

New Zealand Secondary School Road Race Championships

Sunday 12 December, 2010

The Course

The course is at the Hawke's Bay Showgrounds. Access is from Kenilworth Road through Gate A and straight ahead up the driveway towards the grandstand. You will be directed where to park on the grass behind the stand.

From the Regional Sports Park Track, turn right into Evenden Road, right into Pakowhai Road, left into Frederick Street, left at the lights into Karamu Road and left into Kenilworth Road.

Walking the Course

The course uses sealed roads in the showgrounds (with a short section of limestone), and uses Elwood Road which will be closed to traffic on Sunday morning. The full course will be available for athletes to walk or run from 6.30am on Sunday. It is not safe to walk on Elwood Road on Saturday and some gates in the showgrounds will be padlocked shut until the course crew set it up from 3pm.

Race Timing

Race timing will be electronic. Managers will find the transponders in their school race packs. The transponders are specific to each runner and must not be swapped. They are to be threaded onto the runner's shoe laces, and tied flat. Should any runners wish to run in bare feet, the manager needs to see the information kiosk behind the grandstand at the showgrounds in plenty of time to hand in the old transponder and exchange it for one which attaches round the ankle. Unused transponders for scratched runners may be handed in at the same information kiosk. All runners must take off their transponders after the race and drop them in a container before leaving the finish area. Schools will be charged for any unreturned transponders. Runners wear their race numbers on their front.

Replacement Runners

An entered runner may be replaced by another eligible runner, from the same school, already entered in the championships to maintain a school team in the race. Replacement forms may be filled in at the information kiosk. The replacement runner wears his or her own athlete number and a new transponder i.e. not those of the runner replaced.

The Finish

The finish for the 3k races is different from the others to avoid an unsatisfactory starting point. (see the course map) It will be clearly marked at the course. All starts are close to the finish so runners can inspect the set-up before they race. There will be video back-up on the finish line and visual judging of any close finish for an individual medal.

Viewing

The course offers superb race viewing and spectators may use the grandstand if they wish. There will be a crossing point on the course at each end of the stand. Please don't cross when runners are coming during the races.

Warm-up

There is plenty of room for warm-up on the main grass oval. Runners should not warm up on the course once racing has started.

Supporters

No-one is to follow the runners on the course itself. Only the runners in the race should be on the course. Any runner being paced is liable to disqualification.

The Starts

Runners will be called to the start area once the last runners in the previous race have started their final lap. Schools with more than one runner in a race will have only one runner on the start line and the others lined up behind. Marshals will organise the runners in 'waves', each to start a metre behind the runner in front to get a safe start for all runners.

Course Marshalling

There will be marshals on corners to direct the runners

Water

Water will be available at the finish

Toilets

There are toilets on the grassed area directly behind the grandstand, also to the north of the stand along the course and to the south in the old Plunket Rooms.

First Aid

St John's will be on hand

Results and Presentations

Results will be posted on a board on the south end of the stand as they become available.

All medal presentations will be made at the track ie, the Regional Sports Park later in the morning.

Catering

There will be coffee, ice creams and Subway on sale at the road race

Race Times

8.00am	Year Nine Girls	3000m
8.20am	Year Nine Boys	3000m
8.40am	Junior Girls	4000m
9.05am	Junior Boys	4000m
9.30am	Senior Girls	4000m
9.55am	Senior Boys	6000m
10.30am	AWD Athletes	2000m