



Open Cross Country Event

incorporating Athletics Waikato Bay of Plenty 2023 Cross Country Championships

Saturday 15 July 2023

Hosted by the Cambridge Athletic and Harrier Club
at the
old Narrows Golf Course, 512 Airport Road
Tamahere, Hamilton

Order of events

Race	Start time	Grade	Distance	Entry fee
No 1	1.30pm	Boys / Girls U12 (9,10,11 yrs)	2500 metres = 1 lap	\$8.00
		Boys /Girls U14 (12,13 yrs)	2500 metres = 1 lap	\$10.00
No 2	2.00pm	Boys / Girls U16 (14,15 yrs)	5000 metres = 2 laps	\$12.00
		Women U18 (16,17 yrs)	5000 metres = 2 laps	\$12.00
		Men U18 (16,17 yrs)	5000 metres = 2 laps	\$12.00
		Masters Women (35 plus)	5000 metres = 2 laps	\$15.00
		Women U20 (18,19 yrs)	5000 metres = 2 laps	\$15.00
		Masters Men (65 plus)	5000metres = 2 laps	\$15.00
		Men U20 (18, 19 yrs)	7500 metres = 3 laps	\$15.00
		Masters Men (35-64 yrs)	7500 metres = 3 laps	\$15.00
		Senior Men (20 - 34 yrs)	10000 metres = 4 laps	\$15.00
		Senior Women (20-34 yrs)	10000 metres = 4 laps	\$15.00

The above fees are payable by all participants whether a social, competitive or a non-member of the sport.

Eligibility: These championships have been opened up to all athletes whether they are Athletics Waikato-Bay of Plenty registered, club/social registered or non-registered. **Only fully registered members of a club will be eligible for Waikato Bay of Plenty Championship medals or a championship placing.** Championship medals will not be awarded to walk participants, social club members and non-members.

Course description: The course is a **2.5km lap**. Good quality cross-country with firm footing but with occasional slightly rough underfoot patches plus a few inclines per lap. If wet, the course may be slushy with some surface water. Wearing of footwear is recommended. Course Map is below, showing the 2.5km course.

Venue: Event headquarters are at Narrows Golf Course, 512 Airport Road, Tamahere, Hamilton. Please enter from Tamahere direction only and park in the designated parking area. Take care when exiting the car park when leaving.

Facilities: Outdoor cross-country venue with no shelter. Toilets (portaloos) on site and sign posted. Ample space for club tents. Come prepared for all types of weather.

Food: Cambridge Club will be running a BBQ (gold coin for a sausage) and they encourage people to bring a plate for a shared afternoon tea at the end of the event.

Prize-giving: Medal presentations on-site after the conclusion of the last event or during the day if time allows.

Grades: Where races are combined, the grades will be separated in the results.

Ages: Masters ages are on the day, with results recorded in 5-year age groups from 35 years plus. All other grades age is at 31 December 2023.

Closing date: Entries must be made by midnight Tuesday 11 July. Entries after this date will not be accepted. There will be no refund of entries after the entry closing date.

All entries to be made online at:

Enter online here: <https://2023wbopcrosscountrychamps.events.mygameday.app>

Queries regarding online entries to be directed to: administrator@athleticswbop.org.nz

Please have your athletes support the event - all abilities catered for

Athletics Waikato-Bay of Plenty team to the National Cross-Country Championships – Taupo, 29 July:

The Waikato Bay of Plenty Cross-Country team will be selected from those entered at **close** of entries for these championships being **5pm 20 July 2023**. Athletes entering these championships must enter themselves via www.athletics.org.nz before the entry closing date.

Course Map: - see page below

2.5 km LAP



Start / Finish

Waikato River

Waikato River

2.51 km

1.50 km

1.00 km