

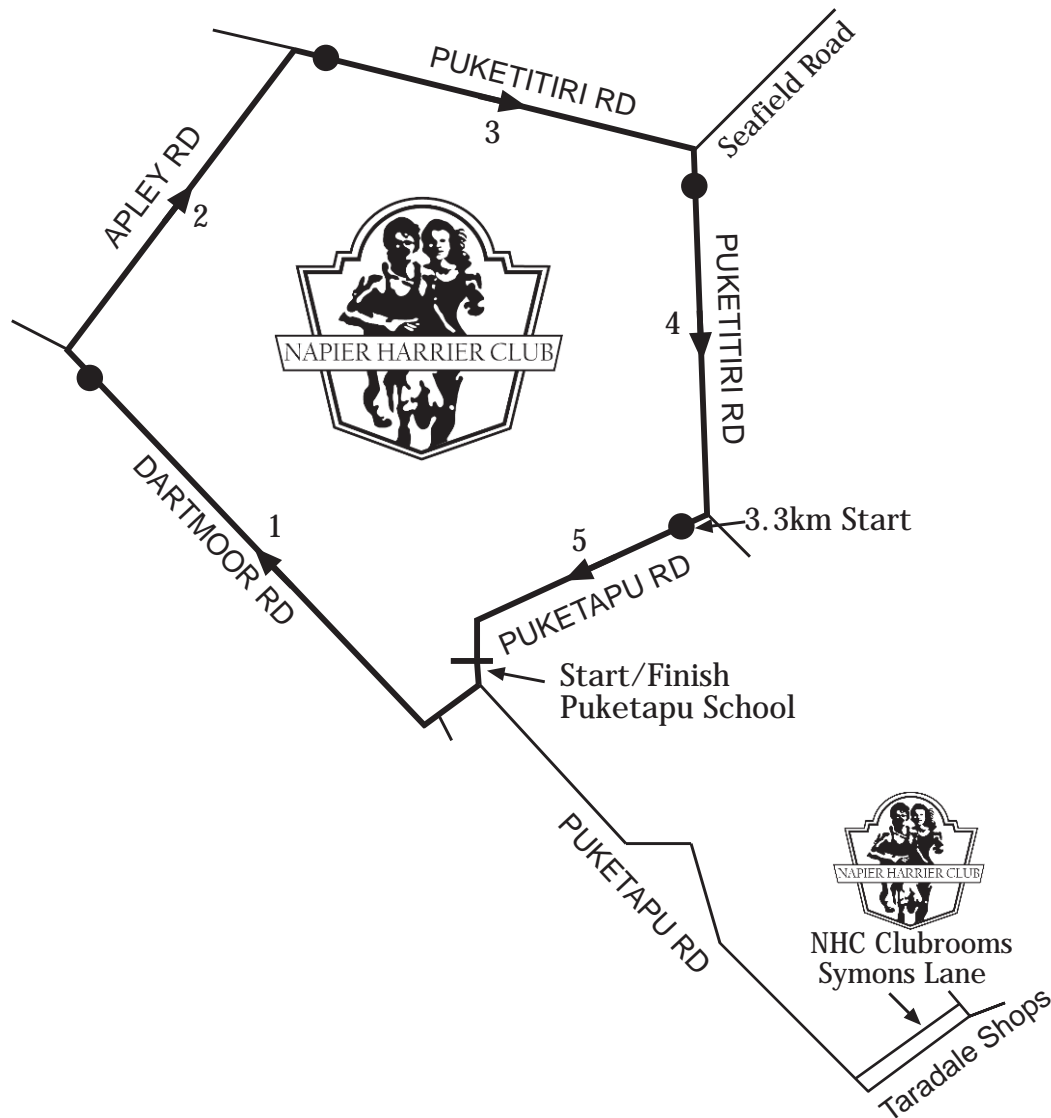
# 2010

Saturday 15th May, 2010

## ATHLETICS HAWKES BAY GISBORNE ROAD RELAYS

26km - 5 person relay

3.3km Individual  
and  
Teams Road Race



Organised by  
The Napier Harrier Club Inc.  
on behalf of  
The Hawke's Bay Gisborne Centre  
of Athletics New Zealand

The Shoe Clinic logo, featuring a stylized foot in a blue and green color scheme with the text "Shoe Clinic" in red and "The fitting choice" in white. Below the logo, the text reads:

Generously Sponsored by  
**The Shoe Clinic**  
Lower Emerson Street  
NAPIER

# 2010 Shoe Clinic Napier ATHLETICS HBG ROAD RELAY CHAMPIONSHIPS Saturday 15th May



## ATHLETICS HAWKES BAY GISBORNE CENTRE ROAD RELAY CHAMPIONSHIPS and 3.3km Road Race Entry Form (Closing Date Wednesday 12th May, 2010)



### REGISTRATIONS AND RACE BRIEFING

The race will have multiple start times at the race directors discretion. These start times will be based in part on your estimated race time. To accomodate this format, entries must be received by the Race Director by **5:00pm** on **Wednesday 12 May**. This race entry must include an estimated time for the race and the anticipated team, in running order. Any changes to the running order or team members must be notified to the Race Director at final registration on race day.

Race briefing will be at the NHC clubrooms at 12:45 on race day, where teams start times will be announced. **All team members must be present at race briefing.**

### THE EVENTS

1. **A 5 lap relay** of the circuit starting from Puketapu School and running via Dartmoor, Apley, Puketitiri and Puketapu Roads, finishing outside Puketapu School. Distance 26km. Teams must consist of all men or all women in the championship race. **All athletes in the championship race must be registered with ANZ.** Mixed sex teams, and teams containing non registered athletes will be entered in the open race.

2. **A 3.3km road race.** The race will be held on the last lap of the relay with a start timed to coincide with the relay runners running the same lap. This race is open to any runner who is not in a relay team, but the teams race and prizes are for the 14 years and under grade. The first four 14 years and under runners from each club will be counted for the teams race. To be eligible for the teams race, runners must be 14 years or under at 31 December 2010. Pre entry is not required. Entrants should register at the start line (cnr Puketapu and Puketitiri Rds) by 2:00pm

### ENTRY FEES

26km Apley Course \$25.00 per team.  
3.3km road race FREE

### TIMETABLE

Final Registration	Prior to 12:30pm (NHC clubrooms)
Race Briefing	12:45pm (NHC clubrooms)
26km Relay start	From 1:30pm (Puketapu School)
Under 14 Race start	2:30pm approx. (Start of lap 5)

### PRIZES

Relay - Medals will be awarded to the winning men's and women's teams in the championship race,

- Fastest lap time prizes for men and women.

14 Years and Under Race - Prizes will be awarded to the winning team.

Prizegiving will be at the NHC clubrooms following completion of the relay and collation of the results.

**E-mail your pre-entry details to [entries@napierharriers.co.nz](mailto:entries@napierharriers.co.nz)  
or post to P.O. Box 7298, Taradale, 4141  
to arrive by 5:00pm, Wednesday May 12, 2010**

### 26km RELAY ENTRY

Team Name.....

Team Club/School.....

Team Contact Person, Phone No. and Address.....

EST. TEAM TIME:.....

### LAP DESCRIPTIONS and ENTRY FORM

**LAP 1 "Dartmoor" .....5.7km** Est. Time: \_\_\_\_\_  
A few undulations and then flat to the finish just before the corner of Dartmoor and Apley Roads.  
RUNNER - \_\_\_\_\_ HBG REG # \_\_\_\_\_

**LAP 2 "Apley Rise" .....6.7km** Est. Time: \_\_\_\_\_  
A short flat section and then a steady (and demanding) climb followed by the relief of a down hill section before a sharp rise to the finish around the corner of Apley Road in Puketitiri Road.  
RUNNER - \_\_\_\_\_ HBG REG # \_\_\_\_\_

**LAP 3 "Heart Breaker" .....4.7km** Est. Time: \_\_\_\_\_  
Undulating and then a long steep uphill followed by a long downhill then undulating to the finish at the corner of Puketitiri and Seafield Roads.  
RUNNER - \_\_\_\_\_ HBG REG # \_\_\_\_\_

**LAP 4 "Brooklands" .....5.6km** Est. Time: \_\_\_\_\_  
A steep downhill section then undulating with 3km of flat to finish just before the junction of Puketitiri and Puketapu Roads.  
RUNNER - \_\_\_\_\_ HBG REG # \_\_\_\_\_

**LAP 5 "Home Run" .....3.3km** Est. Time: \_\_\_\_\_  
Flat to start then undulating to finish. Fast and furious last lap.  
RUNNER - \_\_\_\_\_ HBG REG # \_\_\_\_\_

### 3.3km Entry

Name .....

Club ..... Age (at 31/12/2010) .....

### Entrants to sign:-

I/We hereby agree to run entirely at my/our own risk, and to follow the instructions of any race officials at all times during the event. I/We will not do anything to harm the reputation of either the organising club, or the Hawke's Bay Gisborne Center of Athletics New Zealand, for the duration of the event.

Signed Team Captain/Individual Entrant \_\_\_\_\_  
(Parent or Guardian to sign if under 16)