

CROSS COUNTRY, ROAD & TRAIL PROGRAMME 2023

January 17/24/31 and Feb 7/14		5k Series
February 19	Sunday	ITM 5k Road Race
March 10	Friday	DGRS Night of 5k PBs @ NPW
March 18		NZ Mountain Running Championships - Mount Maunganui
March 25		Canterbury 10,000m Championships - NPW
March 26	Sunday	NZ Short Course Trail Running Championships – Dunedin
April 02	Sunday	Lakes Reserve Race
<i>School Holidays – 7th April to 23rd April</i>		<i>EASTER Friday 7th to Monday 10th</i>
April 08		<i>Easter Saturday</i>
April 16	Sunday	The Frontrunner Christchurch Marathon and Canterbury & NZ Marathon
April 22		
<i>April 25 (Tuesday) Anzac Day</i>		
April 29		Hagley Memorial Relays*
May 06		Rotorua Marathon (Masters Marathon Championships)
May 08	Monday	<i>Canterbury Secondary School Road Race Championships</i>
May 13		Lionel Fox Relay @ Rangiora*
May 20		
May 27		Rawhiti Cross Country Races incorporating the Jane Paterson*
June 01	Thursday	<i>Secondary School Cross Country Championships</i>
June 03		
<i>June 05 (Monday) King's Birthday</i>		
June 10		Andrew Reese Memorial Relay @ The Willows*
June 17		
June 17 & 18		Secondary Schools Cross Country Championships*
June 24		
July 01		Canterbury Cross-Country Championships* – Halswell Quarry
<i>School Holidays</i>		<i>1st July to 16th July</i>
July 08		
<i>July 14th (Friday) Matariki</i>		
July 15		Kennett Cup*
July 22		
July 29		Port Hills U18 Races*
July 29		NZ Cross Country Championships @ Taupo
August 05		Holloway Cross Country Races*
August 12		
August 19		
August 26		Canterbury Road Championships*
September 02		Lakeside Relays* – Lake Roto Kohatu
September 09		
September 10		NZ Road Championships – Palmerston North vicinity
September 16		Governors Bay to Lyttelton*
<i>School Holidays</i>		<i>23rd September to 8th October</i>
September 23		
September 30		NZ Road Relay -
October 07		
October 15	Sunday	NZ Long-distance Trail Running Championships - Crater Rim
October 21		
<i>October 23 (Monday) Labour Day</i>		
October 28		
October 31	Tuesday	Winter season prize giving
December 10		Canterbury Half Marathon Championships* (tbc)

All dates Saturday unless otherwise noted