



2020 Cross Country Series

Proudly Sponsored by TRUST HOUSE

<http://acm.kiwi.nz/running/running> Face Book: ACM Runners & Walkers

Race	Date (Sunday)	Venue	Runners & Walkers	Juniors	Midgets
1	31st May	ACM Clubrooms, Blair Street	6 km	4 km	2 km
2	14th June	Elmley Farm, Taueru	6 km	4 km	2 km
3	28th June	Kamaha Farm, Rangitumau	6 km	4 km	2 km
4	12th July	Rewanui	6 km	4 km	2 km
5	26th July	ACM XC Champs & prize giving	Distance according to gender/age category		

Race start times: Wave 1: 10:00am (5 minutes intervals thereafter)

Races will be started in 5 to 6 waves according to expected finishing time. These will be adjusted after each event and on the day if needed Check your individual start times.

- **Runners and Walkers** will start together depending on speed.
- **Junior (J)** for competitors **16 years or under at the first race.**
- **Midget (M)** for competitors **10 years or under at the first race.** Courses will be off-road.
- Junior and Midget runners may choose to run in a higher grade.

Morning tea: From Race 2 onwards we will have a shared morning tea.

Cost per race: From race 2 - ACM members free; non-members adults \$5 and children \$3.

Spot prizes will be drawn at random from finishers on race day. You must be present to claim a prize.

Results: will be posted on the website and Face Book. Please advise of any errors before the next race.

Responsibility: By entering these events competitors agree to assume responsibility for their own actions and their children's/dependants actions during the events and while on location. Competitors agree to follow instructions, to conduct themselves in a manner to prevent injury or harm to themselves or others, not to bring ACM or Trust House into disrepute or do anything to jeopardise future events.

Safety: Courses may include open roads -please ensure everyone is Road Safe. Be prepared for wet or cold weather conditions. Cross country events will not be cancelled due to weather.

Cross-country championships: All are welcome but only ACM members are eligible for trophies.

For enquiries contact:

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