



ATHLETICS MANAWATU WANGANUI

ROAD CHAMPIONSHIPS

Saturday 18 August 2018



Host Club: Feilding Moa Harrier Club
Venue: Beaconsfield Valley Rd
Waituna West

Race manager
Rob Dabb
Phone 027 255 3992
email feildingmoa@gmail.com

Directions: From Feilding take Kimbolton Rd 12km to Cheltenham. Turn left into SH54 (Vinegar Hill route). About 4km along take the first right, Beaconsfield Valley Rd. The Hall is about 1km along this road. Look for the "Moa" at the corner of SH54 and Beaconsfield Valley Rd

To be recorded in the official Championship results and be eligible for certificates, athletes must be Registered with Athletics NZ via an affiliated club within the Centre for 2018-19 as at the day of the race. Athletes must also compete wearing official club uniform.

Entry Requirements: There is no pre-entry required. You may be required to obtain a race number prior to Starting.
Entry Fees: Registered Athletes: \$5:00 Seniors and Masters, \$3:00 all other grades
Non-registered athletes:# \$10.00 Seniors, Masters, \$5.00 all other grades
#not registered with an Athletics Manawatu Wanganui affiliated club

Clubs: Will be sent an Invoice by the Centre for Entry Fees - and it is therefore each clubs decision how they recover these fees from registered and unregistered athletes.

The Course: An out and back course for all distances. Athletes are responsible for turning at the appropriate point for their event. The course is marked on the RIGHT side of the road (so if running on the left you will miss your turn!) Course Marks are as follows: 0.5km, 1km, 1.5km, 2.5km, 3km, 4km, 5km, 6km, 7km, 8km, 9km

PROGRAMME OF EVENTS

11.30am	Course marked and open to inspect	
12:45 pm	Open Championship Walk	10km
12:45pm	Boys and Girls 8 & under	1km
1:00pm	Boys and Girls 10, 12, 14 years	3km
1.30pm	Youth Women (15-19)	5km
	Youth Men (15-17)	6km
	Masters Women 35+	6km
	Junior Men (18,19)	10km
	Masters Men 35+	10km
	Senior Men & Women (20-34)	10km
3:00pm	Afternoon tea and results at the Beaconsfield Hall	

All ages (except masters athletes) are as at 31st December 2018

Masters Athletes: Your eligibility for 5-year age groups is per your age as of 18 August 2018 Results will be recorded in 5 year age groups e.g. W35-39, W40-44, W45-49 etc.

Running out of a grade: To compete in a grade different to your age group e.g. Master running as a Senior; make a request to the Race Referee prior to the start otherwise it is assumed you will run in your grade

Officials Required: The host club require assistance with officiating on the day. This includes: Starters, Timekeepers, Recorders and Marshalls. Clubs please **email the Race manager at least 1 week prior advising of 2 persons nominated as Officials**. Duties will then be allocated beforehand.

Toilets: Available at the venue.

Parking: There is ample parking at the venue, but please park at right angles to the road (i.e angle park) to maximise the use

Safety: There will be a first aid kit available at the Start/Finish. In the event of a serious injury on course athletes should render assistance and alert the nearest Marshall. The course is on a low volume country road with an approved Traffic management Plan in place. There are no road closures. Athletes must keep to the right side at all times and except when passing other athletes, shall run/walk no more than two abreast.

Selection for Manawatu/Wanganui team to NZ Road Champs

These Manawatu/Wanganui championships are a key selection race for athletes to be considered to represent Manawatu/Wanganui at the 2018 NZ Road championships in Cambridge on the 18th August.

If you are unable to take part in the Centre Champs but still wish to be considered for selection to the NZ champs please communicate the reason why and obtain an exemption from one of the selectors (Paula Conder, Rob Dabb, Alister Martin BEFORE this event. Failure to obtain such exemption may render the athlete ineligible for selection.

A note from the AMW President

The Cross Country Championships in July were notable by the relatively low turnout from all but the host club. This is the Manawatu Wanganui Road Championship and should be held in high regard by athletes in this region. Manawatu Wanganui has some of the most competitive athletes in the country across a wide range of age groups. Please turn up and enrich the competition!

I am aware the Wellington championship are on the same day. If you wish to compete against the best Wellington athletes, it's really quite simple: run the AMW champs on 18th August and earn selection to represent the Centre at the NZ Champs on 2nd September.

I look forward to seeing you at Beaconsfield on 18 August

Rob Dabb
President
Athletics Manawatu Wanganui

