ATHLETICS NEW ZEALAND

2022 NEW ZEALAND ROAD CHAMPIONSHIPS

EVENT PROGRAMME

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AON

Te Kaunihera o Te Awa Kairangi ki Uta Upper Hutt City Council

ATHLETICS WELLINGTON

MANY THANKS TO OUR SPONSORS AND PARTNERS

Te Kaunihera o
Te Awa Kairangi ki Uta
Upper Hutt City Council

2022 NEW ZEALAND ROAD RACE CHAMPIONSHIPS

I extend a very warm Upper Hutt welcome to the competitors, supporters, officials, coaches and staff who are participating in the 2022 New Zealand Road Championships here at the NZCIS.

It is exciting that this event is being held as this campus is being developed. It will be the most outstanding facility in the country as it will be catering for elite sports and sports people in New Zealand.

I am thrilled that this event is being held in 2022 as the COVID restrictions have obviously effected the event last year.

I trust that you enjoyed the Annual Club Conference and AGM which was being held the day before.

We have a proud history in New Zealand of cross country running, and I am sure we will see outstanding performances during this event.

A big thank you to all the organisers, officials and coaches. I know that events like this take a large amount of organisation.

I also hope you take the opportunity to enjoy the Wellington region and all it offers while staying here for the event.

Finally, good luck to the participants and I look forward to watching the event.

Wayne Guppy
Koromatua | Mayor Upper Hutt

NZCIS
NEW ZEALAND CAMPUS OF INNOVATION & SPORT

NZ CAMPUS OF INNOVATION & SPORT

Welcome to the New Zealand Campus of Innovation and Sport for what is the first event utilising our fantastic new Performance Institute!

We're excited to host Athletics NZ for the weekend and think you'll agree the facility we've built here is world class!

We're looking forward to some exciting new developments with the completion of our 50 Village apartments, athlete lounge and dining, team change rooms, video analysis rooms, field bunkers, and outdoor fields due to come online soon.

Jamie Tout, Director and General Manager at the Performance Institute is the visionary behind the technology on campus and with over 200 new screens, performance tracking cameras on fields, and the largest interactive screen in the world, NZCIS will become a centre of excellence for data capture, analysis, and research for a range of sporting codes across the country.

Our high performance facilities have been designed by athletes, for athletes, and complement our conference centre, accommodation offering, and dining and catering.

We hope you'll enjoy your time at NZCIS, all the best for the Road Champs on Sunday, and have a fun and successful weekend on campus!

Ngā mihi

Belinda Wotton
CEO

2022 NEW ZEALAND ROAD CHAMPIONSHIPS

WELCOME MESSAGE FROM ATHLETICS WELLINGTON

Welcome to the **NZCIS** campus, Upper Hutt on behalf of **Athletics Wellington**. It's our pleasure to bring you this edition of the Athletics New Zealand Road Championships on new course within the environment of this grand new facility that is designed specifically to enhance athletic performance. I am sure you will agree it's an excellent addition to the sports infrastructure network in the Wellington region and nationally.

To competitors, officials, coaches, and all supporters, visiting the Wellington region for the New Zealand Road championships, we hope you take the chance to enjoy the facility, the Upper Hutt region and Wellington.

Upper Hutt has a history with distance events here on Heretaunga roads having staged many road events previously including national, regional and school's road events but usually on external roads of the former CIT campus. Likewise, the nearby Trentham Memorial Park has witness national and regional level cross Country events on numerous occasions with the iconic Dorne Cup nearing 100 years of history.

For the athletes with predominantly new surface and proximity to spectators on the **1.146km** circuit we hope to see close racing with plenty of side line support. You will be able to push hard for the desired performance goals before taking an opportunity to indulge in the new recovery suite of NZCIS with a plunge pool experience. Post event those athletes with a discerning taste for a drop of craft beer may venture to the nearby famous Brewtown complex to sample Wellington's renown craft beer and cuisine.

Athletics Wellington takes pride in its ability to stage major events in the accessible Capital city of New Zealand. Earlier this year Athletics Wellington hosted the North Island Colgate Games, the Team Ledger Harcourts Capital Classic Track & Field Meet and the Sola Power Academy Throws meet successfully under the cloud of Covid.

Later this year we look forward welcoming you back over summer as we host the New Zealand Masters Athletics Championships in December, then rolling into 2023 season with another Capital and Sola meet in February as preludes to staging the 2023 Athletics NZ National Track & Field Championships at Newtown Park.

On behalf of Athletics Wellington, I wish to extend a sincere thanks to Upper Hutt City Council and New Zealand Campus of Innovation and Sport for the key support in staging the event, along with our Athletics Wellington Cross Country and Road team led by Todd Stevens and our valued Officials who support our events for the athletes.

Tony Rogers
General Manager
Athletics Wellington

ATHLETICS NEW ZEALAND

WELCOME TO THE 2022 NEW ZEALAND ROAD RACE CHAMPIONSHIPS

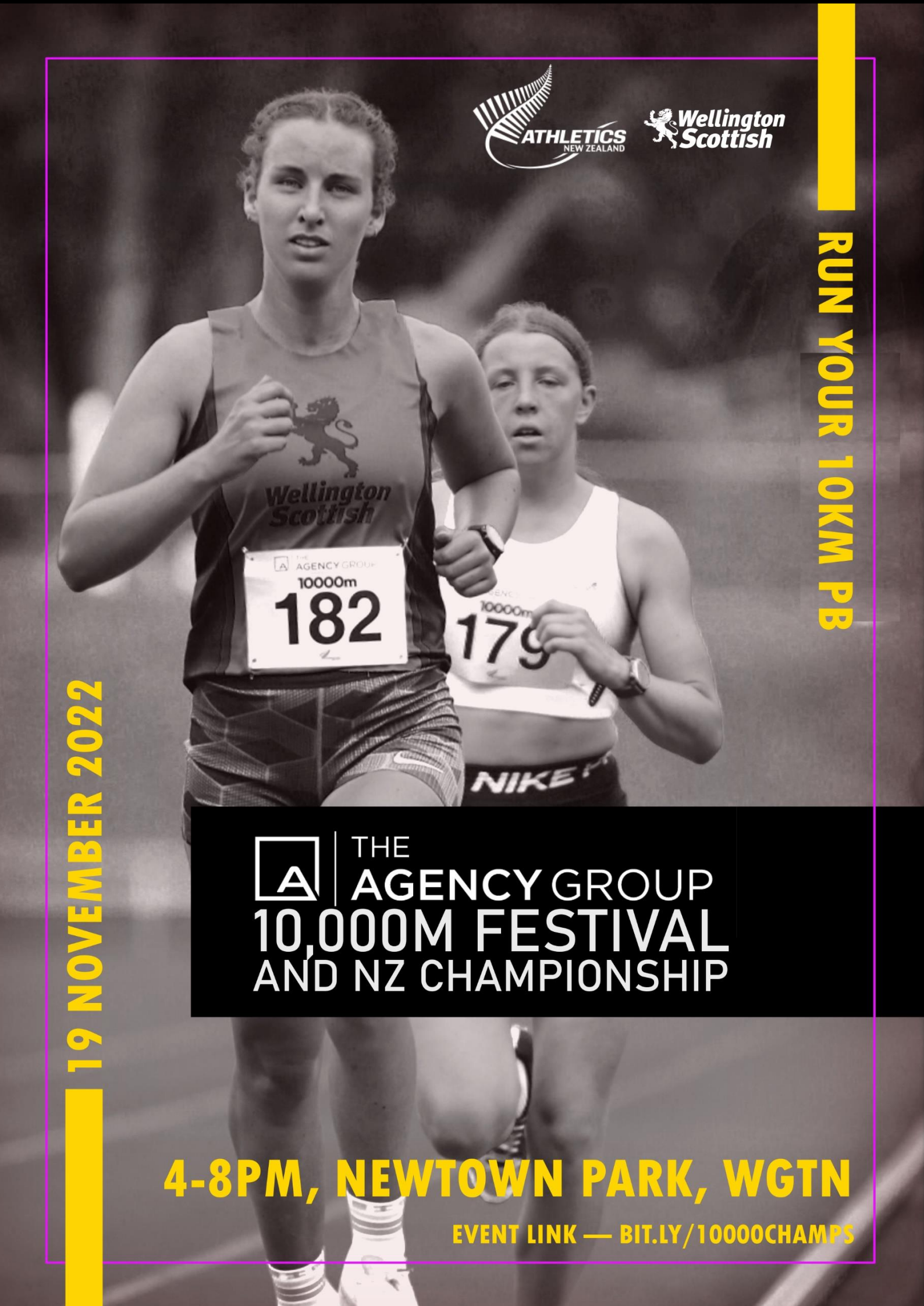
On behalf of Athletics New Zealand, it is a real pleasure to welcome you to Upper Hutt for the NZ Road Race Championships! The venue at the NZ Campus of Innovation and Sport is outstanding and we look forward to the racing on Sunday.

Special thanks to the local organising committee led by Todd Stevens for your many months of planning and to the many officials who volunteer their time to support this event.

Best wishes to everyone for a fun day, a personal best and great memories. We hope you will enjoy your time in Upper Hutt and the Wellington Region!

In Running,

Pete Pfitzinger
Chief Executive
Athletics New Zealand


ATHLETICS NEW ZEALAND
Wellington Scottish
RUN YOUR 10KM PB
Wellington Scottish
10000m
182
179
NIKE
THE AGENCY GROUP
10,000M FESTIVAL
AND NZ CHAMPIONSHIP
19 NOVEMBER 2022
4-8PM, NEWTOWN PARK, WGTN
EVENT LINK — BIT.LY/10000CHAMPS

EVENT INFORMATION

Health and wellness: in the interests of your own health and wellness and others that you will be close to at the event only come to this event if you're well. Although we are outdoors for the event masks are encouraged when near others in close proximity.

Athlete Specific Instructions:

- Wear your allocated race bibs – front and back.
- Warm-ups must take place outside the marked course during competition.
- Athletes to report to the start area 10 minutes prior to their race start time.
- On the start line, athletes are to line up in groups based on the Centre they are from.
- While racing please avoid spitting or discharging mucus from your nose while close to other athletes. Anyone deemed to be spitting in an offensive manner may be disqualified.
- Athletes are not permitted to wear headphones/earpieces while in the start area or while competing. These may be worn while warming up.
- There will be no pacing allowed by any athletes.
- Drug testing may take place for senior athletes competing.

Race Bibs

- Centre team managers and athletes can collect their race bibs on Saturday afternoon, between 2pm and 4pm at the Registration Desk in the conference centre at NZCIS. Look for signs leading you to packet pick up.
- Athletes can collect their race bibs on Sunday morning, at the Registration Desk inside the Performance Institute from 8am.
- Athletes will be issued with 2 bibs. The bib with silver timing tags is to be worn on the front of the singlet. This bib must be visible at all times during the race. The other is be worn on the back of the singlet.
- The first 2 digits of an athlete's race number corresponds with their grade e.g., an athlete with race number 45-30 is in the Masters 45-49 grade.

Uniforms

- Athletes selected for Centre Representation must run in their Centre uniform.
- Athletes not selected for Centre Representation must run in Club uniform.

Centre Teams

- The counting members for Centre teams shall be the first four (4) members of each Centre Team from each of the Men, Women, Masters Men 35+, Masters Men 50+, Masters Women

35+, Masters Women 50+, Men U20, Men U18, Women U20 and Women U18 events, and the first 3 members of each of the Masters Men 65+ and Masters Women 65+ events. There is no team competition for Walkers and U14 and U16 boys and girls events.

- The original team submitted in any grade may be amended up to one hour prior to the starts of the race. However, Centres are requested to provide changes on Saturday if possible. Changes are to be notified to Athletics NZ staff at the Registration Desk.
- The team with the lowest number of points (taking the place of each competitor as the number of points, but after having listed and place numbered the finishers of the Centre Competition only) shall be awarded the medals in the respective event.
- All Centre selected athletes remain in the list of places regardless of the number of competing athletes.
- All athletes competing as individuals or visitors shall be omitted when listing the places for calculating the results of the Teams races.

Awards Ceremonies and Results

- Live results will be on Webscorer at https://www.webscorer.com/
- Results will be printed and posted on the wall of the Officials Room (next to the finish line) as soon as possible after each race.
- All medals (both individual and teams) will be presented shortly after each race, in the grass area beyond the finish line, in the order of the competition schedule. If you are a medal winner, please remain in the area after your race until the prizegiving.

Recovery facilities

- All athletes will have access to the NZCIS Recovery facilities within the Performance Institute (hot and cold pools) at the conclusion of their competition. Please wear suitable swimming attire and shower before going into the pools. Wear the allocated wristband distributed at Race Bib pick up to access the recovery facilities.

Shelter

- The Performance Institute at NZCIS is available throughout Sunday for athletes to use (for resting, changing, showering, leaving gear etc). Athletes are solely responsible for any gear left.
- There is also shelter for athletes for stretching, strides within the Performance Institute.

Warm Up

- Warm up must not take place on the course whilst events are underway.

- The surrounding streets (Pinehill Cres, Gallipoli Road, Messines Ave) are a good place to warm up.
- Do not warm up on the freshly laid grass fields at the northern end of the campus.

Toilets

- Toilets for officials are located in the Officials Room.
- Toilets for athletes are located in the Performance Institute.
- Portable toilets (for everyone) are located next to the finish line.

Medical Assistance

- Upper Hutt Community Rescue will be stationed near the finish line for anyone requiring medical assistance.

Parking

- There is no parking available on the NZCIS Campus.
- Park in the surrounding streets: Pinehill Cres, Gallipoli Road, Messines Ave.

Drug Testing

- Athletes may be required for Drug Testing after their competition.
- Athletes are reminded that if selected they should ask for a Team Manager or support person to accompany them should they so wish.

Rules, Protests and Disputes

- These Championships will be conducted under the rules of World Athletics and Athletics New Zealand.
- Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event.
- Any protest in the first instance shall be made orally to the Out of Stadia Referee by the athlete or by a person acting on their behalf. The Referee may decide on a protest or refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal.
- An appeal to the Jury must be made within 30 minutes of the official announcement of the decision made by the Referee in writing, signed by the athlete or their representative and shall be accompanied by a $50 fee. This fee will be forfeited if the appeal is not allowed.
- The result of the Protest will be directed to the person who lodged the Protest in the first instance. It is the athlete's responsibility to advise other parties as they see fit i.e., representatives, coaches, etc.

See World Athletics Competition Rules for full details.

Team Tents: If a club or a team wish to erect a tent, these should be placed on the grass area just beyond the finish line, on the right hand side. Please ensure that these are firmly affixed to the ground.

Food and Refreshments: There will be a barista made coffee operator with other refreshments alongside a small selection of food operators.

Live Streaming: In keeping with best practice around the broadcasting of younger athletes, we will only be live streaming Grade U16 events and above through the Athletics NZ You Tube Channel.

ATHLETICS NEW ZEALAND

2022 NEW ZEALAND ROAD CHAMPIONSHIPS

COURSE INFORMATION

The course is predominantly within the NZ Campus of Innovation and Sport (NZCIS). The course will be open to go-over at any time, however, please respect that the Campus is a private facility and keep out of the way of any traffic. Athletes must not warm up within the marked course during the period of competition, and everyone must stay off the playing fields at the northern end of the campus as grass has recently been laid.

The **Walking** course is based on a 1km out-and-back lap. The lap heads out for 500m, before returning in the opposite direction. Athletes will complete the lap in a clockwise direction. There will be cones down the middle of the road, with athletes to stay on the left-hand side of the cones. At each end of the lap there will be a single cone for athletes to turn around. At the end of the final lap, instead of turning right around the turn cone to head out for another lap, athletes will turn left into the finishing straight. The course is all on smooth, newly laid bitumen tarmac. There is no camber. The lap is not completely flat with a very small rise and fall on both the outward and return leg of the lap. There is also a slightly raised concrete speed hump in the lap.

The **Running** course is based on a lap of 1.146km. The lap is almost entirely within the NZCIS Campus, except for a 200m section on Somme Road. Athletes will complete the lap in a clockwise direction.

The lap is almost completely flat, except for a 100m section (around the point of the 10km start) which has a very minor rise and fall. Approximately half of each lap is on smooth, newly laid bitumen tarmac. The rest of the lap is on older tarmac, except for chip seal on Somme Road. There are no turns on the course which are greater than 90 degrees.

After turning right into the finishing straight, athletes will head down the left-hand side of the road past the finish chute when heading out for another lap.

There are a couple of judder bars on the lap, which athletes should keep an eye out for.

The course will be exposed to any wind, but at worst there should be no more than 200m of each lap directly into the wind.

There will be marker boards positioned at each kilometre of the running races. These boards will show how far to the finish. They will also indicate the start lines e.g., “6km to go” marks the start of the 6km race, and 6km to go for the 8km and 10km races.

Athletes need to take personal responsibility for keeping count of their laps walked or run. Officials will do their best to ensure athletes run / walk the correct number of laps, however, athletes are ultimately responsible for counting their own laps.

Marshals will be positioned around the course; however, athletes should be alert to the possibility of pedestrians and moving vehicles being on the course. While marshals will do their best to keep the course clear, this may not be always possible given the high number of pedestrian / spectators likely to be in the area.

Once athletes have crossed the finish line, they should try and remain in finish order until they have their bib scanned in the finish chute. When exiting the finish chute, be careful not to wander onto the course as some athletes may be coming through as they head out for another lap.

OFFICIALS LIST

SENIOR ROLES	
Technical Delegate	Paul Craddock
Organisational Delegate	Jason Cameron
Athletics NZ President	Karen Gillum-Green
Jury of Appeal	3 of: Paul Craddock, Mark Peters, Grant Lord, Trevor Spittle, Peter Maunder
Meeting Manager	Todd Stevens
Technical Manager	Paul Craddock
Out of Stadia Referee	Belinda Leckie
Assistant Referees	Grant Lord, Peter Maunder
Course Measurers	Peter Maunder, Gabby O'Rourke, Geoff Iremonger (Walks)
Announcer	Rees Buck
Starter	Geoff Henry
Starter's Assistant	Eddie Soria
Start Referee	Mark Peters
Finish Judge	Vaughan Oates
Results Management & Time Keeping	Daryl Bloomfield
Timekeepers – Manual	Dave Gratton, John Turner
Medal Ceremonies	Alan Stevens, Bernice Dickie
Medical /First Aid	UH Community Rescue
Registration Desk	Don Stevens, Peter Stevens, Michelle Van Looy, Peter Denman

Officials Hospitality Lunch Coordinator	Tony Rogers, Tracey Baldwin
WALKS SPECIFIC ROLES	
Chief Walks Judge	Geoff Annear
Walk Judges Panel	Trevor Spittle, Grant Lord, David Lonsdale, John Leonard, Geoff Iremonger, Serena Coombes
Course Manager - Walks	Tony Rogers
Course Set Up - Walks	Geoff Iremonger, Ray Marten, John Leonard, Rob McCrudden
Course Marshalls	Sheelagh Prosser, Kelly Thurston, Hugh Steel, Paul Abbott, Daphne Jones
Lap Scorers	Ben & Anne Bowles, Ray Marten, Sean Lake, Peter Baillie
DQ Board / Penalty Zone	Phillip du Toit, Grant Pepper
Red Card Collectors	Sarah du Toit
Athletes Refreshment Station Manager	St Pats College students
RUN SPECIFIC ROLES	
Course Manager - Run	David Kettles
Course Set Up - Run	Hugh Steel, Kelly Thurston, Ken Howell, Traffic Management NZ (Somme Road)
Course Marshalls	Hugh Steel, Kelly Thurston, Ken Howell, Ian Anderson, St Pats College students, Traffic Management NZ (Somme Road)
Lap Scorers	Alan Carman
Finish Marshalls	Sheelagh Prosser, Kelly Thurston
Athletes Refreshment Station Manager	St Pats College students

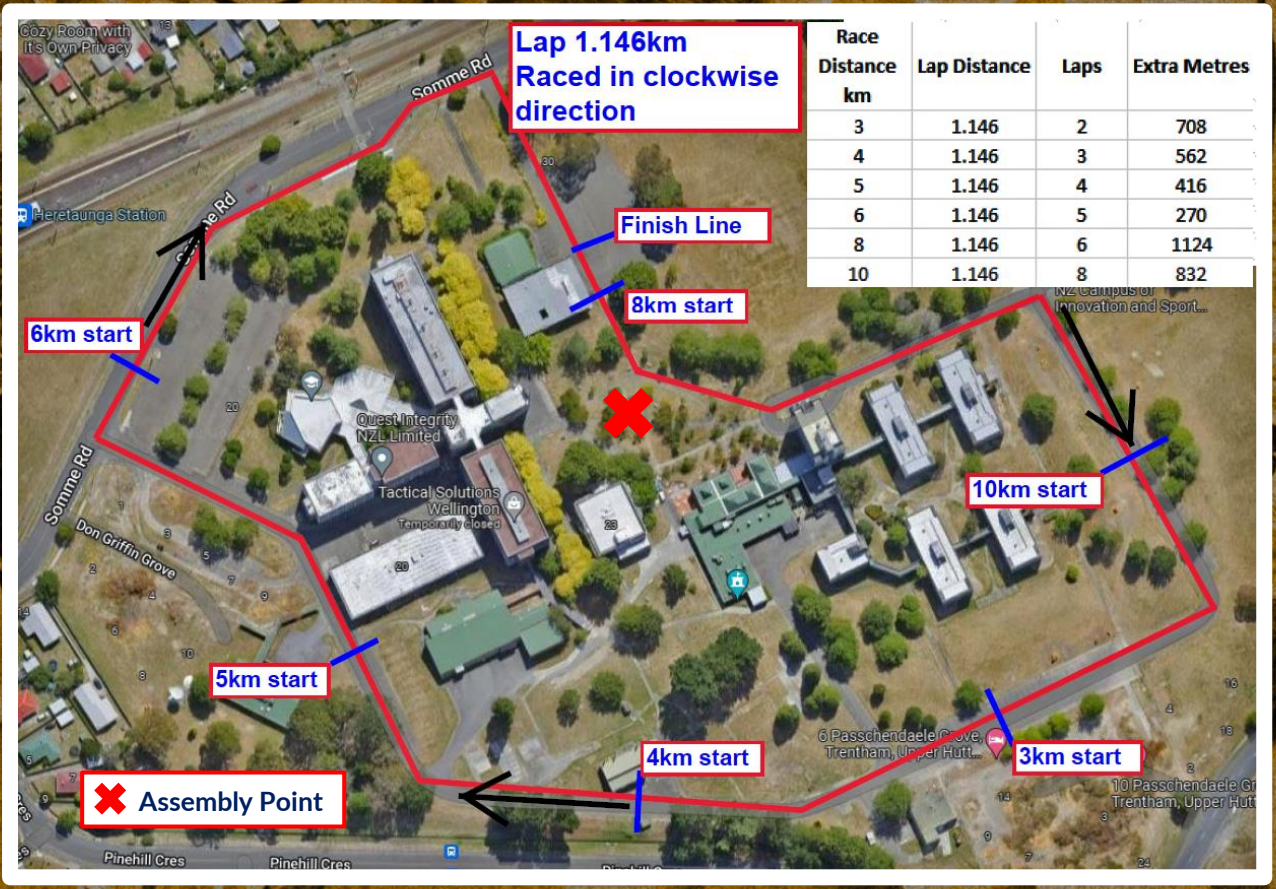
TIMETABLE

Race Timetable:

SUNDAY 4 SEPTEMBER		
Time	**Event**	**Distance**
08:00	Men & Women Race Walk	20km
09:00	Masters Men & Women 35+ Race Walk Men & Women U20 Race Walk	10km
09:00	Men & Women U18 & U16 Race Walk	5km
09:00	Boys & Girls U14 Race Walk	3km
10:55	Men U18	6km
11:25	Women U18	5km
11:25	Women U20	5km
11:25	Masters Women 35+	5km
12:00	Masters Men 35+	10km
13:00	Boys U16	4km
13:00	Girls U16	4km
13:25	Men U20	8km
14:00	Women	10km
14:00	Men	10km
14:50	Boys U14	3km
14:50	Girls U14	3km

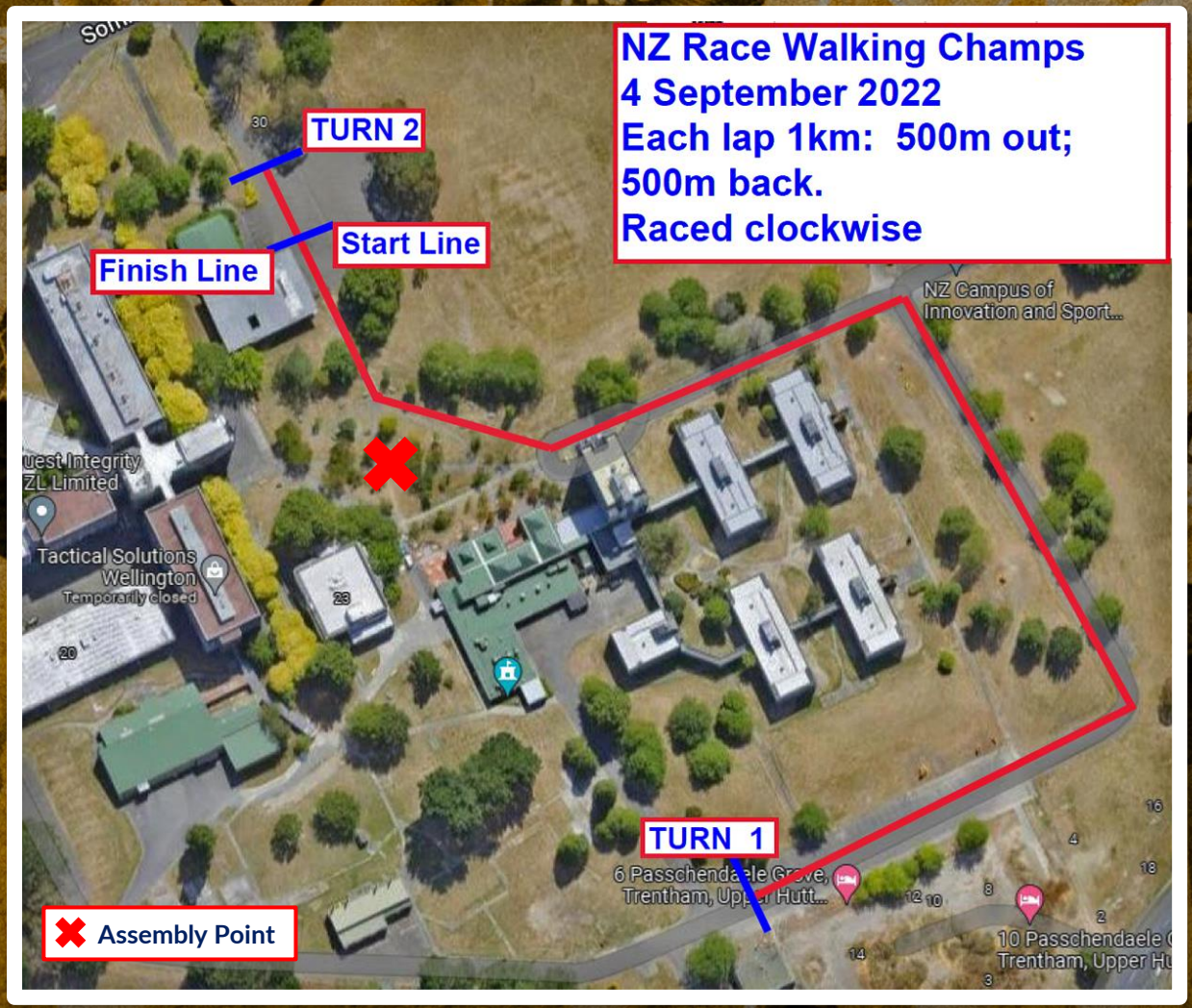
Note: start times subject to change

COURSE MAP - RUN

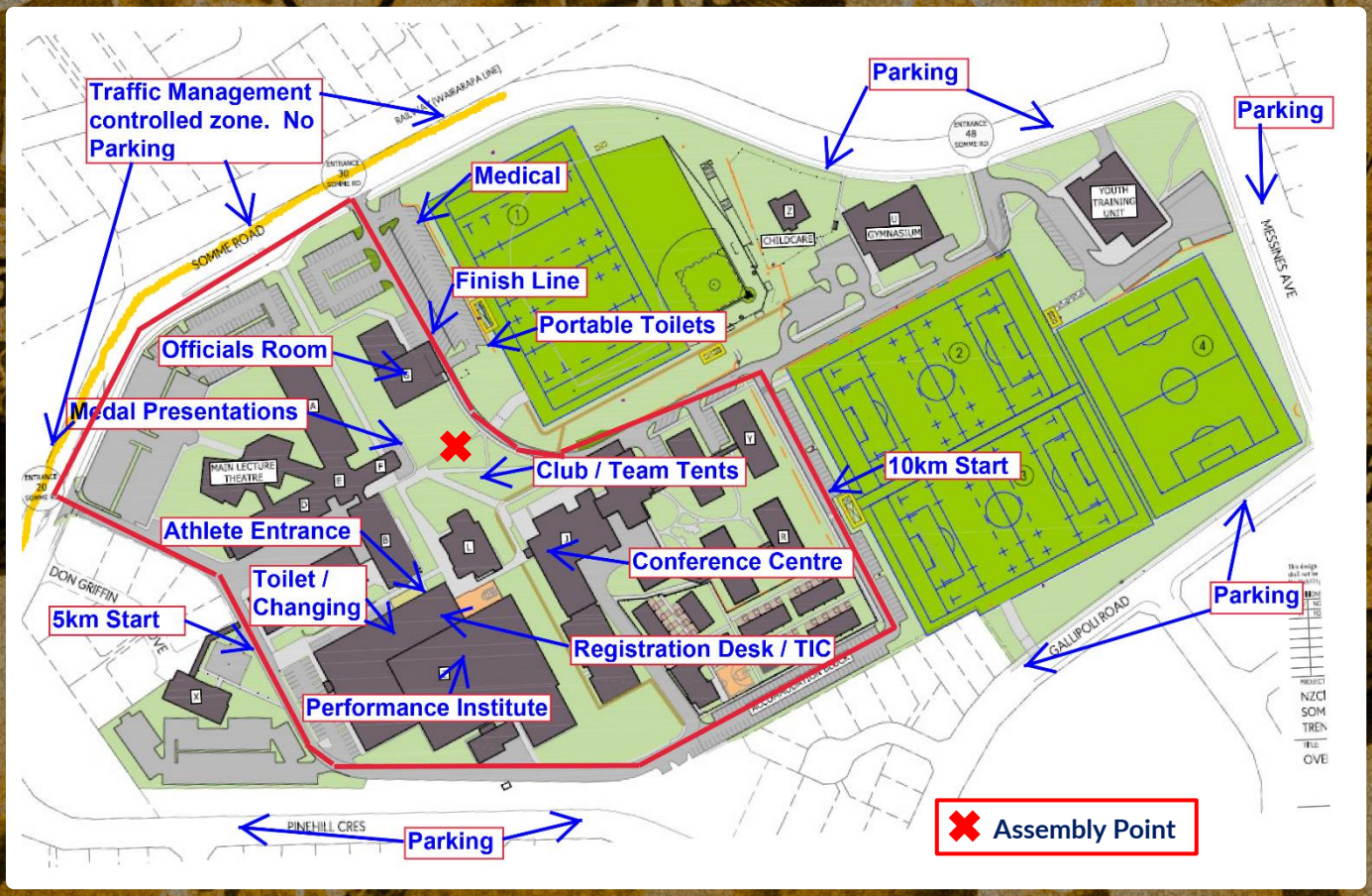


Race Distance km	Lap Distance	Laps	Extra Metres
3	1.146	2	708
4	1.146	3	562
5	1.146	4	416
6	1.146	5	270
8	1.146	6	1124
10	1.146	8	832

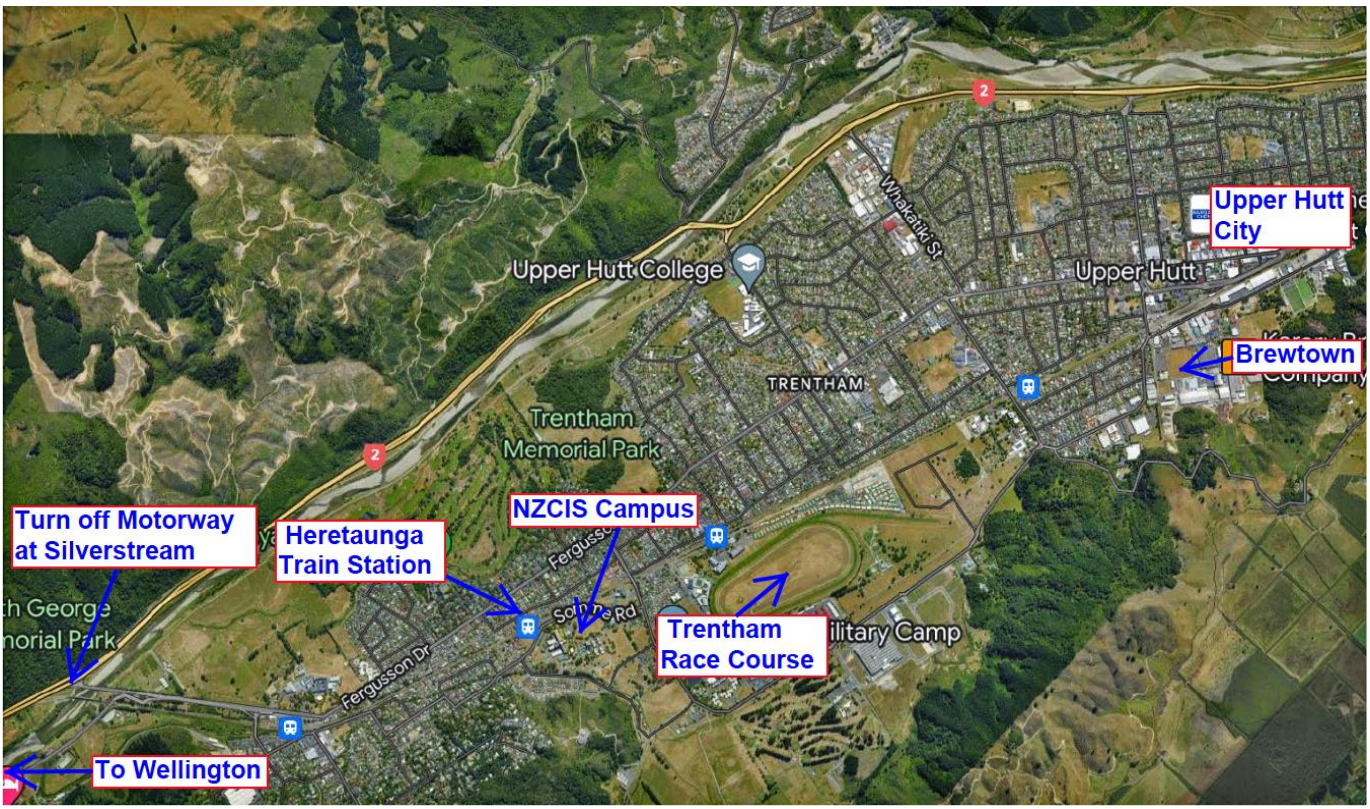
COURSE MAP - WALK



NZCIS MAP


Traffic Management controlled zone. No Parking
Parking
Parking
Medical
Finish Line
Portable Toilets
Officials Room
Medal Presentations
Club / Team Tents
10km Start
Athlete Entrance
Conference Centre
Toilet / Changing
5km Start
Registration Desk / TIC
Performance Institute
Parking
Parking
Assembly Point
SOMME ROAD
MESSINES AVE
GALLIPOLI ROAD
DON GRIFFIN
PINEHILL CRES
MAIN LECTURE THEATRE
CHILDCARE
GYMNASIUM
YOUTH TRAINING UNIT

LOCATION MAP - HERETAUNGA/UPPER HUTT



ENTRANTS LISTS

Start Lists – as at 01-09-22

Senior Women - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W10-46	Courtney	Ruske	Canterbury
W10-27	Laura	Langley	Hawkes Bay Gisborne

Masters Men - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W60-03	Rodney	Gillum	Taranaki
W70-05	Eric	Kemsley	Taranaki
W70-06	Clive	McGovern	Wellington
W50-13	Ian	Sutton	Wellington

Masters Women - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W40-09	Heather	McLean	Canterbury
W40-07	Vicky	Jones	Taranaki
W40-19	Catherine	Uhlenberg	Taranaki
W75-07	Jacqueline	Wilson	Wellington
W60-04	Terri	Grimmett	Wellington

Men U20 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W20-10	Lucas	Martin	Manawatu Wanganui

Men U18 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W18-08	Jonah	Cropp	Canterbury
W18-34	Toby	O'Rorke	Taranaki

Women U18 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W18-17	Yandri	Fourie	Auckland
W18-27	Alana	Mathews	Auckland

Boys U16 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W16-03	Nathan	Baylis	Taranaki Race Walking Club
W16-04	Ari	Bennett	Ashhurst Athletic and Harrier Club
W16-26	Richie	Trathen	Pakuranga Athletic Club

Girls U16 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W16-19	Sinead	O'Sullivan	Stratford Runners and Walkers Club

Boys and Girls U14 - Race Walk			
Bib	**First Name**	**Last Name**	**Club**
W14-03	Peylin	Baylis	Taranaki Race Walking Club
W14-11	Harrison	Day	Pakuranga Athletic Club
W14-13	Morgan	Day	Pakuranga Athletic Club
W14-28	Drew	Smal	Pakuranga Athletic Club

Men U18 - Run			
Bib	**First Name**	**Last Name**	**Club**
18-02	Fenlon	Bayley	Tasman
18-04	Ben	Brunner	Wellington
18-06	Conor	Chesney	Wellington Harrier Athletic Club
18-12	Max	Doherty	Wellington
18-16	Thomas	Forrest-Dawson	Auckland
18-19	Connor	Jamieson	Auckland
18-20	Joshua	Jordan	Wellington
18-23	Jacob	Kilmister	Wellington
18-25	Wilson	Li	Wellington Harrier Athletic Club
18-26	Ryan	Mackay	Wellington
18-28	Hassan Joel	McCall	Wellington
18-31	Jamie	Mora	Auckland
18-32	Quinn	Moss	Auckland
18-35	Tayne	Patel	Hawkes Bay Gisborne
18-36	Triumph	Pilgrim	Canterbury
18-37	Max	Poland	Wellington
18-40	Bladon	Roe	Olympic Harrier and Athletics Club
18-42	Thomas	White	Wellington

Women U18 - Run			
Bib	**First Name**	**Last Name**	**Club**
18-01	Scarlett	Anderson	Wellington
18-03	Kate	Borton	North Harbour Bays Athletics
18-05	Lola	Campbell	Wellington
18-07	Olivia	Clifton	Manawatu Wanganui
18-09	Kate	Currie	Canterbury
18-10	Leila	Daniels	Auckland
18-11	Lulu	Davies	Wellington
18-13	Montana	Doorey	Manawatu Wanganui

18-14	Amy	Ellis	Manawatu Wanganui
18-15	Lucy	Evans	Manawatu Wanganui
18-18	Charo	Heijnen	Waikato Bay of Plenty
18-21	Lucy	Jurke	Wellington
18-22	Sara	Jury	Waikato Bay of Plenty
18-24	Sascha	Letica	Auckland
18-29	Kate	McHardy	Wellington
18-30	Carys	Middleton	Manawatu Wanganui
18-33	Jodie	Nash	Auckland
18-38	Bridie	Restieaux	Canterbury
18-39	Sophie	Robb	Auckland
18-41	Ava	Sutherland	Wellington

Women U20 - Run			
Bib	**First Name**	**Last Name**	**Club**
20-01	Saskia	Cosgrove Drayton	Wellington
20-05	Megan	Foster	Canterbury
20-07	Amelia	Green	Auckland
20-12	Mackenzie	Morgan	North Harbour Bays Athletics
20-15	Boh	Ritchie	Waikato Bay of Plenty

Masters Women - Run			
Bib	**First Name**	**Last Name**	**Club**
35-01	Amanda	Broughton	Wellington
35-03	Ingrid	Cree	Wellington
35-04	Sophie	Dickson	Wellington Scottish Athletics Club
35-07	Katie	Lindsay	Hawkes Bay Gisborne
35-09	Casey	Mante	Taranaki
35-12	Ayesha	Shafi	Wellington
40-01	Mel	Brandon	Wellington
40-06	Heidi-Jane	Humphries	Olympic Harrier and Athletics Club

40-08	Rosie	Mcintyre	Manawatu Wanganui
40-10	Keryn	Morgan	Hutt Valley Harriers and Athletic Club
40-16	Emily	Solsberg	Wellington
40-18	Jo	Trotter	Manawatu Wanganui
45-05	Paula	Conder	Manawatu Wanganui
45-06	Georgina	Cox	Wellington
50-11	Wendy	Richards	Canterbury
50-15	Heather	Walker	Wellington
55-06	Sally	Gibbs	Manawatu Wanganui
55-08	Victoria	Humphries	Wellington
55-11	Fiona	Macmaster	Wellington Scottish Athletics Club
55-12	Di	Matthews	Manawatu Wanganui
55-13	Dale	McMillan	Manawatu Wanganui
60-01	Sue	Bankier	Wellington
60-02	Nuala	Dunne	Manawatu Wanganui
60-05	Betty	Harp	Wellington Scottish Athletics Club
65-01	Michele	Allison	Wellington
65-05	Karen	Gillum-Green	Taranaki
65-06	Liz	Hardley	Auckland
65-11	Isla	Nixon	Auckland
65-15	Jean	Skilton	Olympic Harrier and Athletics Club
65-17	Mignon	Stevenson	Manawatu Wanganui
70-01	Joy	Baker	Taranaki
70-03	Margaret	Flanagan	New Brighton Olympic Athletic Club
70-10	Barbara	Scarfe	Auckland
45-314	Vanessa	Story	Manawatu Wanganui

Masters Men - Run			
Bib	**First Name**	**Last Name**	**Club**
35-02	Alvirg	Busa	Wellington
35-05	Anthony	Jackson	Hutt Valley Harriers and Athletic Club

35-06	Alex	Kelliher	Canterbury
35-08	David	Lovelock	Manawatu Wanganui
35-10	Mark	Moore	Wellington Scottish Athletics Club
35-11	Oliver	O'Sullivan	Otago
35-14	Brad	Wong	Wellington Scottish Athletics Club
40-02	Paul	Crowhurst	Auckland
40-03	Andy	Ford	Wellington Scottish Athletics Club
40-04	Brian	Garmonsway	Wellington
40-05	Nick	Horspool	Wellington
40-11	Michael	O'Sullivan	Taranaki
40-12	Mark	Paterson	Auckland
40-13	James	Richardson	Wellington
40-14	Mathew	Rogers	Hutt Valley Harriers and Athletic Club
40-15	Alasdair	Saunders	Wellington
40-17	Brett	Tingay	Canterbury
45-01	John	Beale	Wellington Harrier Athletic Club
45-02	Dolan	Brumby	Wellington Harrier Athletic Club
45-03	Keith	Burrows	Auckland
45-04	Daniel	Clendon	Wellington
45-07	Stephen	Day	Wellington
45-08	Darren	Gordon	Olympic Harrier and Athletics Club
45-09	Whana	Gordon	Athletics and Cycling Masterton
45-10	Tim	Gregory	Kapiti Running and Tri Club
45-11	Dwight	Grieve	Southland
45-12	Simon	Keller	Wellington
45-13	Simon	Mace	Auckland
45-14	Nick	Moore	Auckland
45-15	Steve	Morrow	Hawkes Bay Gisborne
45-16	Brent	Register	Athletics and Cycling Masterton
50-01	Nicholas	Bagnall	Wellington Scottish Athletics Club
50-02	Seth	Campbell	Wellington

50-03	Terry	Fraser	Wellington Harrier Athletic Club
50-04	Gerard	Gordon	Wellington Scottish Athletics Club
50-05	Willie	Gunn	Wellington
50-06	Andrew	Kerr	Wellington
50-07	Chris	Mardon	Canterbury
50-08	John	Marshall	Canterbury
50-09	Grant	McLean	Wellington
50-10	Graeme	Morrison	Wellington Harrier Athletic Club
50-12	Todd	Stevens	Wellington Scottish Athletics Club
50-14	William	Twiss	Manawatu Wanganui
55-01	Richard	Bennett	Canterbury
55-02	David	Carrigan	Wellington Harrier Athletic Club
55-03	Andrew	Davenport	Manawatu Wanganui
55-04	Richard	Doyle	Hutt Valley Harriers and Athletic Club
55-05	Guy	Dryden	Wellington Scottish Athletics Club
55-07	Paul	Hewitson	Wellington
55-09	Jim	Jones	Wellington Scottish Athletics Club
55-10	David	Kettles	Wellington Scottish Athletics Club
55-14	Philip	Secker	Trentham United Harriers and Walkers Club
55-15	Richard	Seigne	Canterbury
55-16	Peter	Stevens	Wellington
55-17	Kevin	Thompson	Trentham United Harriers and Walkers Club
60-06	Mark	Kennedy	Wanganui Harrier Club
60-07	Tony	King	Auckland
60-08	Ian	Macfarlane	Wellington Harrier Athletic Club
60-09	Stephen	Mair	Trentham United Harriers and Walkers Club
60-10	Peter	Richards	Canterbury
60-11	Phil	Sadgrove	Wellington
60-12	Chris	Speakman	Olympic Harrier and Athletics Club
65-02	Trevor	Ashe	Waikato Bay of Plenty
65-03	Jim	Bartley	Auckland

65-04	Steve	Fairley	Auckland
65-07	Chris	Harp	Wellington Scottish Athletics Club
65-08	Murray	Hart	Tasman
65-09	Stephen	Lindsay	Hawkes Bay Gisborne
65-10	Michael	Morrissey	Tasman
65-12	Max	O'Kane	Olympic Harrier and Athletics Club
65-13	Tony	Price	Wellington
65-14	Derek	Shaw	Tasman
65-16	Gavin	Stevens	Auckland
70-02	Keith	Chapman	Wellington
70-04	Jonathon	Harper	Wellington Scottish Athletics Club
70-07	Ian	Morrison	Tasman
70-08	Eric	Phimister	Hawkes Bay Gisborne
70-09	Graeme	Raill	Waikato Bay of Plenty
75-01	John	Barrance	Wellington Harrier Athletic Club
75-02	Hadley	Bond	Aurora Harrier Club
75-03	David	Farlow	Athletics and Cycling Masterton
75-04	Neil	Froude	Wellington Harrier Athletic Club
75-05	Brian	Hayes	Wellington Harrier Athletic Club
75-06	Brian	Hayes	Wellington Harrier Athletic Club
80-01	Peter	Ellis	Kapiti Running and Tri Club
80-02	Roger	Robinson	Victoria University Athletic Club
80-03	John	Wood	Hutt Valley Harriers and Athletic Club

Boys U16 - Run			
Bib	**First Name**	**Last Name**	**Club**
16-01	Alec	Ball	Feilding Moa Harriers
16-05	silas	campbell	Wellington Harrier Athletic Club
16-06	Jack	Erikson	Auckland City Athletics
16-10	Jonathan	Green	Hutt Valley Harriers and Athletic Club
16-13	Logan	Hopfler	Olympic Harrier and Athletics Club

16-15	Connor	Kemp	Olympic Harrier and Athletics Club
16-17	Jacob	Lean	Feilding Moa Harriers
16-18	Joe	Martin	Wellington Scottish Athletics Club
16-20	Desmond	Reddy	Olympic Harrier and Athletics Club
16-25	George	Skinner	Feilding Moa Harriers
16-28	Callum	Wos	Trentham United Harriers and Walkers Club

Girls U16 - Run			
16-02	Imogen	Barlow	Pakuranga Athletic Club
16-07	Millie	Evans	Feilding Moa Harriers
16-08	Courtney	Fitzgibbon	Feilding Moa Harriers
16-09	Alix	Gibson	Feilding Moa Harriers
16-11	Poppy	Healy	Wellington Harrier Athletic Club
16-12	Maia	Holden	Olympic Harrier and Athletics Club
16-14	Amelia	Joyce	North Harbour Bays Athletics
16-16	Giselle	Kenworthy	Wellington Harrier Athletic Club
16-21	Maria	Revelant	Wellington Harrier Athletic Club
16-22	Scarlett	Robb	Auckland City Athletics
16-23	Caitlin	Robinson	Feilding Moa Harriers
16-24	Manaia	Sheridan	Feilding Moa Harriers
16-27	Elsa	Trotter	Feilding Moa Harriers
16-315	Jacqueline	Kowalewski	Egmont Athletics

Men U20 - Run			
Bib	**First Name**	**Last Name**	**Club**
20-02	Nelson	Doolan	Manawatu Wanganui
20-03	Daniel	Du Toit	Wellington
20-04	Joshua	Fitzgerald	Tasman
20-06	Joshua	Gill	Tasman
20-08	Ben	Hennessy	Waikato Bay of Plenty
20-09	Josh	Lovely	Canterbury

20-11	George	Mawson	Auckland
20-13	Flynn	Register	Wellington
20-14	Benjamin	Rickerby	Auckland

Senior Women - Run			
Bib	**First Name**	**Last Name**	**Club**
10-03	Caitlin	Bassett	Olympic Harrier and Athletics Club
10-07	Sarah-Grace	Breen	Wellington Scottish Athletics Club
10-08	Ariana	Candy	University of Canterbury Athletic Club
10-09	Anita	Chan	Manawatu Wanganui
10-13	Sarah	Drought	Wellington
10-15	Lucy	Fauth	Wellington Scottish Athletics Club
10-16	Charlotte	Floodsmith-Ryan	North Harbour Bays Athletics
10-17	Amy	Frankland	Wellington Scottish Athletics Club
10-18	Esther	George	Wellington
10-20	Amelia	Harris	Olympic Harrier and Athletics Club
10-21	Sophie	Hicks	Otago
10-30	Deborah	Lynch	Wellington
10-31	Kasey	MacKinnon	Wellington Scottish Athletics Club
10-36	Hannah	Miller	Wellington
10-41	Emma	Perron	Wellington
10-43	Amara	Rae	Manawatu Wanganui
10-44	Natasha	Rae	Wellington
10-48	Ellen	Schaef	Manawatu Wanganui
10-52	Alice	Sowry	Wellington Scottish Athletics Club
10-55	Danielle	Stevens	Wellington Scottish Athletics Club
10-59	Olivia	Thornbury	Otago
10-63	Stephanie	Walker	Manawatu Wanganui
10-64	Amanda	Wallis	Manawatu Wanganui

ATHLETICS NEW ZEALAND

2022 NEW ZEALAND ROAD CHAMPIONSHIPS

Senior Men - Run			
Bib	**First Name**	**Last Name**	**Club**
10-01	Simon	Angus	Olympic Harrier and Athletics Club
10-02	Daniel	Balchin	Canterbury
10-04	Oska	Baynes	Canterbury
10-05	Ben	Bidois	Waikato Bay of Plenty
10-06	Ben	Bielski	Wellington Scottish Athletics Club
10-10	Liam	Chesney	Wellington Harrier Athletic Club
10-11	Fionn	Cullinane	Auckland
10-12	Eduardo	D'Leon	Wellington Harrier Athletic Club
10-14	Joshua	Dunstan-Brown	Manawatu Wanganui
10-19	Sam	Hansby	Wellington Harrier Athletic Club
10-22	Malcolm	Hodge	Wellington Scottish Athletics Club
10-23	Dan	Hunt	Victoria University Athletic Club
10-24	Ryan	Hunt	Victoria University Athletic Club
10-25	Daniel	Jones	Wellington
10-26	Liam	Lamb	Wellington
10-28	Damien	Lardner	Manawatu Wanganui
10-29	David	Lee	Canterbury
10-32	James	Marsh	Auckland
10-33	Ryan	McAlister	Wellington
10-34	Sam	McCutcheon	Wellington Scottish Athletics Club
10-35	Harry	McLean	Wellington Scottish Athletics Club
10-37	Finn	Molloy	Otago
10-38	Magnus	Monahan	Wellington Harrier Athletic Club
10-39	Jorge	Murcia	Wellington Scottish Athletics Club
10-40	John	O'Driscoll	Wellington
10-42	Bert	Prendergast	Wellington Scottish Athletics Club
10-45	Thomas	Richards	Canterbury
10-47	Nick	Sasse	Wellington
10-49	Luke	Scott	Manawatu Wanganui

10-50	Mark	Searle	Manawatu Wanganui
10-51	Darius	Simpson	Athletics and Cycling Masterton
10-53	Eric	Speakman	Hawkes Bay Gisborne
10-54	Janus	Staufenberg	Otago
10-56	Callum	Stewart	Wellington
10-57	Corban	Straker	Canterbury
10-58	Thomas	Strawbridge	Wellington
10-60	Nathan	Tse	Wellington
10-61	Ben	Twyman	Wellington Scottish Athletics Club
10-62	Ieuan	van der Peet	Canterbury
10-65	Shogo	Watanabe	University of Canterbury Athletic Club
35-13	Hiro	Tanimoto	Wellington Scottish Athletics Club

Boys U14 - Run			
Bib	**First Name**	**Last Name**	**Club**
14-06	Hugo	Campion	Wellington Harrier Athletic Club
14-07	Sebastian	Campion	Wellington Harrier Athletic Club
14-08	Otto	Church	Christchurch Avon Athletic Club
14-12	Harrison	Day	Pakuranga Athletic Club
14-15	Joseph	Du Toit	Trentham United Harriers and Walkers Club
14-16	Jack	Gregory	Kapiti Running and Tri Club
14-23	Matthew	Meiklejohn	Trentham United Harriers and Walkers Club
14-25	Luke	Pearce	Trentham United Harriers and Walkers Club
14-29	Cameron	Starr	Wellington Harrier Athletic Club

Girls U14 - Run			
Bib	**First Name**	**Last Name**	**Club**
14-02	Savannah	Allen	Trentham United Harriers and Walkers Club
14-04	Sophie	Bell	Feilding Moa Harriers
14-09	Kennedy	Corkin	Wellington Harrier Athletic Club
14-10	Bianca	Cornell	Olympic Harrier and Athletics Club

14-14	Morgan	Day	Pakuranga Athletic Club
14-17	Scarlett	Gwin	Auckland City Athletics
14-18	Zoe	Hilton	Trentham United Harriers and Walkers Club
14-20	Chloe	Jamieson	Feilding Moa Harriers
14-22	Katie	Jordan	Trentham United Harriers and Walkers Club
14-24	Juliet	Moorhead	Olympic Harrier and Athletics Club
14-26	Elme	Pienaar	Trentham United Harriers and Walkers Club
14-27	Marley	Sampson	Egmont Athletics
14-30	Daniella	Starr	Wellington Harrier Athletic Club
14-31	Maddison	Sturgeon	Hawera Harriers
14-33	Emma	Verry	Palmerston North Athletic & Harrier Club

Team Ledger
Harcourts

CAPITAL CLASSIC 2023

INTERNATIONAL TRACK & FIELD MEETING
NEWTOWN PARK STADIUM, WELLINGTON
FRIDAY 3 FEBRUARY 2023 | 4.00PM

WHERE WORLD CLASS ATHLETES PERFORM AT THEIR RECORDING BREAKING BEST

TOM WALSH	EDDIE OSEI-NKETIA	ZOE HOBBS	BRANDON STARC
NICK WILLIS	MATT DENNY	IMOGEN AYRIS	LAUREN BRUCE
JULIA RATCLIFFE	GWEN BERRY (USA)	PORTIA BING	GEORGIA HULLS
ELEANOR PATTERSON	HAMISH CARSON	NICOLA OLYSLAGERS	SAM TANNER
OLIVIA MCTAGGART	TORI PEETERS	KEELEY O'HAGAN	CONNOR BELL
MADDI WESCHE	HAMISH KERR	CHRIS DOUGLAS	NATSUKI YAMAKAWA (JPN)

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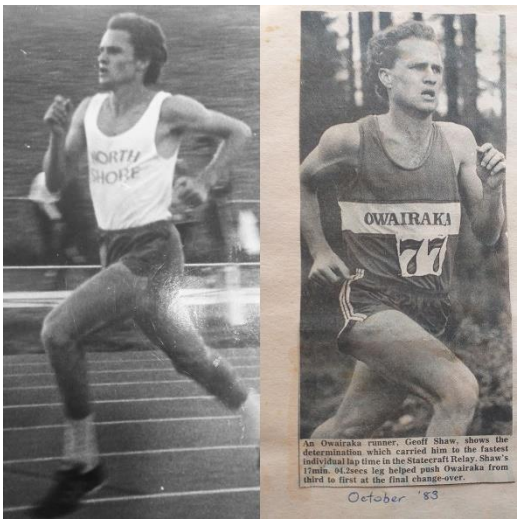
FORMER TITLE HOLDERS OF NZ ROAD CHAMPIONSHIPS THROUGH THE YEARS

ROAD RACE - Men					
YEAR	**U18**	**U20**	**Senior**	**Masters 35-49**	**Masters 50+**
2021	Event Not Held	Event Not Held	Event Not Held	Event Not Held	Event Not Held
2020	Hannah Gapes	Maya Irving	Camille Buscomb	Anna Mcrae	Sally Gibbs
2019	Isabella Richardson	Kirstie Rae	Katrina Andrew	Mel Stevens	Sally Gibbs
2018	Isabella Richardson	Hannah Knighton	Penny Peskett	Lindsay Barwick	Ariana Summers
2017	Jayme Maxwell	Emerson Deverell	Olivia Burne	Johanna Buick	Sally Gibbs
2016	Hannah O'Connor	Kelsey Forman	Laura Nagel	Sally Gibbs	Victoria Humphries
2015	Emerson Deverell	Deborah Paine	Camille Buscomb	Mel Aitken	Victoria Humphries
2014	Alisha Gilchrist	Gabrielle Gray	Camille Buscomb	Louisa Andrew	Victoria Humphries
2013	Alana Sherman	Sian English	Camille Buscomb	Sally Gibbs	Sally Gibbs
2012	Grace Wood	Ariana Harper	Sara Drought	Stephanie MacKenzie	Julie Wilson
2011	Susannah Lynch	Georgie Grgec	Lisa Robertson	Sally Gibbs	Julie Wilson

ROAD RACE – Women					
YEAR	**U18**	**U20**	**Senior**	**Masters 35-49**	**Masters 50+**
2021	Event Not Held	Event Not Held	Event Not Held	Event Not Held	Event Not Held
2020	Will Anthony	Liam Lamb	Matthew Baxter	Sjors Corporaal	Wim Luijpers
2019	Andres Hernandez	Toby Gualter	Aaron Pulford	Jonny Mckee	Peter Stevens
2018	Andres Hernandez	Samuel Tanner	Oli Chignell	Brian Garmonsway	Tony Broadhead
2017	Samuel Tanner	Theo Quax	Daniel Balchin	Steve Rees-Jones	Richard Bennett
2016	Mitchell Small	Michael Voss	Daniel Balchin	Steve Rees-Jones	Peter Stevens
2015	Angus White	Michael Voss	Malcolm Hicks	Steve Rees-Jones	Alastair Pragnell
2014	Luke Fielding	Joshua Baan	Callan Moody	Grant McLean	John Crane
2013	Chris Dryden	Ben Musson	Malcolm Hicks	Richard Bennett	Ricky Gutsell
2012	Jacob Priddey	Matt Baxter	Tim Hodge	Simon Mardon	Cliff Bowman
2011	Jacob Priddey	Julian Oakley	Stephen Lett	Daniel Nixon	Ian Calder

SHAW REMINISCES ON LAST UPPER HUTT

The last time the New Zealand Road Championships were held in Upper Hutt, Geoff Shaw romped to an emphatic victory in the senior men's race to claim one of the biggest wins of his career. We speak to the gifted age-group athlete who after a lengthy break from the sport was elated to land the national road title in Heretaunga.



A gifted U20 athlete who ran a stunning all-time New Zealand 5000m best performance of 13:48.4 by a teenager, Geoff Shaw was a youngster of huge promise. A three-time national junior road champion who has also claimed a raft of New Zealand age-group titles in cross country and on the track he was predicted to have a golden future and the age of 20 he impressed at the Pacific Conference Games in Canberra winning 1500m bronze and 5000m silver. However, a combination of chronic bout of colitis coupled with a chronic arthritic condition in the foot derailed his career from 1978 for the next five years.

However, defying medical advice that he would no longer be able to run, Geoff successfully returned to the sport and under the coaching of Jack Ralston he impressed during the 1985 campaign.

That winter he snared the Auckland senior men's cross country title and won a silver medal behind Ken Moloney at the New Zealand Cross Country Championships in Invercargill. Encouraged to target the Oceania team for the World Cup in Canberra in August he posted a swift 13:32 in Mt Smart (this was not officially ratified) and after earning an invite from Nike to run a 5000m in Seoul – where he finished fourth behind John Ngugi who three years later would go on to win the Olympic 5000m title – he returned to New Zealand wondering what next.

"I knew I was running well, and Jack (Ralston) suggested I have a crack at the New Zealand Road Champs in Upper Hutt," recalls Geoff of the event that took place in October of that year. "I remember it was a nice, fine day about 20C and the race was run back then over ten miles (16km, today the NZ road champs is held over 10km) in Upper Hutt on a 3km circuit. I was confident and in good form, although I knew Paul Ballinger would be tough to beat as he had run 47 minutes for the distance."

Up against Ballinger and the likes of Ross Thurlow, Derek Froude and Don Greig, Geoff, who was working at the time as a history teacher at Rosmini College on Auckland's North Shore, knew he faced a highly competitive field, but his confidence soared when the race trundled through the first 10km in a relatively pedestrian 32 minutes.

“I think the slow pace probably suited me, and I felt like I was running on air,” adds Geoff. “I remember with about 4km to go, Paul went pretty hard and started to crank up the pace and suddenly it was just me and him out the front.

“But just before we approached the final lap, I felt so good I decided to sprint for 400m in around 60 seconds. I think Paul thought I’d miscalculated the laps but as I went through the start-finish on to the last lap, I’d opened up a clear gap.”

From that point on victory was never in doubt for Geoff – who covered the final 3km in a slick 8:10 – and crossed the line in 48:55 for an emphatic 14-second victory from Ballinger with Thurlow claiming bronze.

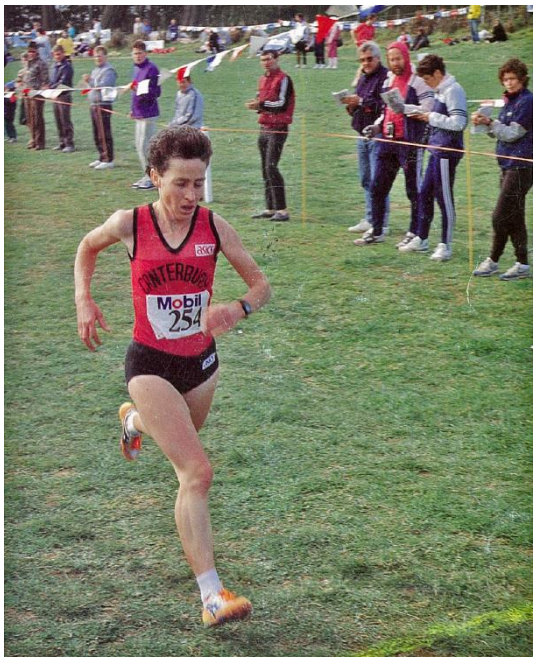
Geoff went on to compete at the 1986 World Cross Country Championships in Switzerland, but a chronic Achilles problem was to quickly take hold and by the end of the year he unfortunately had to quit athletics.

Yet some 37 years on the retired 65-year-old Aucklander looks back with pride on his road title in Upper Hutt.

“It was one of the highlights (of my career). I’d had a tremendous season that year and the Road champs turned out to be one of the easiest I’d ever felt during a run.”

MARY RECALLS HER ROAD SUCCESSES

From the late 1970s right through to the mid-Nineties Mary O'Connor was among one of the most accomplished female distance running athletes in New Zealand. We speak to Mary who triumphed in the senior women's race the last time the New Zealand Road Championships were staged in Upper Hutt some 37 years ago.



As a ten-time national road running champion from 1980-1993, Mary O'Connor dominated the event possibly like no other enjoying a glorious period of success.

The proud South Islander was a mainstay of the New Zealand World Cross Country team for more than a decade, represented her country in the marathon at the 1984 Los Angeles Olympics and one year prior posted her marathon PB of 2:28:20 in London – a mark which still sits number three on the all-time New Zealand lists behind Kim Smith and Lorraine Moller.

In 1985 at Heretaunga in the Upper Hutt, Mary claimed her fourth national road title and second in succession as she stepped up her preparations for the following week's Chicago Marathon by completing the 10km distance in 34:15 – 25 seconds clear of silver medallist Vicky Cornish.

"I always prioritised the New Zealand Championships, so National Road was as important to me as the Chicago Marathon a week later," explains Mary. "I raced often in New Zealand. By racing (regularly) we maintained a good standard in New Zealand, and by racing hard we all benefited."

Coached by Bruce Milne, Mary competed regularly at the New Zealand Road Championships. Although the distance changed several times from a 4km event for the senior women to later 6km, 8km and then 10km from 1985, she remained a formidable force on the domestic scene.

Earlier that year she competed at the World Cross Country Championships in Lisbon – where she placed 64th and seventh in the team event – before placing fifth in the London Marathon (2:32:35).

Following another cross country season, she then stepped up her road campaign by running lap eight of the Takahe to Akaroa Relay before two weeks prior to Heretaunga edging a close-fought battle at the Canterbury Road Championships.

"Sue Bruce and I were not very far apart for most of the race," recalls Mary of the race at Clarkville in North Canterbury. "It was a windy day and there was not much shelter. I managed a small break on Sue by half-way and kept it until the finish. My time of 34.06 to Sue's 34.10. Whereas at National

Road I managed to be comfortably ahead for much of the race, Sue and I often had very competitive races from 1500m on the track, to cross country and up to 10km on the road. She had a much faster sprint finish than me, so I would have to try and get a good gap or she would pass me in a sprint to the finish."

Following her victory in Upper Hutt the next weekend in "The Windy City" she performed admirably running 2:33:41 to place seventh to dip under the qualification mark for the 1986 Commonwealth Games in Edinburgh.

During a long and proud career Mary enjoyed a string of highlights. These included making her first New Zealand team to compete at the 1979 World Cross Country Championships in Limerick, Ireland (she placed 34th). Her second place finish at the 1983 London Marathon and posting a time of 71:40 at the 1984 Christchurch Half Marathon. Yet another of her big highlights came in Cambridge in 1992.

"That was winning the national road title (for the ninth time) when my daughter, Catherine, was about nine months old in a very tactical race," adds Mary.

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