



Race Regulations

Scheduled races - Saturday 10 November, Newtown Park, Wellington

- **4.45 pm – 10000 metres B race**
- **6.00 pm – 10000 metres A race**
- **7.00 pm – 10000 metres – The Agency Group race**

- **Races are mixed gender and mixed grade**

- **The Agency 10000 metres is limited to a field of 30 athletes, including pacemakers**

- **Selection of The Agency Group 10000 metres field will be based on seed times**

- **The number of remaining entries will determine field sizes for the A and B races. If numbers are manageable, only one race will be held at the start time of 6pm**

- **The following pacemakers will start in the Agency 10000 metres**
 - **Hamish Carson – pacing the 30 minute group**
 - **Rowan Cooper, Dougal Thorburn and Stephen Day – pacing the 32 minute group**

- **The following pacemakers will start in the A 10000 metre race**
 - **Andy Ford and Dan Hunt – pacing the 35 minute group**

- **Pacemakers will wear bibs identifying their role**

- **On line entries close at midday on Wednesday 7 November**
- **Start lists will be published by 8pm on Thursday 8 November**
- **No on the day entries**
- **Athletes to report at the registration desk in the Function room no later than 30m minutes before scheduled start time to pick up race bib**
- **Athletics Wellington will endeavour to provide a set of lap scorers for The Agency 10000 metres. Athletes competing in the A and B races are requested to have a supporter available to undertake lap scoring if required**
- **All races will be conducted in accordance with IAAF rules**