



ACA Pairs Race

Saturday 26th July 2025

Cornwall Park – Puriri Dr

entry Greenlane West – race on Rugby League fields

Parking available in carpark next to rugby league clubrooms as well as on Puriri Drive

- Event 1: 2:00pm **ALL SENIOR GRADES FOR WOMEN & MEN**
Combined U18/U20, Masters & Seniors
- Event 2: 2:30pm **JUNIOR GIRLS (Grades U8, U10, U12, U14 and U16)**
- Event 3: 3:10pm **JUNIOR BOYS (Grades U8, U10, U12, U14 and U16)**

Prize Giving will commence as soon as results are completed.

Please advise number of teams per event being entered by the Thursday prior to the event (July 24th) to: dipa@craddock.co

Club:

EVENT #	GRADE	# TEAMS
1	WU18 / WU20	
1	Masters Women	
1	Senior Women	
1	MU18 / MU20	
1	Masters Men	
1	Senior Men	
2	Junior Girls (Grades U8, U10, U12, U14 and U16)	
3	Junior Boys (Grades U8, U10, U12, U14 and U16)	

ENTRY FORMS

- One (1) Entry Form per Event per Club is to be completed (on the day).
- Notify by Thursday prior to the event (email dipa@craddock.co) of total number of teams being entered per race so that the race numbers can be allocated.
- Collect Race Numbers from the ACA tent for your Club teams on arrival at the venue. Additional Race numbers are available if required.
- **Keep the Entry Form(s) with you until the race has started and then place them in the box by the end of the Finish chute. This allows changes in Team order or personnel to be made right up to Race Start time.**
- See Rules below regarding Composite Teams comprised of surplus runners. Once a runner is put into a Composite Team, they **must** compete for that team.
- If one member of a Junior team does not arrive, and cannot be replaced by another, then the Team can run as a 3. The first lap is to be completed by a pair; the remaining runner must not be a Grade U16 athlete, must wear both race numbers, will start from the baton receiving lane, and will finish across the finish line. The Team will be awarded $\frac{3}{4}$ of the points gained for the race placing provided the team does not have more than 2 Grade U16 athletes.
- Where a Club has entered FULL Teams and has another Team of 3 athletes only, that team may compete under the conditions above. A Club may not enter more than 1 team of 3 in any one race.

RACE GRADES

JUNIOR EVENTS	SENIOR EVENTS
Grades U8/U10/U12/U14/U16	Grades U18/U20, Masters & Senior
Each team will comprise two (2) sets of pairs.	Each team will comprise one (1) pair only
A valid team cannot have more than two (2) x Grade U16 runners	

EVENT FEES

All grades = \$5.00 per athlete

Bank account #: 12-3027-0414899-00

EVENT RULES

- 1) This Event is run under AAI and ANZ Rules
- 2) Race Number colour indicates which side of the Start area the athlete will run from.
- 3) Junior Grade Events have 2 pairs – the race numbers will have the race number followed by either “1” or “2” indicating first or second pair respectively.
- 4) Batons must be handed from one runner of a pair to the other runner before they turn around and run back (over the same section of the course they ran out) to the Collection Zone.
- 5) Runners must wait in the “Collection Zone” for their partner before proceeding up the finish chute to pass the baton to the second pair, or before crossing the finish line.
- 6) Runners not placed in a team by their Club may request inclusion in a Composite team. Composite teams will participate fully in the event.
- 7) Runners not placed in a FULL Club or Composite team may run as individuals. However, they will be eligible for spot prizes only.
- 8) All athletes compete at their own risk.

COURSE

Below shows an indicative course.

Could change slightly on the day depending on field conditions etc



One runner heads off to the left part of the course whilst the other heads off to the right. If running the same speed they should meet somewhere on the top straight which would be around the 1.5km mark for each athlete.