



Governors Bay to Lyttelton

Handicap 10k Road Race



Saturday 29th August 2026

Venue – Governors Bay Primary School, Lyttelton Recreation Ground and the roads in between

Parking – There is limited parking at the start in Governors Bay. Due to traffic management issues, please do not park down Jetty Road (the start road) or the streets that run off it.

A lot of athlete's park at the finish in Lyttelton and ride share to Governors Bay with friends.

Bus to the Start - Parking at Governors Bay can be very tight so we offer a ride from the finish at Lyttelton Recreation Reserve to the start for just \$10.00. The Bus leaves at 8:40am so be there by 8:30 so we can check you off. If you forget to book a seat when entering, just bring \$10 cash.

Your Gear Bag – A car will be parked outside the start area to ferry your gear bag back to the finish in Lyttelton.

Handicap Race – this event is a handicap event with the theoretical aim of having every athlete cross the finish line at the same time. All athletes must submit their best 5k for a flat and fast course (estimates are acceptable).

Handicap start times will then be given by the handicappers with groups of athletes starting every 1 minute.

Runners Only – this is not a recreational walking event sorry, all entrants must run the course.

The Course is NOT CLOSED to other users such as motor vehicles and cyclists.

ALL Runners along the whole course must:

- run within 1metre of the right hand edge of the road
- run in single file unless passing another runner
- give way to any vehicles at intersections when crossing them
- run on footpaths, pathways or grass when directed to by marshals.
- Note that Referees will be following the race to monitor safe behaviour and give out warnings. Athletes not respecting the 1m rule may be disqualified.

Programme of Events

Start – 9.30am	Handicap 10k Road Race for U18 and older (handicaps range for 0 minutes to approximately 40 minutes after the gun goes)
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Host: Athletics Canterbury Cross Country and Road Committee and Methodist Harrier Club

Race Managers: John Gamblin johngam@xtra.co.nz and Meg Christie john.meg.nz@gmail.com

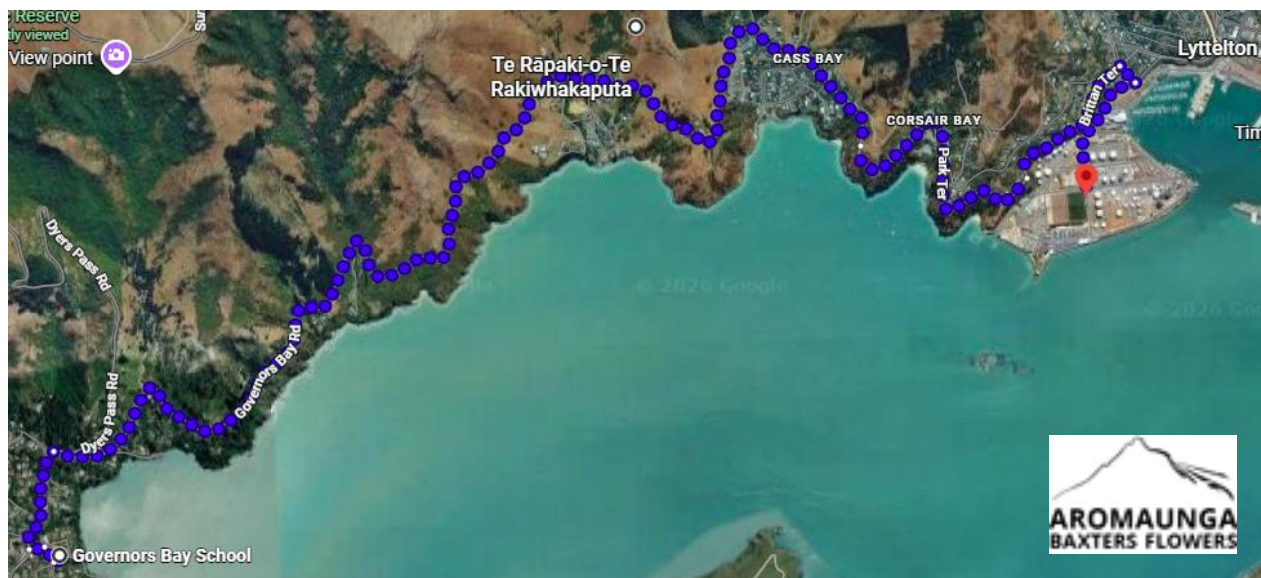
Duty Club: Methodist Harrier Club

Entries:

- **Club Athletes** must enter through their Club Secretary
- **Club Race Secretaries** should enter club athletes using this link <https://www.athletic.net/CrossCountry/meet/275214/info>
- **Community Runners** should enter using this link <https://www.athletic.net/CrossCountry/meet/275214/info>
Please note that payment is required through the Athletic.Net payment portal at the time of entering. The system times out after 15 minutes and if no payment is completed, the entire entry disappears.
- Ages for Senior & younger taken as age at 31/12/2026. Masters are 35 or older on the day.
- **Enter by: 8pm on Friday 21st August** (so handicaps and starting times can be calculated, and published)
- **Late entries will NOT be accepted sorry**
- **Registered Entry Fee:** \$25
- **Community Entry Fee:** \$40 (includes bank charges)
- **Clubs Pay** into the Athletics Canterbury Bank account: **03 1592 0086884 000**
- **Minimum Age** – athletes must be 16 or older on the 31st of December 2026

Course:

- An undulating 10k course with short - medium uphill and downhill, before a short steep and fast downhill leading into the final flat straight and onto the Lyttelton Recreation Reserve where the last 345m is grass.
- Starting from Governors Bay Primary School, Jetty Rd in Governors Bay.
- Start time is from 9.30am (time staggered due to handicap time).
- You will finish in the Lyttelton Recreation Ground, Charlotte Jane Quay in Lyttelton.



Course Map



Elevation Map – overall slightly downhill (about 40m)



Finish Map – the final 345m are on the grass

Prizes & Trophies

All finishers will be presented with a flower provided by Aromaunga Baxters Flowers, 116 Bridle Path Road, Heathcote Valley, Christchurch 8022.

Podium finishers take home a beautiful bouquet of flowers.

There are also ten beautiful bouquet spot prizes up for grabs.

For those runners who are registered with an athletics club, there is some additional trophies on offer.

- The Four-person Shield will be awarded to the club who has the fastest four athletes across the line in their respective grades.
- Club winners of the Senior Women, Senior Men, Masters Women and Masters Men grades for both fastest time and on handicap will also be awarded.
- Fastest Time Trophies
 - Senior Women
 - Masters' Women – EM McCallum Cup
 - Senior Men
 - Masters' Men – Brothers Trophy
- Handicap Winner (first home)
 - Senior Women
 - Masters' Women
 - Senior Men – Presidents Challenge Cup
 - Masters' Men – Oldfield Cup
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116 Bridle Path Road, Heathcote Valley, Christchurch 8022

This event counts towards the following competitions:

Each document can be found on the Cross Country & Road page on the Athletics Canterbury website if the link isn't working.

- The Winter Club of the Year - [2026 Winter Club of the Year Information](#)
 - [2026 Winter Club of the Year Points to date.pdf](#) – click on the link at the bottom of the page to see the detailed workings for each race within an Excel file.
- The Champions of the Season - [2026 Champions of the Winter Season Information](#)
 - [2026 Champions of the Winter Season Points to date.pdf](#)
- “The Passport” for U16 and younger athletes - [The Passport Rules for 2026](#)

[2026 Event Race Calls for Race Secretaries](#)

[2026 AC Terms and Conditions.pdf](#)

[2026 AC Out of Stadia Programme FINAL.pdf](#)

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