

2015 Athletics NZ Mountain Running Championships Race Information

-11 April, The Grampians- Nelson



EVENT LOCATION

Grampians is the hill that looms large over Nelson City, with the transmitter mast at the summit. The course is

located at the southern end of the hill. The venue and course is most easily accessed from Market Rd via Bishopdale Ave, off Waimea Rd at the Bishopdale Caltex service station. The course is also accessible from various walking track entry points, including the Ronaki and Collingwood tracks nearer the city and Brook St on the eastern side of the hill.

RACE START TIMES

Open Men	2:00 pm	13.93 km
Open Women	1:15 pm	9.3 km
Masters Men	2:00 pm	9.3 km
Masters Women	1:15 pm	9.3 km
Junior Men	1:15 pm	9.3 km
Junior Women	1:00 pm	4.77 km
Community Race	1.30 pm	9.3 km

COURSE DESCRIPTION

Junior Women: 4770m, 280m climb, 250m descent, 1 Lap:

The start is on Market Rd behind the Caltex Service Station, adjacent to the United Bowling Club. The run commences with a straight uphill section of sealed road approx 230m long. Veer left into the quarry and continue left onto a 4WD gravel road that ascends a valley to a right hand turn onto a grassy/tracked 4WD firebreak that continues uphill to a saddle below the Grampians tower and top of the first climb (300m climb). A turn circle takes runners back down the same firebreak for 300m before turning left onto bush track that sidles and then descends to a second saddle. From the saddle, the course turns right and descends through a second quarry on an access road (lower half sealed) that returns runners to the bottom of the hill and the finish on level, sealed road.

Masters Women, Open Women, Junior Men: 9300m, 595m climb, 565m descent, 2 Laps:

Same as the JW course to start with, but then commencing a second lap by turning right at the end of lap 1 to ascend the Kahikatea Track. This is an ascent on well-graded bush track. A left turn near the top of this track takes runners onto a short link track that connects with the firebreak run up on Lap 1. Turn right at the firebreak and continue to the saddle and turnaround point, to continue thereafter as on lap 1 to the finish line.

Open Men; 13930m, 880m climb, 850m descent, 3 Laps:

Same as for the 2 lap course above, but repeating the Kahikatea Track circuit (Lap 2) a 2nd time;

Masters Men; 9300m, 595m climb, 565m descent, 2 Laps:

Same as for MW, OW and JM above.

Community Race: 9300m, 595m climb, 565m descent, 2 Laps:

See 2 lap course description above

Please refer to the website www.athletics.org.nz to view the course map and profile documents

POSTPONEMENT

If possible, the event will be held on Sunday 12 April should weather conditions prevent a start on the prescribed race day. However, conditions that would cause postponement are also likely to cause significant damage to the course (eg windfall or slip) that may not be able to be rectified in time for racing to be held on the Sunday. It is the athlete's responsibility to ensure that they arrange travel to allow for this eventuality.

CLIMATE

Nelson has an enviable climate. However, it is faintly possible that it could get cool, perhaps even wet, being autumn. There are no special clothing requirements for athletes – dress according to the weather on the day.

UNIFORM

Club uniform must be worn when racing in Championship grades.

NUMBERS

Numbers must be worn on the front of the athlete's uniform and must be visible at all times during the race. Any athlete whose number is not clearly visible may be stopped by officials and asked to display their number. The use of timing chips is being investigated and if used, will be available in the race pack. Entrants in the Community Race will be issued numbers different to the Championship numbers.

RACE PACKS

Race packs may be collected from the Shoe Clinic, Bridge Street, Nelson on Friday afternoon between 3.30pm – 5.30pm and Saturday morning between 9:00am-11:00am. After this time any uncollected race packs will be available at the United Bowling Club building near the start line.

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MEDALS

Medals will be awarded in each championship category with master's grade medals being awarded in the 5 year age categories starting at 35 for both Men and Women.
Non-championship entries will not be eligible for medals or titles, but will be eligible for any spot prizes that may be drawn at prize giving.

PRIZE GIVING

Afternoon tea and liquid refreshments will be available at the United Bowling Club rooms adjacent to the start line from around 3pm. Medal presentation and prize giving will be held after completion of the Open Men's race from 5.00pm.

SPECTATOR VIEWING

The course has a limited number of viewing locations, with the most notable marked on the map in the race pack. These include the finish line area on Market Rd, the summit saddle, the saddle between the Brook Valley and quarry, and upper Market Rd. Supporters can access the summit via the Lower and Upper Mahoe Tracks commencing just after the start of the Lap 2 course at finish line area, or up the gravel summit access road that commences in the Brook Valley on the east side of the hill at the Blick Terrace - Robinson Rd corner.