



## **WELLINGTON CROSS COUNTRY CHAMPIONSHIPS**

***Sunday 21 July 2024***

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 8km.
- Championship distance for MW50, MW60, MM60, MW65, MM65, MW70 and MM70 is 4km.
- For all grades except Masters, ages are at 31st December 2024. For Masters' grades, ages are age on the day.

### **ENTRY AND ELIGIBILITY**

The event is open to any athlete registered in the Athletes NZ GameDay database as “Competitive” and “Active and Financial” as at 11.59pm on Friday 19 July 2024.

Competitive athletes from other centres are welcome. They are to email their entry to Daryl Bloomfield ([daryl@fedude.co.nz](mailto:daryl@fedude.co.nz)) by 19 July and pay their \$14 entry fee direct to Athletics Wellington (deposit into 031-540-0009238-00).

Only “Competitive” members of an Athletics Wellington club will be 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:*

\$14 for all competitors aged 20+

\$9.50 for all competitors under 20

## **RUNNERS COMPETING OUT OF GRADE**

Any competitor who wants to compete out of grade (including in the non-championship grades in the 4&8km races) must notify Daryl Bloomfield (daryl@fedude.co.nz) by Friday 19 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 8km race to count for the Men, who will compete for the White & Mackay Shield, and first 4 from each club in the 8km 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

<b>Race start time</b>	<b>Race Distance*</b>	<b>Grades</b>
<b>11.00am</b>	4km	Boys Under 16
	4km	Girls Under 16
	4km	Men Under 18
	4km	Women Under 18
	4km	Women Under 20
	4km	Masters Men 60
	4km	Masters Men 65
	4km	Masters Men 70
	4km	Masters Women 50
	4km	Masters Women 60
	4km	Masters Women 65
	4km	Masters Women 70
	4km	All other adult grades (non-championship)
<b>11.30am</b>	1km*	Boys Under 10
	1km*	Girls Under 10
<b>11.45am</b>	2km	Boys Under 12
	2km	Girls Under 12
	2km	Boys Under 14
	2km	Girls Under 14
<b>12.00pm</b>	8km	Men Under 20
	8km	Senior Women
	8km	Senior Men
	8km	Masters Men 35
	8km	Masters Men 50
	8km	Masters Women 35
	8km	All other adult grades (non-championship)

\* The 1km loop will be the first half of the 2km lap

## CONTACT DETAILS

### **Race Director**

Todd Stevens

Email: toddstevens6@gmail.com

### **Entries, timing and results**

Daryl Bloomfield

Email: daryl@fedude.co.nz

COURSE MAP

