

NEWCASTLE CROSS COUNTRY INC

Road Championships

Entry forms will be available on the day from the check in desk

Entries: Closing time for entries is 1:30 pm

Starting Time: 2:00 pm

Venue: As per the current season's program

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. All runners who enter the 10km race will be eligible for the open awards. Each athlete can only win one award in one category.

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

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

Categories:

Open male and female	10 km
Vet Male and female (35-39), (40-44), (45-49), (50-54), (55-59) and (60-64)	10 km
Vet Male and female (65-69) and 70+	8 km
U20 male	10 km
U20 female	5 km
U18 male and female	5 km
U16 male and female	5 km
U14 male and female	3km
U12 male and female	3km
U10 male and female	2km