

WANGANUI HARRIER CLUB

Marlon to Whanganui Relay 1931 - 2018

SATURDAY 8TH SEPTEMBER

**Along a picturesque rural course
through the Turakina, Whangaehu
and Matarawa Valleys.**

Incorporating a 66.3Km Ultra and Junior Relay

**Running Teams Walking Teams Individuals
Corporate Teams**

Excellent Spot Prizes

Start –Marlon Park, Follett St, Marlon

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 Whanganui and wider Community.



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

www.wanganuiharrierclub.co.nz



Course Description

- 0k **Lap 1** **Easy** **Distance 7.80 km**
Start at Marton Park, Follett St, Marton. Across Park to Maunder St. Right in to Bond St. Left in to Tutaenui Road to continue on until change at corner of Galpin Road.
- 7.8k **Lap 2** **Moderate** **Distance 8.90 km**
Follow Makohau Road uphill for 1 km then gradually down to change at junction of Makohau Rd and Turakina Valley Rd
- 16.7k **Lap 3** **Moderate** **Distance 7.08 km**
Downhill for 500 m then undulating for 4 km to end of seal. Undulating on gravel road for a further 3 km to finish at the bridge over the Mangara Stream.
- 23.78k **Lap 4** **Hard** **Distance 6.93 km**
On gravel road, flat for 800 m then climb gently for 1.5 km then downhill for 1 km to reach sealed road after 3 km. Turn left into Mangatipona Rd and head towards Whanganui. A solid climb for 2 km followed by 500m of flat to finish at the top of a hill.
- 30.71k **Lap 5** **Easy** **Distance 4.90 km**
Downhill for 2.5 km to corner of Ohaumoku Road, then flat and gently down to finish at the junction with Okirae Rd.
- 35.61k **Lap 6** **Easy** **Distance 8.40 km**
Flat all the way through Kauangaroa and on to the finish by the stockyards.
- 43.71k **Lap 7** **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.**
- 46.51k **Lap 8** **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.
- 51.83k **Lap 9** **Moderate** **Distance 8.74 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. Continue on, the now sealed, Matarawa Valley Road 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.
- 60.57k **Lap 10** **Easy** **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.

Total Distance 66.37 km

Composite Teams must	Walk laps	3, 4, 7, 8, 10
	Run laps	1, 2, 5, 6, 9

Details/Questions

Bill Charnock Cell 021-133-0365
Email: wanganuiharrierclub@gmail.com

Grades: Run Team Walk Team Composite Team (Runners & Walkers)
 2-person Team Individual Run/Walk

Teams: Except for 2-person teams, each team consists of five to ten members who must complete no more than two legs each. Teams of 4 or less will not be eligible for acknowledgement in first three team placings.

Start Times: Walk Teams & Individual Walkers 7:00am
 Composite Teams & Individual Runners 8:00am
 2 Person Teams 8:00am
 Run Teams 9:30am

**** The aim is for everyone finished by 4.00pm so starts can be earlier/later by negotiation****

**Individuals and 2-person teams must have their own support crew.
 Individuals must name their support crew before event start time.
 Water will be available at changeover leg 4/5 otherwise it is H₂O self-sufficiency.**

Catch up Laps: On the instruction of race officials, teams may be asked to start a lap before the previous lap has been completed. Times will be adjusted accordingly.

Lap 9: Apart from support vehicles for individuals and 2-person teams all vehicles will travel along No.2 Line and down Okoia Hill Rd rather than travel on Matarawa Valley Rd

Race Numbers: Will be available from the start, up to 30 minutes before start time.

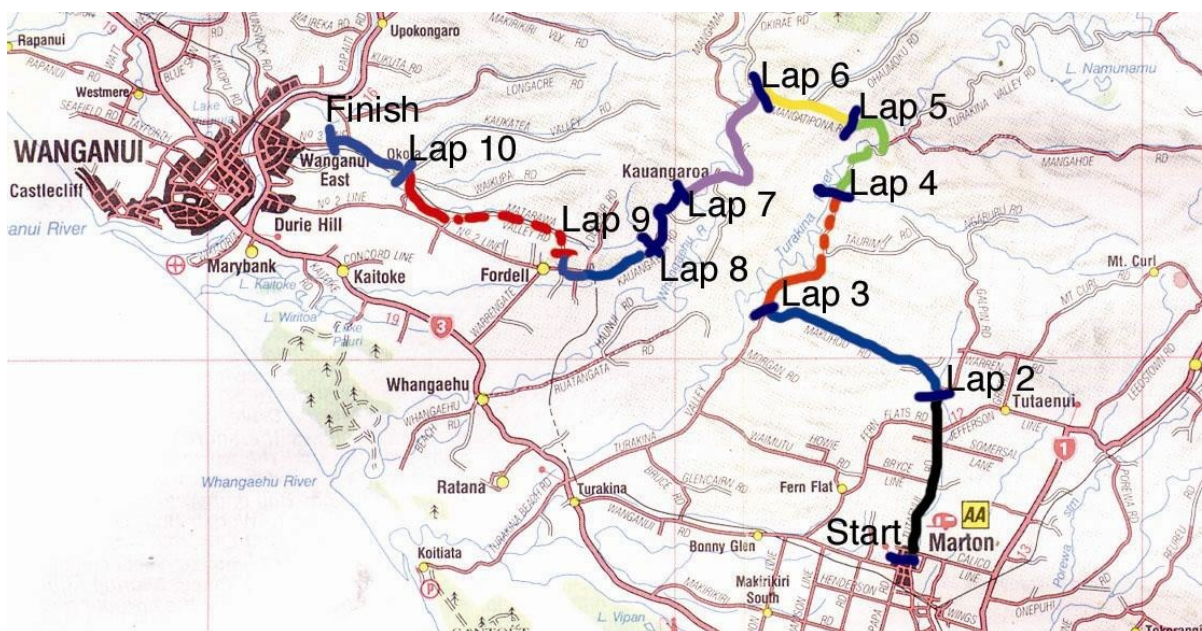
Prizes: All competitors are eligible for our large selection of spot prizes.

Toilets: Will be available at the start and finish & start of Leg 9 otherwise God's acre beckons enroute.

Prizegiving: Prizegiving and spot prize presentation will commence at 4.00pm. To be eligible for prizes, competitors must be in attendance or still out completing the course.
 All competitors MUST be off the road by 5pm. Catch up legs may be completed as necessary and team times adjusted.

BEAN 2 U COFFEE KIOSK WILL BE AVAILABLE AS WELL AS FOOD AND DRINK FROM THE WANGANUI EAST CLUB BAR.

Course Map – ALL ROADS ARE OPEN TO TRAFFIC



Official Entry Form

Team Name/Club/Corporate _____

Team Manager _____ Phone _____

Email _____

Address _____

Grade

- Run Team
- Composite Run/Walk Team
- Walk Team
- 2 Person Team..... Specify runner or walker _____
- Individual..... Specify runner or walker _____

Estimated Time _____ for 66.37 km

Remittance Details

Number of team members _____

Entry Fee @ \$20.00 per competitor = _____ X \$20.00

Total fee \$ _____ (max fee \$150.00 per team)

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

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

Please email confirmation of payment to wanganuiharrierclub@gmail.com

Entries close on Tuesday 4th 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
Whanganui

Or email to wanganuiharrierclub@gmail.com

No confirmation of entry will be notified unless specifically requested

Contact for information

Bill Charnock Cell 021-133-0365