

Newcastle Cross Country Club 2009 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	\$15	Student	\$10	Family	\$40
-------	------	---------	------	--------	------

Run Fee

Adult	\$2	Student	\$1	Family	\$5
-------	-----	---------	-----	--------	-----

Season Pass

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

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 to 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 for the current season with ANSW and compete with your ANSW number displayed

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 1st 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 / 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. **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 have completed 4 Newcastle Cross Country current season runs prior.

The Perpetual trophies for 1st 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 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.

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	Organisers	Distances	Start	Contact	Special Information
4 April	Richley Reserve	Scratch	Committee	1.8, 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
11 April	Myuna Bay	Graded	Westlakes	3, 6.3 & 10.1 km	first left turn passed Eucalypt Close, near S&R Camp	Peter / Dom - 4975 1604	
18 April	Sugarloaf	Handicap	Newcastle Vets	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Janice - 0438448427	
25 April	Awaba	Graded	Westlakes	3, 6 & 9.8 km	Awaba Public School, Mulbring Street, Awaba	Bert – 0408 753 693	
2 May	Kitchener	Handicap	Coalfields	3.2k, 5.8k & 10.2k	The Poppethead, Kitchener	Tony – 4937 1957	
9 May	Redhead	Sealed Handicap	Newcastle Vets	2, 5, & 10 km	South end Redhead Beach car park	Paul - 4967 6369	
16 May	Ash Island	Graded	Wallsend	2.6, 5.9 & 11.8 km	Ash Island Wetland Education Centre, turn off at McDonalds Hexham	John - 4966 4975	Fruit provided for runners
23 May	Richmond Vale	Handicap	Coalfields	3, 5 & 9 km	Richmond Vale Railway	Tony – 4937 1957	
30 May	NXC Road Relays	Relay	Westlakes & Committee	2, 3 & 5 km	Speers Point Park	Yvonne – 4975 4584	See over for details BBQ provided
6 June	Swansea	Graded	Wattagan Warriors	2.6, 5.4 & 9.5 km	Thomas Humphries Reserve	Terry - 4971 3535	
13 June	Botanic Gardens	Handicap	Wallsend	3.2, 6.4 & 9.5km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbre	John - 4966 4975	Car parking fee applies
20 June	Caves Beach	Graded	Wattagan Warriors	2.2, 5.4 and 10 km	Caves Beach Surf Club, lower car park	John – 4971 2577	
27 June	NXC Road Championships	Championship	Committee	2, 3, 5, 8 & 10 km	Marmong Point Park First & Aspinal Sts Marmong Point	Yvonne – 4975 4584	See over for details BBQ provided
4 July	Grahamstown	Handicap	Port Stephens	2.5, 5, 10 km	Aquatic Centre, Grahamstown Road Medowie	Caroline – 4981 0936	
11 July	Millington Tocal Ag College	Championship	Maitland & Committee	2, 3, 6, 8 & 12 km	Main entrance, turn left. Tocal Road Paterson	Weston -0407 926 485	See over for details BBQ provided
18 July	Sugarloaf	Graded	Macquarie Hunter / Cardiff	3, 6, 11.8 km	Lower car park, Mt Sugarloaf, off George Booth Drive	Michelle - 0414 772 696	
25 July	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park	Kim – 4975 1635	
1 August	King of the Mountain	Scratch and Handicap	All clubs	2, 5, 10 and 25 km	Dirt road before lower car park, Mt Sugarloaf, off George Booth Drive	Frank – 4971 2998	See over for details BBQ for all runners
8 August	Jesmond Park	Graded	Kotara South	2.6, 5.1 & 7.6 km	Jesmond Park near oval	Debra – 0402 832 674	
15 August	Blackbutt	Handicap	Kotara South	2.3, 4.6 & 9.2 km	Blackbutt Reserve off Mahogany Drive, New Lambton	Margaret - 4952 1882	
22 August	Wetlands Centre	Scratch	Woodberry	3.1, 5.5 and 7.9km	Shortland Wetlands Centre	Debra – 0402 832 674	Entry fee applies
29 August	Presentation	Random Teams	Committee	3 x 2km Relay	Rathmines	Yvonne – 4975 4584	Random draw for teams BBQ and Prizes