

NEWCASTLE CROSS COUNTRY INC

Road Championships

Entries: Entries are automatic, if the eligibility criteria are met.

Starting Time: 2:00 pm

Eligibility: Entry is open to all members of Newcastle Cross Country Incorporated who have completed 4 NXC events during the current season prior to this event. Runners can enter in only one category. All runners who enter the 10km race will be eligible for the open awards.

Age Group: Age on the day

Prizes: Newcastle Cross Country Perpetual Trophy. The first male and female outright in the 10km event will have their names placed on the NXC Perpetual Trophy. This applies to all eligible NXC runners.

A NXC trophy will be awarded to the first male and first female in each of the categories.

Categories:

Open Male and Female	10 km
Male and Female (20-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) and 70+	10 km
U20 Male and Female	10 km
U18 Male and Female	5 km
U16 Male and Female	5 km
U14 Male and Female	3 km
U12 Male and Female	3 km
U10 Male and Female	3 km
U8 Male and Female	3 km