

Appendix to Out-of-Stadium Recommendations.

(Approved August 2021 and Effective 01 January 2022)

C3.10 - CHAMPIONSHIP MEDALS

1. The first three place getters in events for the following grades shall be awarded National Championship Medals - Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18) and Women Under 18 (W-U18). The National Championship Medals shall be of an approved design and awarded as follows:

1st - gold
2nd - silver
3rd - bronze

2. (a) The first three place getters in events for the following grades shall be awarded Age Group Championship Medals - Boys Under 16 (B-U16), Girls Under 16 (G-U16), Boys Under 14 (B-U14), Girls Under 14 (G-U14) and all Masters Grades as set out in Attachment "B" of these Regulations. The Age Group Championship Medals shall be of an approved design and awarded as follows:

1st – gold
2nd - silver
3rd - bronze

- (b) The Age Group Championship medals shall be of a design distinct from the National Championship medals.

REGULATION C6 - CROSS COUNTRY CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C6.1 - EVENTS

1. Annual Cross Country individual races for Men, Women, Men Under 20 (M-U20), Women U20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), Boys Under 16 (B-U16), Girls Under 16 (G-U16), Boys Under 14 (B-U14), Girls Under 14 (G-U14), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ when the championship events shall be contested over the following distances:-

Men	10 km
Women	10 km
Masters Men (M35-64)	8 km
Masters Men (M65+)	6 km
Masters Women (W35+)	6 km
Men Under 20 (M-U20)	8 km
Men Under 18 (M-U18)	6 km
Boys Under 16 (B-U16)	4 km
Boys Under 14 (B-U14)	3 km
Women Under 20 (W-U20)	6 km
Women Under 18 (W-U18)	5 km
Girls Under 16 (G-U16)	4 km
Girls Under 14 (G-U14)	3 km

2. The distance of the race shall in each case be subject to tolerance of plus or minus 3% providing that the actual distance shall be notified as requested by Regulation C3.1.2 above.
3. The course shall be over true cross country and in general terms comply with Athletics NZ Competition Rule STR56.
4. Annual Cross Country Team races shall be contested by duly selected Centre Teams for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), Masters Men (M35+), Masters Men (M50+), Masters Men (65+), Masters Women (W35+), Masters Women (50+) and Masters Women (65+).

Notes:

- a. *The members of Centre Teams shall be selected by the Centre so concerned, who shall submit their names to the Championship Organising Committee prior to the closing date for the receipt of entries. An individual athlete can compete for only one team.*
- b. *An individual competitor not selected for their Centre Team may however enter the championships as an individual in accordance with the provisions of Regulation C3.3.2. Such a competitor may be transferred as a substitute to a Centre team up to one hour before the start of the race in which the individual is entered.*

- c. *The Team races shall be contested only between competitors from the duly selected Centre Teams whose names have been declared prior to the event. The original Team in any grade may be amended up to one hour before the start of the race by the substitution of individuals as outlined in Note b or by transfer of an eligible Centre Team athlete from another grade.*
 - d. *There shall be no Team races for the Boys Under 16, Boys Under 14, Girls Under 16, and Girls Under 14. Competitors eligible for the Masters Men (M65+) grade may be selected for a Masters Men (M50+) team but will then be included in the Masters Men (M60-64) grade for individuals and run 8km.*
 - e. *All competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14 races shall be aged 12 years or over at the 31st December in the year of competition.*
5. The Centre races referred to in Regulation C6.1.4 shall be contested by teams of a maximum of eight (8) members in all grades of the competition.
 6. The counting members for Centre Team events shall be the first four (4) members of each team in the Men, Women, Masters Men (M35+), Masters Men (M50+), Masters Women (35+), Masters Women (50+), U20 Men (M-U20), U20 Women (W-U20), U18 Men (M-U18) and U18 Women (W-U18) events, and the first three (3) members of each team in the Masters Men (M65+) and Masters Women (M65+) events. The team with the lowest number of points (taking the placing of each competitor as the number of points, after having listed and place numbered only the competitors who had been selected to represent their Centre) shall win the Team race in the respective event. *(Note: Competitors competing as individuals or who are visitors shall be omitted when listing the places for calculating the results of the Team races.)*
 7. In the event of a tie in a Team event, the result shall be resolved in favour of the team whose last scoring member finishes nearer the first place.
 8. Members of Centre Teams submitted in accordance with Regulation C6.1.5 shall compete in their Centre uniform. All other competitors, including all competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14, shall compete in their Club uniform.

C6.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Team race shall each receive a Championship medal as set out in Regulation C3.10.

REGULATION C7 - TRAIL RUNNING CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS - GENERAL.

C7.1 - EVENTS

1. Annual Trail Running Championships for individuals shall be held under the auspices of Athletics NZ when the championship events shall be contested for:

Men

Women

Masters Men ([5-year age groups](#))

Masters Women ([5-year age groups](#))

2. The type and length of the course and the venue shall be decided from year to year by the Athletics NZ National Office.
3. Competitors should compete in their Club uniform.
Refer Regulation C3.3.3

C7.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C8 - MOUNTAIN RUNNING CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 – NZ CHAMPIONSHIPS-GENERAL.

C8.1 - EVENTS

1. Annual Mountain Running Individual Championships for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ.
2. (a) In each year the type of course to be run (whether Mostly Uphill or Start and Finish at the Same Level) should be the same as for the World Athletics Mountain Running Championship for that year.

(b) The recommended approximate distances and total amount of ascent are as follows:

	Mainly Uphill		Start/Finish at Same Level	
	Distance	Ascent	Distance	Ascent
Senior Men Masters Men (M35+) Senior Women	12 km	1200m	12 km	750m
Masters Women (W35+) Masters Men (M50+) Men Under 20 (M-U20)	8 km	800m	8 km	500m
Women Under 20 (W-U20) Masters Women (W50+)	4 km	400m	4 km	250m

- (c) Notwithstanding Regulation C8.1.2(b) the event for Masters Men (M35+) may be held with the Masters Men (50+) and/or the Masters Women with the Women Under 20 (W-U20).
3. The conditions as set out in Supplementary Rule STR57 shall apply.
4. Competitors should compete in their Club uniform. (*Refer Regulation C3.3.3*)

C8.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer to Regulation C3.6.

REGULATION C9 - ROAD CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C9.1 - EVENTS

1. Annual Road Running individual races for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), Boys Under 16 (B-U16), Girls Under 16 (G-U16), Boys Under 14 (B-U14), Girls Under 14 (G-U14), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ when the championship events shall be contested over the following distances:-

Men	10 km
Women	10 km
Masters Men (M35 ⁺)	10 km
Masters Women (W35 ⁺)	5 km
Men Under 20 (M-U20)	8 km
Men Under 18 (M-U18)	6 km
Boys Under 16 (B-U16)	4 km
Boys Under 14 (B-U14)	3 km
Women Under 20 (W-U20)	5 km
Women Under 18 (W-U18)	5 km
Girls Under 16 (G-U16)	4 km
Girls Under 14 (G-U14)	3 km

The Women Under 20 (W-U20) race shall be run in conjunction with the Women Under 18 (W-U18) event.

2. Annual Road Walk individual races for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), Boys Under 16 (B-U16), Girls Under 16 (G-U16), Masters Men (5-year age groups), and Masters Women (5-year age groups) shall be held under the auspices of the Association when the championship events shall be contested over the following distances:-

Men	20 km
Women	20 km
Masters Men (M35 ⁺)	10 km
Masters Women (W35 ⁺)	10 km
Men Under 20 (M-U20)	10 km
Men Under 18 (M-U18)	5 km
Boys Under 16 (B-U16)	5 km
Women Under 20 (W-U20)	10 km
Women Under 18 (W-U18)	5 km
Girls Under 16 (G-U16)	5 km

3. Annual Road Running Team races (as part of the road running races) shall be contested by duly selected Centre Teams for Men, Women, U20 Men (M-U20), U20 Women (W-U20), U18 Men (M-U18), U18 Women (W-U18), Masters Men (M35⁺),

Masters Men (M50+), Masters Men (65+), Masters Women (W35+), Masters Women (W50+) and Masters Women (65+).

Notes:

- a. *The members of Centre Teams shall be selected by the Centre so concerned, who shall submit their names to the Championship Organising Committee prior to the closing date for the receipt of entries. An individual athlete can compete for only one team.*
 - b. *An individual competitor not selected for their Centre Team may however enter the championships as an individual in accordance with the provisions of Regulation C3.3.2. Such a competitor may be transferred as a substitute to a Centre Team up to one hour before the start of the race in which the individual is entered.*
 - c. *The Team races shall be contested only between competitors from the duly selected Centre Teams whose names have been declared prior to the event. The original Team in any grade may be amended up to one hour before the start of the race by the substitution of individuals as outlined in Note b or by transfer of an eligible Centre Team athlete from another grade.*
 - d. *There shall be no Team races for the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14.*
 - e. *All competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14 races shall be aged 12 years or over at the 31st December in the year of competition.*
4. The Annual Road Running Championships and Annual Road Walking Championships as set in Regulations C9.1.1; C9.1.2. & C9.1.3. above shall be held on the same day and at the same venue.
 5. The course shall be run on made-up roads; however, when circumstances allow the course may be on a bicycle track, footpath or other suitable tarmac surface, but not on soft ground, such as grass verges. The start and finish may be within an athletic arena.
 6. The Centre Team races referred to in Regulation C9.1.3 shall be contested by teams of a maximum of eight (8) members in all grades of the competition.
 7. The counting members for Centre Team events shall be the first four (4) members of each team in the Men, Women, Masters Men (M35+), Masters Men (M50+), Masters Women (W35+), Masters Women (W50+), U20 Men (M-U20), U20 Women (W-U20), U18 Men (M-U18) and the U18 Women (W-U18) events, and the first three (3) members of each team in the Master Men (65+) and Masters Women (65+) events. The team with the lowest number of points (taking the placing of each competitor as the number of points, after having listed and place numbered only the competitors who had been selected to represent their Centre) shall win the Team race in the respective event.

(Note: Competitors competing as individuals or who are visitors shall be omitted when listing the places for calculating the results of the Team races)

8. In the event of a tie in a Team event, the result shall be resolved in favour of the team whose last scoring member finishes nearer the first place.
9. Members of Centre Teams submitted in accordance with Regulation C9.1.6 shall compete in their Centre uniform. All other competitors, including all competitors in the Boys Under 16, Boys Under 14, Girls Under 16 and Girls Under 14, shall compete in their Club uniform.

C9.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in the Team races shall each receive a Championship medal as set out in Regulation C3.10.

REGULATION C10 - ROAD RELAY CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C10.1 - EVENTS

1. Annual Road Relay Championships for Clubs shall be held under the auspices of Athletics NZ for the following grades:

Men
Women
Masters Men (M35+)
Masters Women (W35+)
Masters Men (M50+)
Masters Women (W50+)
Open Masters (over 60)
Men Under 20 (M-U20)
Women Under 20 (W-U20),

These championships shall be held on the same day and in the same area.

2. An Annual Overall Competition for Clubs shall be determined from the championship grades in the annual Road Relay championships. The three highest scoring teams of a Club in three different championship grades shall be used in determining the overall winner. The scoring system as set out in the Table in Rule STR55.11.3 of Appendix "A" of these Regulations shall be used. (Refer: Rule STR55 of Appendix "A" of these Regulations (Supplementary Rules) for the Competition details).
3. The Race Rules as set out in Regulation C1.1.4 Attachment A: Rule STR55 – Race Rules for the NZ Road Relay Championships shall apply, along with the normal race rules applicable to the designated Relay Race providing they do not conflict with the race rules in Rule STR55.
4. Competitors in Masters team events shall, on the day of the event, be not less than the minimum age specified in each age grade.

C10.2 CHAMPIONSHIP MEDALS

1. Members of the first three (3) placed teams in the Championship grades will each receive a Championship medal as set out in Regulation C3.10.

REGULATION C11 - HALF MARATHON CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C11.1 - EVENTS

1. Annual Half Marathon Championships for individuals shall be held under the auspices of Athletics NZ when the championship events shall be contested for:

Men

Women

Masters Men (5-year age groups)

Masters Women (5-year age groups)

2. Annual Half Marathon Team races shall be contested for Club Teams for Men* and for Women*.
[* In this clause "Men" means all male competitors and "Women" means all female competitors.]
3. There shall be no limit on the number of competitors representing any Club but only the first four (4) male, or first three (3) female competitors from each Club, shall count for points in each Team event.
4. Scoring shall be by the lowest aggregate of the times recorded by the scoring members and any tie shall be decided in favour of the team which has the last scoring member with the faster time.
5. Competitors should compete in their Club uniform.
Refer Regulation C3.3.3

C11.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Club Team race shall each receive a Championship medal as set out in Regulation C3.10.~~1~~

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C12 - MARATHON CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C12.1 - EVENTS

1. Annual Marathon Championships for individuals shall be held under the auspices of the Athletics NZ when the championship events shall be contested for:
 - Men
 - Women
 - Masters Men ([5-year age groups](#))
 - Masters Women ([5-year age groups](#))
2. Annual Marathon Team races shall be contested for Club Teams for Men* and for Women*. [**In this clause "Men" means all male competitors and "Women" means all female competitors.*]
3. There shall be no limit on the number of competitors representing any Club but only the first four (4) male or first three (3) female competitors from each Club shall count for points in each Team event.
4. Scoring shall be by the lowest aggregate of the times recorded by the scoring members and any tie shall be decided in favour of the team which has the last scoring member with the faster time.
5. Competitors should compete in their Club uniform. (*Refer Regulation C3.3.3*)

C12.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.
2. The counting members of the first three (3) placed teams in each Club Team race shall each receive a Championship medal as set out in Regulation C3.10.

NOTE: For combining with an Authorised Competition refer Regulation C3.6

REGULATION C14 - LONG DISTANCE ROAD RACE WALKING CHAMPIONSHIPS

This REGULATION shall be read in conjunction with REGULATION C3 - NZ CHAMPIONSHIPS-GENERAL.

C14.1 - EVENTS

1. Annual Long Distance Road Race Walking Championships for Men, Women, Men Under 20 (M-U20), Women Under 20 (W-U20), Men Under 18 (M-U18), Women Under 18 (W-U18), Masters Men (5-year age groups) and Masters Women (5-year age groups) shall be held under the auspices of Athletics NZ when championship events shall be contested over the following distances:-

Open (Male & Female)	50km
Women	20km
Masters Men (M35 ⁺)	50km
Masters Women (W35 ⁺)	20km
Men Under 20 (M-U20)	20km
Men Under 18 (M-U18)	10km
Women Under 20 (W-U20)	10km
Women Under 18 (W-U18)	10km

Competitors should compete in their Club uniform. (Refer Regulation C3.3.3)

C14.2 - CHAMPIONSHIP MEDALS

1. The first three (3) placed individuals in each event shall receive a Championship medal as set out in Regulation C3.10.