

Date	Venue	Type	Organisers	Distances	Start	Contact	Special Information
5 April	Richley Reserve	Scratch	Committee	2, 4 & 6 km	off Freyberg Street, New Lambton	Debra – 0402 832 674 or Paul – 4967 6369	First run of the season be early to register
12 April	Myuna Bay	Graded	Westlakes	3, 6.3 & 10.8 km	first left turn passed Eucalypt Close, near S&R Camp	Peter / Dom - 4975 1604	
19 April	Sugarloaf	Handicap	Newcastle Vets	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Nick - 4952 1135	
26 April	Caves Beach	Graded	Wattagan Warriors	2.2, 5.4 and 10 km	Caves Beach Surf Club, lower car park	John – 4971 2577	
3 May	Redhead	Sealed Handicap	Newcastle Vets	2, 5, & 10 km	South end Redhead Beach car park	Paul - 4967 6369	Beach Run – low tide
10 May	Millington & NHRAC	Championship	Maitland & Committee	2, 3, 6 & 12 km	Walka Waterworks off Oakhampton Rd Maitland	Weston -0428 173 410	See over for details Entries close 1:30 pm BBQ for runners
17 May	Swansea	Graded	Wattagan Warriors	2.5, 5 & 9 km	Thomas Humphries Reserve	Terry - 4971 3535	
24 May	Rathmines	Graded	Westlakes	various	Waterfront Reserve	Gerry – 0413 999 889	
31 May	NXC Road Relays	Relay	Westlakes & Committee	2, 3 & 5 km	Fassifern Railway Station	Yvonne – 4975 4584	See over for details Entries close 1:30 pm
7 June	Ash Island	Handicap	Wallsend	2.5, 5 & 10 km	Ash Island Wetland Education Centre, turn off at McDonalds Hexham	John - 4966 4975	Fruit provided for runners
14 June	Botanic Gardens	Graded	Wallsend	3.3, 6.5 & 9.7km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbrea	John - 4966 4975	Car parking fee applies
21 June	Awaba	Handicap	Westlakes	3, 6 & 9.8 km	Awaba Public School, Mulbring Street, Awaba	Bert – 0408 753 693	
28 June	NXC Road Championships	Championship	Committee	2, 3.5 & 10 km	Cnr First and Aspinal Streets, Marmong Point	Yvonne – 4975 4584	See over for details Entries close 1:30 pm
5 July	Grahamstown	Graded	Newcastle Vets	2.5, 5, 10 km	Richardson Road, Car Park at SE corner of playing fields, at Lakeside Leisure Centre, Leisure Way	Paul – 4967 6369	
12 July	Total Ag College	Handicap	Maitland	3, 6, 11.5 km	Main entrance, turn left. Total Road Paterson	Weston – 0428 173 410	
19 July	Sugarloaf	Handicap	Macquarie Shores / Cardiff	3, 6, 12 km	Lower car park, Mt Sugarloaf, off George Booth Drive	Michelle - 0414 772 696	
26 July	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park	Debra - 0402 832674	See over for details Entries close 1:00 pm
2 August	King of the Mountain	Scratch and Handicap	All clubs	2, 5 10 and 25 km	Dirt road before lower than car park, Mt Sugarloaf, off George Booth Drive	Frank – 4971 2998	See over for details King of Mountain 1:00pm Others 2:00 pm BBQ for all runners
9 August	Jesmond Park	Graded	Kotara South	2.6, 5.1 & 7.6 km	Jesmond Park near oval	Tracey - 4920 6041	
16 August	Blackbutt	Handicap	Kotara South	2.5, 5 & 10 km	Blackbutt Reserve off Mahogany Drive, New Lambton	Margaret - 4952 1882	
23 August	Wetlands Centre	Scratch	Woodberry	3.1, 5.9 and 11.0km	Shortland Wetlands Centre	Debra – 0402 832 674	\$1 entry fee to Wetlands
30 August	Presentation	Random Teams	Committee	1.5 km	Jesmond Park near Oval	Debra – 0402 832 674	Random draw for teams Entries close 1:30 pm BBQ and Prizes

NEWCASTLE CROSS COUNTRY RUNNING INC. 2008 PROGRAM

GENERAL INFORMATION - The Club conducts cross country running events in the Newcastle - Hunter Region. Most of the events are organised by athletic clubs or running groups within the area. Any member is eligible to run in any event, however to be eligible for prizes at some special events you must be registered with ANSW & reside within the region as allocated by ANSW.

MEMBERSHIP - is open to anyone subject to completing an application form and paying a Registration Fee.

FEES -

Registration fee includes first run fee

Adult \$15	Plus \$2 per run
Student \$10	Plus \$1 per run
Family \$40	Plus \$5 per run

Season Pass

Adult \$50
Student \$30
Family \$120

START TIMES - Unless noted otherwise all events start at 2.00pm check the program as some special events will start at 1.00pm. Others have closing times of 1:30 pm. You should register at least 15 mins. before the start.

PRIZES - are awarded at the annual presentation held at the last event on the calendar, they are decided by a handicap and graded point score throughout the season and there is also an interclub point score. Prizes at some special events may be presented on the day. See program.

CONTACTS -

President - Alan Bradley 4975 1635
Secretary - Debra Fox 0402 832674
Treasurer - Paul Buckley 4967 6369

MILLINGTON CHAMPIONSHIPS

Venue - Walka Waterworks off Oakhampton Rd Maitland

NO DOGS ALLOWED

Eligibility for prizes - must have completed 2 Newcastle Cross Country current season runs prior.

The Perpetual trophies for 1st m/f in 12 klm is for ANSW registered runners only.

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 / 65+ / 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 and presentation 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 Admission Fee Required**

NXC ROAD RELAYS

Venue – Fassifern Railway Station

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

Categories - Medals for 1st place team members

Certificates for 2nd and 3rd 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 and presentation after the event.

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

Relay entries close at 1:30 pm

Due to unforeseen circumstances the program may be changed without notice – if in doubt ring the run contact on the day

NXC ROAD CHAMPIONSHIPS

Venue – First & Aspinal Sts MARMONG POINT

Eligibility for prizes - must have completed 4 Newcastle Cross Country current season runs prior to this Championship.

There will be a NHRAC Trophy for 1st M/F in the 10 km for ANSW registered runners.

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 / 65+ / 70+

5 km U20 Female / U18 / U16

3 km U14 / U 12

2 km U10

General Information -

Start time for races is 2pm be early to enter. There will be a presentation 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**

PETER ROSE CLASSIC

Venue - Speers Point Park

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 - Scatter

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

Event 3 - 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 event when completing in Event 2.

**REGISTRATIONS MUST BE IN BY 1.00
EVENT 1 STARTS AT 1.30
PLEASE BE EARLY**