

### **NXC ROAD CHAMPIONSHIPS - BUFF FORM - Entries close at 1:30 pm**

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

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 / U 12 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.

### **PETER ROSE CLASSIC - BLUE FORM - Entries close at 1:00 pm**

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 competing in Event 1.

### **KING OF THE MOUNTAIN – 25K YELLOW FORM - Entries Close :30mins prior to undertaking event**

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 - Entries close at 1:30 pm**

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.

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.

### **NXC ROAD RELAYS - GREEN FORM - Entries close at 1:30 pm**

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.

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 22

Date	Venue	Type	Organiser	Distance	Start	Contact	Special Information
02-Apr-11	Richley Reserve	Scratch	Committee	1.8, 4 and 6 km	off Freyberg Street, New Lambton	NXC Hot Line – 0449 888 223	Car parking fee applies
09-Apr-11	Myuna Bay	Graded	Westlakes	3, 6.3 and 10.2 km	first left turn passed Eucalypt Close, near S&R Camp	Peter / Dom – 4975 1604	
16-Apr-11	Sugarloaf	Handicap	Macquarie Hunter / Cardiff	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Dave – 0410 622 198	
23-Apr-11	Kitchener	Graded	Coalfields	3, 5.1 and 10.1 km	The Poppethead, Kitchener	Tony – 4937 1957	
30-Apr-11	Awaba	Handicap	Westlakes	3, 6 and 9.8 km	Awaba Public School, Mulbring Street, Awaba	Gerry 0413 999 889	
07-May-11	Ash Island	Graded	Maitland	2.9, 5.4 and 10.4 km	Ash Island Wetland Education Centre, turn off at McDonalds Hexham	Weston – 0407 887 147	Fruit provided for runners
14-May-11	Walka Water Works	Handicap	Maitland	3, 5.3 and 10.6 km	Scobies Lane, Oakhampton	Weston – 0407 887 147	
21-May-11	NXC Road Relays	Relay	Committee	2, 3 and 5 km	Awaba Public School, Mulbring Street, Awaba	Yvonne – 4975 4584	See over for details: BBQ
28-May-11	Richmond Vale	Graded	Coalfields	3, 6 and 14.5 km	Richmond Vale Railway, travel via Kurri Kurri or Freemans Waterhole	Tony – 4937 1957	
04-Jun-11	Redhead	Handicap	Newcastle Vets	2, 5, and 10 km	south end Redhead beach car park Beach Road, Redhead	Paul - 0417 252 587	
11-Jun-11	Botanic Gardens	Graded	Newcastle Vets	3.2, 6.3 and 9.4 km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbrea	Paul - 0417 252 587	Car parking or entry fee applies
18-Jun-11	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
25-Jun-11	Caves Beach	Handicap	Wattagan Warriors	2.2, 5.4 and 10 km	Caves Beach surf club	Terry - 4971 3535	
02-Jul-11	Warnervale	Graded	Lakes Grammar	2.5, 5 and 10k	Lakes Grammar School, Sparkes Road Warnervale	Megan – 0405 062 756	
09-Jul-11	Sugarloaf	Handicap	Newcastle Vets	3, 6, 11.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Janice - 0438 448 427	
16-Jul-11	Millington Tocal Ag College	Championship	Maitland & Committee	2, 3, 6, 8 and 12 km	Main entrance, turn left, Tocal Road, Paterson	Weston – 0407 887 147	
23-Jul-11	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park Park Road, Speers Point	Kim – 0449 888 223	See over for details: random draw for teams
30-Jul-11	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	See over for details: BBQ
06-Aug-11	Wetlands Centre	Graded	Maitland & Committee	3, 5.4 and 7.8 km	Shortland Wetlands Centre Off Sandgate Road, Sandgate	Weston – 0407 887 147	Entry fee applies
13-Aug-11	Blackbutt Reserve	Handicap	Kotara South	2.3, 4.6 and 9.2 km	Off Mahogany Drive, New Lambton	Margaret – 4952 1882	
20-Aug-11	Jesmond Park	Scratch	Kotara South	2.6, 5.1 and 7.6 km	Jesmond Park, near oval Newcastle Road, Jesmond	Debra – 0402 832 674	
27-Aug-11	Rathmines Presentation	Random Teams	Committee	3 x 2km relay	Rathmines Recreation Area Off Dorrington Road	Yvonne – 4975 4584	random draw for teams