



# WINTER RUNNING SEASON CROSS COUNTRY EVENTS 2026

All at 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 = \$2.00

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

**ALL EVENTS ARE FOLLOWED BY AFTERNOON TEA**

**SPOT PRIZE  
OF \$100  
following  
each  
event**

Date	Time	Distances
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 loop <b>Entries must be in by 1.15pm</b>	<b>Baton Relay</b> Teams of 3 – Male/female or mixed - \$15 per team (Walking teams MUST walk - Walkers seen running will have their team disqualified) NB - Younger athletes U12 enter at the discretion of the organisers. They need to be able to run/walk 3km comfortably and follow directions. (For advice please phone Brian Barach on 021 027 96487) (NB – We will require sufficient numbers to hold this event)
Saturday 27 June 26	1.00pm 2.00pm 3.00pm 3.30pm	<b>1km FLAT LOOPS CHALLENGE</b> 1.00pm = 3 hours      2.00pm = 2 hour 3.00pm = 1 hour      3.30pm = 30 minutes <b>All finish at 4.00pm</b>
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