

# Newcastle Cross Country Club 2010 Season Program



## Contacts

**Cross Country Info Line available from Friday 4pm till Saturday 6pm – 0449 888 223**

**President – Alan Bradley – 4975 1635**

**Secretary – Debra Fox – 0402 832 674**

**Treasurer – Kim Bradley – 4975 1635**

## GENERAL INFORMATION

The Newcastle Cross Country Club (NXC) conducts cross country running events in the Newcastle - Hunter Region. Most of the events are organised by NXC club members and affiliated clubs. Any member is eligible to run in any event, however to be eligible for prizes at some special events you must be registered with Athletics New South Wales (ANSW) and reside within the region as allocated by ANSW.

## MEMBERSHIP

Membership is open to anyone subject to completing an application form and paying a Registration Fee. Minimum age for registration and competition is 6 years.

In the interest of safety and the future success of our junior runners, NXC discourages any child under the age of 16 years from competing in any NXC organised distance over 7kms. Junior runners will not be awarded points if they run over this distance.

## FEES

Registration					
Adult	\$20	Student	\$15	Family	\$55

Run Fee					
Adult	\$2	Student	\$1	Family	\$5

Season Pass					
Adult	\$55	Student	\$35	Family	\$135

A season pass includes registration fee and run fee. All family members must register at the same time

## START TIMES

Unless noted otherwise all events start at 2.00pm check the program as some special events will start at 1.00pm while others have closing times of 1:30 pm. You should register at least 15 minutes before the start of the event.

## VOLUNTEERS & OFFICIALS

The NXC relies on it's volunteers to successfully conduct all the events on the programme. To share the load, all registered members (adult) are expected to volunteer to assist in at least one event during the year. You can volunteer for any event, so contact a run organiser as listed in the program and offer your help.

Typical jobs include course marshalls, timekeeping, place card distribution, course set up etc. A point score bonus is available for all volunteers assisting in the running of an event. If recovering from injury what better time to help out and still get points! Maximum points can be earned for one handicap and one graded event only.

## **PROGRAM**

The program offers a variety of types of competition for people with different interests. Normally three events are held each week. The short run is usually between 1 and 3.5 kms. The medium run is usually between 4 and 7 kms. and the long run is usually between 6 and 12kms. in distance.

Maximum points are available once a season for one handicap and one graded event pre season when that competitor acts as an official.

## **SCRATCH EVENTS**

All runners start at the GO SIGNAL.

## **HANDICAP EVENTS**

Runners commence at the handicap time based on their kilometre rating. Individual runners penalty time will be displayed on the day of the run. Your start time MUST be written on your start and finish cards. Handicap events are scored from 100 points for first place, followed by 99 points for second place etc down to 1 point.

## **GRADED EVENTS**

Runners commence in the grade in which they are qualified to run in according to their kilometre rating. Grade and start time will be displayed on the day of the run. Your grade MUST be written on your start and finish cards. Graded points are awarded 10 for first place, 9 for second etc. down to 1 point.

## **CHAMPIONSHIPS**

In order to be the recipient of the Millington or Road Relay Championship Trophies, you must be registered with NXC and completed 4 events in the current season.

## **WHAT DO THE SIGN AND FLAGS MEAN**

RED turn around sign and red flags mark the SHORT course and turn around point

BLUE turn around sign and blue flags mark the MEDIUM course turn around point

YELLOW turn around sign and yellow flags mark the LONG course turn around point

At times other course markers such as ribbons, tape cones or witches hats etc may be used.

## **CLUB UNIFORMS**

Those members who belong to an athletic club or running club are encouraged to wear their club uniform and nominate their club on their registration form and their finish card. An Interclub trophy is keenly contested throughout the season and is presented to the season's most successful running club.

## **START AND FINISH CARDS**

It is compulsory to complete start and finish cards. How else are we to know that you are competing on the day. Your start time for Handicap Events, or your Grade for Graded Events along with other details MUST be written on both your start and finish cards. How else are we to know what distance you ran, what time you started or what grade you are competing.

## **COMMITTEE**

NXC is the body that organises cross country running and walking in the area of the Greater Hunter. The committee is elected at the annual general meeting normally conducted at the conclusion of the season. Expressions of interest to join the committee are taken at the presentation day. Any interested person aged 12 years or older is encouraged to join the committee.

## **PRIZES & PRESENTATION DAY**

A point score is maintained throughout the season culminating in an annual presentation day with trophies/prizes given to various age, distance, handicap and grade winners and placegetters. Trophies for open, veteran and junior "distance runner of the year" winners are also presented, along with the Alec Thomson achievement award.

NXC encourages all members and families to come along and enjoy the barbeque and presentation day and so to acknowledge and encourage the deserving award and major trophy winners and placegetters.

(Prizes at some special events may be presented on the day)

## **ANIMALS**

NXC has a hiring agreement with all venues. As most venues do not permit animals we request that you do not bring your animals to any event.

## **BBQ**

From time to time Newcastle Cross Country provide a BBQ for its runners at no cost. Please remember if you have finished your run early, then don't attempt to ask for seconds until all runners have completed their events.

RUBBISH

## **FIRST AID**

A designated first aid officer will be available at all runs. However in the event of an emergency the appropriate services will be contacted.

## **RUBBISH**

Please deposit your rubbish in the bins or bags provided. All venues must be left clean and tidy.

## **NXC ROAD CHAMPIONSHIPS - BUFF FORM**

Eligibility for prizes - must have completed 4 Newcastle Cross Country current season runs prior to this Championship. There will be a Trophy for 1<sup>st</sup> M/F in the 10 km for ANSW registered runners only and ANSW Numbers must be worn.

General categories - Trophies for first place male and female in the following:

10 km Open / U20 Male / Vet / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64

8 km 65-69 / 70+ 5 km U20 Female / U18 / U16 3 km U14 / U12 2 km U10

General Information - Start time for races is 2pm be early to enter.

If there is no prize category for you in your event make a normal entry on a card. Entry forms for category entrants available on the day. **Entries close at 1:30 pm**

## **PETER ROSE CLASSIC - BLUE FORM**

Eligibility for prizes - Teams of 5 runners only one from each grade with the normal 10 grades being grouped AB, CD, etc. Lower grade runners may move up.

Winning teams decided by a point score over 3 events.

Event 1 - Normal cross country (2, 4, 5.5 km) Points awarded according to place of each team member in their event.

Event 2 - Scatter

Event 3 - Pursuit Relay 5 legs 1, 2, 3, 4, 5 km one leg to be completed by each team member.

General Information – Random Draw for Teams and there must be at least one runner in each distance when completing in Event 2. **Entries close at 1:00 pm**

## **KING OF THE MOUNTAIN – 25K** Eligibility – must be over 18 years.

Start time varies 12 noon for = or >5min/klm rating 1pm for < 5min/klm rating

2pm for shorter distances

Trophies include Male and Female King of the Mountain and the Stuart Matley Handicap Trophy

## **MILLINGTON CHAMPIONSHIPS - PINK FORM**

Eligibility for prizes - must be registered and have completed 4 Newcastle Cross Country current season runs prior.

The Perpetual trophies for 1<sup>st</sup> m/f in 12 km is for ANSW registered runners only and ANSW Numbers must be worn.

General Categories - Trophies for first place male and female in the following:

12 km Open /U20 / Vet / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64

8 Km 65-69 / 70+ 6 km U16 / U18 3 km U12 / U14 2 km U10

General Information:-

Start time for races is 2pm be early to enter. There will be a free BBQ after the event.

If there is no prize category for you in your event make a normal entry on a card. Entry forms for category entrants available on the day. **Entries close at 1:30 pm**

## **NXC ROAD RELAYS - GREEN FORM**

Eligibility for prizes - must be a member of Newcastle Cross Country

Categories - Medals for 1<sup>st</sup> place team members

Certificates for 2<sup>nd</sup> and 3<sup>rd</sup> place team members in the following. Females may enter in male teams.

4 x 2 km U12Male; U12Female; U14Male; U14Female

4 x 3 km U16Male; 16Female; U18Male

3 x 3 km U18Female

4 x 5 km Open Male - Vet Male (40+)

3 x 5 km Open Female - Vet Female (35+)

General Information-

Start time for races is 2pm be early to enter. There will be a free BBQ after the event.

Normal entry fee applies to all runners. Entry forms available on the day.

**Entries close at 1:30 pm**

Due to unforeseen circumstances the program may be changed without notice – if in doubt ring the Newcastle Cross Country Information Line on the day 0449 888 223

Date	Venue	Type	Organiser	Distance	Start	Contact	Special Information
03-Apr-10	Richley Reserve	Scratch	Committee	1.8, 4 and 6 km	off Freyberg Street, New Lambton	0449 888 223	first run of season, be early to register
10-Apr-10	Myuna Bay	Graded	Westlakes	3, 6.3 and 10.1 km	first left turn passed Eucalypt Close, near S&R Camp	Peter / Dom - 4975 1604	
17-Apr-10	Sugarloaf	Handicap	Macquarie Hunter / Cardiff	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Dave R 0410 622 198	
24-Apr-10	Kitchener	Graded	Coalfields	2.9, 4.7 and 9.6 km	The Poppethead, Kitchener	Tony – 4937 1957	
01-May-10	Awaba	Handicap	Westlakes	3, 6 and 9.8 km	Awaba Public School, Mulbring Street, Awaba	Gerry 0413 999 889	
08-May-10	Ash Island	Graded	Wallsend	2.5, 6 and 12 km	Ash Island Wetland Education Centre, turn off at McDonalds Hexham	John - 4966 4975	Fruit provided for runners
15-May-10	Redhead	Handicap	Newcastle Vets	2, 5, and 10 km	south end Redhead beach car park	Paul - 4967 6369	
22-May-10	NCX Road Relays	Relay	Committee	2, 3 and 5 km	Speers Point Park	Yvonne – 4975 4584	See over for details: BBQ
29-May-10	Richmond Vale	Handicap	Coalfields	3, 6 and 15 km	Richmond Vale Railway, travel via Kurri Kurri or Freemans Waterhole	Tony – 4937 1957	
05-Jun-10	Walka Water Works	Graded	Maitland	3, 5.3 and 10.6 km	Scobies Lane, Oakhampton	Weston - 0400 366 582	
12-Jun-10	Botanic Gardens	Handicap	Wallsend	3.2, 6.3 and 9.4 km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbre	John - 4966 4975	Car parking fee applies
19-Jun-10	Caves Beach	Graded	Wattagan Warriors	2.2, 5.4 and 10 km	Caves beach surf club	Terry - 4971 3535	
26-Jun-10	NXC Road Championships	Championship	Committee	2, 3, 5, 8 and 10 km	Marmong Point Park First and Aspinal Sts	Yvonne – 4975 4584	See over for details: BBQ
03-Jul-10	Warnervale	Handicap	Lakes Grammar	2.5, 5 and 10k	Lakes Grammar School, Sparkes Road Warnervale	Megan - 0405 062 756	
10-Jul-10	Millington Tocal Ag College	Championship	Maitland & Committee	2, 3, 6, 8 and 12 km	Main entrance, turn left, Tocal Road, Paterson	Weston - 0400 366 582	
17-Jul-10	Sugarloaf	Graded	Newcastle Vets	3, 6, 11.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Janice - 0438448427	
24-Jul-10	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park	Kim – 4975 1635	See over for details: random draw for teams
31-Jul-10	King of the Mountain	Scratch and Handicap	All clubs	2, 5, 10 and 25 km	Dirt Road, before lower carpark Mt Sugarloaf, off George Booth Drive	Alan 0449 888 223	BBQ
07-Aug-10	Jesmond Park	Graded	Kotara South	2.6, 5.1 and 7.6 km	Jesmond Park, near oval	Debra – 0402 832 674	
14-Aug-10	Blackbutt Reserve	Handicap	Kotara South	2.3, 4.6 and 9.2 km	Off Mahogany Drive	Margaret - 4952 1882	
21-Aug-10	Wetlands Centre	Scratch	Woodberry	3.1, 5.5 and 7.9km	Shortland Wetlands Centre	Debra – 0402 832 674	Entry fee applies
28-Aug-10	Rathmines Presentation	Random Teams	Committee	3 x 2km relay	Rathmines Reserve	Yvonne – 4975 4584	random draw for teams