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. Please be advised that members of the public are free to walk through the area, they will be advised to stay on the path beside the road. In addition, emergency vehicles, Wellington Water, and the Ranger may need to drive up the road between races, or in the case of an emergency, during a race. Competitors must make way if this is the case.

### Entries

The event is open to any athlete registered in the Athletes NZ Gameday database as "Competitive" and "Active and Financial" as at 11.59pm on Thursday 17 August 2023.

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 August, 5:00pm, and let him know their full name, DOB and grade they wish to run in.

If you have already received a bib at the Vosseler, Dorne Cup or Cross Country Champs, you MUST use the same bib. Bibs will be available for collection at the Wainuiomata Harriers Tent for those people who have recently registered. Temporary bibs will be available to collect for those people who forget or have lost their bib, these must be returned at race end. Allow plenty of time. Race Numbers must be worn on the front of club singlets.

### Entry Fees

Athletics Wellington clubs will be invoiced after the event for the competitors who finish: \$12.00 for all competitors aged 20+, \$7.50 for all competitors under 20.

The entry fee for fully registered athletes from other centres will be \$15 payable on the day when picking up their pre-registered temporary race bib from the Truck.

### Championship Events for Masters and Seniors:

10km Championship distance: SW, MW35-49, SM, MM35-49, MM50-59.

5km Championship distance: MW50-59, MW60-64, MW65-69, MW70+, MM60-64, MM65-69, MM70+

### Competitors Running out of Grade

Any Senior or Master runner who wishes to enter a distance other than their championship distance must email [daryl@fedude.co.nz](mailto:daryl@fedude.co.nz) by Thursday 17 August, 5:00pm. Please send the following details: Name, Club, Race Bib Number, Grade and Distance you are running, 5km or 10km. If you are a master's runner and wish to run in a "higher" championship grade (eg. a master wishing to enter the senior race, or a W50 wishing to enter the W35 10km race), please also let Daryl know this.

## Age Grades

For all grades, except Masters, ages are at 31st December 2023. 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.

## 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. Season medals will be distributed to clubs at a later date. Medals will be given out as soon as provisional results become available. Note, final results might not be available on the day of the event.

## 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 12:00pm.

## 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, or parking along Hine Road if you are arriving late. If conditions are wet, only 4WD vehicles will be permitted to park on the grass slope at the venue. With all the wet weather we have had up until the end of July, it is likely that only 4WD vehicles will be able to park on the grass areas. See the venue map for how to access the parking areas.

## Refreshments

There may be a sausage sizzle depending on weather. **Please bring cash for this.**

There may also be a coffee van on site, also depending on weather.

## Toilet facilities

There will be 4 portaloos at the entrance to the site. There are also toilets situated next to the clubrooms at Richard Prouse Park and a toilet at the end of Hine Road along with a great water fountain.

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| Race | Start Time | Distance and Laps                      | Race/Age Group                                 |
|------|------------|--|--|
| 1    | 12:30pm    | 7.5k<br>3 loops of 2.5k                | JM U20   |
|      |            |  | JW U20   |
|      |            | 5k<br>2 loops of 2.5k                  | JW U18   |
|      |            |  | JM U18   |
|      |            |  | MW 50-59, 60-64, 65-69 and 70+                 |
|      |            |  | MM 60-64, 65-69 and 70+                        |
|      |            |  | SW/MW 20-49 non-champ<br>SM/MM 20-59 non-champ |
| 2    | 1:10pm     | 1k<br>1 loop of 1k                     | Girls U10                                      |
|      |            |  | Boys U10                                       |
| 3    | 1:20pm     | 2k<br>2 loops of 1k                    | Girls U12                                      |
|      |            |  | Boys U12                                       |
| 4    | 1:40pm     | 3.5k<br>1 loop of 1k<br>1 loop of 2.5k | Girls U16                                      |
|      |            |  | Boys U16                                       |
| 5    | 2:10pm     | 2.5k<br>1 loop of 2.5k                 | Girls U14                                      |
|      |            |  | Boys U14                                       |
| 6    | 2:30pm     | 10k<br>4 loops of 2.5k                 | SW 20-34                                       |
|      |            |  | SM 20-34                                       |
|      |            |  | MW 35-49                                       |
|      |            |  | MM 35-49                                       |
|      |            |  | MM 50-59                                       |
|      |            |  | MW 50+ non-champ<br>MM 60+ non-champ           |

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Wainuiomata Recreation Area - Reservoir road

