



**Feilding Moa Harriers** extend an open invitation to other running clubs, social groups from workplaces or other sports to join us in a relay through the quiet undulating roads of the Manawatu countryside.

### ENTRY FEES

Standard Entry

**\$45.00 PER TEAM**

Teams from Clubs affiliated to Athletics Manawatu Wanganui

**\$30.00 PER TEAM**

(please pay entry on the day)

**Format is a handicap start. Team Start Time will be handicapped based on each teams "Estimated Time", with final start time vetted by the organiser.**

**All TEAM START times will be confirmed at the Start-line on the day**

⇒ **Please Email your Team List & Estimated Time by Thursday 3rd August**

**To: [feildingmoa@gmail.com](mailto:feildingmoa@gmail.com) Robert Dabb Phone 06 353 0298 or 0272 553 992**

**First WALK Teams will start from 11:00am**

**First RUN Teams/Solo runners will start from 12:15pm**

Leg Descriptions		<u>Lap records</u>	
Leg	km	Run	Walk
One	4.817	14:59	28:15
Two	4.964	17:19	26:24
Three	5.167	16:57	28:54
Four	4.542	14:58	25:05
Five	4.739	15:12	27:45
Six	4.964	15:06	27:58
<b>COURSE RECORDS</b>			
Men Run	Wanganui (2006)	1:44:32	
Women Run	Feilding Moa (2012)	1:59:46	
Mixed Walk	Manawatu Striders (2005)	3:08:03	

#### **RACE RULES:**

- ◆ For your own safety keep within 1-metre of the right side of the road, except Makara Rd (lap 5) where the full road width is available to use
- ◆ Each team to record their own times for individual laps and overall time
- ◆ Completed record sheets to Robert Dabb at the finish line as soon as possible.
- ◆ Support vehicles take extra care when stopping or slowing down around the course

Afternoon Tea commences once the last team finishes (approximately 3:30pm.)

**TEAMS ESTIMATED TIME TO BE SUBMITTED BY Thursday 3rd August PLEASE**

# HALCOMBE RELAY TEAM ENTRY 2017

CLUB  
TEAM  
NAME

	RUN TEAM

LEG	KM	Lap Records	team member	LAP TIME	ELAPSED TIME
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1	4.817	J.Cressingham (WHC-04) 14:59			
2	4.964	R.Parsons(WHC-06) 17:19			
3	5.167	N.Berry (WHC-09) 16:57			
4	4.542	M.Davey (Moa-01) 14:58			
5	4.739	J. Cressingham (WHC-07) 15:12			
6	4.964	J.Cressingham (WHC-04) 15:06			

29.193

**TOTAL TIME**

<b>Course</b>	RUN	
<b>Records</b>	Men	1:44:32 Wanganui Harriers (2006)
	Women	1:59:46 Feilding Moa (2012)
	Walk	3:08:03 Manawatu Striders (2005)

### RACE RULES

- 1. Running Line is within 1-metre of the right side of the road**
2. Each team shall record their own times for individual laps and overall time
3. Completed record sheets to Robert Dabb at the finish line as soon as possible.
4. Afternoon tea will take place after the last team arrives in: approximately 3:30pm.

**START TIMES** to be advised

Starts will be handicapped based on each teams Estimated Time:

ESTIMATE

[www.feildingmoa.co.nz](http://www.feildingmoa.co.nz)

# HALCOMBE RELAY RECORDING SHEET 2017

CLUB  
TEAM  
NAME

	<b>WALK</b>

LEG	KM	Lap Records	Team member	LAP TIME	ELAPSED TIME
		<b>WALK</b>			
1	4.817	P Zwart (STR-12) 28:15			
2	4.964	M.Lei (STR-05) 26:24			
3	5.167	P Zwart(STR-10) 28:54			
4	4.542	A.Lei (STR-05) 25:05			
5	4.739	G.Marie-Smart (WHC-14) 27:45			
6	4.964	P Zwart (STR-12) 27:58			
	<b>29.193</b>		<b>TOTAL TIME</b>		

<b>Course</b>	1:44:32 MEN: Wanganui Harriers (2006)
<b>Records</b>	1:59:46 WOMEN: Feilding Moa (2012)
	3:08:03 WALK: Manawatu Striders (2005)

**RACE RULES**

1. Running Line is within 1-metre of the right side of the road
2. Each team is will record their own times for individual laps and overall time
3. Completed record sheets to Robert Dabb at the finish line as soon as possible.
4. Afternoon tea will take place after the last team arrives in: approximately 3:30pm.

**START TIMES**

Starts will be handicapped based on each teams Estimated Time: ESTIMATE