

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 1st 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 25 K - YELLOW FORMS - 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 1st 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 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 after the event.

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

ANSW - NSW ROAD RELAY CHAMPIONSHIPS (2012)

If you are a registered member of an athletic club and wish to compete in this event being held on 7 July, please visit the ANSW web site to complete your entry form. <http://www.nswathletics.org.au/> and comply with ANSW competition rules.

If you are not a registered member of an athletic club and wish to compete, you can apply for a winter only membership. Please see the Secretary – Debra for more information.

Newcastle Cross Country members wishing to compete in the ANSW NSW Road Relay Championships can apply to have their entry cost refunded after the results are published to the ANSW web site, and proof of payment is provided. A limited number of entry costs will be refunded, with the decision made by the committee members only.

In the event of 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
31-Mar-12	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
07-Apr-12	Sugarloaf	Graded	Newcastle Vets	3, 6, 11.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Janice - 0438 448 427	
14-Apr-12	Kitchener	Handicap	Coalfields	3, 4.8 and 9.7 km	The Poppethead, Kitchener	Tony – 4937 1957	
21-Apr-12	Redhead	Graded	Newcastle Vets	2, 5, and 10 km	south end Redhead beach car park	Paul - 0417 252 587	
28-Apr-12	Ash Island	Handicap	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
05-May-12	Awaba	Graded	Westlakes	3, 6 and 9.8 km	Awaba Public School, Mulbring Street, Awaba	Gerry - 0413 999 889	
12-May-12	Peace Park	Handicap	Maitland	3, 5 and 10 km	Cessnock Road, Weston	Weston - 0407 887 147	
19-May-12	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	
26-May-12	Richmond Vale	Handicap	Coalfields	3, 6 and 14.5 km	Richmond Vale Railway, travel via Kurri Kurri or Freemans Waterhole	Tony – 4937 1957	
02-Jun-12	NXC Road Relays	Relay	Committee	2, 3 and 5 km	Awaba Public School, Mulbring Street, Awaba	Weston - 0407 887 147	See over for details: BBQ
09-Jun-12	Botanic Gardens	Graded	Newcastle Vets	3.2, 6.3 and 9.4 km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbre	Paul - 0417 252 587	Car parking/entry fee applies
16-Jun-12	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
23-Jun-12	Caves Beach	Handicap	Wattagan Warriors	2.2, 5.4 and 10 km	Caves beach surf club	Terry - 4971 3535	
30-Jun-12	Sugarloaf	Graded	Macquarie Hunter / Cardiff	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Dave - 0410 622 198	
07-Jul-12	Ourimbah	Sealed Handicap	Newy and the Coast	2, 6 & 10k	University of Newcastle – Ourimbah Campus 10 Chittaway Road Ourimbah	Committee 0449 888 223	ANSW Road Relay Championships
14-Jul-12	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	
21-Jul-12	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park	Committee 0449 888 223	See over for details: random draw for teams
28-Jul-12	King of the Mountain	Scratch and Handicap	All clubs	2, 5, 10 and 25 km	Dirt Road, before lower carpark Mt Sugarload, off GBD	Committee 0449 888 223	See over for details: BBQ
04-Aug-12	Wetlands Centre	Graded	Maitland & Committee	3, 5.4 and 7.8 km	Shortland Wetlands Centre	Weston - 0407 887 147	Entry fee applies
11-Aug-12	Blackbutt Reserve	Graded	Kotara South	2.3, 4.6 and 9.2 km	Off Mahogany Drive	Margaret - 4952 1882	
18-Aug-12	Jesmond Park	Scratch	Kotara South	2.6, 5.1 and 7.6 km	Jesmod Park, near oval	Debra – 0402 832 674	
25-Aug-12	Rathmines Presentation	Random Teams	Committee	3 x 2km relay	Rathmines Reserve	Yvonne – 4975 4584	random draw for teams