

WANGANUI HARRIER CLUB

# TURAKINA ROAD RACE

## 27km Road Race (Open Handicap Event)

(replaced the Wanganui To Turakina Road Race)

RUNNERS & WALKERS

### Turakina - Saturday 28<sup>th</sup> January 2012

Start in Turakina township @ St George's Anglican Church car park. Course runs clockwise down SH3, right in to Turakina Valley Road, right in to Waimutu Road, right in to Fern Flats Road, right in to Wanganui Road (Marton-Turakina Road) to return to Turakina, across SH3 and up Cameron Road to finish at Caledonian Grounds, Turakina (listen for the bagpipes).

### START TIMES (Under Handicap conditions)

Walkers and Walk Teams (2 & 4 person) Start – 8.00 a.m.

Runners and Run Teams (2 & 4 person) Start – 9.00 a.m.

**n.b. staggered start times with slowest away 1<sup>st</sup> –fastest away last!!**

### ENTRY FEES

<b>Individual</b>	<b>\$15.00</b>
<b>2 Person Team</b>	<b>\$25.00</b>
<b>4 Person Team</b>	<b>\$40.00</b>

**\*\*\*PTO for handicap rules\*\*\***

For Info call Bill (06)344 2723

Email rama.bill@clear.net.nz

NAME (Individual):

.....

TEAM      LAP 1.....

              LAP 2.....

              LAP 3.....

              LAP 4.....

Estimated Time.....

ENTRIES ACCEPTED ON THE DAY OR POST TO P O BOX 702, WANGANUI

**Warning: Extreme heat conditions can prevail so hydration is paramount!!!**

### **HANDICAP RULES**

- **The estimated time will be the guideline that we will use to determine your start time i.e. the slowest estimated time will be the first individual/team to start. The fastest estimated time will be the last to start i.e. if the slowest estimated time is 2 hours 42 min & the fastest 1 hr 42 min, the fastest individual/team will start an hour after the slowest starts!!!**
- **To be eligible for the handicap prizes you must finish within a certain percentage of your estimated time i.e. if we use the 7% guideline then look at the following example:- If your estimated time is 2 hours 30 min & you finish the event in 2 hours 20 min then you are inside the allowable time. If you finish in say 2 hours 10 min then it is likely that you will be ineligible for any handicap prizes as you will have finished 13% inside your time – make sense!!!**
- **The two trophies competed for are donated by the Turakina Highland Games organisers – the Ben Nevis Trophy for the 1<sup>st</sup> in the run handicap & the St Andrews Shield for the fastest run time.**