



ATHLETICS MANAWATU WANGANUI

CROSS COUNTRY CHAMPIONSHIPS Saturday 14 July 2018



Host Club: Feilding Moa Harrier Club
Venue: 2179 Kimbolton Rd, Kiwitea
email: feildingmoa@gmail.com

Race manager
Dave Walters

Ph 021 254 4020

Directions: From Feilding take Kimbolton Rd 12km to Cheltenham. Veer to the right and carry on along Kimbolton Rd, past Kiwitea School & Hall. About 1km later look for the "Moa" at the gate

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 2018-19 as at the day of the race. Athletes must also compete wearing official club uniform.

Entry Requirements: There is no pre-entry required. You may be required to obtain a race number prior to Starting.

Entry Fees: Registered Athletes: \$5:00 Seniors and Masters, \$3:00 all other grades
Non-registered athletes:# \$10.00 Seniors, Masters, \$5.00 all other grades
#not registered with an Athletics Manawatu Wanganui affiliated club

Clubs: will be sent an Invoice by the Centre for Entry Fees - and it is therefore each clubs decision how they recover these fees from registered and unregistered athletes.

PROGRAMME OF EVENTS

			laps
11.30am	Course marked and open to inspect		
12:30pm	Open Championship Walk	9.75km	1 short, 3 Long
12:30pm	Boys and Girls 8 & under	1.6km	1 short
12:45pm	Boys and Girls 9-13 years	3.25 km	1 Long
1.15pm	Youth Men (14-17)	6km	2 Long
	Masters Women 35+	6km	2 Long
	Masters Men 65+	6km	2 Long
2:00pm	Women (14-19)	4.4km	1 short, 1 Long
	Junior Men (18,19)	9.75km	1 short, 3 Long
	Senior Women (20-34)	9.75km	1 short, 3 Long
	Masters Men 35-64	9.75km	1 short, 3 Long
	Senior Men (20-34)	9.75km	1 short, 3 Long

FOR MULTIPLE LAPS

1. Where a short and long lap combination is shown, the **SHORT lap is done first**
2. The first 250 metres of Lap 1 takes you to a gateway where you will turn **LEFT**.
3. On Subsequent laps you **WILL NOT come back through that gateway** until on your final Lap. Continue on the Long Lap
4. On the **LAST LAP** you will **TURN LEFT** through that gateway and return along the initial 250 metre section to finish between the Flags

All ages (except masters athletes) are as at 31st December 2018

Masters Athletes: Your eligibility for 5-year age groups is per your age as of 14 July 2018 Results will be recorded in 5 year age groups e.g. W35-39, W40-44, W45-49 etc.

Running out of a grade: To compete in a grade different to your age group e.g. Master running as a Senior; make a

request to the Race Referee prior to the start otherwise it is assumed you will run in your grade

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

Officials Required: The host club require assistance with officiating on the day. This includes: Starters, Timekeepers, Recorders and Marshalls. Clubs please **email the Race manager at least 1 week prior advising of 2 persons nominated as Officials**. Duties will then be allocated beforehand.

The Course: See Long & Short laps layout below.

Toilets: Portaloos available at the venue. Other toilets open at Kiwitea Hall

Parking: There is ample parking at the venue, but please park sensibly to maximise the use

Results & Afternoon tea: Held at Kiwitea Hall once the final event has finished, approximately 3:15pm. Please bring a plate to share.

Selection for Manawatu/Wanganui team to NZ Cross Country Champs

These Manawatu/Wanganui championships are a key selection race for athletes to be considered to represent Manawatu/Wanganui at the 2018 NZ Cross Country championships in Tawa on the 5th August. Please **indicate if you are available for Selection by 3rd July 2018** by contacting one of the Selectors, Rob Dabb, Alister Martin or Paula Conder

If you are unable to take part in the Centre Champs but still wish to be considered for selection to the NZ champs please communicate that to one of the selectors BEFORE this event.



**1.6km
Short Lap**



See instruction
re Multi Laps

Start
Finish

3.25km Long Lap