



WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Hosted by the Olympic Harriers Club and sanctioned by Athletics Wellington

Saturday 20 July, 2019

Grenada North Park, Jamaica Drive, Grenada North

COURSE DESCRIPTION:

A mixture of flat and undulating cross country course with climbs and jumps. This course is suitable for spikes.

Please note: the intention is to base the course on the 2km lap used in 2018 for both the Wellington and NZ Champs. However if rain prior to the event makes parts of the course muddy, then the course is likely to be modified to avoid any particularly muddy sections. This may reduce the length of each lap and consequently increase the number of laps for each race in order to keep the overall distance approximately the same. Any course changes will be notified as soon as possible via social media and via email to club representatives on the Athletics Wellington Cross Country and Road Committee.

AGE GRADES

- Wellington championship grades are: U10, U12, U14, U16, U18, U20, Senior, Masters 35, 50, 60 and 70.
- Championship distance for SW, SM, MW35, MM35 and MM50 is 10km.
- Championship distance for MW50, MW60, MM60, MW70 and MM70 is 5km.
- For all grades except Masters, ages are at 31st December 2019. For Masters' grades, ages are age on the day.

RACE BIB

All competitors must wear their official Athletics Wellington winter race bib.

RUNNERS COMPETING OUT OF GRADE

For the Wellington Cross Country Champs, any athletes who want to compete out of grade are to notify Daryl Bloomfield (daryl@fedude.co.nz) by **Thursday 18 July 5:00pm**.

TEAM RACES

There are team races for each championship grade, except Seniors where the team race will be Open (first 6 from each club in the 10km race to count for the Men, who will compete for the White & Mackay Shield, and first 4 from each club in the 10km race to count for the Women).

Counting Individuals for teams: First six from each club to count for Open Men and four for all other grades.

REGISTERED ATHLETES (FROM OUTSIDE WELLINGTON)

Athletes from other centres are welcome at this event. Entries for athletes from other centres are to be emailed to Daryl Bloomfield (daryl@fedude.co.nz) by **Thursday 18 July 5:00pm**. Payment for entry is on the day to Olympic Harrier Club, and a competition bib will be issued. Athletes from outside Wellington are not eligible for championship medals.

MEDALS

Athletics Wellington championship medals are awarded for the first three registered Wellington athletes in each grade.

RACE START TIMES AND DISTANCES

12.30pm WU18, MW50, MW60, MM60, MW70, MM70, all other grades non-championship (5km)
1.10pm Boys and Girls Under 16s (4km)
1.30pm MU18 (6km), WU20 (6km), MU20 (8km)
2.05pm Boys and Girls Under 10 (1km)
2.15pm Boys and Girls Under 12, Boys and Girls under 14 (2km)
2.30pm SW, SM, MW35, MM35, MM50, all other grades non-championship (10km)

INFO FOR CLUB ADMINISTRATORS ONLY – CLUBS WILL BE INVOICED AFTER THE EVENT:

\$12 for all runners over 17.

\$7.50 for all runners 17 and under.

Clubs will be invoiced for the runners who compete on the day.

CONTACT DETAILS

Olympic Harriers & Athletic Club

Jan Sheppard, Secretary

Email: events@olympicharriers.org.nz

Phone: 0274378140

Athletics Wellington

Todd Stevens

Email: todd.stevens@pwc.com

Entries, timing and results

Daryl Bloomfield

Email: daryl@fedude.co.nz