



WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Sunday 17 July 2022

Harcourt Park, Akatarawa Road, Upper Hutt

COURSE DESCRIPTION

The course will be based on a 2km lap, which will be the same as used last year. The lap has a mixture of flat and undulating cross country running, and is suitable for spikes. It is likely that the course will be firm underfoot, unless there is heavy rain in the hours prior to the event in which case parts will get muddy and slippery. Each lap crosses a tarsealed road twice.

Beware: the Park is open to the public, so beware of the potential for spectators, members of the public and dogs to venture onto the course while you are competing.

The course will be marked with tape, cones and flags. Competitors are to run between flags / cones, and around the outside of the tape – no cutting corners!

AGE GRADES

- Wellington championship grades are: U10, U12, U14, U16, U18, U20, Senior, Masters 35, 50, 60, 65 and 70.
- Championship distance for SW, SM, MW35, MM35 and MM50 is 10km.
- Championship distance for MW50, MW60, MM60, MW65, MM65, MW70 and MM70 is 5km.
- For all grades except Masters, ages are at 31st December 2022. For Masters' grades, ages are age on the day.

ENTRY AND ELIGIBILITY

The event is open to any athlete registered in the Athletes NZ ClubNet database as “Competitive” and “Active and Financial” as at 11.59pm on Friday 15 July 2022.

Competitive athletes from other centres are welcome. They are to email their entry to Daryl Bloomfield (daryl@fedude.co.nz) by 15 July and pay their \$12 entry fee direct to Athletics Wellington (deposit into 031-540-0009238-00).

Only “Competitive” members of an Athletics Wellington club will eligible for championship medals and to count in teams' races.

ENTRY FEES

Athletics Wellington clubs will be invoiced after the event for the competitors who finish:

\$12 for all competitors aged 20+

\$7.50 for all competitors under 20

RUNNERS COMPETING OUT OF GRADE

Any competitor who want to compete out of grade must notify Daryl Bloomfield (daryl@fedude.co.nz) by Friday 15 July.

RACE UNIFORM AND NUMBERS

All competitors must wear their official club uniform and their Athletics Wellington race bib (as issued for the Dorne Cup and Vosseler Shield) on the front of their uniform.

If you have misplaced / lost your race bib, please see Daryl Bloomfield on race day for a temporary bib (which must be returned after your race).

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.

MEDALS

Athletics Wellington championship medals are awarded for the first three registered Wellington athletes in each grade. These medals will be presented at the Soundshell as soon as possible after each race.

RACE START TIMES AND DISTANCES

| Race start time | Race Distance* | Grades |
|------------------------|-----------------------|---|
| 11.00am | 5km | Women Under 18 |
| | 5km | Masters Men 60 |
| | 5km | Masters Men 65 |
| | 5km | Masters Men 70 |
| | 5km | Masters Women 50 |
| | 5km | Masters Women 60 |
| | 5km | Masters Women 65 |
| | 5km | Masters Women 70 |
| | 5km | All other adult grades (non-championship) |
| 11.45am | 4km | Boys Under 16 |
| | 4km | Girls Under 16 |
| 12.10pm | 6km | Men Under 18 |
| | 6km | Women Under 20 |
| | 8km | Men Under 20 |
| 12.50pm | 1km | Boys Under 10 |
| | 1km | Girls Under 10 |
| 1.00pm | 2km | Boys Under 12 |
| | 2km | Girls Under 12 |
| | 2km | Boys Under 14 |
| | 2km | Girls Under 14 |

| | | |
|---------------|------|---|
| 1.20pm | 10km | Senior Women |
| | 10km | Senior Men |
| | 10km | Masters Men 35 |
| | 10km | Masters Men 50 |
| | 10km | Masters Women 35 |
| | 10km | All other adult grades (non-championship) |

* The 1km loop will be the first half of the 2km lap
The 5km race will do a 1km loop followed by 2 x 2km laps

CONTACT DETAILS

Race Director

Todd Stevens

Email: toddstevens6@gmail.com

Entries, timing and results

Daryl Bloomfield

Email: daryl@fedude.co.nz

COURSE MAP

