

## Sanders & Gough XC Championships

**Saturday 1 August 2026**

Hosted by Athletics and Cycling Masterton  
Colin Pugh Sports Bowl, Blair Street, Masterton

### Registrations:

We will be using a manual Webscorer timing system for the event and results.

Participants registered as competitive members must wear their yellow Athletics Wellington race bib.

Participants registered as social/recreational members will be issued a bib on the day.

Limited entries will be accepted on the day.

### 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

### Timetable:

|        |                               |                                     |       |               |
|--------|-------------------------------|-------------------------------------|-------|---------------|
| 1:30pm | Sanders Cup                   | Senior and Masters Men (20 to 59)   | 7km   | Lap A x 2     |
|        | Burns Cup                     | Senior and Masters Women (20 to 49) | 7km   | Lap A x 2     |
|        |                               |                                     |       |               |
| 1:35pm | Sanders Masters Centenary Cup | Masters Men 60+                     | 7km   | Lap A x 2     |
|        | Burns Masters Centenary Cup   | Masters Women 50+                   | 7km   | Lap A x 2     |
|        | Gough Cup                     | Under 20 Men & Women                | 7km   | Lap A x 2     |
|        |                               |                                     |       |               |
| 1:40pm | Walkers Trophy                | Walkers                             | 5.5km | Lap A & Lap B |
|        |                               |                                     |       |               |
| 2:15pm | Jenny Hardie Memorial Shield  | Under 12 Men and Women              | 2km   | Lap B         |
|        |                               |                                     |       |               |
| 2:30pm | Challenge Shield              | Under 14 Men and Women              | 3.5km | Lap A         |
|        | Robbie Shield                 | Under 16 Men and Women              | 3.5km | Lap A         |
|        |                               |                                     |       |               |
| 3:00pm | Afternoon Tea & Prize Giving  |                                     |       |               |

***Ages as at 31 December, except for Masters which is age on the day***

## Course:

There will be a 3.5km lap (A) and 2km lap (B). The course will be clearly marked with a mixture of flags, cones and arrows. Marshals will be positioned at key points.

Standard XC Rules apply:

- 2-flags = Gate and competitors must run between them
- 1-flag - competitors must be within 5 metres on either side

## Course description and maps

The course includes grass, limestone and gravel paths and some pavement. **NOT** suitable for **spikes**.

**Lap A (3.5km)** Follow the **orange flags**. Start beside the deer park, follow the flags up and on to the stop bank for 50m then drop down to the river bank. Pass under the bridge, follow the flags to take you up and over the bridge then left and under the bridge on the other side. Follow the flags along the riverside lime trail until the foot bridge (passing under a swing bridge and road bridge on the way). Cross the foot bridge, turn right and back along the trail on the other side until you reach the road bridge. Pass under this bridge, veer left, up, over and down to the side of the running track. Back to the clubrooms to complete the lap. Repeat as necessary.

**Lap B (2km)** Start beside the deer park, follow the **orange flags** up and on to the stop bank for 50m then drop down to the river bank until you get to the bridge. Follow the **yellow flags** to cross the bridge, turn right down to the river bank. Follow the **orange flags** along the lime trail, under the swing bridge until the next bridge. Follow the **yellow flags** up to the footpath across the bridge and down to the side of the running track and back to the finish.

