

The TARARUA MOUNTAIN RACE OFFICIAL ENTRY FORM

CATEGORY - Veteran is 40+ for both Men and Woman

Required fields are marked (*)

*Individual	Men	<input type="checkbox"/>	Woman	<input type="checkbox"/>	Veteran Men	<input type="checkbox"/>	Veteran Woman	<input type="checkbox"/>
*Teams:	Men	<input type="checkbox"/>	Woman	<input type="checkbox"/>	Veteran Men	<input type="checkbox"/>	Veteran Woman	<input type="checkbox"/>
			Mixed	<input type="checkbox"/>	Veteran Mixed	<input type="checkbox"/>		

What is your estimated time to complete the run? _____ *This is needed to calculate your start time.*

PARTICIPANT DETAILS - Individual or First Team member

*Name _____

*Age _____ *Male *Female Contact Phone Number _____

*Address _____

Email _____

*Brief details of previous tramping and running experience:

Have you completed any previous Tararua Mountain Races? Yes No

I require a seat on the bus to Kaitoke; from Wellington or Melling railway station

I require a seat on the bus from Otaki Forks; to Paraparaumu or Porirua or Wellington station

I wish to order a event Ultimate Designs quick-dry shirt; man woman : S M L XL XXL

I agree to abide by the conditions of entry: *Signed _____

Second Team member only

*Name _____

*Age _____ *Male *Female Contact Phone Number _____

*Address _____

Email _____

*Brief details of previous tramping and running experience:

Have you completed any previous Tararua Mountain Races? Yes No

I require a seat on the bus to Kaitoke; from Wellington or Melling railway station

I require a seat on the bus from Otaki Forks; to Paraparaumu or Porirua or Wellington station

I wish to order a event Ultimate Designs quick-dry shirt; man woman : S M L XL XXL

I agree to abide by the conditions of entry: *Signed _____

ENTRY FEE

Individual	\$65 (\$45*)	
Team (per person)	\$60 (\$45*)	
Event Shirt	\$35	
Bus fare/s	See below	
Late entry fee	\$15	
	Total enclosed	

Entries close 1st March

NB. A late fee of \$15 will apply if entry is received on or after this date.

Please make cheques payable to:

Tararua Mountain Race

Direct deposit your payment to:

03 0547 0395579-00 paid this way

Send entry form & full remittance to: **Tararua Mountain Race, 14 Dellwood Green, Richmond, Nelson 7020.**

* Fee; if you are a full time tertiary student or level equivalent wage earner. Read paragraph 14 - Conditions of Entry.

Bus fares: To Kaitoke = \$25 (per person) To Paraparaumu = \$15 To Porirua = \$25 To Wellington = \$35 (per person)

Tararua Mountain Race

Race Description

This rugged off-road running race is the hardest mountain run in New Zealand and it follows the classic Southern Crossing route of the Tararua mountain range, north of Wellington. There is a total ascent of 2,250m and a total descent of 2,475m, with a total distance of 36km. The race traverses the route from Kaitoke to Otaki Forks.

Regarded as a hard weekend trip by local trampers, the track is rugged underfoot and climbs to Mt Hector at 1529m. The views can be fantastic, but only the very fit or insane contemplate running it. The defining aspect of this race is the weather conditions along the open tops and previous knowledge of the route is a huge advantage. The Tararua range is famous for its dangerous weather conditions, and navigation can become difficult to the inexperienced if low cloud rolls in. Because of this, first time participants are required to run as a team of two. However, this is at the organisers' discretion and experienced mountain runners should expect to be able to compete as individuals.

The average time to run this event is 7 1/2 hours. The first part of the race, 16.43km to Alpha Hut, is the hardest, both physically and mentally. There is deep mud, tree roots, steep ascents and the interminable Marchant Ridge. From the check point at Alpha Hut the route is above the bush line and traverses various peaks and knobs to the highest and most exposed point at Mt Hector (1529m). After one more climb over Field peak you reach Kime Hut, a total of 8.2km from Alpha Hut. From there it is a long and steep descent, of 10.8km, to the finish at Otaki Forks. The descent involves initially a rocky track above the tree line which, once entering the bush at Field Hut, transforms into a mix of tree-roots and mud or slippery clay. The finish, on the grassy flats of the Waiotauru River, is reached after a short grass covered plateau followed by crossing the river over the newly constructed foot bridge.

Race Information

- The entry fee includes refreshments, certificate and photo.
- Confirmation of entry, registration details and handicap start times will be notified by post or Email.
- Race distance is 36km. The total ascent is 2,250m and the total descent is 2,475m.
- Competitors must be familiar with the route, carry the required gear (see Conditions of Entry - paragraph 9), and be self sufficient.
- Team competitors must race together and finish together or risk disqualification.
- Provided there is sufficient interest a Shuttle bus will be leaving Wellington Railway station at 5:45am and 6:30am, Melling Railway station at 6:00am and 6:45am, to take participants to the start at Kaitoke. Cost \$25 per person.
- Provided there is sufficient interest a Shuttle bus will be leaving Otaki Forks to take participants to Paraparaumu railway station (\$15 p/p), Porirua railway station (\$25 p/p) or on to Wellington (\$35 p/p). However other participants could have room in their vehicles; which can be investigated on race day.
- Start times are handicapped, dependant on your estimated completion time. They are at 7:00am, 7:45am, 8:00am, 8:30am and 9:00am.
- Race numbers and split times will be recorded at Alpha hut and at Kime hut.
- Limited water is available at Alpha and Kime huts.
- All participants will be sent a full set of results, certificate and a finish-line photo.
- Recovery tents and refreshments/luncheon will be available at the finish.
- Trophies will be awarded to the fastest teams and individuals, with prizes to 1st, 2nd and 3rd placing, in each category.
- Spot prizes and trophies will be presented at the completion of the race, at approx 4:00pm.
- This event is run with the consent of the Department of Conservation.
- Refunds will gladly be given for any cancellation received by 1 March.

Conditions of Entry

Because of the unique nature of the race, certain conditions of entry apply. These have been put in place to protect you, the environment and the organisers.

1. You must be a fit and experienced mountain runner and/or trumper.
2. Your estimated time to complete this event must be less than 10 hours.
3. All individuals, and at least one member of each team, **must** have been over the route previously (running or tramping). *However you can contact the organiser to seek an exemption.*
4. Individual entrants must have competed previously in a team and/or be an experienced mountain runner where your entry will be accepted at the organiser's discretion.
5. Participants enter with the full knowledge of the inherent risks, danger and hazards involved.
6. In the event of bad weather the race will be postponed to the following day.
7. Organisers reserve the right to stage an alternative race if conditions are not suitable.
8. **Entries close 1 March. Late entries will be accepted (preferably on-line) up to midnight of the Wednesday before race weekend, but not on race day.**
9. Competitors must carry or risk disqualification: a windproof and waterproof jacket & overtrousers, full set of thermal underwear and spare top, warm hat, gloves, map and compass (one per team), survival blanket and food. We also recommend carrying water.
10. Race numbers must be clearly visible at all times.
11. Competitors must respect the environment (i.e. no litter to be left anywhere) and be aware of and courteous to other track users.
12. Participants must be over 18 years of age on race day.
13. Please give assistance to any other participant, or race marshal (they will be wearing a vest labelled SAR) who is injured or needing help. Report this to the nearest checkpoint. Your split time will be adjusted.
14. You must supply proof to be eligible for the discounted entry fee. A copy of your student card, a copy of your community services card or a signed affidavit (including a witness) stating that you receive the minimum wage, must be attached to the entry form.

If you are in any doubt about your ability to complete this rugged mountain race safely, please, for the sake of yourself and others, wait another year.

For more information contact Lyndsay Fletcher

Phone 0211431610 mobile Email: organiser@tararua-race.org.nz

Race Records

Collin Rolfe	Individual Men (North to South)	2000	4h 32m 20s
Andrew Symonds	Individual Men	2006	4h 27m 20s
Antonia Wood	Individual Woman	1999	5h 35m 49s
Collin Rolfe	Individual Veteran Men	2001	4h 45m 20s
Carline Thomas	Individual Veteran Woman	2006	5h 35m 45s
Tony Gazley & Chris Tait	Teams Men (North to South)	1990	5h 12m
Tony Henry & Pim de Monchy	Teams Men	1992	5h 16m 5s
Gordon Balfour & John Arthur	Teams Veteran Men (North to South)	2000	6h 55m 24s
Allan Stowell & Chris Tait	Teams Veteran Men	2002	6h 07m 19s
Iain Ridgway & Sarah Kleeman	Teams Mixed	2006	5h 34m 23s
Gordon Balfour & Julie Gordon	Teams Veteran Mixed	2007	6h 28m 40s
Billie Marshall & Cheryl Young	Teams Woman	2005	5h 58m
Debbie Mansfield & Julie Gordon	Teams Veteran Woman	2003	7h 05m 54s