

Loburn 68 FAQ

The team behind these relays want you and your team to have a great experience so will be happy to answer any queries not covered below. Please submit these via our contact's page. We aim to respond within 24 hours.

The following queries are those usually asked:

Help! I really want to run but don't have enough for a team.

It's great that you want to run. Please contact us at peter.cameron@athleticscanterbury.org.nz . We will do our best to connect you with other runners who may want to be part of your team or who may want you as part of theirs. We have found it's a great way of meeting fellow runners and making friends.

I need to change my team members or running order - what do I do?

We know this can happen (often more than once) so we do all pre-race team changes at the mandatory Team Leaders meeting the Thursday & Friday before the race (you will be told what day you need to attend). There are always lots of changes. Store yours up so we can do them all together.

Team changes on the day should be done using the team change forms in the race packs (which you will get Thursday or Friday night) - these are done at least 30 minutes before the race starts for your team's grade. If you need to make a change during the race, please ask the officials for help.

A teammate can't run because of injury! Eeek! Can we still run?

Sorry to hear that. However, some good news. You are still welcome to run. So long as you tell us on the Thursday or Friday night, we can make the changes to the team. Just change the order so that all the remaining team members run consecutive laps until you run out of runners. If it's not too late for a replacement, then let us know at peter.cameron@athleticscanterbury.org.nz and we will try to find a person for your team. No promises though. 😊

Do we get water and refreshments on the course?

All teams (except for the 2-person team) should provide their own water for team members. The 2-person team can refill water bladders at the end of lap 2, lap 4, and lap 6. Teams are welcome to arrange drinks at various lap changeovers as well. Free water and a snack will be available at all lap finishes at the Domain.

Food and drinks carts will be available at the Event Hub (Loburn Domain) which will act as the start and finish point along with midway for the 8 person or 2 person teams. We are just across the river from Rangiora if you want to get something more substantial.

Are the roads closed for runners?

NO. We are using public roads and these will be open to vehicles at all times. While we have traffic management in place in key areas each runner runs at their own risk and must take responsibility for running safely.

Race supporters are discouraged from driving along the Boundary Rd hill circuit (lap 5 of 6 person and lap 4/7 of 8 person). Its narrow, shingle and steep.

Are we able to follow team members in a car / van?

While you are able to follow your team members please remember the roads are open to traffic and so you should not travel slowly behind a runner. Instead we suggest you find a safe place to park then cheer them on. See note above re road close question. Parking is quite tight at some changeover points so make sure you allow plenty of time (at least 20 minutes) to get a park and allow your runner to get to their start. Finally, due to course design, it's probably best to get your runners out on the course early so that traffic issues don;t cause anyone problems.

How do I ensure I don't muck up the baton change

if you are inexperienced at a baton change we suggest you stand on the middle line in the changeover area. That way both you and your incoming runner will be within the changeover zone. If unsure ask the officials; they won't bite. 😊

Can my team get disqualified for not obeying the rules.

While this would be unusual, the short answer is YES, especially if team members do not obey the " running within 1 metre from the edge of the road rule". We take H & S very seriously and don't want any injuries. Please take particular care coming around bends as it is often tempting to cut the corner - DON'T!!!

Can a team runner run more than one lap?

As with most relay races, the answer is NO. If you have a last-minute pull out or injury and need to complete the course (the last runner is missing!), then you are welcome to have a runner complete the course. However, your team is likely to be disqualified although the individual times will be recorded in the results. You will have the satisfaction of completing the relay though.

Can a Community / Corporate team win a grade?

Any of the local grades can be won by the fastest team in that grade, e.g. Canterbury Masters Women. A mixed team can win the grade they are competing in.

Can a Community / Corporate team win one of the trophies?

Most of the trophies have been donated on the provision they are presented to a club team. Where this applies, we will respect these wishes.

Is there a cut-off time for the relay?

There is no cut-off time for the Rakahuri (Loburn 39 - 6 person) relay. In the 8-person relay, as it is two loops, if Lap 4 runner does not get to the Loburn Domain within 4 hours of the start time (in other words the team has completed one loop), the team will not be allowed to continue as it will be too late when it finishes.

Can I have a team member walk a lap?

This is a running relay so all participants should be aiming to run their entire lap. We do appreciate there may be times during a lap a person may be walking but this should be kept to a minimum.

Can I use runners not in my club, school or organisation to make up my team and if so what are the consequences?

If your club, school or organisation has insufficient runners to form a complete team, they may form a Composite Team which may compete in either the eight-person relay or the six-person relay. Such teams shall be ineligible to claim teams' awards, but individual lap times will be recognised.

How do I work out the age grade of my team for the Loburn 68 if I have a mix?

The general rule of thumb is to work out the age of your youngest team member and enter the age applicable to them. If, for example, your youngest team member is under 35 on race day then your team will be in the Senior grade. If all team members are 50 or over on race day then your team can run in the Open Masters 50 grade.

Can women run in men's teams and vice versa?

Women can run in a men's team. However, all women's teams must have only women team members.

As a community/corporate team, what team member options do we have?

You are spoilt for choice. Depending on your fitness levels, we offer the following options: 8 person (68k total distance), 4 person (68k total distance), 2 person (68k total distance!), 6 person (39k total distance) and 3 person (39k total distance). Depending on the option, laps vary in distance from 4k to 34k.