

Saunders Gough & Robbie 2022

Venue: Masterton

Programme

Time (approx)	Race	Distance
12 noon	Arrival & registration	
1.30 pm	Open Men (20 & Over, SM & MM) - Sanders Cup	8 km (4 laps)
	Open Women (20 & Over, SW & MW) - Burns Cup	6 km (3 laps)
	Open Walk - Walkers Trophy	4 km (2 laps)
	Men & Women Under 20 - Gough Cup	4 km (laps)
2.20 pm	Under 12	2 km (1 lap)
	Under 7 fun run (if sufficient numbers)	
2.45 pm	Under 14 - Challenge Shield	4 km 2 (laps)
	Under 16 - Robbie Shield	4 km (2 laps)
3 pm	Afternoon Tea & Prize Giving	

Teams: The number for the counting teams in each race will be confirmed on the day, depending on how many members from each club have registered and are on the start line.

Course: The course will be clearly marked with a mixture of flags, cones, arrows and/or tape.

Standard XC rules, apply: - 2 flags: forming a gate, participants must run between them. - 1 flag: participants must run within 5m either side.