

# Canterbury Cross Country Championships

Saturday 4<sup>th</sup> July 2026

**Venue** – QE2 and Ascot Parks

**Parking** - No parking for athletes or officials within QE2 please, including the swimming pool carpark.

Please Park on the roads around the course and please don't park over driveways or fire hydrant covers.

## Programme of Events

Race	Race Grade	Distance	Start Time
Race 1	<b>Non-Championship Men - Whanau Men</b>	4km – two full laps	12.05pm
	U18M, U/18 Para, MM65+,	6km – three full laps	
	U20M, MM35-49, MM50-64	8km – four full laps	
	Senior Men	10km – five full laps	
Race 2	<b>Non-Championship Women &amp; Whanau Women</b>	4km – two full laps	12.55pm
	U18W, MW65+	6km – three full laps	
	U20W, MW35-49, MW50-64	10km – five full laps	
Race 3	U16 Boys	4km – two full laps	1.50pm
Race 4	U/14 Boys & Girls, U/16 Girls	3km – three 1km laps	2.15pm
Race 5	U/10 & U12 Boys & Girls	2km – two 1km laps	2.40pm
Social Hour – The Turf Bar, Parklands Tavern, 6 Inwoods Road		4.00pm onwards	

**Host:** Athletics Canterbury Cross Country and Road Committee

**Race Director:** John Gamblin [johngam@xtra.co.nz](mailto:johngam@xtra.co.nz)

**Duty Club:** Sumner. Please provide three members at 9.30am to help setup the course. Please provide six members to marshal the course during racing. (Races 4 & 5 don't need position 4).

### Entries:

- **Club Race Secretaries** should enter club athletes using this link <https://www.athletic.net/CrossCountry/meet/273594/register>  
This event supports the entry of Whanau Community Runners by Club Race Secretaries.
- **Community Runners** should enter using this link <https://www.athletic.net/CrossCountry/meet/273594/register>  
*Please note that payment is required through the Athletic.Net payment portal at the time of entering. The system times out after 15 minutes and if no payment is completed, the entire entry disappears.*
- Ages for Senior & younger taken as age at 31/12/2026. Masters are 35 or older on the day.
- **Enter by:** 8pm Monday 29<sup>th</sup> June at 8pm.
- **Late entries** will be accepted on Race Day only up to 30 minutes before race start. Please bring the correct cash or the ability to do an online payment before you race.
- **Late Entry Fee:** \$20 U/18 and older; \$10 for Under 16 and younger
- **Registered Entry Fee:** \$12 U18 and older; \$7 for Under 16 and younger
- **Whanau Entry Fee:** \$12 U18 and older; \$7 for Under 16 and younger
- **Community Entry Fee:** \$20 U/18 and older; \$10 for Under 16 and younger
- **Pay** into the Athletics Canterbury Bank account: **03 1592 0086884 000**

### Course:

- A 2k main lap with a shortened 1k lap for younger athletes.
- There are areas of both flat and undulating small hills with a base of soil or sand covered by grass.
- The course is suitable for spike wearers, but spikes are not essential, even if it's raining.
- The first lap has one hurdle, and subsequent laps have two hurdles. Runners can go over each hurdle or take a long cut around the far end of each hurdle.



**Medals** - Canterbury Cross Country Championship medals will be presented after each event to the first three in each male and female grade: U10, U12, U/14, U/16, U/18, U/20, Senior, M35-49, M50-64, M65+.

### Trophies:

- Derislywood Jubilee Challenge Cup - Open Men Individual
- Interclub Harrier Championship Cup - Open Men's Team (4 to count)
- Frank Sharp Trophy - Masters Men Individual
- Ivan Hawkey Trophy - Masters men team (4 to count)
- F D Kesteven Cup - Men U20 Individual
- Eric L Cordery Cup - Men U20 Team (4 to count)
- J R Clarke (1960) Trophy - Men U18 Individual
- H L Spark Cup - Boys U16 Individual
- I D Grieg Trophy - Boys U14 Individual
- North Canterbury Cup - Boys U12 Individual
- Rawson Trophy - Open Women Individual
- Veteran Women Trophy - Masters Women Individual
- Ivan Hawkey Trophy - Masters Women Team (4 to count)
- Palermo Trophy - Women U18 Individual
- Canterbury Championship Trophy - Girls U16 Individual
- R Forscutt Trophy - Girls U14 Individual

Lorna Overend from the Ladies Pioneer Harrier club played a significant role in promoting running among young women. In her memory \$100 is awarded annually to the winners of the Canterbury Cross Country Championships grades for the Senior, U20 and U18 women.

**This event counts towards the following competitions:**

- The Winter Club of the Year - [2026 Winter Club of the Year Information](#)
  - [2026 Winter Club of the Year Points to date.pdf](#) – click on the link at the bottom of the page to see the detailed workings for each race within an Excel file.
- The Champions of the Season - [2026 Champions of the Winter Season Information](#)
  - [2026 Champions of the Winter Season Points to date.pdf](#)
- “The Passport” for U16 and younger athletes - [The Passport Rules for 2026](#)

[2026 Event Race Calls for Race Secretaries](#)

[2026 AC Terms and Conditions.pdf](#)

[2026 AC Out of Stadia Programme FINAL.pdf](#)

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