



Hi there

Thanks for registering for the final event in the Brendan Foot Supersite Kids Cross Country Series at Petone this Sunday 13 August.

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

This is the event where we'll be handing out the overall individual and teams series awards and the participants medals, so read on further so you know when these will be presented and

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 at Petone?

Memorial Park is off Bracken Street, Petone, Lower Hutt. Our registration area will be set up in the Petone Football Club's gym area. The entrance is right next to the artificial turf football pitch.

Parking

There is some parking inside the park area with further parking available on the surrounding streets.

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).

Our registration area will be set up in the Petone Football Club's gym area. The entrance is right next to the artificial turf football pitch.

There will be a table for those who registered and paid online before 5pm Friday 11 August and another for those who decide to enter on the morning.

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

We have a limited stock the 2017 Brendan Foot Supersite Kids Cross Country Series t-shirts in orange, pink, blue and grey (\$20). 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. If you order now then we will put it aside for you if it's in stock. If not we can get it to you and at the end of next week instead.

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

A coffee cart is booked and the Hutt Valley Harriers 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 12 August.
- 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.

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 and finish line is on Memorial Park close to the registration area. 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, 1.5km to 2km
- 11.45am: Year 6 Boys and Girls Race, 1.5km to 2km
- 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 you child for moral support while they are doing their event - that is okay for the younger age groups (year 0, year 1).

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.

There are no team points for this event, but we'll be awarding the certificates from the Tawa event

We'll present the top 3 team certificates from each grade of the Tawa event at Petone.

AWARDING OF OVERALL SERIES MEDALS FOR TEAMS AND INDIVIDUALS AND PARTICIPANT MEDALS

The final placings are now loaded onto our website at [this link](#) and our Athletics Wellington Sports App for the:

- Overall Individual Series Results
- Overall Team Series Results
- List of those who have competed in all 4 events to date

Medals will be awarded after each race as follows (so make sure you head to the podium after your race has finished):

- Individual Medals from the Petone event – 1st, 2nd and 3rd
- Team Certificates from the Tawa event – 1st, 2nd and 3rd
- Overall Individuals Series Medals – 1st, 2nd and 3rd

- Overall Team Series Medals – 1st, 2nd and 3rd

Those who have run in all four events so far are eligible for the Shoe Clinic/New Balance Drink Bottle and Kids Cross Country Series participants medal if they enter and compete at the last event. They will have special coloured race bibs on the day and collect their medals and drink bottles at the registration area when they arrive to get their race bibs.

Aside from the Overall Team Series Medals, we also have a Brendan Foot Supersite team award for one lucky team that we're drawing out of a hat on Friday. A sign will then be posted on our Athletics Hub and Athletics Wellington Facebook pages with the name of the winning team. At the event we'll get that team on the podium to receive their free entry to Adrenalin Forest and individual trophies from the Brendan Foot Supersite team.

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 all the Kids Cross Country Series this year are at that link. For the podium photos go to our Athletics Hub website at [this link](#)

If you have any further questions let us know.

See you on Sunday.

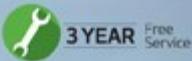
Cheers
Jo Murray

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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Kia Carnival 8-Seater 

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brendan foot
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The advertisement features a silver Kia Carnival 8-Seater minivan with its side sliding door open. The background is a light blue sky. The text 'Kia Carnival 8-Seater' is prominently displayed at the top left. To the right of the car, there is a green circular logo with a white wrench icon and the text '3 YEAR Free Service'. On the right side of the advertisement, there is a black vertical panel containing the text 'Pay just 1/3 now with 0% interest! More »' and the Kia logo above the text 'brendan foot supersite'.