

ATHLETICS MANAWATU WANGANUI

CROSS COUNTRY CHAMPIONSHIPS

Saturday 15th July 2017

hosted by:

WANGANUI HARRIER CLUB



RACE VENUE:

Bason Botanic Gardens
552 Rapanui Road, Westmere
(Off SH3, north of Wanganui)

RACE MANAGER:

Paul Duxfield
021-164-5660
wanganuiharrierclub@gmail.com

REGISTRATION & ENTRY FEES

No pre-registration required. Simply turn up and run/walk.

Registered Athletes:

\$5:00 Seniors/Masters \$3:00 for all other grades Under-20

Clubs: Each club will be sent an invoice by the Centre for entry fees and it is each clubs' decision how they recover these fees from their registered athletes.

Non-registered runners/walkers:

Athletes who are not registered with any Club affiliated to Athletics Manawatu Wanganui

\$10.00 Seniors/ Masters \$5.00 all other grades Under-20

Payable on the day

ELIGIBILITY

To be recorded in the official Championship results and be eligible for certificates, athletes must be registered with Athletics NZ via an affiliated club within the Centre for 2017 as at the day of the race.

Athletes must wear club uniform.

PROGRAM OF EVENTS

11:30am	Course marked and open to inspect	1:50pm	Junior Men U18	6km (3x 2km laps)
			Junior Men U20	8km (4x 2km laps)
12:30pm	Open Championship Walk 8km (4x 2km laps)		Senior Men	10km (5x 2km laps)
	<i>Non championship Walk</i> 8km		Masters Men 35+	8km (4x 2km laps)
	Boys & Girls U9			
	Boys & Girls U11	3:10pm	Afternoon tea (or after last finisher)	
	Boys & Girls U13		Prizegiving and afternoon tea will be held immediately after the final event at Bason Reserve (weather permitting, alternatively at the WHC Club Rooms on Parsons Street).	
	Boys & Girls U15		Please bring a plate to share.	
1:00pm	Junior Women U18			
	Junior Women U20			
	Senior Women			
	Masters Women 35+			

AGES FOR GRADES

Except for Masters, all ages are as of age on 31 December 2017

For example: if 12 years now, but turning 13 before 31 December, you are in the 14 grade; if 17 but turning 18 before 31 December, you are in the Junior grade.

Masters is in 5 year age grades from 35 years. Your actual birthday dictates transition to the next age grade. i.e. turning 55 on 14th July brings you into the 55-59 grade.

TEAMS COMPETITION

An inter-club competition will be held for each Championship grade. All grades need 4 members to count, or if no team has 4 then 3 members will form a team.

OFFICIALS REQUIRED

The host club would like some assistance with officiating on the day, and clubs are asked to bring **1-2 officials to assist** with the days' racing, such as recording, time keeping or marshalling.

CLUBS please email/txt Paul Duxfield beforehand to advise who will be available.

AMW REPRESENTATION

These Manawatu/Wanganui champs are a key selection race for athletes to be considered to represent Manawatu/Wanganui at the 2017 NZ cross country championships in Auckland on the 30th July. Please see one of the Centre Selectors, Rob Dabb (FMoa), Alister Martin (PNAHC) or Paula Conder (WHAC) if you wish to be considered.

If you are unable to take part in the AMW Champs but wish to be considered in the team contact one of the selectors BEFORE this event. The AMW team will be announced at prize giving.

COURSE NOTES

The terrain is predominantly grass with all road crossings carpeted.

The 1km course is undulating.

The 2km course begins flat and finishes on the flat, with a steady uphill leading to a large flat section, followed by a downhill and then undulating portion.

Where a short lap is noted as part of the distance, this shall be completed first.



2km Course



1km Course