

MILLINGTON CHAMPIONSHIPS

7th May 2005

Venue - Walka Waterworks off Oakhampton Rd Maitland

(\$3 per car boom gate entry)

NO DOGS ALLOWED

Eligibility for prizes - must have completed 2 Newcastle Cross Country 2003 runs prior.

The Perpetual trophies for 1st m/f in 12 km is for NHRAC 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+
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**

NXC ROAD RELAYS

28th May 2005

Venue - Eraring Power Station Sports complex

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

NXC ROAD CHAMPIONSHIPS

25th June 2005

Venue - Eraring Power Station Sports complex

Eligibility for prizes - must have completed 4 Newcastle Cross Country 2003 runs prior.

There will be a NHRAC Trophy for 1st M/F in the 10 km for NHRAC 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+

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

23rd July 2005

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 - Guess your time, all runners must estimate the time they will take to complete a nominated short course.

Event 2 - Normal cross country (4.5, 3, 2 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 - Teams will be organised on the day for all runners who do not nominate their own.

REGISTRATIONS MUST BE IN BY 1.00

EVENT 1 STARTS AT 1.30

PLEASE BE EARLY

NEWCASTLE CROSS COUNTRY

**RUNNING INC.
2005 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 NHRAC.

MEMBERSHIP - is open to anyone subject to completing an application form and paying a first run fee.

FEES -

- ❖ Adults - \$2 each run (first run \$10)
- ❖ Students and Unemployed - \$1 each run (first run \$9)
- ❖ Maximum per family - \$5 each run - (first run \$30)

Note: The first run fee applies to the first run of the season only.

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

2nd April RICHLEY RESERVE - Scratch
Organisers - committee 2, 4 & 6 km
Start - Richley Reserve off Freyberg Street, New Lambton
Secretary - Debra Fox - 0402 832674

9th April MYUNA BAY - Graded
Organisers - Westlakes 3, 6.3 & 10.8 km
Start - first left turn passed Eucalypt Close,
Myuna Bay Fitness Camp
Westlakes - Alan Bradley - 4975 1635

16th April KEARSLEY - Handicap
Organisers - Coalfields 3, 6 & 10 km
Start - Kearsley soccer oval adjacent hotel
Coalfields - Sam Bailey – 4990 1638

23rd April BLACKBUTT - Graded
Organisers - Kotara South, Margaret & Len
2.2, 5 & 10 km
Start - Blackbutt Reserve off Mahogany Drive, New Lambton
Kotara South - Margaret Swarzes - 4952 1882

30th April REDHEAD - Sealed Handicap
Organisers - Vets 2, 5, & 10 km
Start - South end Redhead Beach car park
Newcastle Vets - Paul Buckley 4967 6369

7th May MILLINGTON NXC & NHRAC
CHAMPIONSHIP - WALKA - BBQ
Organisers - Maitland & Committee
See over for full details
Maitland - – Phone David Rea 4996 4720

14th May SUGARLOAF - Graded
Organisers - Newcastle Vets 2, 5 and 10.8 km
Start - Lower Carpark Mt. Sugarloaf, off George Booth Drive
Newcastle Vets - Nick Fletcher - 4952 1135

21st May CESSNOCK RACECOURSE Handicap
Organisers - Coalfields 3k, 5k & 10k
Start - Cessnock Racecourse
Coalfields - Lyndon Wilkinson - 4937 3595

28th May NXC ROAD RELAYS - ERARING- BBQ
Organisers - Committee
See over for full details
Westlakes – Yvonne Puller - 4975 1684

4th June BOTANIC GARDENS - Handicap
Organisers - Wallsend 3.3, 6.5, 9.7 km
Start – Hunter Region Botanic Gardens, Pacific Highway
Heatherbrae
Wallsend - John Price - 4966 4975

11th June KURRI KURRI - Graded
Organisers - Maitland 3, 6, 9 and 18 km
Start - Opposite Kurri Kurri Hospital
Maitland - David Rea – 4996 4720

18th June – AWABA - Handicap
Organisers - Westlakes 3, 6 & 9.8 km
Start - Awaba Primary School
Westlakes - Dianne Van Netten - 4975 3693

25th June NXC ROAD CHAMPIONSHIPS - BBQ
ERARING
Organisers - Westlakes & Committee
See over for full details
Westlakes - Yvonne Puller - 4975 1684

2nd July - WETLANDS CENTRE – Shortland
Organisers – Woodberry & Maitland 3.1, 5.9 and 11.0km
\$1 entry fee to all competitors and visitors
Woodberry – Robert McDonald – 4967 4161

9th July CAVES BEACH - Graded
Organisers - John 2.2, 5.4 and 10 km
Start - Caves Beach Surf Club, lower car park
Contact John McLain - 4971 2577

16th July WAKEFIELD - Handicap
Organisers - All clubs 2, 5 10 and 25 km
Start - Wakefield Fire Station
NOTE: 25k start 1.00 pm (scratch)
Contact - Lyndon Wilkinson - 4937 3595

Free T Shirt to all finishers of the 25K King of the Mountain

23rd July - PETER ROSE CLASSIC
SPEERS POINT
Organisers - Committee
See over for full details
Secretary - Debra Fox - 0402 832674

30th July SUGARLOAF - Handicap
Organisers - Cousins 3, 6, 12 km
Start - Lower car park, Mt Sugarloaf, off George Booth Drive
Contact - Chris and Judy Cousins - 4948 9452

6th August JESMOND PARK - Graded
Organisers - Kotara South, Vets 2.6, 5.1 & 7.6 km
Start - Jesmond Park soccer oval
Kotara South - Tracy Frost - 4920 6041

13th August - MUIRS LOOKOUT - Handicap
Organisers - Warriors 2.5, 5.1 and 12.26 km
Start - Muirs Lookout - Watagan Mountains
off Martinsville Road Cooranbong
Warriors - Vic Thomas - 4973 1021

20th August - TOMAGO - Cross Country
Organisers - Wallsend 2.5, 5 & 10 km
Start - Hunter Water Treatment Works off Tomago Road
Contact - Hayden Steele - 4933 2155

27th August RATHMINES –
Cross Country Teams Event
PRESENTATION & AGM - BBQ
Organisers - Westlakes & Committee
Start - Rathmines
Contact - Yvonne Puller - 4975 1684

RANDOM DRAW FOR TEAMS
Names must be in by 1:30 for random draw

For further details:
www.crosscountrynewcastle.com