

RACE INFORMATION

GENERAL:

CHANGING FACILITIES: will be available at the Silverstream School, Whitemans Road, Silverstream

LATE ENTRIES: may be accepted but, at the discretion of the Race Director, may not qualify for Handicap prizes.

RACE NUMBERS: and race packs, will be available on the morning of the race at Silverstream School prior to the start of the first competitor, or from 8:30am (whichever is the earlier). Please collect your number at least 20 minutes before your start time.

START TIMES: GO will be at a time determined by the handicapper, based on his estimate of the time required for the slowest entrant. As a guide – if the handicapper's estimate of your time is 4 hours 30 minutes, you will be asked to start at approximately 9:30am. If the handicapper's estimate is 3 hours 45 minutes, you will be asked to start at approximately 10:15 am. Competitors will be sent off at intervals of not less than 2 minutes. **RELAY** start times will be based on the combined times of the individual team members.

We will endeavour to advise your start time during the week prior to the race.

MEAL: A buffet meal will be provided at the Silverstream School hall after the race, for competitors and supporters, and will commence at approximately 3:00pm. This will be free of charge to competitors and cost supporters \$10.

AFTERNOON TEA: Refreshments will be available at the end of the race.

PRIZE GIVING: The Prize Giving will be held following the meal, at approximately 4:00pm. Spot prizes will be drawn at this time, and winners of spot prizes must be present and collect them in person, or they will be re-drawn.

CERTIFICATES: will be available soon after the event.

MARATHON:

TEAMS RACE: There will be a three person team competition based on the Handicap Race results. The first three members of a Club to finish, who comply with the 'Local Rule' overleaf and all other rules, will be counted for their Club Team. No composite teams. Teams must consist of fully paid up members of an organisation established to promote running or walking, and must wear a Club uniform. Please state your Club name on the entry form.

RELAY:

RELAY TEAMS: may consist of any two or four individuals, each of whom will run or walk a separate portion of the Marathon course. The next team member will start when the previous team member reaches the designated change point. Handover will be by touch, with a standing start.

TRANSPORT: Teams are responsible for their own transport to and from the change points and recording individual times at each change.

SUBSTITUTIONS: Team changes may be accepted – see overleaf for conditions

**For further information, contact: E-mail – anne.hadley@hotmail.co.nz ,
Phone 04 233 2241**



Aurora Harrier Club's 22nd Annual Handicap Marathon

Upper Hutt

Sunday 3rd June, 2012

(Queens Birthday Weekend)

Proudly Sponsored by the Edgewater Resort Rarotonga
and the Flight Centre.

A marathon only spot prize of a Flight Centre \$1000 air travel voucher and 5 nights accommodation for one at The Edgewater, Rarotonga plus entries to the Round Rarotonga Road Races.

Don't think you're up to a Full Marathon?

Then find a friend and try our:

2 x 1/2 Marathon or the all new 4 x 1/4 Marathon Handicap Relay

Over the same course as the Marathon, with a lap change at the half-way point
Start times for all events are based on the handicapper's estimate of the time you will take to complete your chosen event.

In addition to the handicap section, merit prizes will be awarded for fastest times. There will be a three person Marathon team trophy, and a wide range of spot prizes will be available to all participants who attend the prize-giving.

All entrants who complete the course will receive a certificate of achievement.

ENTRY FORM – MARATHON (Circle one)

Name: _____ Gender: _____
 Address _____ Age on Race Day _____
 _____ Club: _____

Telephone Numbers – Home: _____ Work: _____

I expect to complete this Marathon/ in ___hr ___min ___sec

My most recent Marathons or Distance Events (please indicate distance) were –

Event: _____ Date: ___/___/___ Time: ___h ___m ___s

Event: _____ Date: ___/___/___ Time: ___h ___m ___s

ENTRY FORM - RELAY

Lap 1 Team Name: _____

Name: _____ Gender: _____

Address _____ Age on Race Day _____

Telephone Numbers – Home: _____ Work: _____

I expect to complete my lap (Half Marathon) in ___hr ___min ___sec

Lap 2 Name: _____ Gender: _____

Address _____ Age on Race Day _____

_____ Team: _____

Telephone Numbers – Home: _____ Work: _____

I expect to complete my lap (Half Marathon) in ___hr ___min ___sec

Lap 3 Name: _____ Gender: _____

Address _____ Age on Race Day _____

_____ Team: _____

Telephone Numbers – Home: _____ Work: _____

I expect to complete my lap (Half Marathon) in ___hr ___min ___sec

Lap 4 Name: _____ Gender: _____

Address _____ Age on Race Day _____

_____ Team: _____

Telephone Numbers – Home: _____ Work: _____

I expect to complete my lap (Half Marathon) in ___hr ___min ___sec

Declaration: I/We declare that the information provided above is correct, that I/we will comply with the conditions of entry, and that I/we compete entirely at my/our own risk.

Signed: _____

(Marathon/Lap 1 Entrant) (Lap 2 Entrant) (Lap 3 Entrant) (Lap 4 Entrant)

ENTRY FEE **Marathon:** - \$60.00 (Please make cheques payable to

Relay Teams: - \$80.00 "Aurora Harrier Club")

Extra Meal Tickets -\$10.00

Credit Card Payments:

Mastercard or Visa Card Number: _____ Expiry Date: ___/___

Name on Card: _____ Cardholder Signature: _____

Detach and return this entry form, together with your payment to: **H'cap Marathon, 84 Moana Road,**

Plimmerton, 5026 email anne.hadley@hotmail.co.nz to reach us by **31st May 2012**

The Aurora Harrier Club's

22nd Annual Handicap Marathon

(Run and Walk)

and a 2 x 1/2 or 4 x 1/4 Marathon Handicap Relay

Sunday 3rd June, 2012 at Silverstream School, Upper Hutt

(Queens Birthday Weekend)

Marathon start times will be based on the handicapper's estimate of the time you are expected to take to complete the event. See overleaf for an explanation. Each entrant is required to provide his or her own estimate of his/her expected time, supported – where possible – by recent performances. This estimate will be used to test compliance with the Local Rule below.

Relay start times will be based on the TOTAL time that the team is expected to take, in the opinion of the handicapper, to complete the full distance of the race. Each team member is required to provide an estimate of his/her expected time for his/her half of the Marathon, supported – where possible by recent performances. These estimates will be used to test compliance with the Local Rule below.

Substitutions (Relay): If a relay participant becomes unavailable prior to the event, a replacement may be accepted by the handicapper up to 30 minutes prior to that team's notified start time. A new start time may be assigned.

In the event of a substitution after the team has started, the team will not qualify for any handicap prize. If a team completes the course having used more than two athletes, it shall be disqualified.

Merit Prizes are offered for Handicap Places and for Fastest Times (Male and Female), depending upon the number of entries in each category. There will be a wide range of **Spot Prizes** for which all participants who attend the prize-giving, other than Merit Prize winners, will qualify.

.COURSE: The start and finish are at Silverstream School, Whitemans Road, Silverstream. The 42,195 metre, one lap course will travel North through Upper Hutt and Akatarawa to Te Marua, returning via Mangaroa and Whitemans Valley. Much of the course is through rural surroundings, generally flat, but with some undulations. Climbing gently for 38km, then 2km downhill, followed by a flat 2km to the finish. The relay change will be at the half way point, near Mangaroa School.

CONDITIONS OF ENTRY

Events conducted by the Aurora Harrier Club are subject to the rules of Athletics New Zealand and the International Association of Athletics Federations, and compliance with those rules is a condition of participation.

In particular:

All instructions from Race Referees, Marshals and Police Traffic Officers must be complied with (all roads are fully open to traffic).

Pacing is not permitted, and may result in disqualification. Pacing is deemed to occur when an athlete is accompanied by a person not entered in the race, whether on foot, on a bicycle, or using any other form of transport.

No competitor may display advertising other than that authorised for the event.

Local Rule:

First Prize will be awarded to the first entrant to cross the finish line, having started no earlier than instructed, having complied with all other race rules, and having completed the course in a time that is not faster than his or her estimated time by the "Specified Margin". The "Specified Margin" will be announced on the day of the race, after all starters are under way.