

WANGANUI HARRIER CLUB

Marlon to Wanganui UNDER 20 RELAY Saturday 14th September 2019

Excellent Spot Prizes

****** Start time 12noon ******

This event is run over the last 4 legs of the senior Marlon to Wanganui relay course. The start line is by the large wool shed, halfway along leg 6 of the senior course. This course was developed in 2013, and the juniors who have taken part have found it a lot of fun.

This year we are supporting The Palmerston North Rescue Helicopter
A portion of each team entry will be donated to support the great work the helicopter crews do in and for the Wanganui and wider Community.



***Proudly supported by the
Wanganui East Club***

www.wanganuiharrierclub.co.nz



Course Description

The Under 20 Junior relay starts from the woolshed between leg 6 and 7 of the Marton to Wanganui and has a course record of 1:41:57 for 26.76km.

- 0k **Lap 1 Moderate Distance 4.40 km**
Start between Lap 6 and 7 of the senior course next to the wool shed. Run 2km to Kauangaroa and on to the finish by the stockyards before Reid's Hill.
Record: 2016 - Phoebe McKnight (Hutt Valley Harriers) 16:36
- 4.4k **Lap 2 Hard Distance 2.50 km**
Flat for 500 m then up "Reid's Hill", a solid climb of 2.5 km to the finish opposite No 240 Kauangaroa Rd. **NB Safety requirement. Run /Walk on the left-hand side of road.**
Record: 2015 - Jayden McKnight (Hutt Valley Harriers) 11:28
- 6.9k **Lap 3 Moderate Distance 5.32 km**
Gently downhill for 1 km, then up again for 1 km, and then undulating to reach Fordell. Turn right, at hotel, into Station Road for 200m to finish at Fordell Hall.
Record: 2015 – Rouben Goldingham-Newson (Hutt Valley Harriers) 20:31
- 12.22k **Lap 4 Moderate Distance 6.24 km (NO THROUGH TRAFFIC)**
Start in Station Road, on gravel. Flat for 600m then downhill for 1 km to valley floor. Route turns left at railway and becomes Matarawa Valley Road. Follow alongside railway, undulating, on gravel, for 5 km to reach junction with Matarawa Hill Road.
Record: 2015 – Joel Carmen (Wainuiomata Harriers) 22:10
- 18.46k **Lap 5 Easy Distance 2.50 km**
Start Matarawa Valley Road junction with Matarawa Hill Road. This part of Matarawa Valley Road is sealed for 2.2 km to reach T- junction with Okoia Hill Road. Turn right and it is 200m to finish in Okoia village, just before rail crossing.
Record: 2015 - Phoebe McKnight (Hutt Valley Harriers) 7:58
- 20.96k **Lap 6 Moderate Distance 5.80 km**
Follow Okoia Rd, cross railway and turn left into No 3 Line. Flat for 5.5km to reach slight rise 400m from finish. At top of rise veer left, across rail bridge, then 100 m to finish, at Wanganui East Club, in Wakefield Street.
Record: 2016 – Christian Conder (Wanganui Harrier Club) 19:44

Total Distance 26.76 km

**For more information regarding the Under 20 relay contact Rob Conder
Ph (06) 343-2447 Cell 021-182-0626 or Email wanganuiharrierclub@gmail.com**

Official Junior Entry Form

Team Name/Club/School _____

Team Manager _____ Phone _____

Email _____

Address _____

Lap 1 Name _____ T/TIME _____ L/TIME _____

Lap 2 Name _____ T/TIME _____ L/TIME _____

Lap 3 Name _____ T/TIME _____ L/TIME _____

Lap 4 Name _____ T/TIME _____ L/TIME _____

Lap 5 Name _____ T/TIME _____ L/TIME _____

Lap 6 Name _____ T/TIME _____ L/TIME _____

T/TIME = total time L/TIME = lap time

Remittance Details

Number of team members _____

Entry Fee @ \$5:00 per competitor = _____ X \$5:00

Total fee \$ _____

May be made into Wanganui Harrier Club bank account 11 6840 0683200 11

Use MTWJ and your name/team name as the reference.

Please email confirmation of payment to wanganuiharrierclub@gmail.com

Entries close on Tuesday 10th September.

Late entries accepted up to half an hour before start time with the addition of late fee of \$5:00 / Team.

Send completed entry forms (or photocopy of same) to:

The Secretary
Wanganui Harrier Club
P O Box 702
Wanganui

Or email to: wanganuiharrierclub@gmail.com

No confirmation of entry will be notified unless specifically requested

Contact for information regarding the U20 Relay please contact:

Rob Conder
(06) 343-2337 021-182-0626