

MALCOLM PHILLIPS VIRTUAL RACE 2021

AGE GRADED

BOWEN ROAD FRI 9TH - MON 26TH JULY 2021

The ever popular **Malcolm Phillips 5K Age-Graded Race** is back in 2021, this time in a virtual format! You will have the freedom to choose to run at a time that suits you, as long as you complete the 5k course between the 9th- 26th July (inclusive).

The age-graded format will remain the same as previous years. You submit your finish time and we use your date of birth to "Age Grade" it using tables produced by World Masters Athletics. These tables give you a new time which allows you to see how your result would rank against the other runners if you were all the same age.

E.g. The tables regard runners aged 18 - 34 as being in their "peak" so their times are not age graded. A 35 year old's time would be adjusted downwards by a small factor to account for age. The factor is much larger for someone aged 90.

Prizes and medals will be awarded to;

The **top 3 AGE GRADED** times for men

The **top 3 AGE GRADED** times for women

The race is open to runners aged 18 or over on 9th July 2021

All runners who enter will receive a **limited edition AVOHK Sports Face Mask**

All those who successfully submit a finish time will be awarded a **certificate**.

Instructions

1 Register

Register online USING THE LINK AT THE BOTTOM OF THESE INSTRUCTIONS. Fee is **\$80 for members and \$100 for non- members**.

You will receive a confirmation email from active.com. This will show your Registration ID number at the top right corner. Save this as you will need it to upload your results.

2 Prepare your Watch

Our preferred apps for results upload are Strava or Garmin Connect but any similar app which shows the **course, distance and elapsed time** is fine. Note- we will **ONLY** accept elapsed time. Moving time will not be accepted as a valid result. On Strava you can set Elapsed time as your default by setting the activity to "RACE" before or after you run.

3 The Course

Head up to Bowen Road.

Start The Course starts on Bowen Road at the junction with Bowen Drive. There is a line on the road there in front of the metered parking ([Picture 1](#)). Start with the parking and playground on your right and run east, towards Stubbs Road.

Turn around After 2.5k you will come close to the junction with Stubbs Road. There is a concrete box- like structure on your right ([picture 2](#)). This is your turn around point. Run back towards the start.

Finish It is vital that your result upload shows 5k so make sure that you don't stop running until you have completed the distance. This may or may not take you over the actual start line, depending on how you run the corners, exact turn around point etc.

4 Social Media

If you would like, we would love to see your favourite finish line pic on the AVOHK Facebook page.

5 Upload your Results to Active

You will need your Registration ID to do this. Remember, you will need to send a screenshot of your course, distance run and ELAPSED TIME.

If you run a faster time during the race period, you are welcome to upload another result. This will replace your earlier time on our database.

UPLOAD RESULTS HERE

<https://resultscui.active.com/events/VirtualMalcolmPhillipsAgeGraded5k>

The race closes at midnight on Monday 26th July. You will have one further day to upload your results, with this window closing at midnight on Tuesday 27th July.

6 Results

Age graded times, not actual times will be used to award prizes. Results will be posted on the AVOHK website on Thursday, 29th July.

Prizes, souvenirs and certificates will be sent to the postal address which you provided after the race closes.

Enquiries to bigmalavohk@gmail.com

ENTER

<https://endurancecui.active.com/event-reg/select-race?e=75821333>