



WINTER RUNNING SEASON CROSS COUNTRY EVENTS 2026 Barge Park, Maunu, Whangarei

OPEN TO ALL – RUN, JOG or WALK

- Distances to suit all from the beginner to the elite ... Ages 6 years up
 - Good practice for ultra distance athletes and off road events
 - Those looking to National Qualification
- Anyone who wants to have a go at cross country for the sheer pleasure of it

IT'S FUN

Cross Country

The courses are all marked with white and red flags. The direction is always white on your right.

Entry Fees

21 years and over = \$10.00 20 years and under = \$5.00
14 and under = \$5.00

Athletics Whangarei members included in paid membership
(year 1 April 26 to 31 March 27)

Northland Masters Athletics included in paid membership

Cash on the day or by internet banking to Athletics Whangarei

Account No: 12-3099-0408869-00

Reference: Name, XC and date

SPOT PRIZE
OF \$100
following
each
event

ALL EVENTS ARE FOLLOWED BY AFTERNOON TEA

Date	Time	Distance
Saturday 16 May 26	1.45 for 2pm start	2km loop – 8 and under 4km – 12 and under; Vet men 80+; Vet women 75+ 6km – 13-17 year boys and girls; Vet women 35+; Vet men 60+ 8km – Vet men under 60; Senior women 18-34 10km – Senior men 18-34
Saturday 13 June 26	As above	As above
Saturday 20 June 26	2pm start	3km – Walkers teams MUST walk – Teams of 3 = \$15 per team (Walkers seen running will have their team disqualified) ALL ENTRIES MUST BE IN BY 1.15PM
Saturday 27 June 26	1.00pm 2.00pm 3.00pm 3.30pm	1km FLAT LOOPS 1.00pm = 3 hours 2.00pm = 2 hour 3.00pm = 1 hour 3.30pm = 30 minutes All finish at 4.00pm
Saturday 11 July 26	1.45 for 2pm start	2km loop – 8 and under 4km – 12 and under; Vet men 80+; Vet women 75+ 6km – 13-17 year boys and girls; Vet women 35+; Vet men 60+ 8km – Vet men under 60; Senior women 18-34 10km – Senior men 18-34