



CROSS COUNTRY AND ROAD COMMITTEE



National Road Relay Junior Men's Team 2015 - Takahe to Akaroa Relay
Winning team - Christchurch Avon

L to R: Sean Eustace, Angus Bailey, Joey Dwyer, Cameron Avery,
Ieuan Van der Peet, Chris Dryden

(Photo supplied by Craig Eustace)

SEASON PROGRAMME

2016

Table of Contents:

	Page
Information about the Athlete of the Year Awards Dinner	2
Winter Season Programme	3
Athletics Canterbury Committees	4-5
Club Contacts	6-7
Registration System 2016 / 2017	8
Rules relative to Cross-Country & Road Competition	9
Centre Trophies & Awards	10
Handicapping / Lorna Overend Trust Fund / Sponsorship / Club Delegate Meetings	11
Officials	12
Officials Code of Conduct	13
Coaching Information	14
Health & Safety / Traffic Management/Uniforms	15
Canterbury Team Selection Policy	16-18
Winter Club of the Year Information	19
Duty Clubs	20
Race Calls	21-38
National Title Holders 2015	39



2015 - 2016 ATHLETE OF THE YEAR AWARDS DINNER

FRIDAY 13 MAY 2016 @ 6.30PM

CASHMERE CLUB

50 Colombo Street

BECKENHAM, CHRISTCHURCH

AWARD CATEGORIES

SPRINTER OF THE YEAR

MIDDLE DISTANCE ATHLETE OF THE YEAR

DISTANCE ATHLETE OF THE YEAR

HURDLER OF THE YEAR

THROWER OF THE YEAR

JUMPER OF THE YEAR

PARA ATHLETE OF THE YEAR

COMBINED EVENT ATHLETE OF THE YEAR

WALKER OF THE YEAR

CROSS COUNTRY RUNNER OF THE YEAR

ROAD RUNNER OF THE YEAR

COACH OF THE YEAR

SENIOR NON STADIA ATHLETE OF THE YEAR

JUNIOR NON STADIA ATHLETE OF THE YEAR

SECONDARY SCHOOL NON STADIA ATHLETE OF THE YEAR

MERIT AWARD FOR EXCEPTIONAL SERVICE TO ATHLETICS

JUNIOR ATHLETE OF THE YEAR

SENIOR ATHLETE OF THE YEAR

PRICE: \$35.00 per person (Drinks additional)

TICKETS ARE AVAILABLE FROM:-

Anita Sutherland

email: coachforce@athleticscanterbury.org.nz

Ph: (027) 466 0105



25A Horotane Valley Road.
Heathcote, Christchurch 8022



Telephone 03-384-6020
Facsimile 03-384-8060

2016 PROGRAMME

Page

April	09	Tai Tapu Run Festival 15km - Tai Tapu School	
	16		
	23	Hagley Memorial Relays - Hagley Park	21
	30	Lionel Fox Relays - Woodend Beach Domain	22
	30	NZ Marathon Championships—Rotorua	
May	7	Children's Forest Relays - Bottle Lake Forest Park	23
	12 (Thurs)	Christchurch Secondary School Road Champs - North Hagley Park	
	14	Jane Paterson Races - Rawhiti Domain	24
	14	NZ Mountain Running Championships—Ben Lomond, Queenstown	
	15 (Sun)	Teenage Sunday Run	
	21	Holloway Memorial Races - Old Ascot Golf course—QEII Park	25
	28		
	31 (Tues)	Christchurch Secondary School Cross Country Champs - Halswell Quarry	
June	05 (Sun)	Christchurch Airport Marathon / Canterbury Marathon Championships New Zealand Half Marathon Championships - Christchurch	
	11		
	12 (Sun)	Phoenix Relays - Canterbury Agricultural Park	26
	18	New Zealand Secondary Schools Cross Country—Rotorua	
	25	Andrew Reese Memorial Relays - Woodend Beach Domain	27
July	02		
	09	Kennett Cup / South Island Cross Country Champs	28
	10 (Sun)	Sunday Teenage Run	
	16		
	23	Canterbury Cross Country Championships - Halswell Quarry	29
	30	Lakeside Relays—Lake Roto Kahu	30
Aug	06		
	07	New Zealand Cross Country Championships - Auckland Domain, Auckland	
	13		
	14 (Sun)	Teenage Sunday Run	
	20	Canterbury Road Championships - Bottle Lake Forest Park	31
	27	Port Hills U18 Races—Hansen Park	32
Sept	03	Greta Valley Relay	33
	03	New Zealand Road Championships - Masterton	
	10	Governors Bay to Lyttelton	34
	11 (Sun)	Teenage Sunday Run	
	17	Takahe to Akaroa Relay	35
	22 (Thurs)	Inter Regional Primary School Cross Country - Wither Hills Res, Blenheim	
	24		
Oct	01	New Zealand Road Relay Championships—Rotorua	
	08		
	15		
	16 (Sun)	Shoe Clinic Crater Rim Trail Run	36
	22		
	30	Sumner Boulder Bay Classic	37
Nov	08 (Sun)	Canterbury Half Marathon Championships - Selwyn Running Festival	38

2016 CROSS COUNTRY AND ROAD COMMITTEE ATHLETICS CANTERBURY

POSTAL ADDRESS: P O BOX 3130, CHRISTCHURCH 8140

website: www.athleticscanterbury.org.nz

EXECUTIVE

Chairman	John Gamblin johngam@xtra.co.nz	25 Amoka Cres	383 7155 027 295 8003
Imm. Past Chairman	Kevin Jago bkjago@paradise.net.nz	32 Sloan Tce	980 2457 027 303 6293
Secretary	Bernadette Jago bkjago@paradise.net.nz	32 Sloan Tce	980 2457 021 116 6415
Treasurer	Victor Gamperle vgamperle@gmail.com	10 Patricia Pl	359 9948 021 225 8217
Race Secretary	Anne Kennedy kennedyz@xtra.co.nz	360 Riverlaw Terrace	337 0364
Committee	Pat Boland patboland@xtra.co.nz	8 Maffey's Rd	384 9364 027 333 2189
	Daniel Reese daniel.reese63@outlook.com	5 McBeath Avenue	338 6695 027 294 2187
	Peter King rayma_k@xtra.co.nz	7 Palazzo Lane	341 1154 021 412 068
	Sandie Gamperle sgamperle@avonhead.school.nz	10 Patricia Pl	359 9948 021 047 6010
	Masters Delegate	Kevin Prendergast kprendergast@xtra.co.nz	25 Dunrobin Place

OTHER POSITIONS

Emergency Committee	John Gamblin, Kevin Jago, Bernadette Jago, Victor Gamperle		
Jury of Appeal	To be selected from the list of grade A or B officials (Officials list p12)		
Selector	Daniel Reese daniel.reese63@outlook.com	5 McBeath Avenue	338 6695 (027) 294 2187
Handicappers	Anne Kennedy	360 Riverlaw Terrace	337 0364
	Craig Brown	426 Mairehau Rd	383 5925
Officials Convenor	John McBrearty johnandmarymcb@xtra.co.nz	19 Mappleton Ave	359 5126

RACE COMMITTEES

Lionel Fox	Pat Boland, Jeff Hill, Victor Gamperle, Sandie Gamperle		
Jane Paterson	John Gamblin, Kevin Prendergast, Bernadette Jago		
Canterbury Cross Country	Victor Gamperle, Bernadette Jago, Kevin Jago, Daniel Reese		
Canterbury Road	Victor Gamperle, Sandie Gamperle, John Gamblin, Bernadette Jago,		
Takahe-Akaroa	Daniel Reese, Pat Boland, John McBrearty, Kevin Jago, Bernadette Jago, Peter King, John Gamblin, Kevin Prendergast		
Selwyn Half Marathon	Peter King, John Gamblin, Bernadette Jago		

Centre Representatives

Tai Tapu Run Festival 15k	Bernadette Jago	Lakeside Relays	V & S Gamperle
Hagley Memorial Relays	Kevin Prendergast	Port Hills U/18	Bernadette Jago
Children's Forest Relay	K & B Jago	Greta Valley Relay	Peter King
Holloway Memorial Races	Peter King	Governors Bay to Lyttelton	Anne Kennedy
Phoenix Relays	Kevin Jago	Crater Rim Trial Run	Pat Boland
Andrew Reese Relay	Daniel Reese	Boulder Bay Classic	John Gamblin
Kennett Cup	Pat Boland	Selwyn Half Marathon	John Gamblin

Athletics Canterbury Officials

President Kevin Jago 980 2457 027 303 6293

Secretary Bernadette Jago 980 2457 021 116 6415
PO Box 3130 secretary@athleticscanterbury.org.nz
Christchurch 8140

Treasurer Peter King 341 1154 021 412 068

Registration Secretary Shona Brown 383 5925
PO Box 3130
Christchurch 8140 register@athleticscanterbury.org.nz

Sports Development Officer Anita Sutherland 027 466 0105
coachforce@athleticscanterbury.org.nz

Athletics New Zealand Officials

Information available at www.athletics.org.nz

LIFE MEMBERS OF ATHLETICS CANTERBURY

Mrs P A Boland, Mrs S A Brown, Mrs V I Young OBE, Messrs L M Blanchet ONZM, C M Brown, D B Chadderton, G I Fox, J D Gamblin, E J Gilliver, W E Hastings, K W R Jago, B J Kerr, B W Leadley, D D Leech, J P McBrearty, D W Mackenzie, R F B Perry, D Ramsay, T A Spittle, R W G Syme ONZM, I D Teague, B N J Towart, A S Tucker, G G Vivian, G R Young.

WE ARE ON THE WEB

www.athleticscanterbury.org.nz

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Club Contacts as at 1 April 2016

Club Name:	Club Secretaries:	Race Secretaries:
ANGLICAN	Eric Cox 7 Broadfell Avenue Christchurch 8042 chchahc@gmail.com Tel: 342 6356	Greig Hill 1/311a Estuary Road Christchurch 8062 greigandbriony@xtra.co.nz Tel: 388 4720
AORANGI	Darryl Borman 43 Puriri Street Timaru 7910 d.gborman@clear.net.nz Tel: 03 686 2614	
ASHBURTON HARRIERS	Joe Ford 11 Woods Street Ashburton 7700 Tel: 03 3088 361 Ford.tim.joe.kim@xtra.co.nz	Joe Ford 11 Woods Street Ashburton 7700 Tel: 03 3088 361 Ford.tim.joe.kim@xtra.co.nz
CANTY TRIATHLON	John Ellis PO Box 22 106 Christchurch 8140 running@canterburytriclub.co.nz Tel: 021 298 8995	
CANTY MASTERS	Tony McManus 102 Bowenvale Avenue Christchurch 8022 tonymcmanus12@gmail.com Tel: 332 3921	
CHCH BHS	Christine Todd PO Box 8157 Christchurch 8440 toddc@staff.cbhs.school.nz (8.30 am - 4-30 pm)	
CHRISTCHURCH AVON	Mike Van der Colk C/- 10 Patricia Place Christchurch 8051 miximac@ihug.co.nz Tel: 352 3241	Mike Van der Colk C/- 10 Patricia Place Christchurch 8051 miximac@ihug.co.nz Tel: 03 352 3241
CHRIST'S COLLEGE	Graeme Christey Private Bag 4900 Christchurch 8140 gchristey@christcollege.com Tel: 027 484 2556	
METHODIST	Lindsay Evans 60 Murray Place Christchurch 8014 evanslj@xtra.co.nz Tel: 355 4356	Rick Baxter 241 Port Hills Road Christchurch 8022 rickbaxter50@gmail.com Tel: 384 3294
NEW BRIGHTON OLYMPIC	Ann Henderson PO Box 18840, Christchurch 8641 annhen@paradise.net.nz Tel: 387 0387	Alex Cook 70 Lancewood Drive Christchurch 8025 cookie_alex@hotmail.com Tel: 322 1519

Club Contacts as at 1 April 2016

Club Name:	Club Secretaries:	Race Secretaries:
NORTH CANTY	ncath1@ncathletics.org.nz	ncath1@ncathletics.org.nz
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PORT HILLS	Bernadette Jago PO Box 12069 Christchurch 8022 bkjago@paradise.net.nz Tel: 980 2457	Kevin Knight 8 Grangewood Lane Christchurch 8053 kevinbknight@icloud.com Tel: 358 7220
ROVER	David Sincok 11 Tenby Place Christchurch 8061 davidsincok@vodafone.co.nz Tel: 382 9769 / 027 277 6666	Graham Johnstone 52 Cranford Street Christchurch 8014 rollyjay@xtra.co.nz Tel: 374 2355 / 027 927 069
SELWYN	Gail Krsinic 402 Ellesmere Junction Road Springston 7616 selwyn.athletics@gmail.com Tel: 03 329 5649	
SUMNER	Al Cory-Wright jean.al@xtra.co.nz Tel: 384 7911 / 027 458 9592	Anne Wells 190c Mt Pleasant Road Christchurch 8081 chris.annwells@xtra.co.nz Tel: 376 6180 / 022 376 6180
TIMARU	Andrea Wreford 299 Hadlow Road RD 4 Timaru secretary@timaruharriers.co.nz Tel: 027 344 7965	
UNIVERSITY	Daniel Reese 5 McBeath Avenue Christchurch 8025 daniel.reese63@outlook.com Tel 338 6695 / 027 294 2187	
SOUTH CANTERBURY HARRIER MANAGEMENT COMMITTEE (SCHMC)	Mark Peters 62 Avenue Road Timaru 7910 markp97@hotmail.com Tel: 03 684 6330	

RACE ORGANISERS – which type of event are you organising?

Your options are:

Registered Only Race – open only to registered athletes. Results can be taken and performance prizes awarded. You charge the entry fee you wish to collect. Your event is covered by ANZ Public Liability insurance. You can use the Centre equipment and expertise. Apply to the Cross Country and Road Committee to have your event included on the season's programme etc.

Sanctioned Race – open to any athlete. Results can be taken and performance prizes awarded. You charge your entry fee, plus collect a further \$10 for unregistered grade 18 and above or \$5 for unregistered grade 17 and below athletes. The \$10 or \$5 component is then paid to the Cross Country and Road Committee who pass it onto Athletics Canterbury to go towards developing the sport. If you organise a number of races within a series, then you only need to collect the \$10 or \$5 at the first event of the series the athlete enters. Your event is covered by ANZ Public Liability insurance. You can use the Centre equipment and expertise. Apply to the Cross Country and Road Committee to have your event sanctioned and included on the season's programme etc.

Sanctioned Fun Run – open to any athlete. You don't take results or award performance prizes. You charge the entry fee you want and pay 10% of it to the Cross Country and Road Committee Committee who pass it onto Athletics Canterbury to go towards developing the sport. Your event is covered by ANZ Public Liability insurance. You can use the Centre equipment and expertise. Apply to the Cross Country and Road Committee to have your event sanctioned and included on the season's programme etc.

Registration System 2016 / 2017

The 2016/2017 Membership Categories and Fees have been set by Athletics New Zealand and the Athletics Canterbury executive has confirmed they will charge the fees that were agreed upon at the Athletics Canterbury AGM on July 8th 2015.

All registrations are done through the Clubnet Member Management System. No Registration numbers will be released until the Athletics Canterbury Affiliation fee has been paid, an invoice for this will be emailed to all clubs by the Centre Treasurer.

Fee summary as below, note age is at 31/12/2016.

Competitive Members

	ANZ Fee	Canty Fee	Total
6 yrs and under	\$5.00	\$0	\$5.00
7-14 years	\$30.00	\$3.00	\$33.00
15-17 years	\$45.00	\$7.50	\$52.50
18-19 years	\$45.00	\$15.00	\$60.00
20+ years	\$60.00	\$15.00	\$75.00

Social Athletes (a club athlete who is not centre registered, i.e. runs in club events or sanctioned events only)

	ANZ Fee	Canty Fee	Total
6 yrs and under	\$5.00	\$0	\$5.00
7 and over	\$30.00	\$3.00	\$33.00

Club volunteers and supporters are free. Clubs need to make sure they make regular payments to both ANZ and Athletics Canterbury. Club fees are additional to above.

RULES RELATIVE TO CROSS COUNTRY AND ROAD COMPETITION:

1. Athletes must register with Athletics Canterbury by paying the appropriate fee to their club.
2. Athletes competing in interclub events MUST, after the 30th April 2016, be wearing the current registration number on the front of their singlet, except in races such as relay races where race numbers are provided.

Race Entries:

1. Entries for races must be submitted through clubs.
2. Clubs must send in their entries by the due closing date and *must always include registration numbers*. Individual entries are not accepted, except as late entries on the day of the race, if late entries are permitted. **Runners must be registered before the closing date of entries for a race.**
3. Entries for relays must be done by clubs and must be entered in running order, unless otherwise stated. For relays that are handicapped, clubs must provide approximate times for their runners. The distance for which times must be entered is normally 10km; however some relays may require times for a shorter distance, the club organising such relays will normally indicate this distance on their entry call sheet.

Cross Country Competition Rules:

The following rules have been taken from the Athletics NZ supplement to the IAAF Handbook and should be read and understood by all competitors in all races.

1. Except where race rules declare otherwise, a competitor may go over, under or through any obstacle.
2. The course will either be marked with markers and/or tape fencing. Where there is a single marker, competitors are allowed a margin of five metres on either side of the marker. Where there are double markers, competitors must run between the markers.
3. A competitor can be disqualified if paced during any event by a non-competitor, and for the purpose of this rule runners shall be classed as non-competitors immediately they have passed the finishing post.

Sanctioned Events

Any club or organisation wishing to organise a sanctioned event must apply to Athletics Canterbury to hold such an event. See also page 8

TROPHIES AND AWARDS

JANE PATERSON RACES

Jane Paterson Memorial Cup	Open Men's Team (6 to count)
Halswell Harriers Challenge Cup	Open Men Individual
Henry M Vodder Trophy	Junior Men Individual
Olympic Cup	Youth Men Team (3 to count)
R G Mauger Cup	Youth Men Individual
B Mora Memorial Trophy	Open Women's Team (4 to count)
Jane Paterson Cup	Open Women Individual
Horton Cup	Youth Women Individual
Halswell Challenge Cup B	Masters Men's O/50 team (4 to count)

CROSS COUNTRY CHAMPIONSHIPS

Derislywood Jubilee Challenge Cup	Open Men Individual
Interclub Harrier Championship Cup	Open Men's Team (6 to count)
Frank Sharp Trophy	Masters Men Individual
Ivan Hawkey Trophy	Masters Men's Team (4 to count)
F D Kesteven Cup	Junior Men Individual
Eric L Cordery	Junior Men Team (4 to count)
J R Clarke (1960) Trophy	Youth Men Individual
H L Spark Cup	Boys 14 Individual
I D Greig Trophy	Boys 12 Individual
North Canterbury Cup	Boys 10 Individual
Rawson Trophy	Open Women Individual
Veteran Women	Masters Women Individual
Ivan Hawkey Trophy	Masters Women Team (4 to count)
Palermo Trophy	Youth Women Individual
Canterbury Championship Trophy	Girls 14 Individual
R Forscutt Trophy	Girls 12 Individual

ROAD CHAMPIONSHIPS

I D Greig Memorial Trophy	Open Men Individual
Trevor Russell Memorial Trophy	Open Women Individual
Norm Fisher Tankard	Masters Men Individual
Christeen Hawkey-Lomas Trophy	Junior Men Individual
Ivan Hawkey Trophy	Masters Women Individual
Christeen Hawkey-Lomas Trophy	Junior/Youth Women Individual
Evelyn Hawkey Trophy	Girls 14 Individual

MARATHON CHAMPIONSHIPS

Marathon Shield	Open Men Individual
Marathon Shield	Open Women Individual

SPECIAL AWARDS

Senior Non Stadia Athlete of the Year	Secondary School Non Stadia Athlete of the Year
Junior Non Stadia Athlete of the Year	Winter Club of the Year – "Champions Spike"

HANDICAPPING

The handicappers have provided the following outline of the handicapping system.

For each race a base time is calculated.

For each runner in that race an index is calculated.

$$\text{Runners index} = \frac{\text{Runners Time}}{\text{Base Time}}$$

An index is calculated for every race unless conditions would give unreliable results; for example, a thunderstorm during the running of the Hagley Relay.

For a handicap race a runner receives a handicap which depends on the average of these indices including the average index for the previous season. If a runner has only run a few races his/her index is weighted towards his/her best index.

Any further queries please contact the handicappers, Craig Brown or Anne Kennedy, who will be only too happy to discuss any queries, problems, suggestions with you.

Lorna Overend Trust Fund

On the winding up of the Ladies Pioneer Harrier Club an amount of \$2283.53 was given to Athletics Canterbury for the establishment of a fund in honour of the club's long-serving president, Lorna Overend, to promote running among young women.

The Cross Country Committee was given responsibility for the fund and it resolved in 2015 that \$100 be awarded annually to each of the Senior, Junior and Youth Women's Canterbury Cross Country Champions as a training award with a recommendation that it be used to assist in travel to the National Cross Country Championships. This award will be over and above any other subsidy. This is to be reviewed annually.

Lorna Overend was President of the Ladies Pioneer Harrier Club from 1957-1983 and was instrumental in the growth of women's cross-country running in New Zealand. She initiated provincial and national contests, and also the unofficial NZ women's cross country team trip to Scotland in 1969. "The men said we couldn't go," she said, "but we raised our own money and went and got second in the world championships."

Lorna Overend was an official for the Canterbury Athletic Centre from 1955-83 and for the Commonwealth Games in 1974. She was awarded an OBE in 1985 for her services to athletics and the community.

SPONSORSHIP

We are continually on the look out for sponsorship.

Can you help???

MEETINGS OF CLUB DELEGATES

Athletics Canterbury Executive AGM & Track and Field Clubs' AGM

27th July 2016

Canterbury Cross Country & Road Committee AGM

8th November 2016

Officials

Athletics New Zealand has a grading scheme for Officials including the following classifications:

- Group 5 – Non Stadia Events
- Group 7 – Course Measurement

These groups are graded as follows:

- Level A, Level B and Level C
- *** ITO – IAAF International Technical Official
- ** ATO – IAAF Area Technical Official
- * NTO – IAAF National Technical Official

More details of these and other groups and grades are available from the Centre's Officials Coordinator, Ruth Liong.

We are always on the look out for new Officials to assist at cross country and road races and therefore willing helpers will be welcomed.

Graded Canterbury Officials are:

[-----Group 5-----]			Group 7
Level A	Level B	Level C	Level A
Leon Blanchet *	Priscilla Blanchet*	Dave Clarke	Craig Brown
Patricia Boland *	Reg Brockett*	Gordon Craig*	
Craig Brown *	Alan Chapman	Sandie Gamperle	
Avril Davies *	Jeff Hill	Victor Gamperle	
John Gamblin	Walter Hume	Alan Gardiner	
John Hinton	Anne Kennedy	Don Greig	
Kevin Jago	Cassells Kernahan	Warren Hastings*	
Ruth Liong **	Grant Lord*	Bernadette Jago	
John McBrearty *	John McTaggart*	Peter King	
Daniel Reese	Mark Peters		
Trevor Spittle ***			

Important Notes:

1. More Officials are required and will always be welcome.
2. Training courses for interested and prospective Officials will be arranged as required.
3. Grading examinations for Officials will be held as required.

Anyone interested in any of the above please contact the Cross Country and Road Officials Convenor, John McBrearty – Telephone: 359 5126
or E-mail johnandmarymcb@xtra.co.nz

JURIES OF APPEAL AND REFEREES

For all Inter-Club races a Referee and Jury of Appeal must be appointed prior to the event. Appointments to these positions should be chosen from the list of Group 5 Level A and Level B Graded Officials.

If necessary the Jury of Appeal may include Level A Officials from other groups. A list of these is available from the Centre Officials Coordinator (Ruth Liong) or the Cross Country and Road Officials Convenor (John McBrearty).

CODE OF CONDUCT FOR ATHLETICS OFFICIALS

The key role of an Athletics Official is to co-operate with other officials in the provision of fair and equitable conditions for the conduct of Athletic events under the relevant rules of competition, thereby offering all participants every opportunity to achieve their own personal goals and aspirations.

Officials should at all times act in a decisive, but friendly, manner in their interaction with other officials, competitors, coaches and spectators, respecting the rights of others.

Where necessary, matters of concern should be referred to the appropriate higher authority (e.g. team chief, referee or meeting manager), avoiding as far as possible confrontational situations which could bring the sport into disrepute. In the event of an alleged breach of competition rules the following procedures should apply:

The official involved shall report same as soon as possible to the appropriate referee.

Should it be necessary to speak to a competitor or member of the public (e.g. spectator or coach) then the referee or official should first call the alleged offender aside (i.e. out of hearing of other persons) and then in a clear but appropriate manner advise that person of the relevant competition rules. It is essential that the goodwill of competitors and public be maintained at all levels of competition.

All officials have the responsibility of keeping up to date with any changes in the relevant competition rules and should not hesitate to seek the advice of others if the need arises.

Officials should never smoke while officiating, nor consume alcoholic beverages so soon before competition that it affects their competence or prior to the end of officiating duties for the day.

Official's dress should be appropriate to the standard and nature of the competition.



**Physiotherapist &
International Athletics Coach
Bruce Milne MNZSP
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e-mail: bruce.milne@xtra.co.nz

COACHING INFORMATION

CHANGING COACHES

If an athlete, or an athlete's parent, wishes to change coaches, or a coach is approached by an athlete who already has a coach, certain procedures should be observed.

The IAAF Code of Ethics for Coaches states:

'Coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad. Further, under the discussion in the code, it states,

If, however, an athlete initiates discussion with a coach in connection with commencing a coaching relationship, while the athlete is already being coached by another coach, then that coach must inform the athlete's present coach as soon as practical.'

This code, which has been widely accepted by responsible coaches throughout the world has implications for coaches, athletes and the parents of athletes.

Athletics Canterbury endorses this concept and has had a policy in place for many years that :

1. Coaches should not approach athletes, already coached by another coach, to join their squad.
2. If an athlete, or an athlete's parent wishes to change coaches, the athlete (or parent) must inform the current coach & discuss it with her/him.
3. If a coach is approached by an athlete to be coached, the coach must ensure the athlete informs the current coach and then also discuss the matter with the current coach. In all the discussions the needs of the athlete must be considered .

All athletes, parents & coaches should follow these procedures as a matter of common courtesy.

This booklet has
been printed by ...



Contact:
Andrew Stark
aws@xtra.co.nz
03 338 0516

AWS Publications Ltd

Health and Safety for Out of Stadia events

Athletics Canterbury and the Cross Country & Road Committee are committed to ensuring that the health and safety of competitors, officials, spectators and other venue users is the first priority in all its activities. Every person at an event has a responsibility to act safely, identify risk and manage or eliminate it.

All the events included in this programme must be run in accordance with the Health and Safety Management Plan provided to the clubs by the Cross Country & Road Committee. This Plan, the Briefing to officials sheet and Accident Register sheet are available on the Athletics Canterbury website.

Where events are organised by an affiliated club, they are advised to use this H&S Plan and associated documents. They are welcome to adapt this to meet their specific Health and Safety needs as long as they continue to incorporate the requirements of the Athletics Canterbury Management Plan.

All officials and marshals should familiarise themselves with the Briefing Sheet which can be found at <http://www.athleticscanterbury.org.nz/Clubs/Health-and-Safety>

Traffic Management

Each event contained in this booklet that is taking place on public roads has been approved by Athletics Canterbury Cross Country and Road Committee subject to the receipt of an approved Traffic Management Plan from Transit New Zealand or the local authority in whose district/s the race will be held.

REMEMBER – Any club holding a race on the roads will need the approval of the appropriate authority for that area.

Uniforms

Specific uniforms are no longer mandatory for domestic competition; they may be required for specific team competitions (eg National championships or relays). Responsibility for policing uniforms rests with the organisation (club, centre etc) who "owns" the uniform. That is, if athletes are required to wear a club uniform, for example in a relay, then it is the club's responsibility to police that requirement. Any penalty would refer to the club, not the individual.

Some clubs have already made their own policies on the wearing of uniforms. Athletes should refer to their club for its rule.

YOUR HELP IS NEEDED

Help us to keep a high profile on the web.

Clubs are responsible for their own web site.

Athletics Canterbury's site contains contact information for all clubs and a link to each club's website.

If the contact information for your club is incorrect please contact ...

Daniel Reese - daniel.reese63@outlook.com
to get your details corrected.

Canterbury Team Selection Policy

To be selected for Canterbury Teams you must fill out the correct nomination form which is on the Athletics Canterbury website and follow the instructions about getting the form to the selector. The maximum number of team members in the Senior Men's grade is 10 (this may change to 8 before 2016 event). In all other grades, it is 8.

Cross Country Team Selection Policy 2016

1. Athletes must start in the Canterbury Cross Country Championships, unless they have advised the selector of a valid reason for not participating.
2. Athletes will be selected, if available, who finish in the following positions in the Canterbury championships.

Senior Men	First 4	Senior Women	First 2
Junior Men	First 2	Junior Women	First 2
Youth Men	First 2	Youth Women	First 2
Masters Men (35-49)	First 2	Masters Women	First 2
Masters Men (Over 50)	First 2		
3. Other athletes may be included if, in the opinion of the selector, they are likely to acquit themselves well at the New Zealand Cross Country Championships.
4. The selector may include further team members to ensure that a complete team is available to compete in a grade.

Road Championships Team Selection Policy 2016

1. Athletes must start in the Canterbury Road Championships, unless they have advised the selector of a valid reason for not participating.
2. Subject to the maximum numbers allowed in each team, athletes will be selected if available, who better the following times at the Canterbury Road Championships:

Senior Men	34:00 for 10km
Junior Men	27:30 for 8km
Youth Men	21:00 for 6km
Masters Men (35 - 49)	36:30 for 10km
Masters Men (Over 50)	39:00 for 10km
Senior Women	39:00 for 10km
Junior Women	20:00 for 5km
Youth Women	20:30 for 5km
Masters Women	20:00 for 5km

3. The selector reserves the right to deviate from these times if circumstances such as weather or road surfaces have adversely affected performances.
4. Other athletes may be included if, in the opinion of the selector, they are likely to acquit themselves well at the New Zealand Road Championships. Performances in similar road races may be considered when making these selections.
5. The selector may include further team members to ensure that a complete team is available to compete in a grade.

AGE GRADES FOR NEW ZEALAND CHAMPIONSHIPS

NOTES OF EXPLANATION:

- (a) For the **2016 NZ Cross Country and the NZ Road Championships**, to compete in the:
 - (i) **Senior** grade an athlete must be **born in 1999 or earlier**.
 - (ii) **Junior** grade (M-U20 & W-U20) an athlete must have been **born in 1997, 1998, 1999, 2000 or 2001**
 - (iii) **Youth** grade (M-U18 & W-U18) an athlete must have been **born in 1999, 2000 or 2001**.
 - (iv) **B-U15 or G-U15** grade an athlete must have been **born in 2002, 2003, 2004 or 2005**.
 - (v) **B-U13 or G-U13** grade an athlete must have been **born in 2004 or 2005**.
- (b) For the **2016 NZ Road Relay Championships**, to compete in the:
 - (i) **Senior** grade an athlete must be **born in 1999 or earlier**.
 - (ii) **Junior Men or Junior Women's Grades** an athlete must have been **born in 1997, 1998, 1999, 2000, 2001 or 2002**.
- (c) For the **NEW ZEALAND 2016 Half-Marathon, Mountain Running or 20km Walk Championships**, to compete in the:
 - (1) **Senior** grade an athlete must be **born in 1998 or earlier**.
- (d) For the **NEW ZEALAND 2016 Marathon or 50km Walk Championships**, to compete in the:
 - (1) **Senior** grade an athlete must be **born in 1996 or earlier**.

NEW ZEALAND CHAMPIONSHIPS 2016

CANTERBURY TEAMS

**New Zealand
Cross Country Championships
Auckland Domain, Auckland
7th August 2016 (Sunday)**

**New Zealand
Road Championships
Masterton
3rd September 2016**

INFORMATION & NOMINATION FORMS

For information about venue, course, programme, travel, accommodation, cost, subsidies available etc. or to obtain a Canterbury team nomination form, visit the website www.athleticscanterbury.org.nz or contact one of the following ...

Bernadette Jago (Secretary)	bkjago@paradise.net.nz	980 2457
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Daniel Reese (Selector)	daniel.reese63@outlook.com	338 6695
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NOMINATIONS FOR CANTERBURY TEAM

Post your nomination form and entry fee to:

Athletics Canterbury Inc
5 McBeath Avenue
Hoon Hay
Christchurch 8025

NOTE:

**ATHLETES MUST ENTER THEMSELVES
BEFORE BEING SELECTED**

Or Email to - daniel.reese63@outlook.com

Or hand the form in to - the Help Desk at the relevant Canterbury Centre Championships or to the Selector, Daniel Reese

Subsidies for Travel to National Championships:

Please note that the Cross Country and Road Committee has the following policy regarding travel subsidies:

- Athletes who have been selected for a Canterbury Team must arrange their own transport to that National Championship.
- The Cross Country and Road Committee will pay one third of travel costs up to a maximum subsidy of \$150.
- Normally the athlete must compete to be eligible for a subsidy. Consideration may be given in special circumstances, should the athlete not be able to compete.
- Athletes must provide evidence of their costs to the Team Manager, along with a bank account number that the subsidy can be paid into.

The Cross Country and Road Committee wants to remind athletes that their club may also pay a subsidy to members for Nationals, so please enquire.

Athletics Canterbury 'Winter Club of the Year' Trophy

Rules & System for Awarding of Points - for 2016

Club of the Year:

Clubs gains the following points towards the 'club of the year' award.

Place: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th and lower
Points: 20 18 16 14 12 10 8 6 4 2 1

Club of the Day:

1. Results of the 4 best teams in any grades determine the 'Club of the Day'
2. In each race, TEAM placings are noted against each club
3. The sum of the BEST four placings gives the club score for that event and points are awarded as outlined below.
4. In the event of a tie, the next best placing is taken into account and so on until a result. If still a tie, the points are shared.
5. All Canterbury finisher's placings count whether they are in a team of four or not. Out of Canterbury athletes are excluded.
6. In individual races, a team is **three** finishers.
7. In all races including handicap events, the team placings for each grade is decided by the fastest time placings.
8. Each club can have as many counting teams as it can field in each grade.
9. Once all clubs with four or more teams have been ranked, clubs with three teams are then ranked and take the next points available, followed by clubs with two teams and then clubs with one team.
10. One point will be awarded to any club finishing eleventh or lower as long as they have one scoring team.



DUTY CLUBS 2016

Lionel Fox Relays		PORT HILLS CHRISTCHURCH AVON
Jane Paterson		CHRISTCHURCH BOYS HIGH PHOENIX SUMNER
Canterbury Cross-Country Champs		PAPANUI TOC H UNIVERSITY OF CANTERBURY
Canterbury Road Championships		CANTERBURY TRIATHLON CHRIST'S COLLEGE
Takahe to Akaroa	Start and Lap 1	METHODIST
	Change 1 and Lap 2	PORT HILLS
	Junior change 1 only	CANTERBURY TRIATHLON
	Change 2 and Lap 3	NORTH CANTERBURY
	Millers Rd/Akaroa Hwy	ROVERS
	Change 3 and Lap 4	UNIVERSITY OF CANTERBURY
	Change 4 and Lap 5	CHRISTCHURCH AVON
	Junior change 5	CHRISTCHURCH AVON
	Change 5 and Lap 6	NEW BRIGHTON OLYMPIC
	Change 6 and Lap 7	SUMNER
	Change 7 and Lap 8	PAPANUI TOC H
	Finish	ANGLICAN

UNIVERSITY OF CANTERBURY ATHLETIC CLUB

Hagley Memorial Relays Saturday 23 April 2016



This event will be held in North Hagley Park starting and finishing just inside the Armagh Street Bridge.

Starting Times	Under age (Grade 17 & under)	1.00pm	4 x 2 km	\$12.00 per team
Distances and	Walkers	2.00pm	3 x 4 km	\$21.00 per team
Entry Fees :	Men Grade 18/19	2.00pm	4 x 4 km	\$28.00 per team
	Senior & Masters Men	2.00pm	6 x 4 km	\$42.00 per team
	Women & Masters Women	2.05pm	4 x 4 km	\$28.00 per team
	Women Grade 18/19	2.05pm	4 x 4 km	\$28.00 per team

NB: Please see Sanctioned Event Fees Below

Trophies :	Open Men - Team	University Memorial Baton
	Fastest Lap - Open Team	Brian Milne Memorial Trophy
	First Senior Men B Team	Hagley Cup
	Veteran Men - Team	Phil May Memorial Trophy
	Senior Women - Team	Ilam Cup
	Fastest Lap - Open Women	Mary O'Connor Cup

Entries : Close with: The Race Organiser
5 McBeath Avenue,
CHRISTCHURCH 8025

Or: Email: daniel.reese63@outlook.com

Any queries phone Daniel on 338 6695 or (027) 294 2187
Entries to be received **no later than 8pm, Monday 18 April.**
(No stragglers please).

Entry Form & Entry Sheets available at <http://www.athleticscanterbury.org.nz>

Entry Fees: Entry Fee must be received prior to the start of the race.

Sanctioned Event Fees:

Unregistered runners competing as sanctioned event athletes pay an additional fee per athlete of **\$10.00 per Adult** (Grade 18 and over) and **\$5.00 per Child** (Grade 17 and under). Unregistered Athletes are those athletes **not** registered in the 2015/2016 season or those athletes not registered for the current 2016 / 2017 season at the time of this event.

The Sanctioned Event Fees is to be included with the Entry Fee.

The names of the team members are **NOT** required at this stage, just the number of teams in each grade.

Names:

Teams members' names are to be entered on the **Entry Sheet** provided. Please hand your **Entry Sheet** with team names into Race Headquarters on the day of the relay - no later than 15 minutes before the start of the appropriate race. Spare copies of the Entry Sheet will be available on Race Day.

The cards (Red/Yellow) supplied with race packs are for captains to record individual team members' times. Cards to be handed in after race.

CROSS-COUNTRY AND ROAD COMMITTEE
ATHLETICS CANTERBURY LIONEL FOX MEMORIAL RELAYS
Saturday 30 April 2016



VENUE: WOODEND BEACH DOMAIN.

Turn off the Main North Highway at the Woodend Hotel

NOTE - NO DOGS PLEASE (CAMPGROUND RULES)

EVENTS AND STARTING TIMES:

Senior Men	4 x 5.0km	12:30pm	\$30.00 per team
Masters Men	4 x 5.0km	12:30pm	\$30.00 per team
Senior Women	4 x 5.0km	12:35pm	\$30.00 per team
Masters Women	4 x 5.0km	12:35pm	\$30.00 per team
Girls 17 and under	4 x 2.5km	2.35pm	\$15.00 per team
Boys 17 and under	4 x 2.5km	2.35pm	\$15.00 per team

ENTRIES CLOSE: Monday, April 25th at 7.00pm, with the Race Secretary, email in plain text to kennedyz@xtra.co.nz.

The names of athletes are not required at this stage, just the number of teams in each grade. e.g. Men 4x 5.0km 3 teams, Girls 4x 2.5km 2 teams, etc.

SANCTIONED EVENT FEE:

Unregistered runners competing as sanctioned event athletes pay an additional fee per athlete of **\$10.00 per Adult** (grade 18 and over) and **\$5.00 per Child** (grade 17 and under). Unregistered athletes are those athletes not registered in the 2015/2016 season or those athletes not registered for the current 2016/2017 season at the time of this event.

The Sanctioned Event Fee is to be included with the Entry Fee.

Entry fees **MUST** be paid by race day.

PAYMENT: Internet Banking to 03 1592 0086884 00

NAMES: Names of the members of teams are required **AT LEAST 30 MINUTES** before the grade starts. They must be handed in with the team numbers as allocated in the programme, on a club letterhead, in running order, to the computer tent or caravan.

Teams are liable for disqualification if the team order is changed without consent.

DUTY CLUBS: The Port Hills and Christchurch Avon clubs will be required to send at least 4 helpers each to assist with preparation of the course, marshalling and tidying up after the races. **DUTY MEMBERS** are to report to Pat Boland at 9.30am.

RACE NUMBERS: Will be issued and **MUST** be returned to the computer AND TIMING CHIPS: caravan at the end of the event.

CONTACTS: Pat Boland 384 9364, Jeff Hill 327 0089

Christchurch Avon Athletic Club

proudly presents the

2016 Children's Forest Relays

Saturday, 7th May 2016

Start and Finish at Main Entrance to Bottle Lake
Forest Park, Waitikiri Drive, Burwood

Teams of Three: Boys, Girls and Mixed Teams

1:30 p.m. Age Groups 8, 9, 10, 11, 12 Distance 3 x 1.8k

2:00 p.m. Age Groups 13, 14, 15, 16, 17, 18, 19 Distance 3 x 3.6k

Registration Grade of the oldest team member decides Age Group. Ages taken as at 31/12/2016

What Clubs Need To Do

- No entries required before race day, but please email the Race Director at johngam@extra.co.nz by 9pm on Wednesday 4th to advise the approximate number of teams you might be going to have.
- Collect the team sheet from the Race Tent and fill it in by the end of the race with the correct team names, registration numbers, grades and your own times. Hand this into the Race Tent as soon as possible after the finish of each race. Can you please provide a list of teams with the proposed members before the event start, which would assist in the early production of the results. Clearly highlight all team changes on the final sheet after the event.
- Collect race numbers and timing chips from the Race Tent before the start and issue one to each team member. Record this number on the team sheet before you hand it in at the end of the event. Return all race numbers and timing chips in plastic bag.
- Results will be published as soon as possible on the Athletics Canterbury website.

Entry Fee - entry costs \$6 per team.

In the week following the event, please send a cheque for the number of teams that participated to 25 Amoka Crescent, Parklands or transfer the amount directly into the CHAV account 03 0830 0321241 00 and type your Club name in the reference box. No invoice will be generated unless it is requested.

Conducted under the rules of Athletics New Zealand, by the Christchurch Avon Athletic Club

CROSS-COUNTRY AND ROAD COMMITTEE ATHLETICS CANTERBURY

JANE PATERSON CROSS COUNTRY RACES

Saturday 14th May 2016

VENUE: New Brighton Clubrooms, Rawhiti Domain, Keyes Road.

EVENTS:

Boys 8 & under	2.3km	1.15 p.m.	Junior Women 18/19	4.5km	1.55 p.m.
Girls 8 & under	2.3km	1.15 p.m.	Masters Women	6km	1.55 p.m.
Boys 9 / 10	2.3km	1.15 p.m.	Open Women	6km	1.55 p.m.
Girls 9 / 10	2.3km	1.15 p.m.	Youth Men 15/16/17	6km	2.35 p.m.
Boys 13/14	3km	1.35 p.m.	Junior Men 18/19	6km	2.35 p.m.
Girls 13/14	3km	1.35 p.m.	Masters Men 35 & over	9km	2.35 p.m.
Boys 11/12	3km	1.35 p.m.	Masters Men 65 & over	7.5km	2.35 p.m.
Girls 11/12	3km	1.35 p.m.	Masters men 80 & over	6km	2.35 p.m.
Youth Women 15/16/17	4.5km	1.55 p.m.	Open Men	9km	2.35 p.m.

<u>ENTRY FEES</u>	For athletes below grade 15	\$3.00
	All other grades	\$8.00
	Late entry, for grade 15 and above, is an additional	\$12.00

PAYMENT: Internet Banking to 03 1592 0086884 00

ENTRIES CLOSE: on Monday, 9th May at 7.00 pm, with the Race Secretary, email, in plain text, to kennedyz@xtra.co.nz. Entry fees must be paid by race day. **ALL ATHLETES MUST BE REGISTERED BEFORE 9th MAY TO ENTER THIS RACE.**

NOTE: **This event is for registered runners only. Competitors MUST HAVE THEIR registration processed by the CENTRE REGISTRATION SECRETARY before the entries close.**

ENTRY FORM: Please list runners in numerical order according to their registration number. The event in which they are competing in must be included. Results for underage athletes up to and including Grade 14 will be shown in one-year age groups. Please state on the entry form the age of these athletes as at 31/12/16 on the entry form. Masters athletes will be indicated in five-year age groups according to their age on race day. Please state their age on race day on the entry form.

DUTY CLUBS: The Phoenix, CBHS and Sumner clubs will be required to send at least 5 helpers each to assist with preparation of the course, marshalling, and tidying up after the races. DUTY MEMBERS are to report to John Gamblin at 10:30am.

NUMBERS: ALL competitors MUST wear their registration number on the front of their uniform. Failure to do so may result in disqualification.

PLEASE NOTE: We expect the usual high standard of conduct by athletes and spectators. **And NO DOGS please.**

CONTACT: Race Manager: John Gamblin Tel: 383 7155

Rover Harrier Club
Holloway Memorial Cross Country Races
Saturday 21 May 2016

Venue: Old Ascot Golf Course land (beside QEII grounds)

Events and start Times :

Race 1	Boys & Girls 8 yrs and under	2km	1.15pm
	Boys & Girls 9-10 yrs	2km	1.15pm
Race 2	Boys & Girls 11-12 yrs	3km	1.35pm
	Boys & Girls 13-14 yrs	3km	1.35pm
Race 3	Youth Women 15-16-17yrs	4km	1.55pm
	Junior Women 18-19 yrs	4km	1.55pm
	Senior Women & Masters Women	6km	1.55pm
Race 4	Youth Men 15-16-17yrs	4km	2.35pm
	Junior Men 18-19yrs	6km	2.35pm
	Senior Men & Masters Men 35-64	8km	2.35pm
	Masters Men 65-79	6km	2.35pm
	Masters Men 80 plus	4km	2.35pm

Masters Men and Women age taken as at race day.

All other age groups: age taken as at 31/12/16 (please supply date of birth to ensure correct grades)

Certificates : Will be awarded to the first three places in each grade.

Entries : Close with Race Secretary, David Sincock, Rover Harrier Club, 11 Tenby Place, Avondale, Christchurch 8061, or Email davidsincock@vodafone.co.nz NO later than 5pm Monday 16 May 2016.

- All competitors must be registered with a club and hold a current registration number as allocated by Athletics Canterbury
- Only those competing as Secondary School Teams will be allocated with numbers, as advised by specific notice to schools. These numbers must be collected from the registration table on the day at least 15 minutes prior to race commencement.
- Entries need to be on club letterhead with current registration numbers shown.
- Masters Men and Masters Women need to indicate age group

Entry Fees :

\$3.00	for each competitor 17yrs or younger
\$10.00	for each other entry
\$5.00	for each late entry 17yrs or younger
\$10.00	for each late entry all others

Fees can be paid by Internet Banking to 02 0800 0155561 00

Results Board :

Team Managers must collect these from the Secretary before the first race and return them after each event.

Where no team manager, clubs need to allocate this role to an adult and ensure the boards are filled in after every race. This ensures results are checked promptly after each event.

Enquiries : David Sincock 382 9769 Or 027 277 6666

Parking: Parking details to be advised

All runners compete at their own risk. First Aid personnel will be present.

Please note: This is a registered only race. Each club is responsible for checking race sheets against those present to race. If a name is not present that person MUST come to the secretary prior to racing or they will be disqualified.

This is particular to children's races, much time is spent each year tracking children. Please ensure they are all accounted for prior to racing. If a manager has not been allocated to your team, please come to the tent for assistance.

Thank you for your co-operation.



**Phoenix
Athletic Club Inc.**

Est. 2006 Supported by

**SUNDAY
12th JUNE**

be the

FRONTRUNNER

New Zealand's original sports shoe specialists

Phoenix Cross Country Relays

Canterbury Agricultural Park

Male, Female, & Mixed Teams

Curletts Road

Three Runners per Team

11:00am Under 11; Under 13 3 x 1.5km (1 lap)

11:30am Under 16; Under 20 3 x 3.0km (2 laps)

Team grade is determined by age of oldest athlete as at 31/12/2016

Entry open to registered & unregistered runners

School teams welcome

Entries please advise phoxcountry@gmail.com approx. number of teams by Thursday 9th June
Confirmed team members entered by this date will receive 3 additional entries into the spot prize draw. A form will be provided to confirm all team members by 10:30am on race day

Entry Fee \$15 per team (add per unregistered runner: \$5 Grade 17 & under; \$10 Grade 18/19)
Clubs will be sent an invoice following the event

Ribbons awarded to the 3 fastest teams in each age grade

Hot Food & Drinks available to purchase

For further info please email us at phoxcountry@gmail.com
or visit the Athletics Canterbury website

**SPOT
PRIZES**

be the
FRONTRUNNER
New Zealand's original sports shoe specialists

The Frontrunner Colombo

Stanley St, Sydenham ph. 366-7995
[facebook.com/frontrunnerthecolombo](https://www.facebook.com/frontrunnerthecolombo)



FRESH THINKING
HEALTHY EATING



CHRISTCHURCH ANGLICAN HARRIRER CLUB PRESENTS:

ANDREW REESE MEMORIAL RELAY

Saturday 25th June 2016

Venue - Woodend Beach

STARTING TIMES:

AGE GRADE SCRATCH RACES:

Boys / Girls 8 (and under)	12:10 p.m.
Boys / Girls 9, 10	12:20 p.m.
Boys / Girls 11, 12	12:30 p.m.
Boys / Girls 13, 14 , 15, 16, 17 (can enter the main race)	12:40 p.m.

MAIN RELAY:

Cross Country Handicap Relay SM, MM, SW, MW, (JM, JW (19 & under))	1:00 p.m.
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RACE DISTANCES:

Age Grade scratch races	2.5km(approx)
Womens: Junior, Senior, Masters teams	4 runners x 5km
Mens & Mixed: Junior, Senior, Masters teams	5 runners x 5km

ENTRY FEES:

All Underage Scratch Races	*\$1.00
Relay Team - Womens Relay Teams	*\$24.00 per team
Mens & Mixed Relay Teams	*\$30.00 per team
*\$10 per athlete (Grade 18 and over); \$5 per athlete (Grade 17 and under)	

Entries close on Tuesday 14th June 2016 with:

Tony Phipps,
53 McBratneys Road,
Dallington
Christchurch 8061 (Email: chchahc@gmail.com)

General Info:

1. Relay entries must be submitted in running order with estimated times for 5km, date of birth, gender and registration number for each runner.
2. Any team that beats their estimated team time by more than 10 mins will be ineligible for a place, but individual time will still count.
3. Team changes must be done by 12:30pm on race day.
4. For all underage races can genders (B/G) be given on entry forms.
5. Parking on the road may be required.

**Hot & Cold Food & Refreshment
available on the day**
**THIS EVENT IS A SANCTIONED EVENT
AND OPEN TO ALL**



Christchurch Avon Athletic Club

proudly presents the

2016 South Island Cross Country Championships

incorporating the

Kennett Cup Steeples

Q.E.2 Park, Saturday, 9th July, 2016

Programme – ages taken as at 31/12/2016 or age on day for Masters

1.15pm	Girls & Boys Grade 11, 12, 13 & 14	3210m	1.5 laps
1.40pm	Girls & Boys Grade 8 & under, 9 & 10	2260m	1 lap
1.55pm	Open Women (incl. Senior 20 - 34) <i>\$200 cash for the winner</i>	5056m	2.5 laps
	Youth Women (Grade 15, 16 & 17); Junior Women (G18 & 19)	5056m	2.5 laps
	Masters Women 35 - 49 & 50 and over	5056m	2.5 laps
2.30pm	Youth Men (Grade 15, 16 & 17);	5056m	2.5 laps
	Junior Men (Grade 18 & 19)	7028m	3.5 laps
	Open Men (incl. Senior 20 - 34) <i>\$200 cash for the winner</i>	9000m	4.5 laps
	Masters Men 35 - 49 & 50 and over	9000m	4.5 laps
	Masters Men 65 and over	7028m	3.5 laps
	Masters Men 80 and over	5056m	2.5 laps

Medals for all grades will be presented as soon as possible after each race finishes

First three placegetters in each year up to Grade 14 will receive a medal

First three placegetters in all other groupings as listed above will receive a medal

Teams Competition - First four to count in all Kennett Cup teams races. If no four person team finishes, then the counting team number will reduce to three (two, if no three person teams finish). The team's title will be awarded, even if only one team finishes.

Entry Fees - *Open to registered athletes only – Birthdates must be provided for all athletes*

Grade 14 and below	\$2.50
All other Registered Athletes	\$8.00
Late entries on the day	\$15.00

Entries - Entries (**via clubs only**) close on Tuesday 5th July.

- E-mail entries to Race Director, John Gamblin at johngam@xtra.co.nz.
- Just send an e-mail with the Surname, First Name and Registration Number of your runners. Any of these formats will do: e-mail, Word, Excel.
- Note clearly any variations, such as Junior Men wanting to run in the Open Men's Race, as grades will operate purely on the date of birth given to the centre otherwise.
- Athletes must actually be registered with the Centre, as we will be using a copy of their list as the database.
- If it's a last minute registration, please say so and make sure you have it sorted with the Centre by Thursday at the latest.
- All runners must wear a number, so the announcer can identify them. All runners must wear the correct timing chip on their shoe or ankle. Timing chips will be supplied on the day by the organisers to each club.
- Athletes in multiple grade events may be required to wear a coloured ribbon (supplied by the organisers) to assist with grade identification during the race.
- Post cheques to 25 Amoka Crescent, Burwood, Christchurch 8083 or pay directly into the CHAV account 03 0830 0321241 00 and type your Club name in the reference box. No invoices provided unless requested.

We appreciate you working with us to make these requests work. Thank you in anticipation

Conducted under the rules of Athletics New Zealand, by the Christchurch Avon Athletic Club

CROSS COUNTRY AND ROAD COMMITTEE

ATHLETICS CANTERBURY

CANTERBURY CROSS COUNTRY CHAMPIONSHIPS

Saturday 23rd July 2016

VENUE: Halswell Quarry, Kennedys Bush Road

PROGRAMME:

1.05pm	Boys 8 & under	2km	2.05pm	Open Women	8km
	Girls 8 & under	2km		Women 20/21/22	8km
	Boys 9/10	2km		Masters Women	6km
	Girls 9/10	2km		2.40pm	Youth Men 15/16/17
1.20pm	Boys 13/14	4km	Junior Men 18/19		8km
1.45pm	Girls 13/14	3km	Open Men		12km
	Boys 11/12	3km	Men 20/21/22		12km
	Girls 11/12	3km	Masters Men 35 & over		8km
2.05pm	Youth Women 15/16/17	4km	Masters Men 65 & over		6km
	Junior Women 18/19	6km	Masters Men 80 & over		4km

ENTRY FEES:	For competitors below grade 15	\$5.00
	All other grades	\$10.00
	Late entry, for grade 15 and above, is an additional	\$10.00

PAYMENT: Internet Banking to 03 1592 0086884 00

ENTRIES CLOSE: Monday 18th July at 7.00 pm, with the Race Secretary. Email, in plain text, to kennedyz@xtra.co.nz. Entry fees must be paid by race day.

NOTE: **This event is for registered runners only. Competitors must have their registration processed by the CENTRE REGISTRATION SECRETARY before the entries close.**

ENTRY FORM: Please list runners in numerical order according to their registration number. The event in which they are competing MUST be included. Results for underage athletes up to and including Grade 14 will be shown in one-year age groups. Please state on the entry form, the age of these athletes as at 31/12/16. Masters athletes will be shown in five-year age groups according to their age on race day. Please state their age as on race day on the entry form

DUTY CLUBS: University and Papanui Toc H

NUMBERS/TIMING CHIPS: ALL competitors MUST wear their registration number on the front of their uniform and timing chips on their ankle or shoe. Failure to do so may result in disqualification.

MEDALS: Medals will be awarded to the 3 fastest runners in 2 year age groups in grades below grade 15, Youth Men & Women, Junior Men and Women, Men and Women 20/21/22, Open Men & Women, Masters Men & Women 35-49, Masters Men & Women 50 and over, Masters Men 65 and over and Masters Men 80 and over.

NOMINATIONS: Nominations for the Canterbury team for the New Zealand Championships in Auckland are to be handed into the caravan as soon as possible after the last race. Forms can be printed from Athletics Canterbury website.

PLEASE NOTE: We expect the usual high standard of conduct by athletes and spectators. **If you bring a dog, for the safety of competitors, please keep it on a lead.**

CONTACT: Race Manager: Victor Gamperle, Tel 359 9948



Presents the

SHOE CLINIC LAKESIDE RELAY POWERED BY MIZUNO

Saturday 30 July 2016

START 12:30pm Senior Relays 1.30pm Under 16 Relays

VENUE Lake Roto Kohatu, all athletes, supporters, family and friends to arrive via Greywacke Road (off Johns Rd, between Wilkinsons Rd and Gardiners Rd)

Course is predominantly gravel - road shoes or racing flats recommended

TEAMS Senior men, Masters men, Mixed teams - 5 runners x 2 laps of 2.5km
Senior women, Masters women teams - 4 runners x 2 laps of 2.5km
Under 16 teams - 4 runners x 1 lap of 2.5km

HANDICAP Each team is given a starting handicap based on the sum of their runner's estimated times
The slowest estimated team starts first
Please enter on time to assist the organisers

Every team has a chance of success in this event if their runners perform well on the day

FOOD & DRINKS will be available to purchase

NOTE - NO DOGS please

This relay is a Sanctioned Event open to all registered and unregistered runners



ENTRIES close with the Race Secretary at 7.00pm on Wednesday 20 July 2016

ENTRY FEES can be made by cheque payable to Papanui Toc H Athletic Club, or directly to bank account number 03-1355-0558374-00 with your entries or by race day

Registered Runners

\$40 per 5-person team, \$32 per 4-person team, \$12 per Under 16 team

Unregistered Runners

Unregistered runners competing as sanctioned event athletes pay **an additional fee per athlete** of:

\$10 per athlete (Grade 18 and over); \$5 per athlete (Grade 17 and under)

Sanctioned athlete fees are to be included with your team entry fees

Send your entries to:

Craig Brown (Race Secretary)

426 Mairehau Road

Parklands

Christchurch 8083

or by email craig_shona@xtra.co.nz



CROSS-COUNTRY AND ROAD COMMITTEE
ATHLETICS CANTERBURY

CANTERBURY ROAD CHAMPIONSHIPS

Saturday, 20th August 2016

VENUE: BOTTLE LAKE FOREST PARK

PROGRAMME:

1.30 p.m.	Walks: Open 10km, Junior Men and Women, Youth Men and Women		5km		
1.30 p.m.	Youth Men 15/16/17	6km	3:15 p.m.	Girls 11/12	3km
	Junior Men 18/19	8km		Boys 11/12	3km
2:10 p.m.	Junior Women 18/19	5km	3:30 p.m.	Girls 13/14	3km
	Youth Women 15/16/17	5km		Women 20/21/22	10km
	Masters Women	5km		Open Women	10km
2:40 p.m.	Boys 13/14	4km		Men 20/21/22	10km
3:00 p.m.	Girls 8 & Under	2km		Open Men	10km
	Boys 8 & Under	2km		Masters Men 35 & over	10km
	Girls 9/10	2km		Masters Men 65 & over	8km
	Boys 9/10	2km		Masters Men 80 & over	6km

ENTRY FEES:	For competitors below grade 15	\$5.00
	All other grades	\$10.00
	Late entry, for grade 15 and above, is an additional	\$10.00

PAYMENT: Internet Banking to 03 1592 0086884 00

ENTRIES CLOSE: Monday 15th August 2016 at 7.00 pm, with The Race Secretary. Email in plain text, to kennedyz@xtra.co.nz. Entry fees must be paid by race day.

NOTE: **This event is for registered runners only. Competitors must have their registration processed by the CENTRE REGISTRATION SECRETARY before the entries close.**

ENTRY FORM: Please list runners in numerical order according to their registration number. The event in which they are competing MUST be included. Results for underage athletes up to and including Grade 14 will be shown in one-year age groups. Please state on the entry form, the age of these athletes as at 31/12/16. Masters athletes will be shown in five-year age groups according to their age on race day. Please state their age as on race day on the entry form

DUTY CLUBS: Canterbury Triathlon and Christ's College

NUMBERS/TIMING CHIPS: ALL competitors MUST wear their registration number on the front of their uniform and timing chips on their ankle or shoe. Failure to do so may result in disqualification.

MEDALS: Medals will be awarded to the 3 fastest runners in 2 year age groups in grades below grade 15, Youth Men & Women, Junior Men and Women, Men and Women 20/21/22, Open Men & Women, Masters Men & Women 35-49, Masters Men & Women 50 and over, Masters Men 65 and over and Masters Men 80 and over.

NOMINATIONS: Nominations for the Canterbury team for the New Zealand Road Championships in Masterton are to be handed into the caravan as soon as possible after the last race. Forms can be printed from Athletics Canterbury website.

PLEASE NOTE: We expect the usual high standard of conduct by athletes and spectators.
If you bring a dog, for the safety of competitors, please keep it on a lead.

CONTACT: Race Manager: Victor Gamperle, Tel 359 9948

Under Eighteen Cross Country Races

Saturday 27th August 2016

Hansen Park, Hawford Road, Opawa

Entry Fee: \$3.00 per athlete

Girls 2km
10 yrs and under 2.00pm
11/12 yrs 2.15pm

Boys 2km
10 yrs and under 2.00pm
11/12 yrs 2.15pm

Girls 3km
13/14 yrs 2.30pm
Women 15/16/17 2.30pm

Boys 3km
13/14 yrs 2.30pm
Men 15/16/17 2.30pm

Certificates for the first 3 place getters in each grade

Entries close Monday 22nd August

Entries to be sent to:

Kevin Knight
Port Hills Athletic Club
P. O. Box 12069,
Beckenham,
Christchurch 8022
Phone 358 7220
Email kevinbknight@icloud.com



GRETA VALLEY MARATHON RELAY

Date: Saturday, 3rd September, 2016
Time: (Provisional Start times) 10.00am, 10.20am, 10.40am & 11.00am
Start Venue: Meet at Greta Valley Tavern car park
Finish Venue: Greta Valley Tavern carpark
Entries: \$105 per team plus estimated team time.
Mike Riley, 7 St. Clair Close, Christchurch – 359-1617 or 027 244-4414
Entries Close: Wednesday, 31st August, 2016
Email: foxriley@xtra.co.nz
Payment Bank Account # 02-0876-0216121-000

Travel north through Amberley to Greta Valley, 60 minutes from Christchurch. All teams to meet at the Greta Valley Tavern carpark.

Entries to include estimated team time. The organisers have the right to review team times if they appear to be substantially incorrect.

More information can be found at www.sportsground.co.nz/gretavalleyrelay

COURSE:

This is a loop course on sealed and unsealed roads.

- Lap 1 4.6km – slight uphill, sharp downhill, flatish, short uphill then down to finish at corner of Glendhu Road. Runners to remain on the right hand side of the road at all times
- Lap 2 7.9km – mildly undulating, 2 small humps followed by a 1km steep climb then downhill to finish. Runners to remain on the right hand side of road until directed to change on a short straight after the first hump.
- Lap 3 7.5km – gentle downhill (left into Happy Valley Rd), mild undulations, short sharp uphill (end of seal), mild undulations, gradual uphill 1.5km then slight downhill to finish. Runners to remain on left hand side while on seal, then as far left as practical on unsealed roads to allow traffic to pass.
- Lap 4 8.2km – gentle downhill, 3 sharp gullies (down & up for 3km), mild undulations then gradual uphill to finish at corner Glendhu Rd and Happy Valley Road. Completely unsealed—except in the 3 gullies, runners to keep as far left as practical on unsealed roads to allow traffic to pass.
- Lap 5 8.0km – starts downhill then 5 steep roller coaster hills before finishing downhill where lap 1 finished. Unsealed—except on steep climbs, runners to keep as far left as practical on unsealed roads to allow traffic to pass.
- Lap 6 6.0km – reverse of lap 1 to start, then continue downhill to Greta Valley Tavern intersection, turn left then uphill for 200m to finish at the back entrance to the tavern car park. Runners will stay to the left at all times.

PRIZES:

Major team prizes to the value of \$300 plus spot prize draws for lap runners.
All prizes will be made at the prizegiving in the Greta Valley Tavern.

The **FRONTRUNNER**

“Committed to encouraging Athletics in North Canterbury.”

CHRISTCHURCH METHODIST HARRIER CLUB

The 55th GOVERNORS BAY to LYTTELTON ROAD RACE

SATURDAY 10th September 2016

Distance 10 km

A HANDICAP RACE open to all runners

Sanctioned by Athletics New Zealand, and held under Athletics NZ rules

STARTING TIME for ALL GRADES is 9.30 am

GRADES: Senior Men, Masters Men (35+), Senior Women, Masters Women (35+)

ENTRY FEE \$**10.00** for registered runners, \$**20.00** if **NOT** registered.

The additional \$10.00 goes to Athletics Canterbury to help fund the sport.
Please include registration numbers with entries (where applicable), and remember to send a cheque if entering by e-mail. For internet banking, the Methodist Harrier Club bank account number is Westpac 03-1592-0081602-00

ENTRIES CLOSE on Sunday 4th September with the Race Organiser
Kevin Prendergast, 25a Horotane Valley Road, Heathcote, Christchurch, 8022. Phone 384-6020
Entries can be e-mailed to Kevin Prendergast or Peter Davidson at: peter@pdca.co.nz

Important Race Rules: Competitors must run within 1 metre of the right hand side of the road. All vehicles have the right of way. Athletes compete at their own risk.

START: All runners meet in the grounds of the Governors Bay School prior to the race.

TOILETS: There are portable toilets both at the start and finish.

Important notice re vehicles: Please park as many cars as possible at Lyttelton, to avoid traffic congestion at Governors Bay.

FINISH: The finish of the race is along Charlotte Jane Quay, near the fuel tanks.

TROPHIES: Cups for first place and fastest time in each grade. A shield for the first 4-person team to finish overall, and fastest 6-person team. Certificates for first six to finish, and three fastest times in each grade. Certificates for winning team in each grade, and also for the overall winning team, and certificates for the fastest 6-person team.

Please note that non-registered runners will NOT be eligible to win Cups, or be part of the Shield Team.

Please return all cups and the shield from the 2015 race, to the officials.

Time estimate: For **all** entries, please submit a reasonably accurate estimate of **each** person's current time for 10 km.

Race Organisers
Kevin Prendergast and Peter Davidson



76th TAKAHE TO AKAROA ROAD RELAY

Allandale to Cooptown Relay

Saturday 17th September 2016

COURSE: The race starts at the Sign of the Takahe and follows the traditional route through Governors Bay, Gebbies Valley, Little River and Duvauchelle to Akaroa.

The Grade 19 (Men and Women) and Open Master's Men 60 will start in the Allandale Domain, following the route above and finishing at Cooptown.

TEAMS: This year the event is open to ALL clubs. Teams are to consist of 8 runners, aged 17 yrs and over. The Grade 19 (Men and Women) and Open Masters's Men 60 teams will consist of 6 runners.

The race is sanctioned for the entry of non registered runners.

Gradings will be available on www.athleticscanterbury.org.nz by Saturday, 10th September 2016. If, because of team changes, you think you need a regrade you should apply for it before the end of the Managers meeting.

ENTRY FEES: TBA

ENTRIES CLOSE: Monday 5th September 2016 at 7.00 p.m.

LATE ENTRIES NOT ACCEPTED.

ENTRY FORM: Entry forms will be available on the Athletics Canterbury web site.

All entries must be on this entry form.

TEAM MANAGERS: A Managers meeting will be held at 6.00 p.m. on Friday, 16th September, 2016. Port Hills Club Rooms, Hansen Park. Race Numbers, programmes, afternoon tea tickets and general information will be available.

DUTY CLUBS MEETING: Will be held at the Port Hills Club Rooms, Hansen Park at 7:30 p.m. on Wednesday 7th September, 2016

RACE RULES: It is the responsibility of all competitors to be aware of all relevant race rules included in the programme.

DUTY CLUBS:

Start and Lap 1	Methodist
Change 1 and Lap 2	Port Hills
Junior change 1	Canterbury Triathlon
Change 2 and Lap 3	North Canterbury
Millers Rd / Akaroa Hwy	Rovers
Change 3 and Lap 4	University
Change 4 and Lap 5	Christchurch Avon
Junior change 5	Christchurch Avon
Change 5 and Lap 6	New Brighton Olympic
Change 6 and Lap 7	Sumner
Change 7 and Lap 8	Papanui Toc H
Finish	Anglican





Crater Rim Trail Run

Sunday 16th October 2016

30km Trail Run - 8.00 a.m.

10km Trail Walk - 8:00 a.m.

20km Trail Run - 8.30 a.m.



The event covers walking and running trails along mountain bike and crater rim trails on the Port Hills.

Entry is open to Athletics New Zealand club registered athletes and non-registered competitors, 18 years of age and over.

This is an Athletics New Zealand Sanctioned Event.

Entry and course information will be available on the following website from 1st August 2016.

www.craterimtrailrun.com

**Performance Prizes
Spot Prizes**

and our Famous morning tea



Race Director: Tony Hill
Phone:(021) 191 1638
Email: bkjago@paradise.net.nz

Organised by ...





Summer Running Club

BOULDER BAY CLASSIC

Sunday 30 OCTOBER 2016

Course	Starting from Taylors Mistake beach the course follows the Godley Head walkway past Boulder Bay and gun emplacements to the high point at Godley Head car park, returning to Taylors Mistake via farm track and walkway. This is an off road event that takes place on well formed tracks and has spectacular views over the peninsular and harbour.				
Distance	10.5 km				
Start Time	9:00 am				
Entries	via the website www.boulderbayclassic.com				
	Registered Runners	\$20.00			
	Non-registered Runners	\$30.00			
	limited to 300 runners (13 and over)				
Grades	U18	U23	Senior	Masters	Masters
Men & Women	(13-17)	(18-22)	(23-34)	(35-49)	(50+)
Contact	Lisa Brignull lisa.brignull@extra.co.nz				
	This is an Athletics New Zealand sanctioned event.				
	Performance and Spot Prizes				



Canterbury Men's and Women's Half Marathon Championships

Incorporated in the

Selwyn Running Festival

Lay Associates Half Marathon

Sunday 8th November 2016

Anderson Square, Leeston

Start time to be advised

Runners must be registered to be eligible for the Half Marathon Championship. Medals will be awarded for the three fastest in Open Men and Women, Masters Men and Women (35-49 & 50+)
Unregistered runners are welcome to compete in the Lay Associates Half Marathon event.

Entry Forms are available on

<http://selwynsportstrust.org.nz/>

Organised jointly by Selwyn Sports Trust and Athletics Canterbury
Championships Director: Peter King Tel: 341 1154



NATIONAL TITLE HOLDERS

2015

Congratulations to the following athletes who won National Titles over the 2015 season.

Kiri Atkin	Women's U20 Cross Country Teams event
Cameron Avery	Men's U20 Cross Country Teams event, Junior Men's Team National Road Relay
Angus Bailey	Junior Men's Team National Road Relay
Cameron Bartlett	Men's U18 Cross Country Teams event
Michael Bond	Men's 70-74 Cross Country, Men's 70-74 Road Race
Harriet Bush	Women's U18 Cross Country Teams event
Maggie Chorley	Women's 45-49 Cross Country
Chris Dryden	Junior Men's Team National Road Relay
Matthew Dryden	Senior Men's Cross Country Teams event
Joseph Dwyer	Men's U20 Cross Country Teams event, Junior Men's Team National Road Relay
Aimee Elliott	Women's U20 Team Cross Country Teams event
Sean Eustace	Junior Men's Team National Road Relay
Kerry Faass	Men's 45-49 Cross Country
Margaret Flanagan	Women's 65-69 Cross Country, Women's 65-69 Road Race
Rosa Flanagan	W U20 Cross Country, Women's U20 Cross Country Teams event, Senior Women's Team National Road Relay
Grace Fursden	Senior Women's Team National Road Relay
Goitem Gebremedihin	Men's U18 Cross Teams event
Gabrielle Gray	Women's U20 Cross Country Team, Senior Women's Team National Road Relay
Malcolm Hodge	Senior Men's Cross Country Teams event
Oska Inkster-Baynes	Senior Men's Cross Country Teams event
Rachel Kingsford	Senior Women's Team National Road Relay
Nicki McFadzien	Senior Women's Team National Road Relay
Chris Mardon	Men's 40-44 Cross Country
Claude Meffan	Senior Men's Cross Country Teams event
Callan Moody	Senior Men's Cross Country Teams event
Nick Moulai	Men's U18 Cross Country Teams event
Ben Musson	Senior Men's Cross Country Teams event
Amelia Persson	Women's U18 Cross Country Teams event
Angie Petty	Senior Women's Team National Road Relay
Matthew Prest	Men's U20 Cross Country Teams event
Mitchell Small	Men's U18 Cross Country Teams event
Lily Trotter	Women's U18 Cross Country Teams event
Ieuan van der Peet	Men's U20 Cross Country Teams event, Junior Men's Team National Road Relay
Angela Whyte	Senior Women's Team National Road Relay
Alex Williams	Senior Women's Team National Road Relay
Akeira Worthington	Women's U18 Team Cross Country

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Contact: Mike or Sally on (03) 383 2173—Mike's Mobile: (021) 250 6077