



WELLINGTON CROSS COUNTRY CHAMPIONSHIPS

Sunday 16 August 2020

Harcourt Park, Akatarawa Road, Upper Hutt

COURSE DESCRIPTION

The course will be based on a 2km lap, which will be similar to the lap used for the 2019 NZ Cross Country Champs. 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.

Corners of the course will be marked with electrical tape. Competitors are to run 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 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 2020. 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 “Active and Financial” as at 11.59pm on Friday 14 August 2020.

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

“Social” members can compete in a “Recreation” category. However they must notify Todd Stevens (todd.stevens@pwc.com) and pay an *additional* \$10 entry fee direct to Athletics Wellington by 14 August (deposit into 031-540-0009238-00).

Competitive athletes from other centres are welcome. They are to email their entry to Daryl Bloomfield (daryl@fedude.co.nz) by 14 August and pay their \$12 entry fee direct to Athletics Wellington (deposit into 031-540-0009238-00).

ENTRY FEES

Athletics Wellington clubs will be invoiced after the event for the competitors who finish (both Competitive and Social):

\$12 for all competitors aged 20+

\$7.50 for all competitors under 20

(As noted above, competitors from other centres must pay their entry fee direct to AW. And “Social” competitors must pay their additional \$10 fee direct to AW).

RUNNERS COMPETING OUT OF GRADE

Any competitor who want to compete out of grade must notify Daryl Bloomfield (daryl@fedude.co.nz) by Friday 14 August 2020.

RACE UNIFORM AND NUMBERS

All competitors must wear their official club uniform and have a race number written on their hand.

Prior to the race, competitors must report to the registration desk (located in the Soundshell) where a race number will be written onto their hand. After crossing the finish line, competitors must stay in the order they finished until their race number is recorded.

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 70
	5km	Masters Women 50
	5km	Masters Women 60
	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: todd.stevens@pwc.com
021781238

Entries, timing and results

Daryl Bloomfield
Email: daryl@fedude.co.nz

COURSE MAP

