



College Sport Wellington Duathlon Champs

Trentham Memorial Park – Upper Hutt
9:30am Thursday 17 April

Under 14 (3km run, 10.5km cycle, 1.5km run)
Under 16 (4km run, 17.5km cycle, 2km run)
Under 19 (5km run, 21km cycle, 2.5km run)



College Sport Wellington Duathlon Champs

Thursday, April 17th – Trentham Memorial Park, Upper Hutt

Entry Form:

Individual

Surname:		Date of Birth:	
First Name:		School:	

Sex (circle)	Male	Category (circle)	Junior (Under 14 @ 1/1/08)	Intermediate (Under 16 @ 1/1/08)	Senior (Under 19 @ 1/1/08)
	Female				

Team

Category (circle)	Junior (Under 14 @ 1/1/08)	Intermediate (Under 16 @ 1/1/08)	Senior (Under 19 @ 1/1/08)
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Team Name:	
School:	

	Full name
Runner	
Cyclist	

WAIVER: Parents Consent

I give permission for my son/daughter to enter the College Sport Wellington Duathlon Championships at his/her own risk

I/we agree to take part in this race, abiding by the rules of the race, at my/our risk. I/we agree that multisport events involve a degree of risk and will not hold the organisers or any other person liable for loss or injury to equipment or person incurred during the race.

Signed: (parent /caregiver)	Date:
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Entries close Monday 14th April 2008

Further enquiries: Peter Ellis 04 296 9024

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Thursday, April 17th – Trentham Memorial Park, Upper Hutt

Information:

Registration 8:45am - 9:15am - on race morning at the Trentham Harriers clubrooms, located at Trentham Memorial Park, Upper Hutt

Race briefing 9:15am

Race start 9:30am - juniors

10:15am - intermediate

11:00am - seniors

*boys and girls in each age group will start 2 minutes apart

- Race organisers have the right to alter the course in the case of inclement weather.
- Cancellations will be on Newstalk ZB and College Sport voicemail (ph 04 939 1102)
- Individual & teams for each grade will be run at the same time
- All entrants must have their parents permission to enter the race

Race rules:

- No drafting on cycle leg.
- All Road Rules and directions from Police and race marshals must be obeyed.
- Approved cycle helmets must be worn on cycle leg.
- Crossing of centre line on cycle leg leads to instant disqualification.
- Competitors are responsible for ensuring that their bicycle is safe and roadworthy.
- Good sporting conduct is expected at all times.

Bike check:

- There is no bike or helmet check on race day
- The organisers recommend that all bikes and helmets are checked prior to the race at a recognised bike shop

Course Description:

Junior

3km Run	2x1.5 km Course Set within Trentham Memorial Park
10.5km Cycle	3x3.5km Circuit From Trentham Memorial Park, out the Brentwood St exit, along Holdsworth Ave to Moonshine Bridge. Return via the Moonshine Park Rd to Trentham Memorial Park.
1.5km Run	1X1.5 km Course Set within Trentham Memorial Park

Intermediate

4km Run	2x2km Course Set within Trentham Memorial Park
17.5km Cycle	5x3.5km Circuit From Trentham Memorial Park, out the Brentwood St exit, along Holdsworth Ave to Moonshine Bridge. Return via the Moonshine Park Rd to Trentham Memorial Park.
2km Run	1X2km Course Set within Trentham Memorial Park

Senior

5km Run	2X2.5km Course Set within Trentham Memorial Park
21km Cycle	6x3.5km Circuit From Trentham Memorial Park, out the Brentwood St exit, along Holdsworth Ave to Moonshine Bridge. Return via the Moonshine Park Rd to Trentham Memorial Park.
2.5km Run	1X2.5km Course Set within Trentham Memorial Park

Please note: The entire cycle course is on a sealed surface.

For full course maps and further details view www.activation.org.nz

There will be no entry fee to do this event

Entries close Monday 14 April 2008.

Send entries (via you sports co-ordinator / Multisport convenor) to:

*Activation
Private Bag 907, Upper Hutt
Or Fax 04 903 4709
Or email activation@uhcc.govt.nz*

Further enquiries:

Peter Ellis
Phone 04 296 9024
Email: Peter.Ellis@sportkapati.org.nz