



ATHLETICS OTAGO

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CROSS COUNTRY COMMITTEE

PENINSULA RELAY Saturday 30 July 2016

Race Information and Rules

1. The Peninsula Relay race will start at and end at the Portobello Domain. The course is split into six laps with a different runner required to complete each lap.
2. This relay event is conducted under the relevant rules of Athletics New Zealand.
3. Teams will be handicapped by the centre handicapper.
4. The team(s) starting on "Go" will start at 12.30pm.
5. **Teams are to be made up of Athletics New Zealand registered competitive members from the same club.** Non-registered competitive teams may take part provided accurate times for handicaps are provided. Non-registered competitive members may also take part in teams. Non-registered teams and runners will not be eligible for presentations or fastest times.
6. Age eligibility to run laps (ages as on day of race):
Leg 1 – 14 Leg 2 – 14 Leg 3 – 16 Leg 4 – 14 Leg 5 – 15 Leg 6 – 16
7. Except where stated in the accompanying course description, runners must remain at the "Extreme Right" of the road at all times.
8. Team replacements before the race. Names of replacement runners should be notified to the Race Secretary 20 minutes before the race commences (12.10pm) by completing a team change form.
9. Emergency replacement during the race. (That is, breakdown of runner during a lap, failure to show at start of a leg). If a runner fails to complete his/her leg, the next runner must report to the timekeepers at the end of the leg before going back and replacing the runner in distress, completing this leg and then running through and completing his/her leg. If a runner fails to show at the start of his/her leg, the incoming runner must wait with the baton until the nominated runner arrives. Any substitutions at this stage will cause the team to be disqualified.
10. **A team will be ineligible for first in grade and fastest time honours if any of the following occur:** - Team changes made after nominated time on race day (12.10pm)
 - If a runner runs two legs
 - Failure of a runner to run on the "extreme right" of the road
 - Failure of a runner to show at the start of a leg.
11. Individual lap times of runners in disqualified teams will still count, except in cases when a runner's indiscretion caused the team to be disqualified, this runner's lap time will not be considered when computing fastest lap times.

Entry Details

- **Online entries via the Athletics Otago website athleticsotago.co.nz will close at midday 26th July**, with the event re-opened after this only for the club entry stewards to make any

team changes that are required. To enter teams the club entry steward should be logging into the site using their own login username and password. You cannot make changes to entries if you do not login when you do the initial entries. **There will be no late entries accepted for this event.**

Entry Fees: \$30 per team. Non-competitive teams and teams with non-competitive runners \$60.00 per team.

Non Club Teams must pay by credit card at the time of entry

Clubs will be invoiced after the event for their entries

Club Marshals

A separate sheet will be circulated prior to the event detailing each club's marshalling duties. **The execution of these duties is vital to conform to the Traffic Management Plan and the successful running of this event.** The chief marshal for each club is required to report to the start area by 12.15 pm to collect cones, signs and safety vests.

Limited changing facilities and toilets are available in the Portobello Domain and on the main street of Portobello.

Afternoon Tea and Presentations will be held in the Portobello Hall at the conclusion of the race. **All competitors are asked to contribute some food for the afternoon tea.**

IMPORTANT SAFETY MESSAGE FOR EVERYONE PARTICIPATING IN THE PENINSULA RELAY

Because of the handicap nature of this relay, it is not feasible to gather all runners together at the start for a safety briefing. The Cross Country Committee has passed the responsibility of briefing runners to each of the clubs. It is a condition of team entry that the club agrees to brief all runners in their teams of the instructions listed below.

- 1. The roads are open to traffic in both directions and normal pedestrian rules apply.**
- 2. Keep to the footpath** where possible.
- 3. Where there is not footpath keep right on the road, (except for: Lap 2 second half – keep left; Lap 3 first half – keep left; Lap 4 – safest side).**
- 4. Keep in single file,** except when overtaking.
- 5. Where there is a pair of cones, run between the cones.**
- 6. Do not use music listening devices** while competing.
- 7. The marshals are there to help but it is each competitor's responsibility to take care and be prepared to stop when requested by a marshal.**
- 8. It is requested that only one car per team follows the runners** due to the narrow, gravel roads on much of the course.
- 9. It is expected that few cars will follow the runners on Lap 5, a loop lap starting and finishing at the same place.**

PENINSULA RELAY COURSE DESCRIPTION

Start: Allans Beach Road opposite Portobello Domain.

Leg 1: Portobello to end of flat section of Hoopers Inlet Road 4.3km: Follow Allans Beach Road on the right footpath until the footpath runs out and then cross the road at the marshal and run up the hill on the left. A marshal will cross runners to the right hand side of the road at the bottom of the hill at the intersection of Hoopers Inlet Road. Continue along Hoopers Inlet Road on the right hand side until the changeover which is where the road leaves the inlet. ***Runners must be aware that the road is open to traffic in both directions. Run on the outside of blind corners.***

Leg 2: Hoopers inlet Road, Sandymount Road to Highcliff Road 3.2km: Follow Hoopers Inlet Road, turn right into Sandymount Road where the marshal is located. Follow Sandymount Road to Highcliff Road. Steady climb. Runners must be aware that the road is open to traffic in both directions. Run on the outside of blind corners.

Leg 3: Junction of Sandymount & Highcliff Roads to Portobello 5.4 km. Follow Highcliff Road. *Runners to run on the safest side of the road (i.e. the outside of blind corners. Runners need to take care crossing the road and signal intentions to following traffic.* Downhill with 3 uphill rises then steady down hill. **After bottom of hill stay right.** Run past hotel, up slight rise and turn right into Allans Beach Road. Change over opposite the domain entrance. ***Runners must be aware that the road is open to traffic in both directions.***

Leg 4: Portobello to Cape Saunders Road 4.0 km. Follow Allans Beach Road on the right footpath until footpath runs out and then cross the road at the marshal and run up and down hill on left. A marshal will then cross runners to the right-hand side of road at the intersection at the bottom of the hill. Turn left and run on right for 3.0 km on flat gravel road and turn left into Cape Saunders Road. Change-over is on the right. ***Runners must be aware that the road is open to traffic in both directions. Run on the outside of blind corners.***

Leg 5: Cape Saunders Road, Sheppard Road, Allans Beach Road Loop 5.6km. Running on the right follow Cape Saunders Road up and down rise, turn left at Papanui Inlet and run on flat gravel road around inlet on the right until Sheppard Road, turning right into Sheppard Road. Sheppard Road is a gradual climb up and down to Allans Beach Road. Follow Allans Beach Road to Cape Saunders Road. ***Runners must be aware that the road is open to traffic in both directions.***

Leg 6: Cape Saunders Road to Portobello 7.0 km. Running on the right, follow Cape Saunders Road up and then down a rise, turn left at Papanui Inlet and run on flat, gravel road around inlet on the right until Weir Road. Turn left into Weir Road. This road is a steep gravel road and drops down to Harrington Point Road. Runners can run on either side of the road, taking care at blind corners. Turn left into Harrington Point Road cycle lane and continue to run on the left hand side of the road along the cycle lane until reaching Portobello. Turn left into Allans Beach Road and left

again to finish inside the Portobello Domain. ***Runners must be aware that the road is open to traffic in both directions.***