

NEWCASTLE CROSS COUNTRY RUNNING INC. 2006 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.

- Individual Season Pass \$40
- Family Season Pass \$80

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

MILLINGTON CHAMPIONSHIPS – 6th May 2006

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 2006 runs prior.

The Perpetual trophies for 1st m/f in 12 klm 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+ / 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 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 – 27th May 2006

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 – 24th June 2006

Venue - Eraring Power Station Sports complex

Eligibility for prizes - must have completed 4 Newcastle Cross Country 2006 runs prior to this Championship.

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+ / 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. 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 – 22nd July 2006

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 (2, 4, 5.5 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**

1st April - RICHLEY RESERVE - Scratch

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

8th 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

15th April - KEARSLEY – Graded

Organisers - Coalfields 3, 6 & 10 km
Start - Kearsley soccer oval adjacent hotel
Coalfields - Sam Bailey – 4990 6459

22nd April - GWANDALAN – Handicap

Organisers – Doug Young 3m 6 & 9 km
Start – Tunkuwallan Recreational Hall, Gwandalan
Contact – Doug Young 0408 582 343

29th April - REDHEAD - Sealed Handicap

Organisers - Vets 2, 5, & 10 km
Start - South end Redhead Beach car park
Newcastle Vets - Paul Buckley 4967 6369

**6th May - MILLINGTON NXC & NHRAC
CHAMPIONSHIP - WALKA - BBQ**

Organisers - Maitland & Committee
See over for full details
Maitland - Phone Kim Fletcher – 0429 177 352

13th 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

20th May - CESSNOCK RACECOURSE Graded

Organisers - Coalfields 3k, 6k & 9k
Start - Cessnock Racecourse
Coalfields – Bill Holland 4937 1957

27th May - NXC ROAD RELAYS - ERARING-BBQ

Organisers - Committee
See over for full details
Westlakes – Yvonne Puller - 4975 1957

3rd June - BOTANIC GARDENS - Handicap

Organisers - Wallsend 3.3, 6.5, 9.7 km
Start – Hunter Region Botanic Gardens, Pacific Highway
Heatherbrae
Wallsend - Hayden Steele – 4933 2155

10th June - KURRI KURRI - Graded

Organisers - Maitland 3, 6, 10 km
Start - Opposite Kurri Kurri Hospital
Maitland - Tony Farnham – Phone: 4937 1957

17th June – AWABA - Handicap

Organisers - Westlakes 3, 6 & 9.8 km
Start - Awaba Primary School
Westlakes - Dianne Van Netten - 4975 3693

**24th June - NXC ROAD CHAMPIONSHIPS –
ERARING - BBQ**

Organisers - Westlakes & Committee
See over for full details
Westlakes - Yvonne Puller - 4975 4584

1st July – KOORAGANG ISLAND - Handicap

Organisers - Wallsend 2.5, 5 & 10 km
Start – Kooragang Island Wetland Education Centre
Contact - Hayden Steele - 4933 2155

8th 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

15th July - WAKEFIELD - Handicap

Organisers - All clubs 2, 5 10 and 25 km
Start - Wakefield Fire Station
NOTE: 25k start 1.00 pm (scratch)
Contact – Frank James – 4971 2998

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

22nd July - PETER ROSE CLASSIC

SPEERS POINT

Organisers - Committee
See over for full details
Secretary - Debra Fox - 0402 832674

29th July - SUGARLOAF - Handicap

Organisers –Macquarie Shores / Cardiff 3, 6, 12 km
Start - Lower car park, Mt Sugarloaf, off George Booth Drive
Contact – Michele O'Carroll 0414 772 696

5th August - JESMOND PARK - Graded

Organisers - Kotara South, Vets 2.6, 5.1 & 7.6 km
Start - Jesmond Park soccer oval
Kotara South - Tracey Frost - 4920 6041

12th August - BLACKBUTT - Handicap

Organisers - Kotara South, Margaret & Len
2.5, 5 & 10 km
Start - Blackbutt Reserve off Mahogany Drive, New Lambton
Kotara South - Margaret Swarzes - 4952 1882

19th August - WETLANDS CENTRE – Shortland

Organisers – Woodberry 3.1, 5.9 and 11.0km
\$1 entry fee to all competitors and visitors
Contact – Robert McDonald – Phone 4967 4161

26th August – Rathmines

Cross Country Teams Event
PRESENTATION - BBQ
Organisers - Westlakes & Committee
Start - Rathmines
Contact - Yvonne Puller - 4975 4584

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

For further details:
www.crosscountrynewcastle.com