



Cross Country Season 2022

Race information for club people only *Updated 31 March 2022*

All event websites can be accessed via the **Athletics Canterbury website**.

Check these for full details and any updates.

In the current environment events are likely to change.

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Winter programme 2022

All dates Saturday unless otherwise stated	Events	
April 03	Sunday	First Aid course
April 10	Sunday	Lake Reserve Cross Country
April 12	Tuesday	Officials Training Course
<i>School Holidays</i>		<i>15th April to 1st May</i>
April 30		Hagley Memorial Relays*
May 07		Lionel Fox Relays Races*
May 10	Tuesday	<i>Canterbury Secondary School Road Championships</i>
May 15	Sunday	Reboot – The Athletes Marathon, Tai Tapu
May 21		Rawhiti Races incorporating the Jane Paterson Cup*
May 26	Thursday	<i>Schools Cross Country 2k Relay</i>
May 28		
June 02	Thursday	<i>Canterbury Secondary School Cross Country Championships</i>
June 04		A Royal Derby, Ascot Park
June 11		Holloway CC Races*
June 18/19		<i>NZ Secondary Schools CC & Relay Champs, Nelson</i>
June 25		Kennett Cup*
July 02		
<i>School Holidays</i>		<i>9th July to 24th July</i>
July 09		Canterbury Cross Country Championships* @ Halswell
July 16		
July 23		Andrew Reese Memorial Relays@Rangiora*
July 30		NZ Cross Country Championships – Taupo
August 06		Lakeside Relays*
August 13		
August 20		Canterbury Road Championships*
August 27		Selwyn Relays @ The Willows*
September 04	Sunday	NZ Road Championships – Wellington
September 10		Port Hills U18 Races*
September 17		Governors Bay to Lyttelton*
September 25		
<i>School Holidays</i>		<i>1st October to 16th October</i>
October 01		NZ National Road Relay & Takahe to Akaroa Relay*
October 08		
October 16	Sunday	NZ Trail Running Championships: Crater Rim
October 22		
October 30	Sunday	Boulder Bay Classic
November 06	Sunday	Canterbury Half-Marathon Championships @ Selwyn Running Festival
November 15	Tuesday	Winter season prize giving
Jan / Feb 2023	Tuesday	Port Hills 5km series, Hagley Park

**Winter Club of the year events*

Events in bold are endorsed by Athletics Canterbury so the AC endorsed entry conditions apply

Our people

Athletics Canterbury Cross County & Road committee

	Name	email	phone
Chair	Annette Campbell	Annette.campbell@athleticscanterbury.org.nz	027 578 7519
Director of Racing	John Gamblin	johngam@xtra.co.nz	027 295 8003
Secretary	Amy De Wit	dewitwhanau@gmail.com	027 527 4488
Treasurer	Victor Gamperle	Victor.gamperle@athleticscanterbury.org.nz	021 225 8217
Committee	Sandie Gamperle	sgamperle@gmail.com	021 047 6010
	Daniel Reese	Daniel.reese@athleticscanterbury.org.nz	027 294 2187
	Kevin Prendergast	kprendergast@xtra.co.nz	027 434 5211
	Peter King	rayma_k@xtra.co.nz	021 412 068
	Robyn Perkins	Robyn.perkins@xtra.co.nz	027 421 0058
	Shona Brown	Craig_shona@xtra.co.nz	027 491 2442

Key non-committee positions

Emergency Committee	John Gamblin, Annette Campbell, Victor Gamperle , & Amy De Wit
Selectors	Daniel Reese, Shona Brown & Kevin Prendergast
Race Secretary	Anne Kennedy 03 337 0364 kennedyz@xtra.co.nz
Officials' convenor	John Gamblin
Registration Secretary	Chris Rowe 027 485 3154 registration.secretary@athleticscanterbury.org.nz

Officials:

The following people are giving up their time and energy to officiate at our events in 2022.

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 Nicholls, Kevin Prendergast, Diana 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

Athletics Canterbury General Manager:

Ian Thomas:
Email : gm@athleticscanterbury.org.nz
Phone: 021 280 2208

Conditions of entry to an Athletics Canterbury endorsed event

Athletics Canterbury adhere to the guiding principles of the sport as determined by our international body. Our Director of Racing, John Gamblin, is responsible for ensuring all Athletics Canterbury approved events meet our required standards. Any queries re these should be directed to John in the first instance at johngam@xtra.co.nz or 027 295 8003

All conditions of entry including the Covid protocols are listed on the event websites. These may change due to the circumstances prevalent at the time of the event, so it is a good idea to check them.

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, if set, for participation 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. Community runners & teams should enter via the event websites.
2. Club entries should be done via their club secretary unless otherwise advised on the event website.

Health and Safety

- All athletes, coaches and spectators must comply with all Covid protocols in place.
- All participants enter at their own risk. While the organisers take great care to keep people safe, all participants are responsible for their own safety as well as ensuring their actions do not create an unsafe situation for other runners, officials, or spectators. Participants are to be aware, that there are no road closures on most courses and be always considerate of their fellow participants.
- Any instructions given by marshals/race officials and traffic management personnel must be adhered to.
- First Aid will be available at the start/finish and people are asked to seek their advice and assistance if they are not feeling well. Any participant who requires personal medication during physical activity has sole responsibility for providing this. Any participant who comes across someone who is not well must not ignore them. If the situation is serious then this participant must seek the assistance of the course marshals or dial 111.
- Any potential hazards or suspicious objects should be brought to the attention of the race officials / marshals immediately.

- In the interests of safety, dogs should on a lead and under control around the course areas.

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 2022 using the following system:
 - Clubs will be issued a box that contain the chips for people entered for that event at the start of each race. These boxes will have club name on them.
 - 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.
 - Community runners will pick up their chips from the information desk.

Race Relay Rules

1. An athlete running more than once in the same team, will have that team disqualified
2. If an athlete runs twice in an event for different teams, then the lower/slower team will be disqualified
3. 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 (e.g. a thunderstorm).
- For a handicap event the average of these indices along with the average index for the previous season is used to determine a runner's handicap. 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 2022 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 31/12/2022. For example, if a junior turns 10 on the 31st of December they must enter the Under 12 grade as they will not be Under 10 on the 31st 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.

Photo and moving images

- We, as the event organisers, reserve the right to use any photographs / video taken by us or our representatives at the event, without the written permission of those included within this photography / video. We may use the photograph / video in promotions, publications or other media material produced, including but not limited to brochures, emails, media, and websites.
- Should a participant not want any images used then they must advise us in advance of the event.

Privacy

- In competing in an Athletics Canterbury event, participants provide Athletics Canterbury with personal information. This information will be collected and held by Athletics Canterbury and can be used by sponsors, employees, contractors, and agents associated with the event for the purposes of:
 - Administering entry,
 - Promoting the event, mail-outs or any other communication relating to this, and other Athletic Canterbury approved events, &
 - Disclosing relevant information to medical and related personnel in the event medical treatment is required during the event.

Club Race entries

1. **The CC&R committee reserves the right to change race times, so all club race secretaries should check the event websites for start times before each event. These websites can all be accessed via www.athleticscanterbury.org.nz/competition/events/**
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 should 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 five(+) columns containing
 - i. Registration number (in a separate column)
 - ii. First name
 - iii. Last name
 - iv. Gender (Male/Other gender orientations; or Female)
 - v. Date of Birth (if not registered)
 - vi. Handicapped races (Governors Bay) will need to include applicable time estimates in a further column
 - vii. 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. Unless otherwise directed entries should be submitted via the event websites.
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 detailed on the websites. When entering non-registered runners, clubs must put Social in the "Notes" column.

Race Calls

Lakes Reserve Cross Country – Sunday 10th April

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Lake Roto Kohatu

Race Director: Annette Campbell 027 578 7519

Entry Fee: \$5 per person

Bank account: 03 1592 0086884 00

Clubs should send an excel spreadsheet containing name, gender, D.O.B and race distance to Annette.campbell@athleticscanterbury.org.nz by 8pm Wednesday 6th April.

Hagley Memorial Races – Saturday 30th April

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: ASCOT Park

Race Director: Daniel Reese 027 2942 187

Centre Rep: Sandie Gamperle

Entries to: Daniel.reese63@outlook.com

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

Bank account: 02 0800 0749095 00

All entries required by 8pm Monday 25th April.

Lionel Fox Relay Races – Saturday 7th May

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: ASCOT Park

Race Directors: Sandie Gamperle 021 225 8217

Entries to: kennedyz@xtra.co.nz

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

Bank account: 03 1592 0086884 00

The 2022 event will be a scratch race with all entries required by 8pm Monday 1st May. Athletes will be issued “throw away” numbers for this event.

Rawhiti Races – Saturday 21st May

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Rawhiti Domain

Race Director: John Gamblin 027 295 8003

Entries to: kennedyz@xtra.co.nz

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

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday May 16th

A Royal Derby – Saturday 4th June

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Ascot Park

Race Director: Robyn Perkins 027 421 0058

Entries to: kennedyz@xtra.co.nz

Entry Fee: \$5 for 5km race (10 and over at 31st Dec 2022); \$3 for 2.5km race (all ages)

Bank account: 03 1592 0086884 00

Enter by: 5pm Wednesday 1st June following the instructions on the race entry page.

Holloway CC Races – Saturday 11th June

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Motukarara Racecourse

Race Director: Al Cory-Wright 027 458 9592

Centre Rep: Daniel Reese

Entries to: sumnerrunningclub@gmail.com

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

Bank account: 03 1590 0003619 00

Entry by: 8pm Monday June 6th following instructions on the race entry page

Kennett Cup – Saturday 25th June

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Ascot Park

Race Director: John Gamblin 027 295 8003

Centre Rep: Annette Campbell

Entries to: johngam@xtra.co.nz

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

Bank account: 03 0830 0321241 00

Enter by: 8pm Monday 20th June

Canterbury Cross Country Championships – Saturday 9th July

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Halswell Quarry Park

Race Director: John Gamblin 027 295 8003

Entries to: kennedyz@xtra.co.nz

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

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday 4th July

Andrew Reese Memorial Relay @ Rangiora – Saturday 23rd July

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Rangiora Stop banks

Race Director: John Marshall 027 439 4270

Centre Rep: Daniel Reese

Entries to: johnm@busck.co.nz

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

Bank account: 02 0876 0216121 00

Enter by: 8pm Monday 18th July using the form on the website.

Lakeside Relays – Saturday 6th August

Website: refer to www.athleticscanterbury.org.nz/competition/events/

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 16

Bank account: 03 1355 0558374 00

Enter by: 8pm Monday 1st August using the form on the website

Canterbury Road Championships – Saturday 20th August

Website: refer to www.athleticscanterbury.org.nz/competition/events/

Location: Landfill Road (TBC)

Race Director: Victor Gamperle 021 225 8217

Entries to: kennedyz@xtra.co.nz

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

Bank account: 03 1592 0086884 00

Enter by: 8pm Monday 15th August

Selwyn Relays @ The Willows – Saturday 27th August

Website: refer to www.athleticscanterbury.org.nz/competition/events/
Location: End of Thompsons Road, off Old West Coast Road, West Melton
Race Director: Sarsha Wightman 021 159 0247
Centre Rep: Robyn Perkins
Entries to: sarsha.w@xtra.co.nz
Entry Fee: \$8 Adult; \$3 for Under 18
Bank account: 03 1588 0521142 000

Enter by: 8pm Monday 21st August using the form on the website

Port Hills U18 Races – Saturday 10th September

Website: refer to www.athleticscanterbury.org.nz/competition/events/
Location: Hansen Park
Race Director: Peter Bayliss
Centre Rep: Amy De Wit
Entries to: chucka12345@outlook.com
Entry Fee: \$3 for Under 18
Bank account: 03 1593 0019376 00

Enter by: 8pm Monday 5th September

Governors Bay to Lyttelton – Saturday 17th September

Website: refer to www.athleticscanterbury.org.nz/competition/events/
Location: Governors Bay Road
Race Director: Lindsay Evans 03 355 4356
Centre Rep: Peter King & Shona Brown
Entries to: evanslj@xtra.co.nz
Entry Fee: \$15 Adult (16+ years)
Bank account: 03 1592 0081602 00

Enter by: 8pm Friday 9th 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).

Takahe to Akaroa Road Relay – 1st October

Website: www.takahe2akaroa.nz or refer to www.athleticscanterbury.org.nz/competition/events/
Location: Sign of the Takahe
Race Director: Daniel Reese 027 294 2187
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 19th September**

NZ Trail Running Championships, Crater Rim – Sunday 16th October

Website: www.craterimtrailrun.com or refer to
www.athleticscanterbury.org.nz/competition/events/
Location: Hansen Park
Race Director: Peter King 021 412 068
Centre Reps: Annette Campbell & Robyn Perkins
Entries & fees - refer www.craterimtrailrun.com

Sumner Boulder Bay Classic – Sunday 30th October

Website: www.boulderbayclassic.com or refer to
www.athleticscanterbury.org.nz/competition/events/
Location: Taylors Mistake
Race Organiser: Lockie Campbell 027 567 1010
Centre Rep: Daniel Reese
Entries & fees – refer www.boulderbayclassic.com

Canterbury Half-marathon Championships – 6th November

Held in conjunction with the Selwyn Running festival
Website: refer to www.athleticscanterbury.org.nz/competition/events/
Location: Leeston
Centre Rep: Peter King
Entries & fees – refer to website

Port Hills 5km series January / February 2023

Website: refer to www.athleticscanterbury.org.nz/competition/events/
Location: Hagley Park
Race Director: Kevin Knight
Centre Rep: Kevin Prendergast
Entries & fees – refer to website

Trophies & Awards

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

- Senior non–stadia athlete of the year
- Junior non–stadia athlete of the year
- Secondary school non-stadia athlete of the year
- Cross Country Runner of the year
- Road Runner of the year
- Winter Club of the Year – “Champion Spike”
- Champions of the season (male & female). Details on next page.

Winter Club of the Year – 2022

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 2022.**

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 th +
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.

Champions of the season (For our adult registered runners):

To become an **age group champion of the season** we have adopted the following age grade point system. There are 7 grades (worked out based on numbers competing):

Women	Men
<ul style="list-style-type: none">• Senior• Masters 35-49• Masters 50+	<ul style="list-style-type: none">• Senior• Masters 35-49• Masters 50-64• Masters 65+

Points are awarded as follows:

1. Points are awarded for all adult events used in the winter club of the year competition except for the Takahe to Akaroa.
2. Points can only be earned once a runner is registered
3. Masters' points will be awarded in the 5-year age groups
4. 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 (1st), 4 (2nd), 3 (3rd) & 2 (4th+)
 - b. 3 runners then these change to 4 (1st), 3 (2nd), & 2 (3rd)
 - c. 2 runners 3 (1st), & 2 (2nd)
 - d. 1 runner 3 (1st)
 - e. People running in the short courses will earn 2 points
 - f. Runners who are also Race Directors for an event will earn the higher of their placing or 3 points for that event.

Further to this our participation awards rewards individuals for participating throughout the season. All runners who participate in at least 90 % of those events which make up the winter programme will win a **participation prize**. We may even decide to award at a lower percentage if Covid proves a real nuisance.

Duty Clubs for 2022

Club support is vital to meet race standards. Each club is asked to provide the following:

Lakes Reserve:

- **PTOC, SUMN, PHRL & CHAV clubs**
- 1 helper each club needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up
- Report to Annette Campbell at 9:00am

Lionel Fox

- **DGRS & CHAV clubs**
- 5 helpers each club needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up
- Report to Sandie or Vic Gamperle at 9:30am

Rawhiti Races

- **NCAN & PHRL clubs**
- 3 helpers from each club needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up
- The Race Director will contact each club re their duties

A Royal Derby

- **SUMN & SELW clubs**
- 3 helpers each club needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up.
- Report to Race Director, Robyn Perkins at 12:15pm

Canterbury Cross-county Champs

- **CMET & PTOC clubs**
- 4 helpers each club needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up.
- The Race Director will contact each club re their duties

Canterbury Road Champs

- **CANU club**
- 5 helpers needed to assist with set-up, marshalling and assisting new runners. All available club members to assist with clean-up
- The Race Director will contact each club re their duties

Note for this year, we have assigned club helpers to the task of assisting us with new runners, be they from clubs or the community, at each of these events. A briefing form will be provided on the day, with the basic rule being to make sure people know what to do and enjoy their event.

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