

Newcastle Cross Country Club 2011 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	\$20	Student	\$15	Family	\$55
-------	------	---------	------	--------	------

Run Fee

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

Season Pass

Adult	\$55	Student	\$35	Family	\$135
-------	------	---------	------	--------	-------

A season pass includes registration fee and run fee. All family members must register at the same time. Proof of concession required at time of registration.

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 its 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 marshals, 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 and 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 per 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 runner's 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 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 with NXC and completed 4 events in the current season.

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 provides 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 - 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.

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 22

Date	Venue	Type	Organiser	Distance	Start	Contact	Special Information
02-Apr-11	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
09-Apr-11	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	
16-Apr-11	Sugarloaf	Handicap	Macquarie Hunter / Cardiff	2, 5 and 10.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Dave – 0410 622 198	
23-Apr-11	Kitchener	Graded	Coalfields	3, 5.1 and 10.1 km	The Poppet head, Kitchener	Tony – 4937 1957	
30-Apr-11	Awaba	Handicap	Westlakes	3, 6 and 9.8 km	Awaba Public School, Mulbring Street, Awaba	Gerry 0413 999 889	
07-May-11	Ash Island	Graded	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
14-May-11	Walka Water Works	Handicap	Maitland	3, 5.3 and 10.6 km	Scobies Lane, Oakhampton	Weston – 0407 887 147	
21-May-11	NXC Road Relays	Relay	Committee	2, 3 and 5 km	Awaba Public School, Mulbring Street, Awaba	Yvonne – 4975 4584	See over for details: BBQ
28-May-11	Richmond Vale	Graded	Coalfields	3, 6 and 14.5 km	Richmond Vale Railway, travel via Kurri Kurri or Freemans Waterhole	Tony – 4937 1957	
04-Jun-11	Redhead	Handicap	Newcastle Vets	2, 5, and 10 km	south end Redhead beach car park Beach Road, Redhead	Paul - 0417 252 587	
11-Jun-11	Botanic Gardens	Graded	Newcastle Vets	3.2, 6.3 and 9.4 km	Hunter Region Botanic Gardens, Pacific Highway, Heatherbrae	Paul - 0417 252 587	Car parking or entry fee applies
18-Jun-11	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
25-Jun-11	Caves Beach	Handicap	Wattagan Warriors	2.2, 5.4 and 10 km	Caves Beach surf club	Terry - 4971 3535	
02-Jul-11	Warnervale	Graded	Lakes Grammar	2.5, 5 and 10k	Lakes Grammar School, Sparkes Road Warnervale	Megan – 0405 062 756	
09-Jul-11	Sugarloaf	Handicap	Newcastle Vets	3, 6, 11.8 km	Lower car park Mt. Sugarloaf, off George Booth Drive	Janice - 0438 448 427	
16-Jul-11	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	
23-Jul-11	Peter Rose Classic	Multi Event	Committee	2, 4 & 5.5 plus scatter, plus relay	Speers Point Park Park Road, Speers Point	Kim – 0449 888 223	See over for details: random draw for teams
30-Jul-11	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	Alan - 0449 888 223	See over for details: BBQ
06-Aug-11	Wetlands Centre	Graded	Maitland & Committee	3, 5.4 and 7.8 km	Shortland Wetlands Centre Off Sandgate Road, Sandgate	Weston – 0407 887 147	Entry fee applies
13-Aug-11	Blackbutt Reserve	Handicap	Kotara South	2.3, 4.6 and 9.2 km	Off Mahogany Drive, New Lambton	Margaret – 4952 1882	
20-Aug-11	Jesmond Park	Scratch	Kotara South	2.6, 5.1 and 7.6 km	Jesmond Park, near oval Newcastle Road, Jesmond	Debra – 0402 832 674	
27-Aug-11	Rathmines Presentation	Random Teams	Committee	3 x 2km relay	Rathmines Recreation Area Off Dorrington Road	Yvonne – 4975 4584	random draw for teams