

# ATHLETICS MANAWATU WANGANUI

## CROSS COUNTRY CHAMPIONSHIPS

Saturday 18<sup>th</sup> July 2020

hosted by:

### WANGANUI HARRIER CLUB



#### RACE VENUE:

Bason Botanic Gardens  
552 Rapanui Road, Westmere  
Wanganui

#### RACE MANAGER:

Rob Conder  
021 182 0626  
wanganuiharrierclub@gmail.com

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#### REGISTRATION & ENTRY FEES

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

##### Registered Athletes:

\$5:00 Seniors/Masters

\$3:00 for all other grades

**Clubs:** Each club will be sent an invoice by the Centre for entry fees and it is each club's 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 2020 as at the day of the race.

**Athletes must wear club uniform.**

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#### PROGRAM OF EVENTS

**11.30am** Course marked and open to inspect

**12:30pm** Open Walk 8km (4x 2km laps)

*Non championship Walk 4km (2x 2km laps)*

Boys & Girls U9 1km

Boys & Girls U11 2km (2x 1km laps)

Boys & Girls U13 3km (3x 1km laps)

Boys & Girls U15 3km (3x 1km laps)

**1:00pm** Women U18 4km (2x 2km laps)

Women U20 6km (3x 2km laps)

Senior Women 8km (4x 2km laps)

Masters Women 35+ 5km (1x 1km, 2x 2km laps)

**2.10pm** Men U18

Men U20

Senior Men

Masters Men 35-59

Masters Men 60+

6km (3x 2km laps)

8km (4x 2km laps)

10km (5x 2km laps)

8km (4x 2km laps)

6km (3x 2km laps)

**3:30pm Afternoon tea (or after last finisher)**

Prizegiving and afternoon tea will be held at the WHC Club Rooms, Victoria Park, on Parsons Street.

**Please bring a plate to share.**

## AGES FOR GRADES

**Except for Masters, all ages are as of age on 31 December 2020**

For example: if 12 years now, but turning 13 before 31 December 2020, you are in the U15 grade; if 17 but turning 18 before 31 December 2020, you are in the U20 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 18th 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 day's racing, such as recording, time keeping or marshalling.

**CLUBS please email/txt Rob Conder 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 2020 NZ cross country championships in Dunedin on the 29<sup>th</sup> August 2020. Please see one of the Centre Selectors, Rob Dabb (FMoa), Dave Lovelock (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.**

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## 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