



the **FRONTRUNNER**

31ST New Zealand
Road Relay Championships
Timaru

Incorporating

TIMARU ROUND THE GORGES RELAY

Saturday 6th October 2007

Race Information & Entry Form

Conducted under Athletics New Zealand Rules

By Mid/South Canterbury Harrier Management Committee

TIMARU ROUND THE GORGES RELAY
Incorporating the
NEW ZEALAND ROAD RELAY CHAMPIONSHIPS, TIMARU

Laps, Distance, Start Times and Entry Fees

Grade	Laps	Distance (km)	Start Time	Entry Fees
Senior Men A	8	65.2	11:00am	\$140.00
Senior Men B	8	65.2	10:30am	\$140.00
Senior Men C	8	65.2	10:00am	\$140.00
Masters Men 40-49	8	65.2	10:30am	\$140.00
Open Masters Over 50	8	65.2	10:30am	\$140.00
Senior Women	8	65.2	10:00am	\$140.00
Masters Women 35+	8	65.2	10:00am	\$140.00
Composite	8	65.2	10:00am	\$140.00
M 19	6	41.4	12:30pm	\$ 90.00
W 19	6	41.4	12:30pm	\$ 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.

Accommodation

There is accommodation available in Timaru & Temuka. Timaru is approx a two hour drive from Christchurch.

Temuka is approx 1hr 40mins. 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. Athletes must compete for the club that they are registered with as at 1 August 2007.

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.

Closing Date

Midnight Friday 21 September 2007. NO LATE ENTRIES ACCEPTED

Post Payment & Entries to:

Timaru Round the Gorges Relay
 C/- W Hume
 122 Brockley Rd, 2 R D
 TIMARU

Enquiries to:

Walter Hume

Phone: (03) 686 2970 e-mail: whhume@farmside.co.nz web address: www.roundthegorges.co.nz

Race Packs

Available at Team Managers meeting, SBS Events Centre, Aorangi Park, Morgans Road, Timaru on Friday 5 October 2007 from 6:30pm-8:30pm and at the All Weather Track on Saturday 6th October from 8am

Team Managers' Meeting

Friday 5 October 2006, 6:30pm at SBS Event Centre, Aorangi Park, Morgans Road, Timaru.

Awards Ceremony

Medals will be presented at SBS Event Centre, Aorangi Park, Morgans Road, Timaru at approximately 4:30pm (1 hour after last finisher)

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More detailed Race Rules (as listed in Athletics New Zealand Competitions By-Laws) will be printed in the Race programme and should be carefully read by Team Managers. By-Laws are also available via the website www.athletics.org.nz

Control of the Meeting

The meeting is controlled by the Athletics New Zealand Official Representative.

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, nor 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 team number is to be displayed on the dashboard of one support vehicle.

Please note- the course is not suitable for buses

Safety

The Referee will stress the importance of safety and adhering to the race rules at the Manager's Meeting held prior to 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. These will be announced at the Manager's Meeting.

Eligibility

All competitors shall be fourteen years or over as at 31 December 2007. Competitors in the Junior Men's and Junior Woman's races shall be under 20 on the 31st December 2007.

The only exception is composite teams.

- 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 athletes must be registered (as at 1 August 2007) with the club they are competing for, to be eligible for a New Zealand title.

Please indicate any athlete who is not registered, eligibility will be checked with your centre registration officials. (This is a sanctioned event)

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 at the Team Managers meeting on Friday 5 October 2007.

Team changes may also be submitted up to 90 minutes prior to the advertised race start time on Saturday 6 October 2007; however we do ask that Team Managers submit the bulk of changes on Friday evening.

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Senior Course Descriptions

Senior Men, Senior Women, Masters Men, Masters Women,
Open Masters 50+, Composite
65.2 Kilometres
(Long Course)

Lap 1 8.4km

Starts All Weather Track, Aorangi Park, crossing Mountain View Rd, Mountain View Rd west side footpath (to Wai-iti Rd), Wai-iti Rd north side footpath, crossing Wai-iti Rd (east of Rowan Place), Wai-iti Rd south side footpath, Claremont Rd south side (to Barton Rd), Barton Rd east side (to Landsbrough Rd), crossing Barton Rd (at Landsbrough Rd), Barton Rd west side (to Fairview Rd), Fairview Rd north side 3km to changeover [*Undulating uphill*]

Lap 2 8.3km

Starts 3 km up Fairview Road, Fairview Rd north side (to Holme Station Rd), crossing Fairview Rd (at Holme Station Rd), Holme /station Rd west side, Pareoraa River Rd north side, to just before Pareora Huts (*steep downhill, slightly undulating then slight gradual uphill*)

Lap 3 7.1km

Starts just before Pareora Huts, Pareora Rd north side, over Pareora Gorge, to just past Limestone Road. [*2km of flat then steady climb with a steep downhill to finish on the flat*]

Lap 4 10.8km

Starts Pareora Gorge Rd just past Limestone Road, Pareora Gorge Rd north side, Cave Pareora Rd north side, Cave Pareora Rd northeast side, Elizabeth St south side (Cave) [*Gradual uphill with a steep down hill into Cave*]

Lap 5 6km

Starts Cave, Elizabeth St south side, State Highway 8 south side, Davidson Rd south side, Taiko Rd west/south side, to Limestone Works [*Slightly downhill then undulating for 2.9km*]

Lap 6 7.7km

Starts Limestone Works, Taiko Rd west/south side, to before Pareora Ford Rd cnr [*Uphill start, downhill, then flat for 3.3km*]

Lap 7 7.6km

Starts Taiko Rd just before Pareora Ford Cnr, Taiko Rd west side, Claremont Rd south side to Claremont Hall [*Gradual uphill for 2km, then steep 1km hill climb, then downhill*]

Lap 8 9.3km

Starts Claremont Hall, Claremont Rd south side, crossing Claremont Rd (at Brockley Rd), Brockley Rd east side, Rosebrook Rd south side, Gleniti Rd south side, crossing Gleniti Rd at Pages Rd) Pages Rd south side of footpath, Mountain View Rd west side footpath, crossing Mountain View Rd at Stop/Go, finishing at all-weather track Aorangi Park. [*Generally downhill, small rise, short but steep rise, undulating*]

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Men 19 & Women 19 Course Descriptions

M19 & W 19
41.4km
(Short Course)

Lap 1 4.9km

Starts Pareora Gorge Rd just past Limestone Road, Pareora Gorge Rd north side, to just before Cannington Road [Mainly flat slight undulation]

Lap 2 5.9km

Cave Pareora Rd north side, Cave Pareora Rd northeast side, Elizabeth St south side (Cave) [*Gradual uphill with a steep down hill into Cave*]

Lap 3 6km

Starts Cave, Elizabeth St south side, State Highway 8 south side, Davidson Rd south side, Taiko Rd west/south side, to Limestone Works [*Slightly downhill then undulating for 2.9km*]

Lap 4 7.7km

Starts Limestone Works, Taiko Rd west/south side, to before Pareora Ford Rd cnr [*Uphill start, downhill, then flat for 3.3km*]

Lap 5 7.6km

Starts Taiko Rd just before Pareora Ford Cnr, Taiko Rd west side, Claremont Rd south side to Claremont Hall [*Gradual uphill for 2km, then steep 1km hill climb, then downhill*]

Lap 6 9.3km

Starts Claremont Hall, Claremont Rd south side, crossing Claremont Rd (at Brockley Rd), Brockley Rd east side, Rosebrook Rd south side, Gleniti Rd south side, crossing Gleniti Rd at Pages Rd) Pages Rd south side of footpath, Mountain View Rd west side footpath, crossing Mountain View Rd at Stop/Go, finishing at all-weather track Aorangi Park. [*Generally downhill, small rise, short but steep rise, undulating*]