

TIMARU ROUND THE GORGES RELAY 2010

Saturday 28th August 2010

Laps, Distance, Start Times and Entry Fees

Grade	Laps	Distance (km)	Start Time	Entry Fees
Senior Men	8	65.2	10:00am	\$120.00
Masters Men 40+	8	65.2	10:00am	\$120.00
Open Masters 50+	8	65.2	10:00am	\$120.00
Senior Women	8	65.2	10:00am	\$120.00
Masters Women 35+	8	65.2	10:00am	\$120.00
Men 19	6	41.4	12:15pm	\$90.00
Women 19	6	41.4	12:15pm	\$90.00

Start and Finish

The long course starts and finishes at the All Weather Track, Aorangi Park, Morgans Road.

The short course relay starts on Pareora Gorge Road just before Limestone Rd & finishes at The All Weather Track, Aorangi Park Morgans Road.

Maps: Maps of the course available on the website.

Accommodation

There is accommodation available in Timaru & Temuka.

Check out the accommodation on our website www.roundthegorges.co.nz

Entry Procedure

There are no limits on the number of teams that a club may enter. Entries are to be on the entry form provided showing the name, grade and estimated 10km time for each runner.

Entries

The senior race will be divided into A, B, C (and D & E if needed) grades

Gradings & start times will be available on www.roundthegorges.co.nz

Transportation

We encourage 1 van per team to reduce traffic congestion at the lap change-overs. Check out transportation on our website.

Entry Fees Must Accompany Entries

Please send cheque payable to Timaru Round the Gorges Relay. All entry fees are non-transferable and non-refundable. Payment may also be made directly into our Bank Account (02-0892-0016234-00)

Closing Date

Entries must be received before midnight Monday 16th August 2010. Late entries may be accepted at the Organisers discretion.

Post Payment & Entries to:

Timaru Round the Gorges Relay

C/- Mark Peters

62 Avenue Road

TIMARU 7910

Enquiries to:

Mark Peters Phone: (03)6846330 E-mail: markp97@hotmail.com web address: www.roundthegorges.co.nz

Race Packs: Available at All Weather Track on Saturday 28th August 2010

Prizegiving: Venue to be confirmed

TIMARU ROUND THE GORGES RELAY 2009

Saturday 28th August 2010

More detailed Race Rules will be printed in the Race programme and should be carefully read by Team Managers.

Control of the Meeting

The meeting is controlled by South Canterbury Harrier Management Committee.

Course

It is the athlete's and team manager's responsibility to know the course. Each lap is clearly detailed in the Race Programme. Maps are also available on the website www.roundthegorges.co.nz

When following the race, please park as directed by marshals. Do not attempt to park in the lap change over zones, or stop in the middle of the road to drop your runner off. In doing so, you put both athletes and officials at risk.

We encourage only one vehicle per on the course. The official 'RELAY' label is to be displayed on the dashboard of the support vehicle.

Please note - the course is not suitable for buses

Safety

The Race Starter will stress the importance of safety and adhering to the race rules at the start of the race.

One Metre Rule

Athletes must run with both their safety and that of other road users in mind. They must run within one metre of the edge of the road at all times, running on the right-side of the road except as otherwise notified in the race information or directed by a course marshal. This rule will be rigidly enforced and breaches of the rule will incur time penalties.

Eligibility

All competitors shall be fourteen years or over as at 31 December 2010 (Clubs can apply for under age athletes to run, dispensation may be granted at the Organising Committee discretion).

- One athlete - one team. No athlete may complete for more than one team.
- One athlete - one lap. No athlete may complete in more than one lap, except in the case of a replacement according to the rules below.
- All Men 19 and Women 19 shall be under 20 years of age as at the 31st December 2010.
- All Masters Women shall be 35 years of age or over on the day of the race.
- All Masters Men shall be 40 years of age or over on the day of the race.
- All Open Masters 50+ shall be 50 years of age or over on the day of the race.

Replacement of Runners

In the case of injury or exhaustion when an athlete is unable to complete a lap, another member of the team can replace that athlete, but not a reserve or an emergency runner. The substitute runner must give written advice of their substitution to the Referee or assistant Referees within fifteen minutes of the completion of the lap. Any team making a substitution will not be eligible to claim the team award or placing. A competitor who is replaced shall take no further part in the race.

Running Order

Team managers may replace athletes or re-arrange the running order of their athletes. Notification must be in writing and submitted up to 30 minutes prior to the advertised race start time on Saturday 28th August 2010.

TIMARU ROUND THE GORGES RELAY 2009

Saturday 28th August 2010

ENTRY SUMMARY SHEET

Please photocopy for additional teams

Club			
Team Manager			
Phone		Mobile	
Email Address			

Team Members

Lap	First Name	Surname	Grade	Est. 10k Time	Date of Birth	Reg. Number
1	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
2	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
3	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
4	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
5	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
6	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
7	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
8	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>

(If entering a Junior - 6 person team, please fill in the first 6 laps)

Tick Applicable Box for this Team

Senior Men <input style="width: 30px; height: 20px;" type="checkbox"/>	Masters Men 40-49 <input style="width: 30px; height: 20px;" type="checkbox"/>	Open Masters 50+ <input style="width: 30px; height: 20px;" type="checkbox"/>	M19 <input style="width: 30px; height: 20px;" type="checkbox"/>
Senior Women <input style="width: 30px; height: 20px;" type="checkbox"/>	Masters Women 35+ <input style="width: 30px; height: 20px;" type="checkbox"/>		W19 <input style="width: 30px; height: 20px;" type="checkbox"/>

TIMARU ROUND THE GORGES RELAY 2009
Saturday 28th August 2010

ENTRY SUMMARY
PLEASE COMPLETE ONE FORM PER CLUB

CLUB

ENTRY SUMMARY

No. Teams @ \$120 Total \$

No. Teams @ \$90 Total \$

Total Entry Fees \$

Club Waiver & Release Statement

We agree to comply with the rules, regulations and event instructions of the South Canterbury Harrier Management Committee

We waive and release any and all claims for injuries and damage we may have against the organisers, caused by the negligence of any of them arising out of our participation in the event including pre and post event activities.

We consent to receiving medical treatment which may be advisable in the event of illness or injury suffered during the course of the event.

We declare that we are eligible as athletes under 2006-07 IAAF Rules 20, 21 & 22 and are registered with Athletics NZ.

Team Manager's Signature

Date

Please make Cheques payable to - Timaru Round the Gorges Relay
C/- Mark Peters, 62 Avenue Road, TIMARU 7910

Payment can also be made by Internet Banking (Account 02-0892-0016234-00), please include your Club Name as a reference

Entries will also be accepted by Email – Please include Club Name; Runners Names (in running order), Grades or Date of Birth, Estimated 10km Time & Registration Number for each team member