



# Kaukau Skyline Traverse

## 2024 Wellington Mountain Running Championships

**Sunday 6 October 2024**

Olympic Harriers and Athletics Wellington proudly present the inaugural Kaukau Skyline Traverse, incorporating the 2024 Wellington Mountain Running Championships.

Everyone is welcome to enter and run in any race they choose. Championship runners are to run in the correct race according to their age grade to be eligible for Athletics Wellington medals.

### **Event Location**

The races will take place on the western hills of Johnsonville along the Skyline Track over Mt Kaukau.

#### [Course Map](#)

Races start and finish at the northern end of the Skyline Track heading south along the ridgeline to Mt Kaukau and beyond. All races are 'out and back' each with a turn-around point. The long course includes an additional challenging loop before turning around.

The start/finish area can be accessed at the end of McLintock Street. Please respect the residents on McLintock Street and nearby streets when parking in the area. McLintock Street North also accesses the start/finish area but this street has very little parking and we will be using it for equipment, toilets and ambulance services during the day. We ask that you please don't drive or park down McLintock Street North at all.

There are port-a-loo toilets situated at the end of McLintock Street North which can be accessed from the start/finish using a short walking track.

All clothing and valuables should be left in cars or with a support person.

### **Race Headquarters**

Olympic Harriers is based at Waiora Hub, the community and sports centre in Johnsonville. It is a short 5 minute drive from Waiora Hub to the race start and finish area. There is plenty of parking next to Waiora Hub. Please consider ride sharing when heading to the start/finish area, or even better, use the 1.75km distance as a warmup and warm down for your race.

#### [Location Map](#)

*Waiora Hub*

*Alex Moore Park*

*Johnsonville*

All entrants **must** report to Race Headquarters **between 8:00am and 9:15am** on race day to sign in and receive a race bib to be worn on the front of their singlet.

There will be food and drinks available after the event. Prizegiving will be held at approximately 1pm at Waiora Hub.

## Grades

Junior Girls and Boys U10 / U12 / U14 / U16

Junior Women and Men U18 / U20

Senior Women and Men 20-34

Masters Women and Men 35-49 / 50-59 / 60+

Ages are your age on 31 December 2024 except for masters where age is on the day of the race.

Championship runners must be registered with an Athletics Wellington club, wear their club uniform and run in the correct race according to their age grade. If you still have your 2024 interclub bib handy, please bring it along to help us out with our limited number of spare bibs.

Non-championship runners can run in any race they choose.

You must be 18 years or older to run in races 1 or 2.

## Schedule

| Sign In                               | Time                 |          |       |
|---------------------------------------|----------------------|----------|-------|
| <b>Race Headquarters (Waiora Hub)</b> |                      |          |       |
| Sign in and pick up bib               | 8:00am – 9:15am      |          |       |
| <b>Race Briefing</b>                  |                      |          |       |
| <b>Start/Finish Area</b>              |                      |          |       |
| Welcome, course and safety info       | 9:45am               |          |       |
| <b>Race 1 – Long course</b>           |                      |          |       |
| <b>Start/Finish Area</b>              |                      |          |       |
| Senior Women and Men 20 - 34          | 10:00am              | 12.15 km | 600 m |
| Masters Men 35 – 49                   | 10:00am              | 12.15 km | 600 m |
| <b>Race 2 – Medium course</b>         |                      |          |       |
| <b>Start/Finish Area</b>              |                      |          |       |
| Junior Men U20                        | 10:10am              | 8.75 km  | 400 m |
| Masters Women 35 - 49                 | 10:10am              | 8.75 km  | 400 m |
| Masters Women and Men 50 - 59         | 10:10am              | 8.75 km  | 400 m |
| Masters Women and Men 60+             | 10:10am              | 8.75 km  | 400 m |
| <b>Race 3 – Short course</b>          |                      |          |       |
| <b>Start/Finish Area</b>              |                      |          |       |
| Junior Women U20                      | 10:20am              | 5.75 km  | 220 m |
| Junior Women and Men U18              | 10:20am              | 5.75 km  | 220 m |
| Junior Girls and Boys U16             | 10:20am              | 5.75 km  | 220 m |
| <b>Race 4 – Sprint course</b>         |                      |          |       |
| <b>Start/Finish Area</b>              |                      |          |       |
| Junior Girls and Boys U14             | 10:30am              | 1.75 km  | 70 m  |
| Junior Girls and Boys U12             | 10:30am              | 1.75 km  | 70 m  |
| Junior Girls and Boys U10             | 10:30am              | 1.75 km  | 70 m  |
| <b>Prizegiving</b>                    |                      |          |       |
| <b>Race Headquarters (Waiora Hub)</b> |                      |          |       |
| Athletics Wellington medals           | 1:00pm (approximate) |          |       |

Distances and ascents are approximate.

## Results and Medals

All results will be posted on the Olympic Harriers website.

Athletics Wellington medals will be awarded to the first 3 Athletics Wellington club members in each grade.

## Club of the Mountain Competition

Club of the Mountain shall be determined as follows:

Points will be awarded to finishes in each grade Junior Girls and Boys U16 and above (races 1, 2 and 3), 10 for 1<sup>st</sup>, 9 for 2<sup>nd</sup>, 8 for 3<sup>rd</sup>, down to 1 for 10<sup>th</sup> and all other places. The top 6 female and top 6 male finishes from each club (but no more than 3 from any 1 grade) shall be determined and have their points added to get the club's score. The club with the highest score shall be crowned Club of the Mountain. If two clubs end with the same score, the top 5 will be used, then 4 etc. to determine the winning club.

## Entry Information

Entrants are encouraged to enter online by the end of Friday 4 October.

Manual entries will be accepted at Waiora Hub between 2:00pm and 4:00pm on Saturday 5 October. Direct credit or cash only.

Individuals are responsible for entering and paying. Clubs will not be invoiced for this event.

Manual timing will be used for this race, timing chips are not required.

On-line entry: [Online Entry Form](#)

Information: [Olympic Harriers Website](#)

## Fees

| Category   |                | Enter online early by<br>Friday 4 October | Enter manually on the day<br>at Waiora Hub<br>Saturday 5 October<br>2:00pm – 4:00pm<br>Direct credit or cash only |
|--|----------------|---|---|
| All juniors  | Under 20 years | \$15.00                                   | \$20.00   |
| All seniors<br>(Athletics Wellington<br>registered club members) | 20 years plus  | \$20.00                                   | \$25.00   |
| All seniors<br>(Non-club members)                                | 20 years plus  | \$45.00                                   | \$50.00   |

## Cancellation

If the weather conditions are considered too dangerous on the Skyline Track, the event will be cancelled. There is no postponement date.

## Refunds

Unfortunately, we cannot offer refunds for withdrawals so close to the event, nor offer refunds if we must cancel last minute for safety reasons. There are significant costs we are unable to recover. We have kept the entry price very low to minimise financial loss to entrants.

## Rules

The following rules are for everyone's safety as well as ensuring we comply with the Wellington City Council event permit terms and conditions.

1. Runners must always follow instructions from marshals.
2. Safety is everyone's responsibility. If you encounter anyone in need of assistance you must stop and help. Estimated time lost will be deducted from your result.
3. You must always ensure your bib number is visible to marshals positioned at each of the course turn-around points.
4. Familiarisation of your chosen course and looking out for course markings and directions is your own responsibility. A mountain running course is not marked as heavily as a cross-country course.
5. If you withdraw, you must contact officials at the start/end area to sign out as soon as possible to avoid any unnecessary search effort.
6. Dogs are not allowed to join in any of the races. Dogs are permitted in the area but must be kept on a leash at all times.
7. Please consider taking an emergency blanket, enough water and suitable clothing based on the conditions on the day, especially if you are entering the long or medium course and the weather is very windy, wet or cold.
8. All rubbish must be removed. If you bring it in, you must take it out. There are no rubbish bins at the event. Anyone found knowingly dropping rubbish without reasonable effort to recover it during the event will be disqualified.

On a good day the views across Wellington and the South Island are amazing!

And on a bad day...it's exhilarating!

