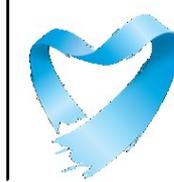




**KIDS
CROSS
COUNTRY
SERIES**



2017 Regional
Community
Awards
Wellington City
Finalist

Hi there

Thanks for registering for the Brendan Foot Supersite Kids Cross Country event at Mt Victoria this Sunday 25 June.

We're pleased to announce that our Kids Cross Country Series has just been named as a finalist in the Wellington Airport Regional Community Awards – Wellington City. A huge thanks to all of you who have supported these events, some since we first began 5 years ago..

Our sponsors **Brendan Foot Supersite**, the **Shoe Clinic** and **New Balance** have some offers that may be of interest to you so check these out at the end of this email. These offers are also on our Athletics Wellington Sports app that you can download for free from your app store (just search 'Athletics Wellington'). It's a great way to see what's coming up, and has easy access to results and timetables for the day of our events.

We'd like to thank the Wellington Harrier and Athletic Club whose members are hosting the event this Sunday in partnership with Athletics Wellington

The info below should answer any questions you have, especially if you're new to these events.

Will the event be cancelled due to weather / ground conditions?

Simple Answer: NO, this is very unlikely.

A more detailed response:

Our cross country events are run on the outside of the football fields so we aren't affected by ground closures except in extreme conditions.

If we do need to get any info out in the unlikely event of any changes we'll include it on our [Athletics Wellington Facebook Page](#) and [Athletics Hub Facebook](#) pages.

So, how do I get to the event on Mt Victoria?

The registration and race bib pick up area is in the Wellington Harrier and Athletic Club (WHAC) Clubrooms at Mt Victoria on Alexandra Road. When you turn into Alexandra Road from Constable Street it is approximately 200 metres up the road on your left hand side.

HEALTH AND SAFETY AND INFORMATION ON WHERE THE START AND FINISH AREA IS

Please make sure parents are with the children as they cross the road from the clubrooms down to the start/finish line area or back up to the prizegiving area by the clubrooms. It is a public road and will be busy with people heading up to the Mt Victoria lookout - or parents getting kids to our events. Please make sure you know where your children are so they are not trying to cross the road on their own - particularly if you have younger children who might wander off from the start/finish line.

Parking

There is parking at the start of Alexandra Road on the right hand side. There is limited parking in front of the clubrooms and two further parking areas on each side, 100m further up the road.

What to do when you arrive / pre your race starting?

First up:

Collect your race bib

You can collect your race bib any time from 9.30am on the day of the race at our registration area (up until 15 minutes before your race start).

Registration will be inside the WHAC Clubrooms.

There will be a table for those who registered and paid online before 5pm Friday 23 June and another for those who decide to enter on the morning.

Check out this season's Kids XC T-Shirts!

This year we have new Brendan Foot Supersite Kids Cross Country Series t-shirts in orange, pink, blue and grey (\$20) and Brendan Foot Supersite red caps (\$15). T-shirt samples will be available to try on at the Karori event. We don't carry much, if any, stock so if you order on the day or the following week we then place the order for collection at the next Kids XC event. The t-shirts come in sizes 6 through to size 14. You can order the t-shirts and caps online at [this link](#) (which is under SHOP at www.athleticshub.co.nz) or on the day at the event.

Need Coffee / refreshment / food? (for the Mums & Dads!)

A coffee cart is booked and the Wellington Harrier and Athletic Club will be putting on a sausage sizzle and baking as a fundraiser for their club. Please support the club by bringing along some cash for this as no eftpos is available.

Do I really need to be there at 9:30am?

No...

As mentioned above, if you have a later race you don't need to pick up your bib at 9.30am, you have until 15 minutes before your race starts to do this.

We would suggest though that you get to the venue at least 45 minutes before your event starts so you're not rushing to get organised. Make sure you allow time for parking. (More time the later you intend to arrive)

Know someone who hasn't entered yet, who is thinking of joining you?

If you have any friends who want to sign for this Sunday, they can.... Either enter:

- online up till 5pm Friday 23 June.
- Or on Sunday morning at the park from 9.30am, until 15 minutes before their race starts.
- Note it takes a lot longer to enter on the day than it does to pre enter and just collect your race bib.

Are you running with friends? – have you entered yourselves as a team??

Teams can be made up of 3 or 4 kids who have all registered to run in the same grade i.e. they'll need to be the same school year & gender or if not the younger ones will have to compete up a year level. If you have already entered a team we'll keep those details for the remainder of the series so you don't need to re enter them each time.

If you are registering a new team you can do this easily online up until Friday 5pm here.. <https://teamsregistration.eventdesq.com>

We also reward the team's performances at the next event for those placed 1st, 2nd and 3rd. The team certificates from the Karori event will be awarded at Karori following each of the races, i.e. year 0 race finishes then year 0 individual medals followed by certificates for top 3 teams. The team results from Karori can be found by [clicking here](#)

How do teams work?

You all run the race individually.

We then take the first 3 runners across the line for your team when working out the team placings. (This takes the pressure off if anyone is injured, sick or away for any of the races).

The team scoring the lowest points is the winner. (i.e. if Team X get 1st, 5th and 10th they get 16 points. If Team Y finish 2nd, 8th and 12th they get 22 points, so the team X would finish 1st, and Team Y 2nd etc.

This year Brendan Foot Supersite is also providing a prize for a team who competes in at least three of the

first four Kids Cross Country Series events. These teams will go into a draw and at the last event a team will be drawn out of a hat with each team member receiving a trophy as well as entries to Adrenalin Forest.

Step two:

Check out your course

For those who want to familiarise yourself with the course for this weekend there are two options:

1. Check out the course maps – these can be found at www.athleticshub.co.nz under MAPS AND INFORMATION
2. You can also find copies of these maps printed out near registration on Sunday morning.
3. **Or You can join us for a course walkaround @ 10am**

For those unfamiliar with the courses we have a course walk around planned for 10am.

Each age group will be set off with a leader for their walkaround separately (Year 0 first through to Year 8). Make sure you're in the right group.

Each leader will be either someone from the Karori Athletic Club or our teenage athlete volunteers. They will be in a hi-vis vest so you know who to look out for.

These walkarounds are optional

Step three: Get ready to run!

The start line is located down in the MTB skills area (across the road and about 150m down the hill from WHAC clubrooms). You can check this out on the map at [this link](#)

The start times & approximate distances for all our events are:

- 10.20am: Year 0 (pre school) Boys and Girls Race, approximately 500m
- 10.30am: Year 1 Boys and Girls Race, 800m
- 10.45am: Year 2 Boys and Girls Race, 800m
- 11.00am: Year 3 Boys and Girls Race, 1km to 1.5km
- 11.15am: Year 4 Boys and Girls Race, 1km to 1.5km
- 11.30am: Year 5 Boys and Girls Race, 2km to 2.5km
- 11.45am: Year 6 Boys and Girls Race, 2km to 2.5km
- 12.00pm: Year 7 and 8 Boys and Girls Race, 2km to 2.5km

We recommend that you are at your start line at least 5 minutes before your start – listen to the PA announcements to confirm which start is next!

***Please note:** times can change on the day with races able to run up to 30 minutes earlier than advertised. This will only happen if it's very cold and wet in which case we may have less time between each race, so it would only affect those from year 3 up.*

***Please note 2:** There are separate starts for Boys and Girls in each grade. The Girls will start approximately one minute behind the Boys for each age group*

***Please note 3:** During the races we will have 'lead guide runners' for the year 0, 1, 2, 3, 4, 5 and 6 races, and 'tail end charlie runners' for the year 0 to year 8 races. The 'lead and tail end runners' are some of our top teenage athletes who love support the kids participating. There are also course marshals placed around the course in key locations.*

Parents - want to run / Support your child on course?

Thank you for your encouragement and support of your little ones when they are on course – we (and they) do appreciate it.

If you want to run with your child for moral support while they are doing their event - that is okay for the younger age groups (year 0, year 1 and year 2).

For fairness to all on course though - can we ask one small favour - if you are running with your child, please run/ walk at their pace, and just offer them verbal support and encouragement, rather than holding their hand the whole way. Thank you for your understanding. Our series is all about encouraging and supporting them. Our teenage athletes are there to help the young ones as well.

Step Four: Post run - What happens?

Were you quick? Top 3 individuals medal presentation for each grade

Medals will be presented on our podium for the top 3 girls and top 3 boys in each grade after each of the races.

- the year 0 medals (from the Mt Victoria event) and year 0 team certificates (from the Karori event) will be presented straight after the year 0 race.
- the year 1 medals (from the Mt Victoria event) and year 1 team certificates (from the Karori event) will be presented straight after the year 1 race.
- Etc through to the year 8 race at the end.

What about our quick TEAM at the Mt Victoria event? Do teams get anything?

Yes, but at the next event!

We'll present the top 3 team certificates from each grade of the Mt Victoria event at the Grenada North Park, Tawa event on July 9th. If your team isn't planning to be at the Tawa event then let us know and we can post them out.

The reason why we do this at the next event is that it takes too long to compile all the results to work out teams placing on the day.

SERIES MEDALS

Overall series medals will be awarded at the last event at Petone on Sunday 13 August for the top three individuals and top three teams (boys and girls) in each grade. These awards are based on the three best placings over the first four races in the series. So you need to compete in a minimum of three events to qualify for these awards.

OVERALL COMPETITORS MEDALS

If your child competes in all five events over the series they'll receive a competitors medal and a Shoe Clinic/New Balance thermo drink bottle at the last event.

Post Event Questions

When can I run again?

After this weekend we have three more events left.

The next Brendan Foot Supersite Kids Cross Country event is in a month's time....

- Sunday 9 July – Grenada North Park, Tawa, Wellington

Then it's the final event on:

- Sunday 13 August - Petone Memorial/Sladden Park, Petone

How do I get a race bib with my name printed on it at the next event.

If you've already pre entered all five events, or any future events you'll receive a personalised race bib on each event day.

If you haven't, you just need to make sure you've entered by 7pm the Sunday prior to the next event. So for the next event enter online before 7pm Sunday 2 July to receive a personalised race bib on Sunday 9 July at Grenada North Park, Tawa.

Where do I find the results?

Results from our Kids Cross Country Series events are posted on our Athletics Hub website under Events and Results. Links to the podium photos will also be listed here.

Will there be photos of me in action?

Gary Nesbit from Nesport Photography will be taking photos on the day. To view and order photos after the event go to nesport.co.nz

Photos from the Upper Hutt event are at [this link](#)

And before you stop reading, check out this offer from the Shoe Clinic and New Balance available until the 31st of August:

If you buy any pair of **New Balance Footwear** (junior or adult), you'll receive a **FREE New Balance Backpack** and a **FREE New Balance adults Running T-shirt**. This is combined value of \$85, and is available from the Shoe Clinic Wellington, Lower Hutt or Porirua stores. Just show them this email to redeem this fantastic offer.

If you're looking for cars visit **Brendan Foot Supersite**. Here are two of their offers:

<https://brendanfoot.co.nz>

Top spec preowned 2016 Suzuki Swift GLX only \$17,995 drive away - <https://brendanfoot.co.nz/specials/pre-owned-latest-model-suzuki-swifts/>

2016 Preowned Holden Barina LT - \$19,995 drive away - <https://brendanfoot.co.nz/specials/pre-owned-latest-model-holden-barinas/>

If you have any further questions let us know.

I won't see you on Sunday as I'm off to watch the Women's Cricket World Cup in England, BUT you will be left in the capable hands of Daryl Bloomfield, Rees Buck, Rebecca Grigg and the team from the Wellington Harrier and Athletic Club.

Cheers
Jo Murray

BRENDAN FOOT SUPERSITE KIDS CROSS COUNTRY SERIES

Run in partnership with local clubs and supported by Brendan Foot Supersite, Shoe Clinic, New Balance and NZCT

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