

# 21<sup>st</sup> WMRA World Mountain Running Trophy 2005

Under the IAAF patronage



# TEAM MANUAL

September 25, 2005  
Wellington  
NEW ZEALAND



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# Welcome

*Haere mae. Haere mae. Haere mae.  
Tena kotou katoa.*

*Welcome. Welcome. Welcome.  
Hello Everyone.*

*It is with great excitement that we look forward to welcoming the mountain running fraternity to Wellington, New Zealand. We regard our city as the home of mountain running in New Zealand and are very proud to have produced two World Champions, Melissa Moon and Jonathan Wyatt. It is only fitting that Wellington should host the WMRA World Trophy here in the southern hemisphere.*

*Wellington is a natural mountain running environment with numerous opportunities for bush and off-road running. Make sure you take the time to enjoy the environment.*

*Our goal is to make the 2005 World Trophy the best ever in the 21 year history of the event. The course has been designed to not only give the athletes a special challenge but to also make it very easy for the media and the public to watch the racing. Wellingtonians are wonderful followers of sport and a large crowd can be expected.*

*Our Local Organising Committee of Martin Macdonald (chair), Barbara Prosser (sec), Barry Prosser, Bruce Kerse, Alan Stevens and Murray Cole join me in wishing you a very enjoyable and successful visit.*

*Best wishes.*

*Ka kite ano.  
See you soon.*

Arthur Klap  
**Event Director**

# *WMRA World Mountain Running Trophy*

Under the patronage of the IAAF

Approximately 350 athletes and officials from 30 countries are expected to converge on Wellington, New Zealand for the 21<sup>st</sup> annual World Mountain Running Trophy. It is the first time that the World Trophy will be staged in the Southern Hemisphere.

## **Date**

September 25<sup>th</sup>, 2005

## **Venue**

Mt Victoria  
Wellington, New Zealand

## **History**

The World Mountain Running Trophy can be considered as the official world championships for mountain running. The first World Trophy was held in 1985 in San Vigilio di Mazebbe, Italy.

From 1985 to 1992, competitors could choose between running a short event consisting of an up and downhill course or a long event, which covered an uphill course only. Beginning in 1993, the World Mountain Running Trophy has alternated in style each year. On odd numbered years, the event is an uphill and downhill course, while on even numbered years, the event is an uphill only course.

The strength of the sport has traditionally been in Europe and the United Kingdom. However, as the strength and interest of the sport has increased, teams from all over the world participate in the event.

## **Previous Host Countries**

Italy (1985, 1986, 1992, 2001, 2004); Switzerland (1987, 1991); France (1989, 1993, 1998); Austria (1990, 1996, 2002); Germany (1994, 2000); England (1988); Scotland (1995); Czech Republic (1997); Malaysia (1999); United State, (2003).

Participation in the official 2005 WMRA World Mountain Running Trophy is limited to countries affiliated with the World Mountain Running Association (WMRA). Each national team is made up of a maximum of six men, four women, four junior men and three junior women. A junior is anyone under the age of 20 and aged at least 16 on December 31<sup>st</sup>, 2005.

## **Open Race**

An open race will also be held for those who are not in a team but wish to run the World Trophy course. This event will be the first race on World Trophy race day and will be open to all runners. Walkers are also invited to complete one lap of the course. There will be a time limit of 90 minutes for those completing 3 laps of the course.

# Programme

	<b>22-Sep Thursday</b>	<b>23-Sep Friday</b>	<b>24 Sep Saturday</b>	<b>25-Sep Sunday</b>	<b>26-Sep Monday</b>
<b>07:00</b>		Breakfast 07:00-10:00	Breakfast 07:00-10:00	Breakfast 07:00-10:00	Breakfast 07:00-10:00
07:30				Open Race 07:30-09:00	
<b>08:00</b>					
08:30					
<b>09:00</b>					
09:30			WMRA Congress 09:00-13:00		
<b>10:00</b>				Junior Women 10:00	
10:30					
11:00					
11:30				Junior Men 11:30	
12:00					
12:30		Parade of Nations and Opening Ceremony 12:30-14:00			
13:00					
13:30		Press Conference 14:00-14:30		Senior Men 13:00	
14:00		VIP Reception 14:00-15:00			
14:30					
15:00				Senior Women 15:00	
15:30					
16:00			Technical Meeting 16:00-17:00		
16:30					
17:00					
17:30					
18:00				Prize Giving 18:00-19:00	
18:30	Dinner 18:30-20:30	Dinner 18:30-20:30	Dinner 18:30-20:30		
19:00				Farewell Party & Dinner 19:00-24:00	
19:30					
20:00					
20:30					
21:00					
21:30					
22:00					
22:30					
23:00					
23:30					
00:00					

**Notes:**

- 1. Lunch will be: Friday (2-3pm), Saturday (12-2pm) and Sunday (12-2pm).**
- 2. Flower ceremonies will be held after each elite race.**

# The Organisation

## WMRA Members

Danny Hughes	President
Bruno Gozzelino	Secretary General
Nancy Hobbs	Treasurer
Raimondo Balicco	Organisation Director
Wolfgang Munzel	Competition Director
Tomo Sarf	Development Director
Serge Moro	Marketing Director

## IAAF Representatives

Lamine Diack	President
Otto Klappert	Chair of Cross Country & Road Race Committee

## Local Organising Committee

Martin Macdonald (Chair)	Barbara Prosser (Secretary)
Barry Prosser	Bruce Kerse
Murray Cole	Alan Stevens

## Athlete Representatives

Melissa Moon	Jonathan Wyatt
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## Event Organisation

Arthur Klap	Event Director
Murray McGaughran	Race Director
Michael Jacques	Media
Lynne Klap	Ceremonies and Special Events
Jacque Alves	Administration
Ian Kemp	Website
Bruce Kerse	VIP & Sponsor Hosting
Dr Ruth Highet	Medical
Paul Ryken	Timing & Results
Gordon Legge	Television

## Contact Us

Event Director  
Media Director

[arthur@mountainrunning.org.nz](mailto:arthur@mountainrunning.org.nz)  
[media@mountainrunning.org.nz](mailto:media@mountainrunning.org.nz)

Event Office

[info@mountainrunning.org.nz](mailto:info@mountainrunning.org.nz)  
Ph +64 4 386 4992 / Fax +64 4 386 4990  
226 Evans Bay Parade, Wellington, New Zealand

## Website

For all event information visit our website: [www.mountainrunning.org.nz](http://www.mountainrunning.org.nz)

# New Zealand

New Zealand is a special destination.

New Zealand has a unique and dynamic culture. The culture of its indigenous Maori people affects the language, the arts, and even the accents of all New Zealanders.

Renowned for its range of adventure pastimes – the best known being bungy jumping, jet boat riding, rafting and skiing. But adventure means different things to different people and the best aspect of the New Zealand adventure scene is that it provides activities ranging from hiking and water skiing to mountain climbing and caving.

Few countries can combine in such a small area the stunning rugged landscapes, gorgeous beaches, often spectacular geothermal and volcanic activity, a temperate climate and a fascinating animal and plant life. The great advantage of New Zealand is there are many different landscapes, environments, and ecosystems so close to each other.

In September the ski season is still operating.



**For further information on New Zealand and its tourism options, visit [www.purenz.com](http://www.purenz.com).**

## **Important Information**

### ***Shopping Hours***

- Banks: generally 9.30am to 4.30pm Monday to Friday.
- Restaurants, bars and clubs: varying from 10am until early hours of the morning. Most licensed premises are open 7 days.
- Retail shops: Generally - Monday to Friday 9am to 6pm; Saturday 10am to 4pm; Sunday is similar to Saturday but not all shops are open.
- Supermarkets: The 'New World' supermarket near the official hotels, is open 7am – midnight, 7 days a week.

### ***Currency***

- We use the New Zealand dollar. Currency exchange widely available through banks, currency exchange kiosks and at the airport.
- All major international credit cards can be used in New Zealand.
- Automatic Teller Machines (ATMs) are widely available at banks and shopping centres.
- The currency exchange rates as at 1 August, 2004, were: US\$1=NZ\$1.54 and Eu\$1=NZ\$1.92

### ***Liquor Laws***

You must be 18 years old to purchase and drink alcohol in New Zealand.

### ***Driving***

- We drive, bike and walk on the left and pass on the right.
- When turning left, give way (yield) to traffic crossing or approaching from your right.
- When the traffic light is red, you must stop. There is no left turn rule as in North America.
- The speed limit on the open road is 100km/h. In urban areas the speed limit is 50km/h.
- Drivers and passengers must wear seat belts at all times, in both front and rear seats.
- You can legally drive in New Zealand for up to 12 months if you have either a current driver's licence from your home country or an International Driving Permit.

### ***Telephones and Internet***

- Local (Wellington) calls are free from private homes but surcharges apply in most hotels.
- National directory assistance: dial 018
- International directory assistance: dial 0172
- Toll charges do apply to any call made out of the Wellington area.
- Numerous Internet Cafes are available in the central city area.

### ***Electricity***

Electricity is supplied throughout New Zealand at 230/240 volts (50 hertz), although most hotels and motels provide 110 volt AC sockets (rated at 20 watts) for electric razors only. For all other equipment, an adaptor is necessary, unless the item has a multi-voltage option. Power outlets only accept flat three or two pin plugs, depending on whether an earth connection is fitted.

### ***Time Zone***

New Zealand is 12 hours ahead of GMT (Greenwich Mean Time).

New Zealand time 1200hrs (midday):

- Central European Time 0100hrs (11 hours behind)
- United States – New York 1900hrs (17 hours behind)
- United States – Los Angeles 1600hrs (20 hours behind)
- United Kingdom 2400hrs (12 hours behind)

### ***Tipping***

Tipping is not expected in New Zealand.

### ***Accidents and Health Insurance***

If you are injured in New Zealand, you may need the assistance of the Accident Compensation Corporation (ACC) – New Zealand's accident compensation scheme. ACC helps pay for your care – and that means paying towards the cost of your treatment and helping in your recovery while you remain in New Zealand.

You still need to arrange your own travel and medical insurance. New Zealand's medical/hospital facilities are not free to visitors, except as a result of an accident.

### ***Wildlife***

New Zealand has no snakes or dangerous wild animals.

### ***Food, Plants and Animal Products***

New Zealand operates strict biosecurity procedures at ports of entry to prevent the introduction of pests and diseases of animals and plants and other unwanted organisms. All visitors to New Zealand are required to declare all items in their possession that are listed on the Passenger Arrival Card (distributed on all flights to New Zealand). Heavy penalties exist for false declarations.

### ***Airport Departure Tax***

Please note that you will need to pay NZ\$25 departure tax at Wellington airport when you leave New Zealand.

# Wellington

## *Welcome to Wellington, New Zealand*

Wellington is the capital of New Zealand. It offers an unforgettable city experience in a natural setting. It is located between a beautiful harbour and rolling green hills. Only two kilometres wide, Wellington can be easily explored on foot.

It is the arts and cultural capital of New Zealand.

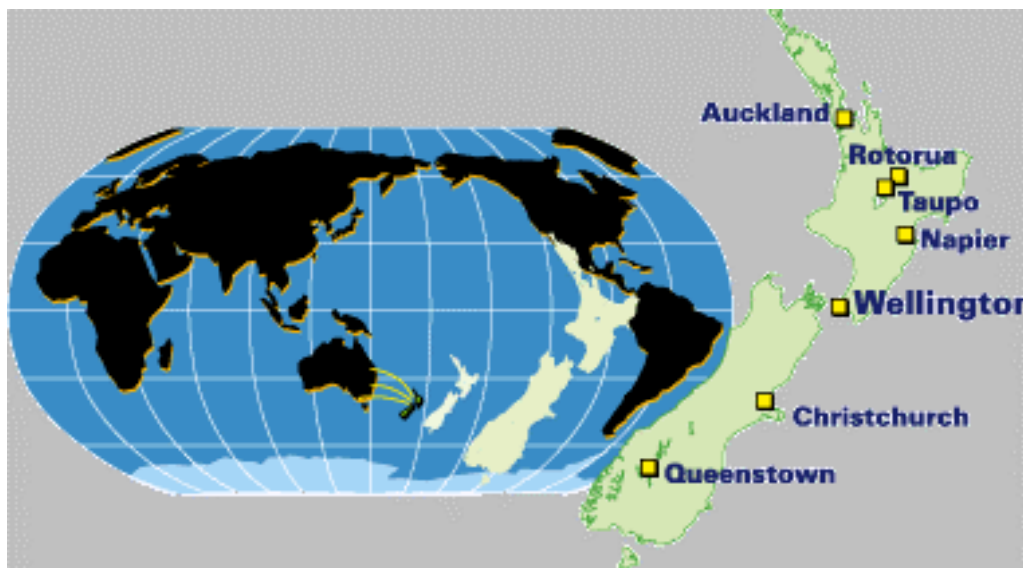
Te Papa, New Zealand's national museum is on the waterfront and close to the athletes' official hotels.

It is one of the world's greatest cities for outdoors enthusiasts. From the city centre there are a multitude of running, mountain biking, hiking and kayaking opportunities.

The South Coast is one of Wellington's most beautiful places. Visit the New Zealand fur seal colony or just watch the waves.

### **Interesting facts**

- Wellington is the world's most southern capital and the only capital in the "Roaring Forties" latitudes.
- Nearly all Wellington's residents live within 3km of the sea.
- Wellington has the greatest proportion of open space per capita at 17.3 ha for every 1000 people.
- Wellington City population is 163,824. Wellington Region population is 423,765.



**For further information on Wellington visit [www.wellingtonNZ.com](http://www.wellingtonNZ.com)**

## Running Options in Wellington

Wellington is a very safe city for running. There are numerous running options from the official hotels.

- Mt Victoria offers numerous tracks. Some of “Lord of the Rings’ was filmed here.
- The waterfront offers a beautiful flat run option. Just follow Oriental Bay Parade – you can keep going for another 40 km! Better to return same route or cut back over Mt Victoria.
- Tinakori Hill, behind parliament, also offers numerous ‘undulating’ tracks. Head north along waterfront and then head towards the pine tree covered Tinakori Hill once you reach the railway station.
- Ask local runners for directions to some of Wellington’s other running gems.



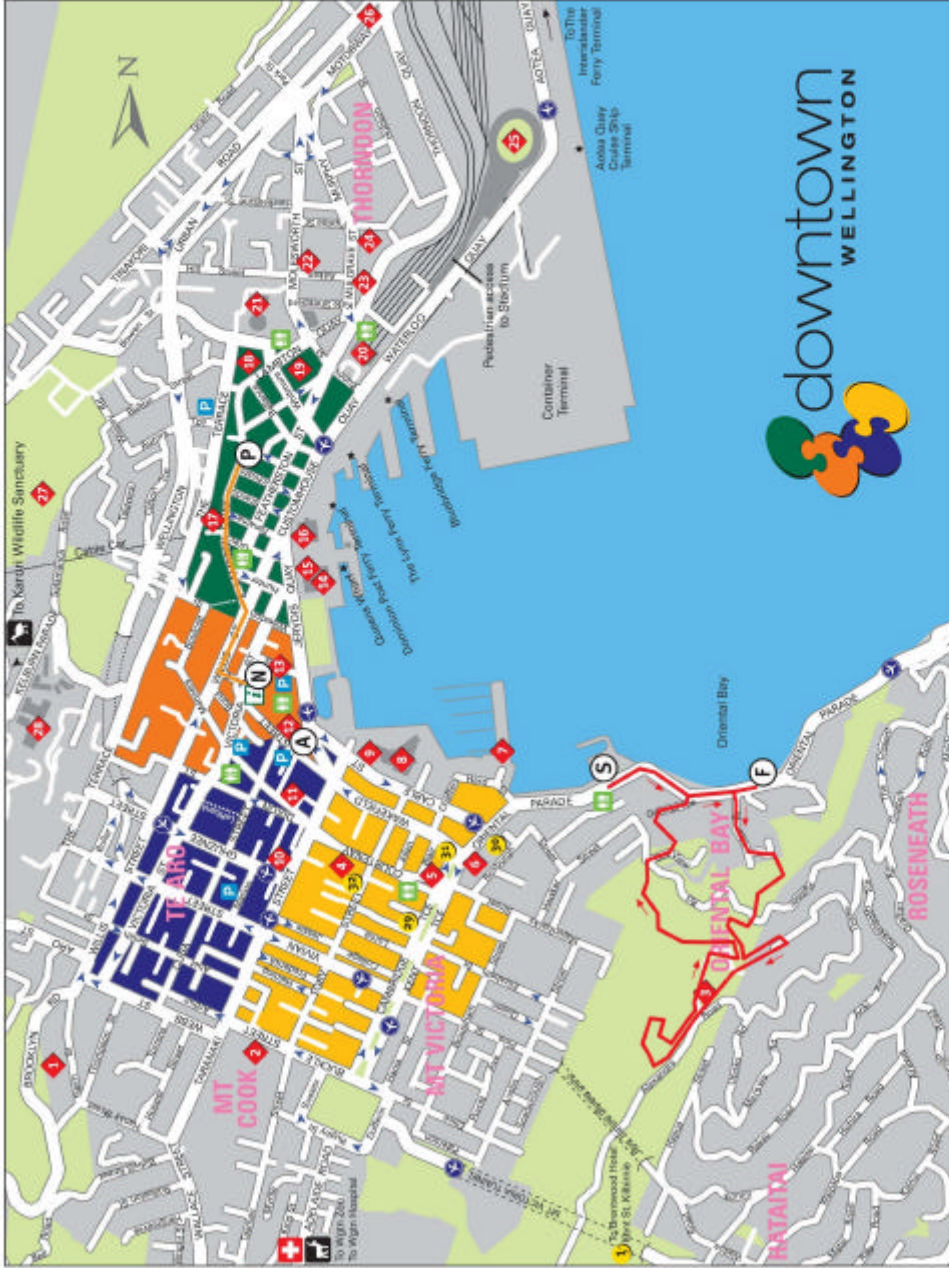
*Wellington with Mt Victoria in foreground and looking towards Tinakori Hill.*

### Important Numbers

#### **In an emergency dial**

Police – Wellington Central	111 381 2000
Wellington Accident & Urgent Medical Centre (Open all hours)	384 4944
Wellington Urgent Pharmacy (Mon-Fri 5pm-11pm / Sat-Sun 8am-11pm)	385 8810

BNZ Bank	0800 800 468
National Bank	0800 181 818
Westpac Bank	0800 400 600
ANZ Bank	0800 180 921
ASB Bank	0800 803 804



City Attractions	
1	Colonial Cottage Museum
2	National War Memorial & Cenotaph
3	Mount Victoria Lookout
4	Wespac St James Theatre
5	Downstage Theatre
6	Bath Theatre
7	Ovenshaw Terminal
8	Museum of New Zealand Te Papa Tongarewa
9	Circa Theatre
10	The File Archive
11	The Opera House
12	Wellington Convention Centre, Michael Fowler Centre/Wellington Town Hall
13	Civic Square, City Gallery, Capital L, Wellington City Library, Visitor Information Centre
14	Queens Wharf Events Centre
15	Museum of Wellington City & Sea
16	New Zealand Academy of Fine Arts
17	Cable Car/Ti Cable Car Museum
18	New Zealand Portrait Gallery
19	Government Buildings Historic Reserve/DOC
20	Wellington Railway Station
21	Parliament Buildings
22	National Library
23	Ancient New Zealand
24	Old St Paul's
25	Wespac Stadium
26	Katherine Mansfield Birthplace
27	Botanic Gardens, Cancer Observatory
28	Victoria University, Adam Art Gallery
Accommodation Providers	
29	Base Backpackers
30	The Bay Plaza Hotel
31	YHA Wellington
32	Wildlife House Backpackers
Race Venues	
A	Prize Giving/Accreditation
E	Race Finish
F	Start of Parade of Nations
N	Finish of Parade of Nations/Welcome Ceremony
S	Race Start
W	Final Ferry Wellington Bar & Brewery
Parade of Nations Route	
Course	

- Courtenay Quarter
- Willis Quarter
- Cuba Quarter
- Lambton Quarter
- Teaharo Quarter
- P Car Parking
- i Visitor Information Centre
- + Public Toilets
- + To Wellington Airport
- + To Wellington Hospital
- + To Wellington Zoo
- + To Karori Wildlife Sanctuary

# Travel & Accommodation

## **AIR TRAVEL**

Qantas is the official airline for the World Trophy. Together with their partners in the One World Alliance (British Airways, Aer Lingus, American Airlines, Cathay Pacific, Finnair, Iberia and LAN), Qantas will fly you to and from New Zealand. The air travel subsidy, for competitors, has been equalised so that those furthest receive the greatest support. The final subsidy per person will not be confirmed until we know exactly how many are travelling.

**IMPORTANT Flights must be booked by July 31<sup>st</sup> 2005, to qualify for the subsidy.**

The following information will be collected from country representatives at Sauze d'Oulx. If your country was not contacted then please email your answers to [info@mountainrunning.org.nz](mailto:info@mountainrunning.org.nz) by September 30<sup>th</sup>, 2004:

- o Country
- o Do you expect to have a team competing in Wellington. Yes / No
- o Your name, email address and official team position.
- o Likely number of competitors and officials travelling to Wellington.
- o Preferred departure airport for your team.
- o Preferred departure dates and expected numbers travelling on each date (if more than one departure date).
- o Preferred departure dates from Wellington and numbers travelling on each date.

Once we have the above information, Qantas will be in contact with you directly to explain the booking procedure and to confirm airfares. Note that the above requested information is indicative only and will serve as a guide for planning.

## **Passports**

All visitors to New Zealand must carry a passport that is valid for at least three months beyond the date you intend to leave the country.

## **Visas**

You do not need a visa or permit to visit New Zealand if you are:

- o An Australian citizen travelling on an Australian passport.
- o An Australian resident with a current Australian resident return visa.
- o If you are a citizen from: Andorra, Argentina, Austria, Bahrain, Belgium, Brazil, Brunei, Canada, Chile, Czech Republic, Denmark, Finland, France, Germany, Greece, Hong Kong, Hungary, Iceland, Ireland, Israel, Italy, Japan, Korea (South), Kuwait, Liechtenstein, Luxembourg, Malaysia, Malta, Mexico, Monaco, Netherlands, Norway, Oman, Portugal, Qatar, San Marino, Saudi Arabia, Singapore, Slovenia, South Africa, Spain, Sweden, Switzerland, United Arab Emirates, United Kingdom, United States of America, Uruguay and Vatican City.

All other nationalities will require a visa and, if required, we can provide an official letter of invitation to support your application. Visa information can be obtained from the NZ Government website:

[www.immigration.govt.nz/migrant/stream/visit/visitors/Howdoiapply/thesteps](http://www.immigration.govt.nz/migrant/stream/visit/visitors/Howdoiapply/thesteps)

then go to step 3, click on nearest receiving office; select your country of citizenship and residence, select visitor permit or visa and search.

NB. Depending on your route travelled you may also need a visa for countries you transit – even if you do not stopover.

### **Airport Arrivals & Transport**

An *Event Information Desk* will operate at Wellington Airport from Monday 19<sup>th</sup> morning until Thursday 22<sup>nd</sup> evening. Transport to your hotel will be provided from the 19<sup>th</sup> until the 22<sup>nd</sup>. If you arrive earlier than the Monday then transport can be arranged but you must ensure that we know your arrival day, time and flight number.

### **Departure Transport**

Transport will be provided to Wellington Airport from the official hotels on Monday September 26<sup>th</sup>. Please ensure that we know the time of your check-in, the number of people travelling and from what hotel.

### **OFFICIAL HOTELS**

**There are four official accommodation venues for the World Trophy where teams will be accommodated. Each country is entitled to full board from Thursday 22<sup>nd</sup> to Sunday 25<sup>th</sup> (out Monday morning) for up to 3 junior women, 4 junior men, 4 women and 6 men.**

**Full board for team officials will be on the following basis:**

- **5 or less competitors: no support for officials**
- **6 – 10 competitors: 1 official receives full board**
- **10 or more competitors: 2 officials receive full board**

The official accommodation is all very close together and less than one kilometre from the race start line. The venues are all new or have been recently renovated. **There will be a maximum of 4 persons per room.**

#### ***Wellington City YHA*** – [www.yha.org.nz](http://www.yha.org.nz)

292 Wakefield Street, Wellington

Ph +64 4 801 7280

Email: [yha.wellington@yha.org.nz](mailto:yha.wellington@yha.org.nz)

*Recently redeveloped, this has a welcoming relaxed atmosphere teamed with fantastic facilities: 2 well-equipped kitchens and dining rooms, comfortable common areas, laundry, games room and 2 TV/video lounges.*

#### ***Base Backpackers*** – [www.basebackpackers.com](http://www.basebackpackers.com)

21 – 23 Cambridge Terrace, Wellington

Ph +64 4 801 5666

Email: [wellington@basepackers.com](mailto:wellington@basepackers.com)

*Recently renovated 325 bed hostel in historic building. There are great chill out areas and communal kitchen with barbecue area. State of the art facilities, superior comfort, and high levels of service.*

#### ***Wildlife House*** – [www.wildlifehouse.co.nz](http://www.wildlifehouse.co.nz)

58 Tory Street, Wellington

Ph +64 4 381 3899

Email: [info@wildlifehouse.co.nz](mailto:info@wildlifehouse.co.nz)

*Newly developed, Wildlife House has excellent facilities: really social common area with fire place, well-equipped kitchen with open plan dining area, TV and video room, free 24 hour internet, laundry and spa pool and sauna.*

**The Bay Plaza Hotel** – [www.bayplaza.co.nz](http://www.bayplaza.co.nz)

40 – 44 Oriental Parade, Wellington

Ph +64 4 385 7799

Email: [reservations@bayplaza.co.nz](mailto:reservations@bayplaza.co.nz)

*Located by Wellington's waterfront with panoramic views of the harbour and Mt Victoria. Rooms have full facilities including television and telephone. Other hotel facilities include a restaurant and bar and a laundry service*

## TEAM ACCOMMODATION BOOKINGS

1. All accommodation bookings for the official hotels must be made through the World Trophy Office ([info@mountainrunning.org.nz](mailto:info@mountainrunning.org.nz)).
2. For official team member bookings, we require team managers to provide the following information:
  - a. Team Manager contact details.
  - b. Preferred accommodation venue.
  - c. Breakdown of male and female competitors and officials together with arrival and departure dates.
  - d. Breakdown of male and female supporters, together with arrival and departure dates, wanting to stay with the team.
  - e. Notes:
    - i. Nights before the 22<sup>nd</sup> and after the 25<sup>th</sup> are chargeable at NZ\$30 per person per night (accommodation only) for Base, Wellington YHA and Wildlife House. The Bay Plaza is NZ\$60 per person per night. Meals are not included.
    - ii. Supporters must pay for every night at the above rates.
    - iii. Accommodation is limited so preference will be given to official team members. Should the official accommodation not be available for supporters then we will recommend alternative venues.
  - f. **Initial accommodation numbers must be forwarded to the Organisers by September 30<sup>th</sup>, 2004. ([info@mountainrunning.org.nz](mailto:info@mountainrunning.org.nz))**
  - g. Number confirmation, with 50% deposit, must be made direct to the hotel by July 31<sup>st</sup>, 2005.
  - h. Names with full payment must be made direct to the hotel upon arrival.
  - i. All other costs (hotel bar, telephone etc) must be paid by the team leaders to the hotel before departure.

Upon arrival at your hotel, Team Managers may check their team in at the front desk. Your team will have been assigned room types prior to arrival.

### Meals

Meals will be provided as detailed in the programme for official accredited team members only. You must present your event ID to receive the official meals. Teams will be informed of the venue for their meals at their official hotel or at the Accreditation Centre.

### Accreditation

- Accreditation will take place at the Town Hall at the following times:
  - Thursday 22<sup>nd</sup> 12:00 – 18:00
  - Friday 23<sup>rd</sup> 09:00 – 12:00 and 14:00 – 18:00
- Team Managers are requested to submit their **final** list, with names of all team members at the Technical Meeting on Saturday 24<sup>th</sup> at 4pm. Team list must include: first and last names and date of birth. Passports for juniors must be sighted to confirm date of birth.

# Race Information

## **Course inspection**

The course will be open for inspection from Saturday, 16 September. Maps of the course are available on the event website, [www.mountainrunning.org.nz](http://www.mountainrunning.org.nz) or from the official event hotels.

## **Technical Meeting**

The technical meeting will take place on Saturday 24 September at 4pm (1600hrs) in the Renouf Foyer of the Michael Fowler Centre. Each team must be represented by one person and, if required, an interpreter.

## **Agenda**

Meeting will be presided by WMRA president, the Event Director and the Race Director.

1. Welcome
2. Presentation of Delegates and Competition Officials
3. Technical information about the race including start/finish, distance, laps, track conditions, markings, medical and drink stations on course.
4. Start procedures and Call room
5. Transponders
6. Finish procedures
7. Individual and Team Classification and procedure in the case of a tie
8. Protests
9. Doping Control
10. Award Ceremonies
11. Transport arrangements for departures
12. Answers to written questions
13. Distribution of bib numbers
14. Allocation of start box.

## **Race Numbers**

Team Managers will receive all start numbers at the time of accreditation. Two race numbers will be given per competitor. Race numbers must be worn, full size on the chest and on the back. Any infringement of this rule will result in disqualification. A third number will be provided for attachment to the competitor's gear bag.

## **Changing Facilities**

Competitors, upon presentation of ID, will have full access to the changing rooms and showers at the Freyberg Pool on race day. An upstairs room will be available for competitors to leave their gear bag. The Pool is directly opposite the start line.

## **Race Staging Area**

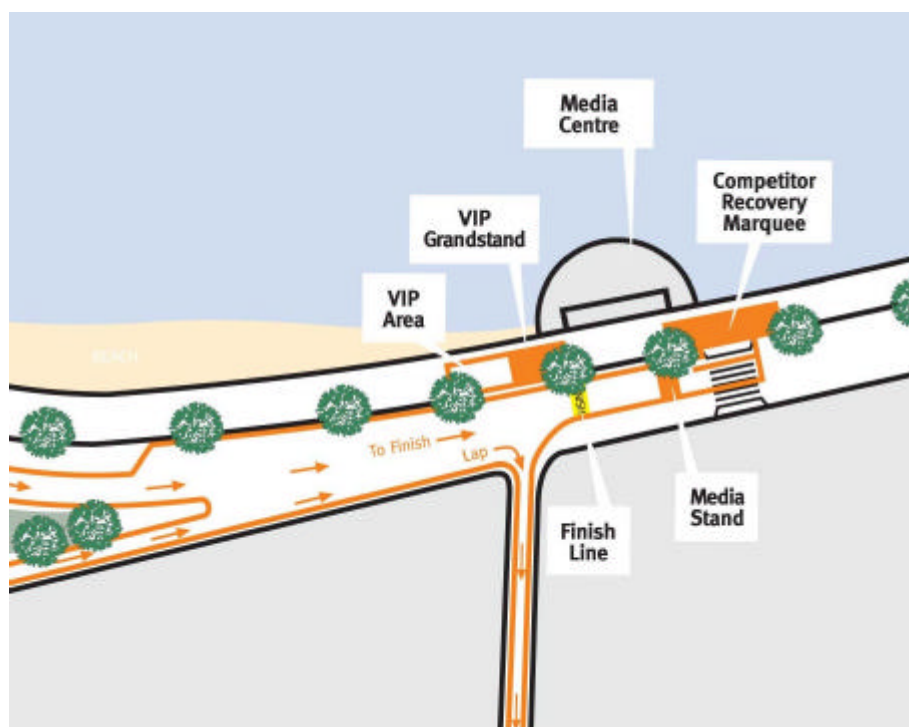
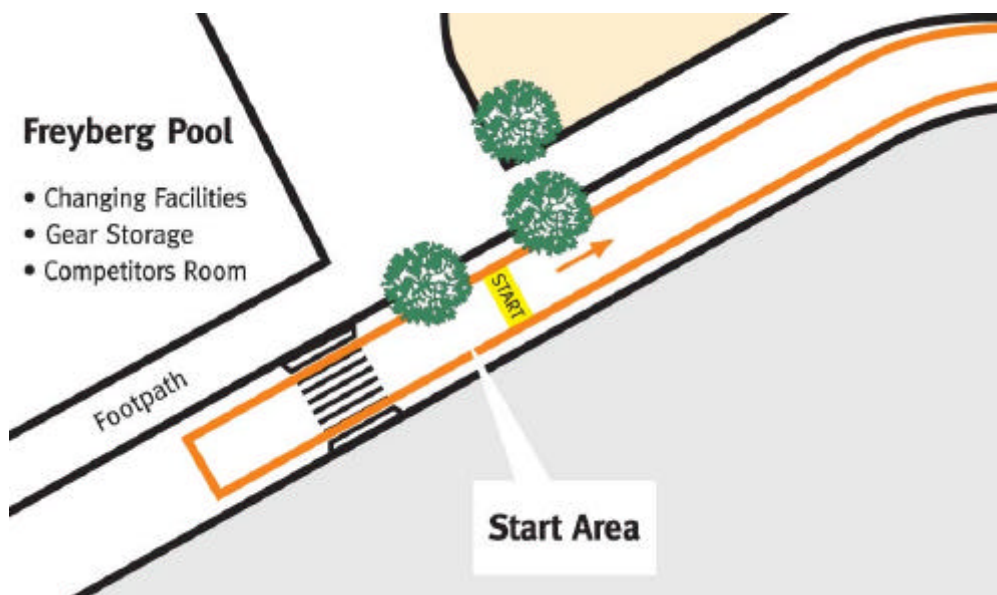
The race staging area is within the starting area. All athletes must report to the staging area **no later than 20 minutes** before the start of their race. Infringements of this rule will result in disqualification from the competition. Race officials will check the start numbers and adherence to all applicable rules. The athletes must wear national competition uniform for all World Trophy events, including Parade of Nations and Prize Giving (medal and trophy winners).

## **Start Line**

The Start Line will be clearly marked on Oriental Parade by the Freyberg Swimming Pool.

### Starting Instructions

All start commands will be given in English with the Race Official starting the race with: **Runners Ready, (starting pistol fired)**. If there is a false start, the Race Official will fire a second shot.



At the finish line will be a recovery marquee with food and drink, toilet facilities and massage.

### Medical Information

- On race day medical and accident treatment at the course by the contracted medical team is free of charge to the competitors. At all other times normal fees are charged by local practitioners.
- Sports Medicine Centres:
  - Wakefield Sports Medicine – Phone 381 8125
  - Capital Sports Medicine – Phone 499 5732
- Wellington Hospital – Phone 385 5999

# Course Information

The course is based on Mt Victoria in the centre of the New Zealand's capital city, Wellington. Importantly, the start and finish area is on Oriental Parade on Wellington's waterfront and is less than one kilometer from the athlete's official accommodation.

A challenging yet very photogenic course.

Mt Victoria has been extensively tested as both a running venue and as an international event venue (Mountain Bike World Cup 1997).

## Multi Lap Course

The basis for each race is a 4.3km lap with 310m of altitude gain. The athletes will first run 400m on the flat before they start the steep uphill. The course climbs quickly up between local houses and into the pine forest. It then follows formed tracks and grass verges on Mt Victoria.

Each lap contains one major climb and one minor climb with the final section descending back to the waterfront. A full road closure along the waterfront will enable a fantastic area to be erected for spectators.



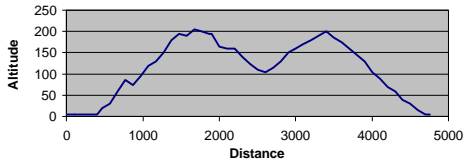
## Drink Stations

There will be drink stations just after the summit in the car park area (approx. 2km, 4km and 6km), at end of each lap (4.6km and 8.8km) and at finish.

Water only will be available.

**Junior Women 4.7km**

Ascent 310m Descent 310  
400m + 1 lap + 25m

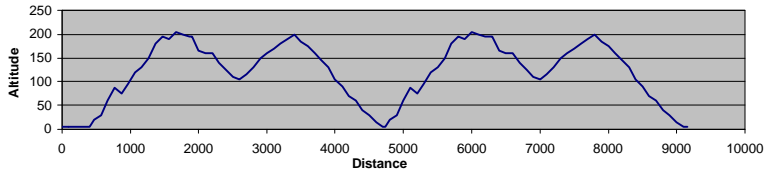


21st World Mountain Running Trophy  
Wellington, New Zealand, 2005

# COURSE PROFILES

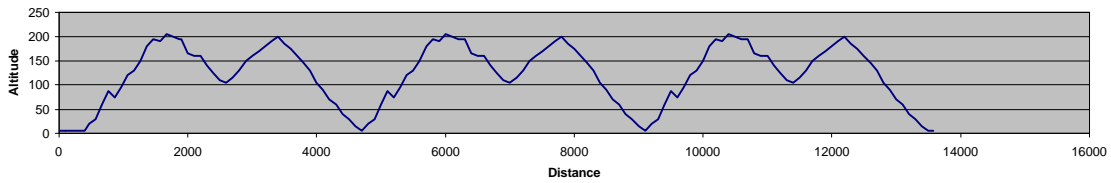
**Junior Men, Women 9.1km**

Ascent 620m Descent 620m  
400m + 2 laps + 25m



**Men 13.5km**

Ascent 930m Descent 930m  
400m + 3 laps + 25m



# *Ceremonies and Special Events*

## **Parade of Nations**

Friday September 23<sup>rd</sup>

12.30pm start

Competitors must assemble at Midland Park, Lambton Quay by 12.15pm at the latest.

All countries must wear their team uniform.

The parade will pass through the centre of the business and shopping district during the lunch break. Each team will be accompanied by a flag bearer. The 1km parade finishes in the Civic Square.

## **Welcome Ceremony (Powhiri)**

Friday September 23<sup>rd</sup>

1.00pm (as soon all teams in Parade of Nations have arrived at Civic Square)

Civic Square

All competitors and supporters will be welcomed to Wellington by a traditional Maori welcome.

If wet the welcome will be held in Town Hall alongside the Civic Square.

## **Press Conference**

Friday September 23<sup>rd</sup>

2.00pm

Illott Theatre, Town Hall

Ten runners will be invited to participate in the press conference after the Welcome Ceremony. Invitations will be through the Team Managers.

## **Mayoral Reception**

Friday September 23<sup>rd</sup>

2.00pm

Council Chambers, Town Hall

Wellington mayor, Kerry Prendergast, will host a reception for WMRA Council and Team Managers. Invitations will be given at Accreditation Centre.

## **Prize Giving**

Sunday September 25<sup>th</sup>

6.00pm

Michael Fowler Centre Auditorium

Prize giving for all grades and for teams will be held. Medal winners.

## **Final Party**

Sunday September 25<sup>th</sup>

7pm – 1am

Wellington Bar and Brewery, on the Waterfront.

Come party and dance the night away! A pasta meal will be available from 7pm to 10pm.