

**PORT MACQUARIE  
HASTINGS**



**ATHLETIC CLUB INC.**

**WINTER CROSS COUNTRY SERIES**

This is a XC series with a races starting at **2pm on Saturday's** from May through to August at various grades of difficulty **all runs will be in the Innes Ruin's area of Port Macquarie** (Turn down The Ruins Way off the Oxley hwy. toward the Vineyard following the signs marked XC when you hit the dirt road).

**Distance's:**

You have a choice of the following distances :

**Under 12 Little A** = Between 2km – 4km

**Short Course Senior** = Between 4km - 8km

**Long Course Senior** = Between 8km - 12km

In accordance to rule 250 in the IAAF handbook.

**Age Groups:** U12, U16, U20, Open 20 – 35, Masters 35+, Vets 50+.

**Point Scoring:**

The series consists of seven races & one Championship, 2 each month until mid Aug on a point score system, e.g./ 1<sup>st</sup> = 80 points, 2<sup>nd</sup> 65, 3<sup>rd</sup> 55, 4<sup>th</sup> 48, 5<sup>th</sup> 43, 6<sup>th</sup> 38, 7<sup>th</sup> 33, 8<sup>th</sup> 29, 9<sup>th</sup> 25, 10<sup>th</sup> 22, etc.

**Note:** There will only be two categories, Male & Female, you will gain points for your age group, but will be against all other athletes. e.g./ a first & a second in Opens will give you 145 points, but the Open athlete will be beaten by an Under 12 athlete gaining two first's totaling 160 points.

**Fee:** \$2 for Athletics NSW & LAANSW Registered Athletes in club uniforms, must show rego numbers during running.

**If not registered & your are above 12 years of age**, you can register with the Port Macquarie Senior Athletics Club for the following fees,

**First Race only** \$2 (must be a member to race again)

**Day membership** \$10.00 (from 2<sup>nd</sup> race onward if still not registered)

**Associate membership** \$75.00 (1year, Local Competition only)

**Winter membership** \$85.00 (Winter Only, can compete away)

**Full Club membership** **u20 years** = \$95.00, **20+ years** = \$120 (1 year, can compete away)

**Contact:** Jamie 0419 995 021 or  
E-mail, [pmhac@hotmail.com](mailto:pmhac@hotmail.com)

**PTO**

**Start Time: 2pm Saturdays. Races will start at the allotted time – ready or not. So be early!**

May	June	July	August
1st	5th	10th	14th, Championship & Presentation
15th	26th	24th	
		31st	

**14th August, MID NORTH COAST XC CHAMPIONSHIPS / FUN RUN**

**Entry, \$10.00**

**Races start from 12 noon**, Innes Ruins, Port Macquarie. Tours of the Ruins will also be available for a small fee to NPWS.

**Other important dates**

DATE	DESCRIPTION
24-4-04	<b>NSW Novice Cross Country</b> 1pm Scarborough Park, Ramsgate, St George District Albie Thomas 9587 2356
8-5-04	<b>NSW Road Championships</b> 12pm Holsworthy Army Base Sutherland Geoff Clark 9548 2345 (h) 9717 3390 (w)
16-5-04	<b>Wallaroo Fun Run</b> , Pacific Hwy 12km North of Raymond Terrace
23-5-04	<b>NSW Half Marathon, C'ships</b> Hickson Road, SMH Half Marathon 9282 3606
19-6-04	<b>NSW Cross Country C'ships</b> , 12.15pm, Willandra Nowra, Jan Gibb 4446 0226
4-7-04	<b>L A's State XC &amp; Road Walks</b> , Tamworth Enq: LAANSW Office 9633 4511
17-7-04	<b>NSW Short Course Cross Country</b> , 12.10pm Mt Penang, Central Coast, Central Coast Region Evan Parsons 4353 3949 eparsons@jumpnet.com.
8-8-04	<b>City to Surf</b> , 10am, Sydney City to Bondi 1800 555 514
12-9-04	<b>NSW Marathon</b> Miller Street, North Sydney, Sydney Marathon 8907 9460