

Athletics Waikato Bay of Plenty

2023 Cross Country and Road Handbook



***Boh Ritchie, winner of the
U20 Women's 2022 WBoP and
New Zealand Cross Country and Road Championships***

**Welcome to Athletics Waikato-Bay of Plenty (AWBOP)
Cross-Country & Road section**

The information in this Handbook is an attempt to provide you with some basic 'know how' of our Sport's cross-country and road events.

It is not a full and complete guide, but there is information for athletes, clubs, event organisers and referees.

The calendar of events listed relates to events hosted by clubs within the AWBOP Centre, as well as National events. For these events to continue they need the support of athletes. Come and test your fitness levels against other athletes.

Social athletes and non-registered athletes can now take part in AWBOP Cross-Country and Road Racing Championships but are not eligible for a championship placing.

Athletes wishing to take a championship place **must** be registered with AWBOP as a competitive member through an **affiliated** Club.

The winter months are for all to walk, run, or jog, over farmland, in park-like surroundings, or out on the streets or roads. Come along and see what our winter sport is about. Regular cross-country and road running builds a good base for the summer months and any other sporting interest you may have.

The serious athlete, the social athletes and the in-between, the young through to the old are welcome. *Bring the family along!*

For results and information about centre events please see our website:

www.athleticswaikatobayofplenty.org.nz

Also keep updated by liking Athletics Waikato-Bay of Plenty on Facebook.

ATHLETICS WAIKATO-BAY of PLENTY Inc

MANAGEMENT

Life Members M Oman K Diprose D M Taylor E A Taylor B Addison
J Rawnsley G Caddie J Vedder-Price, J Tylden

President Andrew Langman

Board Sally Kerr, Tony Rogers, Ashleigh Sando,
Thomas Refoy-Butler

Operations Committee
Kevin Bradley (Track and Field), Criss Strange (Coaching)
Malcolm Taylor (Road and Cross Country), Sandra Murray
(Children), Murray Clarkson (Masters), Heather O'Hagan (Officials)

Centre Manager: Dianne Rodger
PO Box 46, Hamilton 3240
Mob: 021 194 0600
Email: administrator@athleticswbop.org.nz

ARBITRATION PANEL

AWBOP has an Arbitration Panel, which is set up to handle any reported cases of misconduct by Centre athletes.

The current panel is:
Brett Addison (Convenor), John Tylden, Andrew Langman, Joan Rawnlsey, Murray Clarkson, , Murray Green, Criss Strange

REFEREES COORDINATOR

Malcolm Taylor *Email:* janmal@xtra.co.nz

ROAD AND CROSS COUNTRY SELECTORS

Glenn Sexton, Malcolm Taylor, Steve Rees-Jones

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2023 CALENDAR OF EVENTS

Mar 18 NZ Mountain Running Championships – Mt Maunganui 12pm – 3pm

Athletics New Zealand:

Website and full entry details: www.athletics.org.nz

Email: competitions@athletics.org.nz

Mar 26 NZ Short Course Trail Running Championships - Three Peaks, Dunedin

Athletics New Zealand:

Website and full entry details: www.athletics.org.nz

Email: competitions@athletics.org.nz

April 15 Te Awamutu Athletic Club Fun Run

Te Awamutu Athletic Club PO Box 30, Te Awamutu

Murray Green: Mob: 0276216608

Entry details <https://athleticswaikatobayofplenty.org.nz/competition/events/>

Website: <http://www.sporty.co.nz/teawamutuathletics>

April 16 2023 New Zealand Senior Marathon Championships – Christchurch Marathon, Christchurch

Website: <https://www.christchurchmarathon.co.nz/race-info>

April 29 Interclub Cross Country hosted by Cambridge Athletics and Harrier Club - the old Narrows Golf Course, 512 Airport Road.

Tamahere, Hamilton. See their website for details – gold coin donation.

Cambridge Athletic & Harrier Club, PO Box 245, Cambridge 3450

Website: <http://www.sporty.co.nz/cahcnz>

May 6 The 58th Rotorua Marathon

(plus off road half marathon, 10km and 5.5km for runners/walkers), Rotorua ~ also *includes the AWBOP Marathon Championships*

Website: www.rotoruarunners.co.nz

Email: info@rotoruarunners.co.nz

May 22 Bay of Plenty Secondary Schools Cross Country, Waipuna Park, Tauranga

Event organiser: Tauranga Boys College

May 23 Thames Valley Zone Secondary Schools Cross Country, Ngatea

Event organiser Hauraki Plains College

May 24 Central Zone Secondary Schools Cross Country, Hamilton

Event Organiser AWBOP – Tauhara Park

- May 24 King Country, South/West Waikato Zone Secondary Schools Cross Country, Piopio**
Event Organiser Piopio College
- May 27 Tauranga Open Cross-Country, Waipuna Park, Tauranga**
 Athletics Tauranga, PO Box 2376, Tauranga 3140
 Contact: Andrea Neal 027 555 1663
andreanealnz@gmail.com
 Website: www.taurangaramblers.co.nz
- Jun 6 Super 8 Cross Country, Palmerston North**
- Jun 8 Waikato-Bay of Plenty Secondary Schools Cross-Country Champs, Waipuna Park, Tauranga**
 WBOP Secondary Schools Athletics Assn
www.wsss.org.nz/athletics/cross-country/
- Jun 17 NZSS Cross-Country Champs, Palmerston North to 18**
 New Zealand Secondary Schools Athletics Assn
 Website: www.nzssaa.org.nz
 Email: oe@nzssaa.org.nz
- Jun 25 Athletics NZ Half Marathon Championships, Wellington**
 Website: <https://www.wellingtonmarathon.co.nz/>
- Jul 1 North Island Cross-Country Championships Spa Thermal Park, Taupo**
 Taupo Harrier Club PO Box 1112 Taupo 3351
 Noel Bennett: Ph:07 378 3543, 027 758 3410
 Email: noel.bennett@slingshot.co.nz Website: www.taupoharriers.com
- Jul 15 Waikato-Bay of Plenty XC Championships - the old Narrows Golf Course, 512 Airport Road. Tamahere. Hamilton**
 Hosted by: Cambridge Athletic & Harrier Club
 Entries will be online only
 Website and full entry details: www.athleticswaikatobayofplenty.org.nz
 Email: administrator@athleticswbop.org.nz
- Jul 29 Athletics NZ Cross-Country Championships and NZ Cross to 30 Country Relay Championships, Spa Thermal Park, Taupo**
 Athletics New Zealand
 Website and full entry details: www.athletics.org.nz
 Email: competitions@athletics.org.nz

- Aug 20 Waikato-Bay of Plenty Road Race Championships**
St Peters School, Cambridge
Hosted by: Athletics Waikato Bay of Plenty
Entries will be online only
Website and full entry details: www.athleticswaikatobayofplenty.org.nz
Email: administrator@athleticswbop.org.nz
- Sept 2-8 AIMS Games Cross-Country & Relay, Tauranga (Yr 7 & 8 school students)**
Cross Country - Sunday 3rd September, Waipuna Park
Code Coordinator: Miranda Clark Phone 021 449 466
Website: <https://www.nzaimsgames.co.nz/home-2>
Email: info@eventsmadeeasy.co.nz
- Sept 10 Athletics NZ Road Championships, Palmerston North**
Athletics New Zealand:
Website and full entry details: www.athletics.org.nz
Email: competition@athletics.org.nz
- Sep 17 Red Stag Redwood Forest Relay**
Lake City Athletic Club, PO Box 2136, Rotorua
Website: <https://lakecity.co.nz/forestrelay>
Email: admin@lakecity.co.nz
- Sept 24 Cambridge Half Marathon (Incl. AWBOP Half Marathon Champs)**
Cambridge Athletic & Harrier Club, PO Box 245, Cambridge 3450
Paul Signal: 07 823 0044 Email: pvnbsignal@xtra.co.nz
Website: <http://www.sporty.co.nz/cahcnz>
- Sept 23-24 New Zealand 24 Hour Championships**
Athletics New Zealand
Website and full entry details: www.athletics.org.nz
Email: competitions@athletics.org.nz
- Sept 30 Athletics NZ Road Relay Championships, Christchurch**
Athletics New Zealand
Website and full entry details: www.athletics.org.nz
Email: competitions@athletics.org.nz
- Oct 15 Athletics NZ Long Course Trail Running Championships, Crater Rim, Christchurch**
Athletics New Zealand
Website and full entry details: www.athletics.org.nz
Email: competitions@athletics.org.nz

Nov 12 Julian's Berry Farm and CafeToi's Challenge, Whakatane
Whakatane Athletic & Harrier, PO Box 142, Whakatane, 3158,
William Doney: Ph: 07 307 0042/Mob 027 498 1986 Email:
covenant.joinery@gmail.com
Website: www.wahc.co.nz

Dec 26 King & Queen of the Mountain, Mt Maunganui
Hosted by Athletics Tauranga
Contact: Andrea Neal 027 555 1663
andreanealnz@gmail.com
Website: www.taurangaramblers.co.nz



**Louie Endres (218) - 2nd and
Matt Hill (273) - 1st U18 Mens NZ Cross Country Champs**

REQUIREMENTS WHEN ORGANISING AN EVENT

Sanctioned Events

Sanctioned events are run under the competition rules of Athletics New Zealand, and receive the following benefits:

- Event management assistance, including access to Athletics New Zealand competition rules.
- Public Liability Insurance Cover
- Support from Athletics New Zealand members.

Entry Forms and Fees

- Include the following words on the front of the entry form: The event is an AWBOP sanctioned event with the sanction number issued by AWBOP i.e. WBP 0000
- Accepted entries will not be transferred to another athlete unless approved by the event organising committee.
- For all events organised by clubs affiliated with Athletics New Zealand (including fun runs with an entry fee greater than \$6.00) a competition fee / levy of \$3 per person entered (excluding children Grade 14 and under) is payable to AWBOP within 21 days of holding the event.
- Include contact name, phone number, or email address on the entry form.

Course Setting

- All courses should be clearly marked, so that competitors do not run off course. Taping is desirable on corners, especially on the inside. On cross-country courses, a single marker indicates that the competitor is to run within five (5) metres of the marker.
- Double markers indicate the competitor is to run between the markers.
- Road courses: the course should be measured on the shortest possible route that a competitor is able to follow on the section of road permitted for competition. It should accordingly be clearly marked.
- Set up a race finish chute to keep spectators separate from competitors, and to assist with the recording of finishers.

Health and Safety

- Full consideration must now be given to Health and Safety legislation at sanctioned events. Please see our website for a risk plan covering winter events, which can be used as a guide:
www.athleticswaikatobayofplenty.org.nz/Activities/Road-Cross-Country

Course measurement

- Road courses are to be measured by a graded course measurer.
- When planning a road event, check with your local Council for any Traffic Management requirements. If State Highways are being used or crossed, Transit New Zealand approval must also be sought.

At the event

- Display a race map and programme at race headquarters.
- Have a loudspeaker system available.
- Provide drink stations at the finish, and on course for longer events.
- Provide toilet facilities and appropriate medical assistance, e.g. First Aid kit, St John, nurse, or doctor. If using St. John's, booking well in advance is recommended.
- A preliminary set of results should be displayed as soon as possible after the event has concluded.

Race results

- Send copy of results to Centre administrator for placement on the AWBOP website
- Send results/story/photographs to local media.

Websites: Athletics Waikato-BOP
Athletics New Zealand

www.athleticwaikatobayofplenty.org.nz
www.athletics.org.nz

REFEREES

Who is qualified to act as a Referee?

Every AWBOP sanctioned event requires a Referee. These are appointed by the referee's coordinator prior to the event.

What is a Referee required to do?

Referee(s) are to ensure the event is conducted in accordance with Athletics New Zealand rules. They are also the representative of AWBOP and are required to give a written report on the general conduct of the event to AWBOP.

Duties

Referee(s) should inspect the course, then discuss with the organisers any deficiencies found in its marking, marshalling, start-and-finish arrangements, and any safety aspects. The organisers should make any changes that can reasonably be done at short notice, especially where safety is a concern - the responsibility for these matters rest with the Event organisers.

Referee/s shall decide what action (if any) is to be taken for any breach that they might observe of the rules of competition. In the event of a report or protest regarding an infringement, that they have **not** observed, the Referee/s may make enquiries, and shall decide what action (if any) is to be taken.

Referee/s decide any dispute about eligibility, calculation of team points, judges placing, times, etc.

Any contentious matters will be discussed and if need be, a report will be taken to the next AWBOP Operation Committee meeting.

IDENTIFICATION

Safety vests marked '**REFEREE**' are held by the Referee's Co-ordinator. The appointed referee should make their presence known to the announcer and advise competitors who have any queries to contact them at the announcers' position **prior** to the event.

JURY OF APPEAL

Club and Event Organisers should have available a three-person arbitration panel to deal with protests. This is particularly important if holding a major open event. (Refer to World Athletics Rulebook: No.12 - page 32 for further information).

PRIVACY ACT ~ HEALTH AND SAFETY ACT

Be aware that these two pieces of legislation may have implications for the way in which you organise your event. All clubs should familiarise themselves with the Health and Safety Act.

VOLUNTEERS

Don't forget to thank your volunteers and officials for their part in assisting with your event and consider reimbursing Referees their travel expenses.

**ATHLETICS WAIKATO-BAY of PLENTY CROSS-COUNTRY & ROAD
CHAMPIONSHIP DISTANCES**

Note that in some instances grades that race over the same distances will be combined into one race, with grade placings separated in the results.

Cross-Country

Masters Men	35-64	8km	Women U20	18, 19 yrs	6km
Masters Men	65 Plus	6km	Men U18	16, 17 yrs	6km
Masters Women	35-49 50 plus	6km 6km	Women U18	16, 17 yrs	5km
Senior Men	20-34 yrs	10km	Boys/Girls U16	14, 15 yrs	4km
Senior Women	20-34 yrs	10km	Boys/Girls U14	12, 13 yrs	3km
Men U20	18, 19 yrs	8km	Boys/Girls U12	11 and under	2km

Road Running

Masters Men	35 plus	10km	Men U18	16, 17 yrs	6km
Masters Women	35 plus	5km	Women U18	16, 17 yrs	5km
Senior Men	20-34 yrs	10km	Boys/Girls U16	14, 15 yrs	4km
Senior Women	20-34 yrs	10km	Boys/Girls U14	12, 13 yrs	3km
Men U20	18, 19 yrs	8km	Boys/Girls U12	11 and under	2km
Women U20	18, 19 yrs	5km			

Road Race Walking

Masters Men	35 plus	10km	Senior Women Men U18	20-34 yrs	10km
Masters Women	35 plus	10km	Men U20	18, 19 yrs	5km
Senior Men	20-34 yrs	10km	Women U20	18, 19 yrs	5km

CLUB REQUIREMENTS

Club Affiliation Fee

Every club must pay an annual Affiliation Fee to Athletics New Zealand (due April)
NB: Athletes will *NOT* be registered until the affiliation fee is paid.

Athlete Registration

Registration fees are payable to both Athletics New Zealand and AWBOP.. For further enquiries regarding registrations please contact Athletics Waikato-Bay of Plenty: administrator@athleticswbop.org.nz.

Registration covers the period 1st April 2023 to 31st March 2024 for most grades, except Competitive Members 20yrs+ which is now a rolling membership. Please check your club website for details.

Age Groups

All age groups (other than Masters) are as at 31 December 2023. Masters ages are on race day, and their competition is recorded in 5-year age groups (unless race entry forms state otherwise).

Masters Men/Master Women	35 plus	Boys/Girls U16	14,15 yrs
Senior Men/Women	20-34 yrs	Boys/Girls U14	12, 13 yrs
Junior Men U20/ Junior Women U20	18, 19 yrs	Boys/Girls U12	11 and under
Youth Men U18/ Youth Women U18	16, 17 yrs		

ATHLETES - Uniform

Club uniforms are only compulsory in Waikato-Bay of Plenty Championships. Where there is a team's competition, all team members **must** wear the same uniform.

In events where race numbers are a requirement, these should be worn on the front of the athlete's clothing (unless otherwise requested by race organisers).

AWBOP CHAMPIONSHIP ELIGIBILITY

Athletes competing in AWBOP Cross-Country and Road Racing Championships **must** be registered for the current season (i.e. they must be registered from **1st April 2023**). They must be registered as a competitive member with AWBOP through an **affiliated** Club if they wish to take a championship placing. Social athletes and non-registered athletes can take part but are not eligible for a championship placing.

AWBOP CROSS-COUNTRY & ROAD TEAM SELECTION POLICY

AWBOP Selectors will monitor athlete's performances throughout the season - athletes are expected to compete regularly. Athletes who wish to be considered for New Zealand Championship teams should compete at AWBoP Cross-Country and / or Road Champs.

Note: Individual New Zealand Champs apply from the under 14 grade upwards, in age groups. Runners in the U14 and U16 grades **must** wear their club uniforms in their individual races. There are no teams' races in events for those grades.

Selected athletes M U18 / W U18 - through to Masters, selected to represent AWBOP for Athletics NZ Cross-Country and Road Race Championships **ARE** required to wear a AWBOP Centre uniform. These uniforms (singlets) will be loaned by the Centre or can be purchased. *Athlete is to supply their own black shorts.*

Athlete Subsidies for NZ Championships

Athlete subsidies of \$50 each are available from AWBOP for those selected for the WBOP team at the Athletics NZ Road Race and Cross-Country Championships. You will only be eligible for the subsidy if you enter the relevant AWBOP Championship, i.e. to receive the subsidy for the NZ Cross Country Championships you must have entered the AWBOP Cross Country Championships.

Entry into individual New Zealand Championships

Athletes who wish to compete in either the cross-country or road champs (or both) must make their own entries. Entries are online only.

Entry to be made via Athletics New Zealand website www.athletics.org.nz

AGE GRADES FOR NZ CHAMPIONSHIPS – NOTES OF EXPLANATION

For full details see Athletics New Zealand By law C6 and C3. Age group rules are summarised as follows:

Out of stadia events

An athlete to compete in either the Senior Men or Senior Women Grades shall be aged 17 years or over on the 31st December in the year of competition.

An athlete to compete in either the Junior Men (M-U20) or Junior Women (W-U20) Grades shall be aged 15, 16, 17, 18 or 19 years on the 31st December in the year of competition.

An athlete to compete in either the Youth Men (M-U18) or Youth Women (W-U18) Grades shall be aged 15, 16 or 17 years on the 31st December in the year of competition.

An athlete to compete in either the Half-marathon, Mountain Running – Senior Grade or the 20km Walks Championship shall be aged 18 years or over on the 31st December in the year of competition.

An athlete to compete in either the Marathon, 100km, 50km Walks or Trail Running Championship shall be aged 20 years or over on the 31st December in the year of competition

Road Relays

Competitors in the Junior Men and Junior Women Grades shall be aged 14, 15, 16, 17, 18 or 19 years on the 31st December in the year of the race.

Competitors in the Masters Men's grade shall be aged 40 years or over on the day of the race.

Competitors in the Masters Women's grade shall be aged 35 years or over on the day of the race.

Competitors in either the Senior Men or Senior Women Grades shall be aged 17 years or over on the 31st December in the year of the race.

Athlete Transfers

If an athlete is intending to transfer from one club to another to contest national championships this must be done by 1 August 2023. Transfers must be requested by the club the athlete is joining (via registration database). Transfer approval by the athlete's former club must be confirmed before an athlete turns out for their new club. Note that an athlete can only transfer from one club to another **once** during any registration year.

WAIKATO-Bay of PLENTY MASTERS ATHLETICS

Closely aligned with our sport is Waikato-BOP Masters Athletics (35 years plus) - Masters' events are held throughout the year.

For details of all their activities and for contact details check out the Centre website or go to: <https://nzmastersathletics.org.nz/waikato-bop/>

The full Masters Winter Cross-Country programme is to be confirmed and will be listed at: <http://www.athleticswaikatobayofplenty.org.nz/Activities/Masters>

SCHOOL EVENTS

Numerous School events are held throughout the Waikato Bay of Plenty with details available via Waikato Secondary School Sports <https://wsss.org.nz> and Sport Bay of Plenty www.sportbop.co.nz.

We encourage clubs to maintain contacts with the Primary School and Secondary School Sports co-ordinators to be aware of events, to assist with events, and also provide contacts for recruiting young athletes into our sport.

WHO WILL REPLACE THE CURRENT OFFICIALS IN A FEW YEARS TIME?

Over the years these people have developed their knowledge, experience, and qualifications to be key harrier officials. Some even get asked to do duty in other Centres especially at New Zealand Championships.

We need new people now to become qualified to take their places. Clubs should be encouraging people to become qualified officials. That is starters, judges, timekeepers, finish line personnel, results recorders, race organizers, announcers and ultimately referees and course measurers.

Athletics NZ has a system to recognize people as qualified officials. Get your feet on the ladder by coming to a course, or if you already have the basic qualification come and take a step up.

Heather O'Hagan is the Centre's official's education person.

Contact details:

Officials Contact Heather O'Hagan Email: heathersohagan@gmail.com

