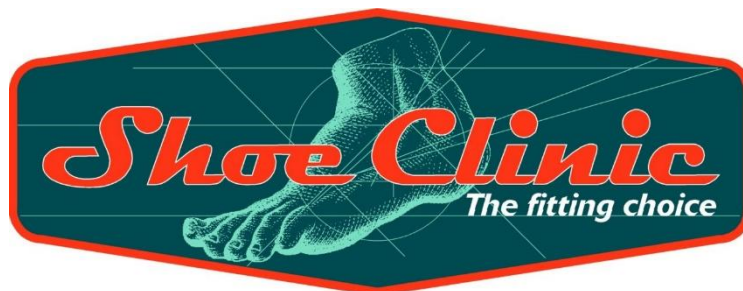




# Cross Country & Road Quick reference guide for clubs 2021

Version 3: July 12, 2021

Supported with thanks by





# Welcome

On behalf of the Canterbury Cross Country, & Road committee (CC&R) I welcome your club to the 2021 winter season – it is great to have you involved in our dynamic sport and hopefully, it will be less eventful season than 2020.

No sport operates without many people in the background doing their bit and I would also like to wish all those involved with running our events in 2021 a great season. Many thanks to our major supporter, Shoe Clinic, who allows us to offer some of the “extras” that make competition fun. We ask you do what you can to support them in return.

This guide provides the basic information relevant to the 2021 programme including key contacts, upcoming events, and pointers, such as the “rules” that are applicable this season. Further details on the specific events can be found via the event websites located in [www.athleticscanterbury.org.nz](http://www.athleticscanterbury.org.nz).

We trust you find this guide useful. However, please be aware it is important you visit the event websites to ensure you keep up to date with any changes that occur after printing.

Annette Campbell  
Chair  
CC&R committee  
April 2021

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## 2021 Winter Programme

All dates Saturday unless otherwise stated	Events
March 28 Sunday	Pier to Pier – New Brighton Pier
April 11	ASB Christchurch Marathon NZ Marathon Champs, and Canterbury Marathon
<i>School Holidays</i>	<i>16<sup>th</sup> April to 3<sup>rd</sup> May</i>
April 17	
April 25 Sunday	<b>Hagley Memorial Relay*</b>
May 01	
May 08	<b>Lionel Fox Relays*</b>
May 08	<i>Rotorua Marathon (NZ Masters Marathon champs)</i>
May 13 Thursday	<i>Secondary School Road Championships</i>
May 15	
May 22	<b>Rawhiti Races incorporating Jane Paterson*</b>
May 29	
June 01 Tuesday	<i>Secondary School Cross Country Championships</i>
June 07 Queens Birthday Monday	<b>A Royal Derby, Ascot Park</b>
June 12	<b>Andrew Reese Memorial Relay @ Rangiora*</b>
June 19	
June 19	NZ Secondary Schools CC Champs, Hawera
June 26	<b>Holloway CC Races*</b>
July 03	
<i>School Holidays</i>	<i>10<sup>th</sup> July to 26<sup>th</sup> July</i>
July 10	<b>Kennett Cup*</b>
July 17	
July 24	<b>Canterbury Cross-Country Champs*</b>
July 31	<b>Lakeside Relays*</b>
August 07	NZ Cross Country Championships –Dunedin
August 14	
August 21	<b>Canterbury Road Championships*</b>
August 28	
September 04	<b>Port Hills U18 Races*</b>
September 05	NZ Road Championships – Hamilton
September 11	
September 18	<b>Governors Bay to Lyttelton*</b>
September 25	
<i>School Holidays</i>	<i>1<sup>st</sup> October to 18<sup>th</sup> October</i>
October 02	NZ National Road Relay - <b>Takahe to Akaroa Relay*</b>
October 10 Sunday	End of season function – Nga Puna Wai
October 17 Sunday	NZ Trail Running Championships - Crater Rim Trail Run, Christchurch
October 24	
October 31 Sunday	Sumner Boulder Bay Classic
November 07 Sunday	Selwyn, Canterbury Half- Marathon Champs (TBC)
Jan / Feb 2022 Tuesday evenings	Port Hills 5km, Hagley Park

\*Winter Club of the year events

## Our people

### Athletics Canterbury Cross-county, Road & Trail committee

	Name	email	phone
Chair	Annette Campbell	<a href="mailto:Annette.campbell@athleticscanterbury.org.nz">Annette.campbell@athleticscanterbury.org.nz</a>	027 578 7519
Director of Racing	John Gamblin	<a href="mailto:johngam@xtra.co.nz">johngam@xtra.co.nz</a>	027 295 8003
Secretary	Robyn Perkins	<a href="mailto:Robyn.perkins@xtra.co.nz">Robyn.perkins@xtra.co.nz</a>	027 421 0058
Treasurer	Victor Gamperle	<a href="mailto:Victor.gamperle@athleticscanterbury.org.nz">Victor.gamperle@athleticscanterbury.org.nz</a>	021 225 8217
Committee	Sandie Gamperle	<a href="mailto:sgamperle@gmail.com">sgamperle@gmail.com</a>	021 047 6010
	Daniel Reese	<a href="mailto:Daniel.reese@athleticscanterbury.org.nz">Daniel.reese@athleticscanterbury.org.nz</a>	027 294 2187
	Kevin Prendergast	<a href="mailto:kprendergast@xtra.co.nz">kprendergast@xtra.co.nz</a>	027 434 5211
	Peter King	<a href="mailto:rayma_k@xtra.co.nz">rayma_k@xtra.co.nz</a>	021 412 068

### Key non-committee positions

Emergency Committee	John, Annette, Robyn, Victor
Selectors	Daniel Reese, Bernadette Jago & Kevin Prendergast
Race Secretary	Anne Kennedy <a href="mailto:kennedyz@xtra.co.nz">kennedyz@xtra.co.nz</a> 03 337 0364
Officials convenor	John Gamblin
Registration Secretary	Chris Rowe 027 485 3154 <a href="mailto:registration.secretary@athleticscanterbury.org.nz">registration.secretary@athleticscanterbury.org.nz</a>
Centre Reps	Listed by event

### Athletics Canterbury Board

Board	Name	email
Chair	Andrew Stark	<a href="mailto:Andrew.stark@athleticscanterbury.org.nz">Andrew.stark@athleticscanterbury.org.nz</a>
Secretary	Daniel Reese	<a href="mailto:Daniel.reese@athleticscanterbury.org.nz">Daniel.reese@athleticscanterbury.org.nz</a>
Treasurer	Victor Gamperle	<a href="mailto:Victor.gamperle@athleticscanterbury.org.nz">Victor.gamperle@athleticscanterbury.org.nz</a>
Board	Annette Campbell	<a href="mailto:Annette.campbell@athleticscanterbury.org.nz">Annette.campbell@athleticscanterbury.org.nz</a>
	Haidee Stratford	<a href="mailto:Haidee.stratford@athleticscanterbury.org.nz">Haidee.stratford@athleticscanterbury.org.nz</a>
	Avril Davies	<a href="mailto:Avril.davies@athleticscanterbury.org.nz">Avril.davies@athleticscanterbury.org.nz</a>
	Sam McLean	<a href="mailto:Sam.mclean@athleticscanterbury.org.nz">Sam.mclean@athleticscanterbury.org.nz</a>
	Thomas Houghton	<a href="mailto:Thomas.houghton@athleticscanterbury.org.nz">Thomas.houghton@athleticscanterbury.org.nz</a>

### Athletics Canterbury General Manager:

Ian Thomas: [gm@athleticscanterbury.org.nz](mailto:gm@athleticscanterbury.org.nz)  
021 280 2208

Officials:

The following people are giving up their time and energy to officiate at our events in 2021.

Geoff Annear ,Craig Brown, Jason Brown, Shona Brown, Priscilla Blanchet, Adrienne Bruce, Annette Campbell, Dave Clarke, Avril Davies, Graham Davies, Faye Fyfe, Kathryn Fraser, John Gamblin, Sandie Gamperle, Victor Gamperle, Warren Hastings, John Hinton, Beth Hunter, John Ingles, Bernadette Jago, Anne Kennedy, Peter King, Ray King, Ruth Liong, Grant Lord, Jan Lord, Don Mackenzie, John McBrearty, Paul Nicholl, Kevin Prendergast, Dianne Phipps, Ian Purvis, Mark Peters, Daniel Reese, James Rogal, Chris Rowe, Bee Ruder, Richard Siegne, Andrew Stark, Trevor Spittle, Rod Syme, Brian Theobald & Ian Thomas

## The Rules

The Cross Country & Road (CC&R) committee adhere to the guiding principles of the sport as determined by our international body. The Director of Racing, John Gamblin, is responsible for ensuring all Athletics Canterbury approved events meet our required standards and any queries re these should be directed to him in the first instance.

### Runner eligibility

1. Unless otherwise noted all races approved by Athletics Canterbury are open to both registered and community runners. The latter must pay an additional fee for participation in any event and are not eligible to win regional titles or be selected for Canterbury representative teams. Prices for community runners are on the respective websites.
2. To become a registered runner, an athlete must register through the Athletics NZ Clubnet member management system under the auspices of their chosen club.

### Race entries

1. **The CC&R committee reserves the right to change race times, so all clubs should refer to the event websites for final start times – this guide is indicative only.**
2. Club runner entries must be submitted by their clubs as per the listed race calls and payments made, using their club's name and race name as reference, within a week of the event.
3. Community runners enter via the event websites unless running in a club relay team. In this instance a club may enter them but note them as a community runner, put in their D.O.B, and pay the applicable fee.
4. Club entries for **scratch** races –
  - a. Entries should be submitted on an excel spreadsheet using three(+) columns containing
    - i. Registration number (in a separate column)
    - ii. First name
    - iii. Last name
    - iv. Handicapped races (Governors Bay) will need to include applicable time estimates in a further column
    - v. People wishing to run outside their actual grade should be noted in a separate "Notes" column
  - b. Registration numbers should be in numerical order

- c. Spreadsheets should be submitted by 8pm on the due day listed under the race calls
5. Club entries for relays:
  - a. Entries should be submitted on an excel spreadsheet detailing
    - i. Race grade
    - ii. Team members
      - a. Registration number
      - b. First name
      - c. Last name
    - iii. Handicap relays should include applicable time estimates in a further column
  - b. Spreadsheets should be submitted by 8pm on the due day (see the race calls).
6. **The race fees listed in this booklet refer to registered runners.**
7. Social club members are welcome to run in Athletics Canterbury approved events provided they pay the community runner event fee. Community runner fees are detailed on the websites.

#### Competition Rules

1. Except where race rules declare otherwise, a competitor may go over, under or through any obstacle
2. Courses will be marked with markers and / or tape fencing. Where there is a single marker, competitors can run 5m either side of the marker. Where there are double markers, competitors must run between the markers.
3. Clubs are asked to remind all runners it is best to touch someone on their back or shoulder to do a changeover in any relay – it is NOT necessary to touch hands. We would ask all runners to take responsibility for their own hygiene and suggest people bring hand sanitiser to events.
4. We are continuing with shoe chips for 2021 using the following system:
  - Clubs will be issued a box (or if needed boxes) that contain the chips for people entered for that event at the start of each race
  - These boxes will have club name on the outside
  - Clubs will be responsible for ensuring the box(es) are returned at the end of the race meeting and that these contain the full set of issued chips in numerical order
  - Clubs will need to tell the race secretary of any missing chips they are chasing as these chips are sometimes used for other events.

#### Race Relay Rules

1. No athlete can run more than once in the same team, or the team will be disqualified
2. If an athlete runs twice in an event for different teams then the lower/slower team will be disqualified
3. If a team may run until there are no more runners then stop
4. In all situations all individuals will be given their time/s.

#### Handicapping

- The handicappers use an index system to calculate the handicap an athlete will be given in a race. An index (runners time/base time) is calculated for each race unless conditions cause unreliable results (eg a thunderstorm).

- For a handicap event the average of these indices is used including the average index for the previous season. Runners who have competed in only a few races have an index weighted towards their best index.

#### Age grades

Athletics Canterbury approved races follow the ANZ age group criteria for the 2021 Cross-country & Road season.

- Up until the Under 20 grade, Juniors will run in 2-year age groups from U10 through to U20 grade with ages as of 31/12/2021. For example, if a junior turns 10 on the 30<sup>th</sup> of December they must enter the Under 12 grade as they will not be Under 10 on the 31<sup>st</sup> of December.
- Masters' athletes run in 5-year age grades starting from 35 years. Masters' athlete ages are taken "on the day" so a master may move grades during a season.

#### Health and Safety

- Health and Safety is of particular importance to Athletics Canterbury and the CC&R committee are committed to ensuring the health and safety of all competitors, officials, spectators, and others using the venue are of key priority.
- All participants must adhere to the agreed H & S rules set for the event, including any covid-related rules, as a condition of entry. Any special rules will be listed on the event website.

#### Changing coaches

- The IAAF code of ethics for coaches, states "coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad." Further it states "if, however, an athlete initiates discussion with a coach in connection with commencing a coaching relationship, while the athlete is already being coached by another coach, then that coach must inform the athlete's present coach as soon as practical".

Athletics Canterbury endorses this approach, and their policy is:

- Coaches should not approach athletes already coached by another coach to join their squad
- If an athlete, or a parent of an athlete, wishes to change coach, the athlete (or parent) must inform the current coach and discuss it with him/her.
- Any coach approached by an athlete to be coached must ensure the athlete has informed their current coach and then discuss the matter with the current coach. In all discussions the needs of the athlete must be considered.



## Basic race calls

All event websites are linked to the Athletics Canterbury website. Check these for full details and any updates

### Hagley Memorial Relay – 25<sup>th</sup> April

Website: [www.athscanterburynz.wixsite.com/hagley2021](http://www.athscanterburynz.wixsite.com/hagley2021)

Location: Hagley Park

Race Director: Daniel Reese 027 2942 187

Centre Rep: Sandie Gamperle

Entries to: [Daniel.reese63@outlook.com](mailto:Daniel.reese63@outlook.com)

Entry Fee: \$8 Adult; \$3 for Under 18

Bank account: 02 0800 0749095 00

Enter **number of teams** by 8pm Monday April 19<sup>th</sup> using the form on the website. Team member names in running order should be handed in at least 30 minutes prior to the appropriate race using the main entry form (supplied once pre-entry received).

Age	Distance	Time
Under 18 Run	4 * 2km	1pm
Adult Walk 18years+	3 * 4km	2pm
U20, Senior & Masters men 35+	4 * 4km	2pm
U20, Senior & Masters Women 35+	4 * 4km	2pm

### Lionel Fox Relay – 8<sup>th</sup> May

Website: [www.athscanterburynz.wixsite.com/lionelfoxrelays](http://www.athscanterburynz.wixsite.com/lionelfoxrelays)

Location: Woodend Beach

Race Directors: Sandie & Victor Gamperle 021 225 8217

Entry Fee: \$8 Adult; \$3 for Under 18

Bank account: 03 1592 0086884 00

Enter **number of teams** by: 8pm Monday May 3<sup>rd</sup> using the form on the website. Team member names in running order should be handed into the registration tent at least 30 minutes prior to the appropriate race using the main entry form (supplied once pre-entry received).

Age	Distance	Time
Senior & Masters men	4 * 4km	12:30pm
Senior & Masters women	4 * 4km	12:35pm
U18 Boys & Girls	4 * 2km	2:35pm

## Rawhiti Races – 22<sup>nd</sup> May

Website: [www.athscanterburynz.wixsite.com/rawhitoraces](http://www.athscanterburynz.wixsite.com/rawhitoraces)

Location: Rawhiti Domain

Race Director: John Gamblin 027 295 8003

Entries to: [kennedyz@xtra.co.nz](mailto:kennedyz@xtra.co.nz)

Entry Fee: \$8 Adult; \$3 for Under 18

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday May 17<sup>th</sup>

Age	Distance	Time
Boys & Girls U10 & U12	2.3km	1:15pm
Boys & Girls Walk	2.0km	
Boys & Girls U14 & U16	3km	1:35pm
Women U18 & U20	4.5km	1:55pm
Senior Women	6km	
Masters' Women	6km	
Open Short course Women	4.5km	2:35pm
Men U18	4.5km	
Men U20 & Masters 80+	6km	
Masters 65-79	7.5km	
Senior Men & Masters Men 35-64	9km	
Open Short course Men	4.5km	

## A Royal Derby – Monday 7<sup>th</sup> June

Website: [www.athscanterburynz.wixsite.com/royalderby](http://www.athscanterburynz.wixsite.com/royalderby)

Location: Ascot Park

Race Director: Robyn Perkins 027 421 0058

Entries to: [kennedyz@xtra.co.nz](mailto:kennedyz@xtra.co.nz)

Entry Fee: \$5 for 5km race (10 and over at 31<sup>st</sup> Dec 2021); \$3 for 2.5km race (all ages)

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday May 31<sup>st</sup>

Distance	Time
5km	1:45pm
The short one (2.5km)	2:20pm

## Andrew Reese Memorial Relay @ Rangiora– 12<sup>th</sup> June

Website: [www.athscanterburynz.wixsite.com/andrewreeserelays](http://www.athscanterburynz.wixsite.com/andrewreeserelays)

Location: Rangiora Stop banks

Race Director: John Marshall 027 439 4270

Centre Rep: Daniel Reese

Entries to: [johnm@busck.co.nz](mailto:johnm@busck.co.nz)

Entry Fee: \$10 Adult; \$5 for Under 18 (*\$2 from every entry is donated to the Cancer Society*)

Bank account: 02 0876 0216121 00

Enter by: 8pm Monday 7<sup>th</sup> June

Age	Distance	Time
Senior & Masters men	4 * 5.5km	12:45pm
Senior & Masters women	4 * 5.5km	
U18 Boys & Girls	4 * 2.75km	2:45pm

## Holloway CC Races – 26<sup>th</sup> June

Website: [www.hollowaycrosscountry.wordpress.com](http://www.hollowaycrosscountry.wordpress.com)

Location: Motukarara Racecourse

Race Director: Al Cory-Wright 027 458 9592

Centre Rep: Bernie Jago

Entries to: [sumnerrunningclub@gmail.com](mailto:sumnerrunningclub@gmail.com)

Entry Fee: \$10 Adult; \$5 for Under 18

Bank account: 03 1590 0003619 00

Entry by: 8pm Monday June 20<sup>th</sup>

Age	Distance	Time
Boys & Girls U10 & U12	2km	1:15pm
Boys & Girls U14 & U16	3km	1:35pm
Women U18 & U20	4km	1:55pm
Senior Women	8km	
Masters Women 35-64	6km	
Masters Women 65+ & Short course Women (all ages)	4km	2:30pm
Men U18 & Masters Men 80+ & Short-course Men (all ages)	4km	
Men U20 & Masters Men 65-79	6km	
Masters Men 50-64	8km	
Senior Men & Masters Men 35-49	10km	

## Kennett Cup – 10<sup>th</sup> July

Website: [www.athscanterburynz.wixsite.com/kennett-cup-sichamps](http://www.athscanterburynz.wixsite.com/kennett-cup-sichamps)

Location: Ascot Park

Race Director: John Gamblin 027 295 8003

Centre Rep: Annette Campbell

Entries to: [johngam@xtra.co.nz](mailto:johngam@xtra.co.nz)

Entry Fee: \$10 Adult; \$5 for Under 18

Bank account: 03 0830 0321241 00

Enter by: 8pm Monday 5<sup>th</sup> July

Note – there are no medals for the non-championship grades

Age	Distance	Time
Boys & Girls U14 & U16	3km	1:15pm
Boys & Girls U10 & U12	2km	1:40pm
Women U18 & U20 & Masters Women 35-49 and 50+	5km	1:55pm
Open women (incl. Senior Women 20-34)	7km	
Non- championship Women	5km	
Non- championship Men	5km	2:45pm
Men U18 & Masters Men 80+	5km	
Men U20 & Masters Men 65-79	7km	
Open Men (incl. Senior 20-34) & Masters Men 35-49 and 50-64	9km	

## Canterbury Cross-country Champs– 24<sup>th</sup> July

Website: [www.athscanterburynz.wixsite.com/x-countrychamps](http://www.athscanterburynz.wixsite.com/x-countrychamps)

Location: Halswell Quarry Park

Race Director: Victor Gamperle 021 225 8217

Entries to: [kennedyz@xtra.co.nz](mailto:kennedyz@xtra.co.nz)

Entry Fee: \$10 Adult; \$5 for Under 18

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday 19<sup>th</sup> July

Age	Distance	Time
Boys & Girls U10 & U12	2km	1:05pm
Boys U16	4km	1:20pm
Boys & Girls U14 & Girls U16	3km	1:45pm
Women U18 and Non-championship Female	4km	2:05pm
Women U20 & Masters Women	6km	
Open & Senior Women	10km	
Masters Men 80+ and Non- championship Male	4km	2:40pm
Men U18 & Masters Men 65-79	6km	
Men U20 & Masters Men 35-64	8km	
Open & Senior Men	10km	

## Lakeside Relays – 31<sup>st</sup> July

Website: [www.athscanterburynz.wixsite.com/lakeside-relays](http://www.athscanterburynz.wixsite.com/lakeside-relays)

Location: Lake Roto Kohatu

Race Director: Mark O'Reilly 021 222 4495

Centre Rep: Victor Gamperle

Entry is via the website.

Entry Fee: \$8 Adult; \$3 for Under 18

Bank account: 03 1355 0558374 00

Enter by: 8pm Monday 26<sup>th</sup> July

Age	Distance	Time
Under 16	4 * 2.5km	12:30pm
Adult 16 years+	4 * 5.0km	2:30pm

## Canterbury Road Champs– 21<sup>st</sup> August

Website: [www.athscanterburynz.wixsite.com/cantroaddchamps](http://www.athscanterburynz.wixsite.com/cantroaddchamps)

Location: Canterbury Agricultural Centre

Race Director: Victor Gamperle 021 225 8217

Entries to: [kennedyz@xtra.co.nz](mailto:kennedyz@xtra.co.nz)

Entry Fee: \$10 Adult; \$5 for Under 18

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday 16<sup>th</sup> August

Race	Age	Distance	Time
1	U12 Boys & Girls Walk	2km	1:10pm
	U14 Boys & Girls Walk	3km	
	U16 & U18 Boys & Girls Walk	5km	
	U20, Senior and Masters Men & Women Walk	10km	
2	Women U18, U20, Masters Women and non-championship Female	5km	2.00pm
3	Boys & Girls U10 & U12	2km	2:30pm
4	Boys U16	4km	2:55pm
5	Boys U14 & Girls and U16 Girls	3km	3:10pm
6	Senior Women	10km	3:30pm
	Non-championship Male	5km	
	Men U18 & Masters Men 65-79	8km	
	Men U20 & Masters Men 35-64	10km	
	Masters Men 80+	6km	
	Senior Men	10km	

## Port Hills U18 Races – 4<sup>th</sup> September

Website: [www.athscanterburynz.wixsite.com/u18countryraces](http://www.athscanterburynz.wixsite.com/u18countryraces)

Location: Hansen Park

Race Director: Kevin Knight

Centre Rep: TBC

Entries to: [kevinbknight@icloud.com](mailto:kevinbknight@icloud.com)

Entry Fee: \$3 for Under 18

Bank account: 03 1593 0019376 00

Enter by: 8pm Monday 31<sup>st</sup> August

Age	Distance	Time
Boys & Girls U12	2km	2:00pm
Boys & Girls U18	3km	2:30pm

## Governors Bay to Lyttelton – 18<sup>th</sup> September

Website: [www.athscanterburynz.wixsite.com/govs-bay1](http://www.athscanterburynz.wixsite.com/govs-bay1)

Location: Governors Bay Road

Race Director: Lindsay Evans 03 355 4356

Centre Rep: Peter King

Entries to: [evansj@xtra.co.nz](mailto:evansj@xtra.co.nz)

Entry Fee: \$15 Adult (16+ years)

Bank account: 03 1592 0081602 00

**Enter by: 8pm Friday 10<sup>th</sup> September**

Please note this is a “chasing start” event with steadier runners starting before those determined as faster by previous run performances (see the handicapping rules).

Age	Distance	Time
Adults 16years+	10km	From 9:30am

## **Takahe to Akaroa Road Relay – 2<sup>nd</sup> October**

Website: [www.takahe2akaroa.nz](http://www.takahe2akaroa.nz)

Location: Sign of the Takahe

Race Director: Daniel Reese

Race committee: Daniel Reese, John Gamblin, John McBrearty, Victor Gamperle, Peter King, Bernadette Jago, Annette Campbell, and Kevin Prendergast

Entries & fees - refer website

Enter by: 8pm Monday 20<sup>th</sup> September

<b>Age Grades</b>	<b>Relay</b>	<b>Time</b>
Refer to website	T2A	From 8:30am
Refer to website	A2C	From 9:15am at Allandale

## **Nga Puna Wai Relays – 10<sup>th</sup> October**

Website: [www.athscanterburynz.wixsite.com/ngapunawai](http://www.athscanterburynz.wixsite.com/ngapunawai)

Location: Nga Puna Wai

Race Director: Annette Campbell 027 578 7519

Entry Fee: \$20 per team of 4

Bank account: 03 1592 0086884 00

Enter by using the form on the website or collected on the day by: 3pm 10<sup>th</sup> October

<b>Age</b>	<b>Distances</b>	<b>Time</b>
Mixed relay – adults and children	Various from 1km to 3km	3:30pm



## **NZ Trail Running Champs, Crater Rim – 17<sup>th</sup> October**

Website: [www.craterimtrailrun.com](http://www.craterimtrailrun.com)

Location: Hansen Park

Race Director: Peter King 021 412 068

Centre Reps: Annette Campbell & Robyn Perkins

Entries & fees - refer [www.craterimtrailrun.com](http://www.craterimtrailrun.com)

<b>Event</b>	<b>Age</b>	<b>Time</b>
Ultra 83km	18 years+	5:00am
Crater Rim 55km	18+	7:15am
Bellbird Buster 30km	18+	9:15am
Kiwi Challenge 21km	16+	9:30am
Rapaki Rumble 10km	14+	10:15am
Hansen Park kids dash races	U14	12:45m

## **Sumner Boulder Bay Classic – 31<sup>st</sup> October**

Website: [www.boulderbayclassic.com](http://www.boulderbayclassic.com)

Location: Taylors Mistake

Race Organiser: Lockie Campbell 027 567 1010

Centre Rep: Daniel Reese

Entries & fees – refer [www.boulderbayclassic.com](http://www.boulderbayclassic.com)

<b>Age</b>	<b>Distance</b>	<b>Time</b>
14years+	10km	9am
Under 14 kids dash	1km	10:30am

## Trophies & Awards

Full information about the various trophies and awards are found on each of the relevant event websites. Trophies that are awarded annually are:

- Senior non–stadia athlete of the year (at Athletics Canterbury Awards ceremony)
- Junior non–stadia athlete of the year (at Athletics Canterbury Awards ceremony)
- Secondary school non-stadia athlete of the year (at Athletics Canterbury Awards)
- Winter Club of the Year – “Champion Spike” – at the NPW end of season event
- Runners of the season (male & female) at the NPW end of season event

### Winter Club of the Year – 2021

All club runners can help their club achieve the highly regarded status of Athletics Canterbury Winter club of the year. This award is based on the total gained by each club via the “club of the day scores” using the runs shown with an \* on the winter programme 2021.

The results of the four best teams in any grade determine the club of the day

1. In each race team placings are noted against each club
2. The sum of the BEST four placings gives the club score for that event with points awarded as follows:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11 <sup>th</sup> +
Points	20	18	16	14	12	10	8	6	4	2	1

3. If there is a tie the next best placings are considered until a result occurs. If teams cannot be separated the points are shared.
4. All registered runner placings count whether they are in a team of four or not.
5. In individual races, a team is **three** finishers
6. In all races, including handicaps events, the team placing for each grade is decided by the fastest time placings
7. Each club can have as many counting teams as they can field in a grade
8. Once clubs with four or more teams have been ranked, clubs with three teams are ranked and take the next available points. This is followed by clubs with two teams and finally clubs with one team.

### Runners of the season (For our adult registered runners):

This new competition rewards individuals for participating throughout the season. All runners & officials who participate or contribute to 10 of these events will win a **participation prize**.

To become an **age group runner of the season** we have adopted the following age grade point system.

There are 7 grades (worked out based on numbers competing):

#### Women

- Senior
- Masters 35-49
- Masters 50+

#### Men

- Senior
- Masters 35-49
- Masters 50-64
- Masters 65+

Points are awarded as follows:

1. Points can only be earned once a runner is registered
  - a. For 2021 non-registered runners were given 1 point for Lionel Fox
2. For most Relays and Governors Bay points will be awarded as per the grades indicated above (e.g., MW50+, MM 50-64)
3. For other individual events Masters points will be awarded in the 5-year age groups
4. For Takahe to Akaroa all participants will receive 3 points
5. Points will vary by the number of runners in a grade:
  - a. If 4 or more runners in an age group then points are 5 (1<sup>st</sup>), 4 (2<sup>nd</sup>), 3 (3<sup>rd</sup>) & 2 (4<sup>th</sup>+)
  - b. 3 runners then these change to 4 (1<sup>st</sup>), 3 (2<sup>nd</sup>), 2 (3<sup>rd</sup>)
  - c. 2 runners 3 (1<sup>st</sup>), 2 (2<sup>nd</sup>)
  - d. 1 runner 3 (1<sup>st</sup>)
  - e. People running in the short courses will earn 2 points
6. Those officiating will earn the higher of their placing or 3 points if they run on the day AND / OR are the Race Director.

Rewards for all participation rewards and trophies for age group winners will be presented at the NPW relay, our end of season event.

## Duty Clubs for 2021

Club support is vital to ensure race and safety standards are met and each club is asked to provide the following:

### Lionel Fox

- **NBOL & PTOC clubs**
- 4 helpers each club needed to assist with set-up: marshalling and clean-up
- Report to Sandie or Vic Gamperle at 9:30am

### Rawhiti Races

- **CANU & CMET clubs**
- 5 helpers each club needed to assist with set-up: marshalling and clean-up
- The Race Director will contact each club re their duties

### A Royal Derby

- **SUMN & CTRI clubs**
- 2 helpers each club needed to assist with set-up: marshalling and clean-up
- Report to Race Director, Robyn Perkins at 12:15pm

### Canterbury Cross-county Champs

- **PRHL, DGRS & SELW clubs**
- 3 helpers each club needed to assist with set-up: marshalling and clean-up
- The Race Director will contact each club re their duties

### Canterbury Road Champs

- **CHAV club**
- 4 helpers needed to assist with set-up: marshalling and clean-up
- The Race Director will contact each club re their duties

### Takahe to Akaroa

- |                             |             |
|-----------------------------|-------------|
| ▪ Start /Lap 1              | NBOL        |
| ▪ Change 1/Lap 2            | PRHL        |
| ▪ Junior Change 1           | PRHL        |
| ▪ Change 2/Lap 3            | NCAN        |
| ▪ Millers Rd/Akaroa Highway | ROVE / CTRI |
| ▪ Change 3/Lap 4            | CMET        |
| ▪ Change 4/Lap 5            | SUMN        |
| ▪ Junior Change 5           | SUMN        |
| ▪ Change 5/Lap 6            | CHAV        |
| ▪ Change 6/Lap 7            | CANU        |
| ▪ Change 7/Lap 8            | PTOC        |
| ▪ Finish                    | DGRS        |