

# Athletics New Zealand and Wellington

## Mountain Running Championships

23<sup>rd</sup> Wainuiomata Classic Mountain Run

Saturday 13 April 2019



### Event Information

The event is being hosted by the Wainuiomata Harrier Club in conjunction with Athletics Wellington. This event is a combined New Zealand Mountain Running Championships and Wellington Mountain Running Championships. The events take place at the same time. Each race is a combined New Zealand and Wellington event for each age grade. NZ Champ entrants, Wellington Champ entrants and non-champ entrants all run together in their age group race.

The **New Zealand Championship event** is open to registered NZ athletes for the season ending 31 March 2019 or athletes who will be registering this April for the 2019/2020 season. Unregistered athletes may enter as a non-champ competitor. Competitors must be 16 years or older as at 31 December 2019 to enter the NZ Mountain running Championships.

The **Wellington Championship event** is open to registered Wellington athletes for the season ending 31 March 2019 or athletes who will be registering this April for the 2019/2020 season. If a Wellington Centre athlete enters the NZ Championships, they will also automatically be entered for the Wellington Championships. Wellington centre athletes who do not want to enter the NZ Championships event, may enter just for the Wellington Championships event. There are races for children under 16. Children under 16 visiting from clubs out of Wellington are eligible to enter the Wellington Champs races as a visitor.

### Competing Grades and Medals – New Zealand Championships

Junior Women 16-19 and Junior Men 16-19 (U18 and U20 combined), Open Women and Open Men 20-34, Masters Women and Men 35-49, Masters Women and Men 50+.

Championship Medals for 1<sup>st</sup> to 3<sup>rd</sup> place will be awarded to registered athletes for each of the championship grades above. In addition, Age Group Medals for 1<sup>st</sup> to 3<sup>rd</sup> place will be awarded to Masters runners in each of the 5 year age groups. (eg. 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 etc)

**Your age is determined by how old you will be at the end of this year, 31 Dec 2019, except for Masters where your age is how old you are on race day, 13 April 2019.**

### Competing Grades and Medals – Wellington Championships

Girls and Boys U10, Girls and Boys U12, Girls and Boys U14, Girls and Boys U16, Junior Women and Men 16-19 (U18 and U20 combined), Open Women and Men 20-34, Masters Women and Men 35-49, Masters Women and Men 50-59, Masters Women and Men 60+.

Championship Medals for 1<sup>st</sup> to 3<sup>rd</sup> place will be awarded to registered athletes for each of the championship grades above.

**Your age is determined by how old you will be at the end of this year, 31 Dec 2019, except for Masters where your age is how old you are on race day, 13 April 2019.**

### Wellington Champs Queen and King Club of the Mountain Competition

**Queen Club** of the mountain and **King Club** of the mountain shall be determined as follows:

Points will be awarded to finishers in each grade Junior Women and Junior Men and above, 10 for first, 9 for 2<sup>nd</sup>, 8 for 3<sup>rd</sup>, down to 1 for 10<sup>th</sup> and all other places. The top 6 female finishes from each club (but no more than 3 from any 1 grade) shall be determined and have their points added to get the clubs score. The same will be done for male finishes. The clubs with the highest scores shall be crowned Queen Club of the Mountain and King Club of the Mountain. If two clubs end with the same score, the top 5 will be used, then 4 etc to determine the winning club. Note that the races for Girls and Boys under 16 years of age do not count for this award.

### Event Location

The Championships will take place on the hills between Wainuiomata and Lower Hutt City.

Location is approximately 1 Hour driving from Wellington Airport.

#### Public Transport options:

From Queensgate, Lower Hutt, take the 160 Wainuiomata Bus to Wainuiomata High School, (15 minutes)

From Wellington Railway Station, take the Hutt Line Train to Waterloo Station, then the Wainuiomata 160 Bus to Wainuiomata High School. (40 minutes)

## Race Headquarters

Wainuiomata High School, Gymnasium  
Parkway Road  
Wainuiomata

The Gymnasium is towards the back of the High School by the playing fields.  
Toilet and shower facilities are available at the Gymnasium.

Plenty of parking is available at the High School and along Parkway Road.

All entrants **must** report to Race Headquarters **between 11:00am and 12:15pm** on race day to sign in and receive a Race Number to be worn on the front of their singlet.

It is a short 5 minute walk from the Gymnasium to the Parkway Rise Subdivision Car-park where the races start and finish. Entrants are asked to leave their cars at the school and walk over to the start location as there is no parking available in the new subdivision.

## Race Start Location

Races start and finish at the new Parkway Rise Subdivision. The start/finish is within easy walking distance from the High school, approximately 400m along Parkway Road. There are no toilets at the start venue, please use the toilets at the Gymnasium before making your way to the start location.

Valuables should be left in cars or with a support person.

## Uniform

**Registered Club entrants must wear club uniform.**

## Afternoon Tea & Prize Giving including Spot Prizes

Afternoon Tea and Prize giving will take place at the conclusion of all events, with afternoon tea from 2:45pm and prize giving to follow.

All entrants who attend the prize giving will be eligible for spot prizes.

## Entry Information

All entrants **must pre-enter on-line** by **Sunday April 7, 11:59pm**.

This is the weekend before the event.

There will be **no on the day entries** for this event to ensure the event runs smoothly and safely for all entrants.

Individuals are responsible for entering and paying, clubs will not be invoiced for this event.

On-line entry: [Complete the on-line entry form](#)  
Who has entered: [View current entries](#)  
Contact: Alan Carman [alan.carman.nz@gmail.com](mailto:alan.carman.nz@gmail.com)

## Entry Prices

Race	New Zealand Champs (Registered NZ athletes, Includes entry to Wellington Champs for Wellington athletes)	Wellington Champs only (Registered Wellington athletes and visitors U16 for race 3 and 4)	Non-Champs (Unregistered athletes)
<b>Race 1 – 11.5K</b> SW, SM, MM35-49	\$45.00	\$20.00	\$60.00
<b>Race 2 – 8.5K</b> MW35+, MW50+, MM50+, JM (U20/U18 combined)	\$35.00	\$15.00	\$50.00
<b>Race 3 – 4.5k</b> JW (U20/U18 combined), Girls U16, Boys U16	\$25.00 (JW U20/U18 combined)	\$15.00 (JW U20/U18 combined) \$10.00 (Girls U16 and Boys U16)	N/A
<b>Race 4 – 1.5K</b> Girls U14, Girls U12, Girls U10 Boys U14, Boys U12, Boys U10	N/A	\$10.00	N/A

# Race Schedule

<b>Race 1</b>	<b>Time</b>	<b>Distance</b>	<b>Ascent</b>
<b>Parkway Rise Carpark</b>	<b>1:00pm</b>	<b>11.5 km</b>	<b>600 m</b>
Senior Women 20 – 34	NZ and Wellington Championships, non-champs		
Senior Men 20 - 34	NZ and Wellington Championships, non-champs		
Masters Men 35 – 49	NZ and Wellington Championships, non-champs		
<b>Race 2</b>	<b>Time</b>	<b>Distance</b>	<b>Ascent</b>
<b>Parkway Rise Carpark</b>	<b>1:10pm</b>	<b>8.5 km</b>	<b>450 m</b>
Masters Women 35 - 49	NZ and Wellington Championships, non-champs		
Masters Women 50+	NZ and Wellington Championships, non-champs		
Masters Men 50+	NZ and Wellington Championships, non-champs		
Junior Men (U20/U18 combined)	NZ and Wellington Championships, non-champs		
<b>Race 3</b>	<b>Time</b>	<b>Distance</b>	<b>Ascent</b>
<b>Parkway Rise Carpark</b>	<b>1:25pm</b>	<b>4.5 km</b>	<b>250 m</b>
Junior Women (U20/U18 combined)	NZ and Wellington Championships		
Youth Boys U16	Wellington Championships, visitors		
Youth Girls U16	Wellington Championships, visitors		
<b>Race 4</b>	<b>Time</b>	<b>Distance</b>	<b>Ascent</b>
<b>Parkway Rise Carpark</b>	<b>1:30pm</b>	<b>1.5 km</b>	<b>80 m</b>
Girls U14, U12, U10	Wellington Championships, visitors		
Boys U14, U12, U10	Wellington Championships, visitors		
<b>Afternoon Tea &amp; Prize giving</b>	<b>Time</b>	<b>Wainuiomata High School Gym</b>	
Afternoon Tea	<b>2:45pm</b>		
Prize Giving	<b>3:10pm</b>		

Ages are your age as at 31 December 2019, how old you will be at the end of this year, except for Masters grades which is age on race day.

Distances are approximate.

