

#LOVETAU



2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



29-30 JULY



TAUPŌ, SPA THERMAL PARK

EVENT PROGRAMME

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



MANY THANKS TO OUR SPONSORS AND PARTNERS



2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



WELCOME MESSAGE FROM ATHLETICS NEW ZEALAND

Welcome to the 136th New Zealand Cross Country Championships in picturesque Taupō and the last year of a two-year hosting arrangement.

After a 35-year hiatus the NZ Cross Country Championships returned to Spa Park last year alongside, the inaugural trial of the NZ Cross Country Relay, modelled on the mixed team relay from the World Cross Country Championships.

We are delighted to see the Relay obtain Championship status and providing another competitive opportunity for athletes with their clubs.

Revered for its unrelenting terrain, Spa Park boasts short razor back climbs, the signature long 150m plus climb, steep downhills, is uneven under foot with trail running like elements that require balance and dexterity and a porous volcanic soil that is always firm and fast to run on.

There are few courses that rival it in the country as a true test of mind and body. Better known as the venue and course for the North Island Cross Country Championships (since 1988) – if you're a record holder, it's an impressive accolade on your running CV.

On behalf of Athletics NZ, I extend our gratitude to the Taupō Harrier Club and the Waikato Bay of Plenty Centre as our hospitable hosts and especially the Local Organising Committee of Noel Bennett (Chair), John Louisson, Dianne Rodger, Ashleigh Sando, Malcolm Taylor and Steve McAneney for their enthusiasm and commitment throughout the last two years. I eagerly await the racing over the weekend; in particular, athletes aspiring to represent New Zealand at the World Cross Country Championships in Croatia next February.

Young and older we wish you all the best for the weekend and achieving your personal and team goals.

Take some time to enjoy this enriching town and surroundings too and we look forward to announcing where the next nationals will be in spring.

A handwritten signature in black ink, appearing to read "Jason Cameron".

Jason Cameron
Competitions Manager

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



GREAT LAKE TAUPŌ
Taupō District Council

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS

The Taupō District is considered the events capital of New Zealand and I believe we can really live up to that name. Each year we welcome many competitors from a huge variety of sports to our district. We love to see all the support behind these events, not only from the participants but also the spectators, sponsors, and volunteers.

Once again, we are honoured to be hosting the New Zealand Cross Country Championships and Relays at Spa Thermal Reserve on Saturday, 29 and Sunday 30, July 2023. On the Saturday, there will also be a community fun run and kids dash for all our locals and visitors to get behind and give it a go.



With about 1500 athletes and supporters attending the championships, we really hope you get the chance to get out and about to further explore our town and wider Taupō District. We are proud of our community; our beautiful lake and all the lovely spots around it. Make sure to take the time to go out into our awesome town if you can over the next week or so.

On behalf of our community, I extend a warm welcome to the athletes, spectators, sponsors and volunteers. We wish all the participants the very best in the championships and hope Taupō puts on the weather for you.

Ngamihi

A handwritten signature in blue ink, appearing to read "David J Trewavas JP".

David J Trewavas JP
MAYOR

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



WELCOME TO THE ATHLETES OF THE 2023 NATIONAL CROSS COUNTRY IN TAUPO

On behalf of the Taupo Harrier Club and the Taupo community I would like to extend a warm welcome to all athletes and supporters to the 136th running of the New Zealand National Cross Country, being held at Spa Thermal Park, Taupo, on July 29th and 30th 2023.

It is 36 years since Spa Thermal Park last hosted the National Cross Country Championships in 1987. The course has been used regularly for the Taupo Harrier Club competitions and also for the New Zealand National Secondary Schools Cross Country Championships in 2018, where close to 1,000 athletes competed.

The course has also been used for the North Island Cross Country Championships since 1988, and this year 533 athletes competed.

The course has two main advantages: 1) Spectators are able to observe some 75% of each race by moving approximately 100 metres to a new viewing position, and 2) the pumice-based soil in the Taupo region allows for firm underfoot conditions, even after rain has fallen, and so the surface is unlikely to become slippery or muddy.

Athletes will find both the 2 km and 3 km laps challenging as they comprise numerous ascents and descents of varying distances and heights. For athletes that are used to track running, the course can be very "unforgiving", particularly for athletes who are not fit or not used to hill running.

During the weekend, I hope that many of you will be able to enjoy some of the attractions that Taupo offers.

Enjoy the weekend, run hard, enjoy the event, and enjoy Taupo.

A handwritten signature in black ink that reads "Noel Bennett".

Noel Bennett
President, Taupo Harrier Club
Race Co-Director and L.O.C. Chairman

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RUN 

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT INFORMATION

Welcome to the 136th New Zealand Cross Country Championships & Relays and the final year of two being hosted by the Taupō Harrier Club and Athletics Waikato Bay of Plenty. Let's enjoy one of our most celebrated courses. Here is some helpful information to assist in making your weekend a more enjoyable one.

For current information on the event go to the event listing on the Athletics NZ Upcoming Competitions page.

Event Programme

Will be available on Thursday afternoon 27 July on the Competitions page listing for the event for download pre-event or accessible via smartphone or device from QR codes provided at the venue on competition days.

Schedule

The event schedule is on the Athletics NZ website under the competition listing for the event. Times are subject to change. These will be displayed at the registration tent and via announcements over the PA.

Course Set Up & Viewing Times

The local organising committee will be setting up the venue and course from early Friday morning. To allow this to happen as efficiently as possible we ask that athletes and supporters refrain from accessing the course until it is ready for viewing at 2pm on Friday.

Registration Packet Pick Up

In the blue marquee opposite the finish area from 2pm to 5pm on Friday and reopening on Saturday morning at 8am.

For clarification all athletes selected to represent their Centre, race numbers and pins are to be collected by the designated Centre Team Manager who will collect all their Centre selected athletes. All athletes representing their club can have their race numbers and pins collected by their designated Club Team Manager or as individuals.

Race Numbers & Masters Ribbons

There will be two race numbers worn by each athlete for events. Please ensure that the race number with the transponder on the back of the number is affixed securely to the front of your singlet/shirt. If you don't do this - you run the risk of not having your result recorded. Masters athletes will have coloured ribbons to affix to the back of their singlet/shirt denoting their age group and are requested to wear these.

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT INFORMATION

Centre Team Managers

There will be no technical managers meeting; however, any queries can be answered by the Technical Delegate or Competitions Manager upon request at the registration tent.

Scratchings & Centre Team Changes

Need to be made using the official forms in the registration tent no less than an hour before the start of each race. With the NZ Cross Country Relays, we ask that team managers affirm the running order for their entered team by the end of the day on Saturday. For the Championship grades, all team members need to be current competitive members of Athletics NZ.

Centre Team & Club Tents

Allocated Centre team tents will be provided on Saturday. Clubs are welcome to bring their own tents and place in the designated area on the elevated area.

Warmup/Warmdown

Athletes, when warming up and warming down please stay outside the marked/taped competition lane when races are in progress.

Post Race Aid

There will be water and R-Line electrolyte in the finish area for athletes with recyclable cups. Please place cups in the recycling bin provided.

Medics

EMT Ambulance will have two medics on site for both days of competition and will be stationed at the back of the finish line. They will also have an ATV vehicle for use if required.

Athlete Race Call Time & Gear

Athletes are reminded they need to be at the start line ten minutes before the start of their race. Athletes are responsible for managing their own gear.

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT INFORMATION

Venue Access & Parking

We are sharing the use of Spa Park with the public who will be using the facilities (accessing Otumuheke Springs, the walking trails, walking dogs, frisbee golf and the like). Be respectful of the public and other recreational users. There is limited car parking in the sealed carparks within the park so please park safely on the berm.

There will also be parking in the paddock on the eastern side of County Avenue (see yellow area on image) and follow the parking signs. Please observe the speed limit on County Avenue.



Food & beverage

We will have a selection of private food and beverage vendors including coffee and drinks with EFTPOS available.

Award Ceremonies

We kindly request that all athletes and team managers be aware that medal ceremonies will be taking place at the following times on Saturday. In respect of the dignitaries on hand to present medals and their fellow athletes we request that athletes being awarded individual, or team medals are punctual for their medal ceremonies.

| | |
|----------------|--|
| 11.00am | Individual medals for Under 14 Girls & Boys, Under 16 Girls & Boys |
| 12.30pm | Individual & teams medals for Masters Women 35+, Masters Men 35-64 and Masters Men 65+ |
| 2.00pm | Individual & teams medals for Women Under 18 and Men Under 18 |
| 3.15pm | Individual & teams medals for Women Under 20 and Men Under 20 |
| 4.15pm | Individual & teams medals for Senior Women and Senior Men |

NZ Cross Country Relay Sunday

The format for the mixed cross-country relay is two male and two female running in a male, female, male, female order. Team managers are requested to have their teams and running order affirmed at the registration tent by 5pm Saturday. Late changes can be made on Sunday morning from 7.30am but must be made at least an hour before the start of the relevant grade race.

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT INFORMATION

NZ Cross Country Relay Sunday

The format for the mixed cross-country relay is two male and two female running in a male, female, male, female order. Team managers are requested to have their teams and running order affirmed at the registration tent by 5pm Saturday. Late changes can be made on Sunday morning from 7.30am but must be made at least an hour before the start of the relevant grade race.

Health & Safety

Spa Park has several hazards and risks to be aware of and especially if you are attending with young children. Please refer to the welcome board information at the registration tent.

Bathrooms

There is a block of toilets above the bottom car park area. These toilets will be serviced throughout the weekend by the Taupō District Council. In addition, there will be eight portaloos (four for women and four for men) positioned at the top of the finishing straight. There are no showering facilities available at Spa Park.

Waste & Recycling

Please use the event waste and recycling bins provided for your items, ensuring they are placed in the right bin.

Livestream

The events will be livestreamed on the Athletics NZ YouTube Channel. In keeping with our balance is better approach, the youngest race being shown will be the Under 16 events.



2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



TIMETABLES

Cross Country Championships

Race Timetable:

Saturday 29 July 2023

| TIME | AGE GRADE/S | DISTANCE |
|---------|---|---|
| 9:30am | Girls U14 | 3KM (1 x 3KM lap) |
| 9:40am | Boys U14 | 3KM (1 x 3KM lap) |
| 9:50am | Girls U16 | 4KM (2 x 2KM laps) |
| 10:05am | Boys U16 | 4KM (2 x 2KM laps) |
| 10:15am | Masters Men 65+ | 6KM (2 x 3KM laps) |
| 10:40am | Masters Women 35+ | 6KM (2 x 3KM laps) |
| 11:00am | Masters Men 35-64 | 6KM (2 x 3KM laps) |
| 11:40am | Kids Dash (U12) | 2KM (1 x 2KM lap) |
| 12:00pm | Open Club Race (male and female) for athletes under 18 and above | 5KM (1 x 2KM lap followed by 1 x 3KM lap) |
| 12:40pm | Women's U18 | 5KM (1 x 2KM lap followed by 1 x 3KM lap) |
| 1:00pm | Men's U18 | 6KM (2x 3KM laps) |
| 1:20pm | Women's U20 | 6KM (2x 3KM laps) |
| 1:50pm | Men's U20 | 8KM (1 x 2KM lap followed by 2 x 3KM laps) |
| 2:15pm | Senior Women | 10KM (2 x 2KM laps followed by 2 x 3KM laps) |
| 2:50pm | Senior Men | 10KM (2 x 2KM laps followed by 2 x 3KM laps) |

Note: start times subject to change

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



TIMETABLES

Mixed Cross Country Relay

Sunday 30 July 2023

| TIME | AGE GRADE/S |
|---------|--|
| 9:00am | Under 16 Masters 35-49, 50-64, 65+ |
| 10:00am | Under 18 Under 20 Senior |
| 11:00am | Open/Community Relay (Non Championship) |
| 11:30am | Relay Awards commence |

Note: start times subject to change



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2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



OFFICIALS LIST

Officials for ANZ Cross Country Championships, Taupō, 29/30th July

| SATURDAY 29 AND SUNDAY 30 JULY 2023 | |
|-------------------------------------|--|
| ANZ Technical Delegate | John Phillips |
| Race Director | Noel Bennett |
| Course Manager | Malcolm Taylor |
| Referee | Paul Craddock |
| Assistant Referees | Dianne Craddock, Murray Clarkson |
| Jury of Appeal | John Phillips, Paul Craddock, Dianne Craddock, Murray Clarkson |
| Chief Timekeeper | Bart Muylle, Race Timing NZ |
| Manual Timekeeper | Ray Wakeford |
| Starter | John Tylden |
| Starters Assistant | Nellie Engels |
| Umpires | Bruce Woods |
| Finish Chief Judge | Linda Reynolds |
| Finish Judges | Fay Riley, Pam Kenny, Sally Kerr |
| Announcer | Murray Green |

30 SEPTEMBER 2023

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2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| 9:30am Girls Under 14 3KM | | | |
|---------------------------|------------|------------|---|
| Bib | First Name | Last Name | Club or Centre |
| 001 | Sasha | AL-Dazhani | Taranaki |
| 036 | Clara | Brown | Te Puke Amateur Athletics Club |
| 080 | Sonja | Copeland | Athletics Tauranga |
| 104 | Morgan | Day | Auckland |
| 131 | Kaylee | Earl | Auckland |
| 151 | Charlie | Fong | Auckland |
| 152 | Mila | Fong | Auckland |
| 175 | Vivi | Hale | Egmont Athletics |
| 196 | Zoe | Hilton | Trentham United Harrier Club Inc |
| 205 | Eva | Holtslag | Feilding Moa Harrier and Athletic Club |
| 214 | Chelsy | Hurt | Hamilton City Hawks Athletics Club |
| 255 | Ava | Laing | Wellington Harrier Athletic Club Inc |
| 290 | Leah | Marais | Auckland |
| 299 | Sofia | Maulvurfs | Auckland |
| 302 | Olivia | Mcdowell | Kapiti Running and Tri Club Inc |
| 350 | Kiera | O'Donnell | Port Hills Athletic Club |
| 385 | Claire | Randell | Lake City Athletic Club Inc |
| 430 | Ella | Singleton | Palmerston North Athletics & Harrier Club Inc |
| 466 | Mia | Thomson | Kapiti Running and Tri Club Inc |
| 497 | Sophie | Wedd | Hawkes Bays Gisborne |
| 516 | Ray | Zhang | Auckland |

| 9:40am Boys Under 14 3KM | | | |
|--------------------------|------------|-----------|---------------------------|
| Bib | First Name | Last Name | Club |
| 016 | Toby | Barlow | Auckland |
| 022 | Aiden | Billing | Wanganui Harrier Club Inc |
| 091 | Tobias | Crowhurst | Auckland |
| 142 | Archie | Felton | Auckland |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|---------|------------|--|
| 199 | Cooper | Hogan | Whakatane Athletic & Harrier Club |
| 222 | Colin | Johnston | Cambridge Athletic and Harrier Club Inc |
| 234 | James | Keir | Auckland |
| 237 | Kona | Kelly | Auckland |
| 296 | Green | Matsumoto | Auckland |
| 318 | Matthew | Meiklejohn | Trentham United Harrier Club Inc |
| 334 | William | Moulder | Auckland |
| 361 | Jai | Parris | Feilding Moa Harrier and Athletic Club |
| 393 | Jacob | Rice | Trentham United Harrier Club Inc |
| 453 | Jack | Stirling | Hamilton City Hawks Athletics Club |
| 452 | Max | Stirling | Hamilton City Hawks Athletics Club |
| 469 | Zach | Transom | Feilding Moa Harrier and Athletic Club |
| 487 | Bair | Waldrom | Trentham United Harrier Club Inc |
| 504 | Jacob | Williams | Hutt Valley Harrier and Amateur Athletics Club |

9:50am Girls Under 16 4KM

| Bib | First Name | Last Name | Club or Centre |
|------|------------|------------|--|
| *001 | Sasha | AL-Dazhani | Taranaki |
| 015 | Imogen | Barlow | Auckland |
| 020 | Sophie | Bell | Manawatu Wanganui |
| 042 | Hannah | Byam | Manawatu Wanganui |
| 053 | Nina | Chalmers | Auckland |
| 072 | Denika | Clooney | Auckland |
| 074 | Cassie | Colbourne | Taranaki |
| 086 | Sophie | Crofskey | Manawatu Wanganui |
| 101 | Emma | Davies | Auckland |
| 106 | Issy | de Hair | Olympic Harriers and Athletic Club |
| 118 | Paige | Dobson | Hawkes Bays Gisborne |
| 124 | Jane | Doyle | Hutt Valley Harrier and Amateur Athletics Club |
| 159 | Lili | Ganivet | Hawkes Bays Gisborne |
| 164 | Alix | Gibson | Feilding Moa Harrier and Athletic Club |

*(Para - Senior Women)

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|----------|------------|--|
| 174 | Scarlett | Gwin | Auckland |
| 185 | Georgie | Harrison | Feilding Moa Harrier and Athletic Club |
| 192 | Lisa | Hellyer | Auckland |
| 193 | Sarah | Hellyer | Auckland |
| 201 | Maia | Holden | Olympic Harriers and Athletic Club |
| 206 | Madi | Honeyfield | Manawatu Wanganui |
| 207 | Eva | Houghton | Auckland |
| 213 | Greta | Hunter | Auckland |
| 228 | Katie | Jordan | Trentham United Harrier Club Inc |
| 232 | Sahara | Katene | Lake City Athletic Club Inc |
| 246 | Caitlin | Kirk | Hawkes Bays Gisborne |
| 248 | Natalie | Konijn | Manawatu Wanganui |
| 267 | Zari | Lindsay | Auckland |
| 285 | Maddison | Maclean | Wellington Harrier Athletic Club Inc |
| 303 | Millie | Mcfadzien | Southland |
| 312 | Millie | Mclean | Manawatu Wanganui |
| 317 | Kenisha | Mediratta | Auckland |
| 326 | Nisha | Moorfield | Hamilton City Hawks Athletics Club |
| 327 | Juliet | Moorhead | Olympic Harriers and Athletic Club |
| 345 | Amy | Nicoll | Hawkes Bays Gisborne |
| 357 | Sinead | O'Sullivan | Taranaki |
| 382 | Eleanor | Pugh | Athletics Tauranga |
| 384 | Aariya | Rama | Auckland |
| 399 | Scarlett | Robb | Auckland |
| 422 | Sophie | Shaw | Feilding Moa Harrier and Athletic Club |
| 426 | Manaia | Sheridan | Feilding Moa Harrier and Athletic Club |
| 468 | Amy | Towers | Auckland |
| 479 | Nina | Varley | Athletics Tauranga |
| 481 | Emma | Verry | Manawatu Wanganui |
| 507 | Xanthe | Wong | Wellington Harrier Athletic Club Inc |
| 509 | Madison | Wos | Trentham United Harrier Club Inc |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| 10:05am Boys Under 16 4KM | | | |
|---------------------------|------------|------------------|------------------------------------|
| Bib | First Name | Last Name | Club or Centre |
| 014 | Daniel | Barback | Athletics Tauranga |
| 017 | Oli | Barnett | Taupō Harrier Club |
| 054 | Chris | Chambers | Taranaki |
| 093 | Justin | Cunningham | Manawatu Wanganui |
| 120 | Luca | Dohnt | Athletics Tauranga |
| 126 | Joseph | Du Toit | Trentham United Harrier Club Inc |
| 162 | Christian | Geldenhuys | Auckland |
| 182 | Harry | Hardwick | Auckland |
| 183 | Ollie | Harland | Olympic Harriers and Athletic Club |
| 200 | Sheldon | Hogan | Whakatane Athletic & Harrier Club |
| 204 | Corban | Holmes | Athletics Tauranga |
| 209 | George | Howcroft | Auckland |
| 236 | Nikko | Kelly | Auckland |
| 257 | Noah | Lazayres | Auckland |
| 265 | George | Lewis | Hawkes Bays Gisborne |
| 271 | Caleb | Litolff | Athletics Tauranga |
| 275 | Jake | Lomas | Hamilton City Hawks Athletics Club |
| 277 | Jyde | Low | Hawkes Bays Gisborne |
| 295 | Jack | Mason | Egmont Athletics |
| 304 | Max | Mcgregor | Southland |
| 340 | Vaughan | Murray | Athletics Tauranga |
| 343 | Theo | Needham | Auckland |
| 358 | Ben | Oxford | Auckland |
| 368 | Tom | Pescini | Olympic Harriers and Athletic Club |
| 386 | Nic | Ratcliffe | Hawkes Bays Gisborne |
| 392 | Caleb | Rice | Trentham United Harrier Club Inc |
| 407 | Sam | Ruthe | Athletics Tauranga |
| 409 | Will | Sablerolle-stone | Manawatu Wanganui |
| 423 | Jarvis | Shaw | Manawatu Wanganui |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|----------|----------|----------------------|
| 429 | David | Sinclair | Manawatu Wanganui |
| 431 | Oscar | Skinner | Manawatu Wanganui |
| 436 | Liam | Smith | Hawkes Bays Gisborne |
| 446 | Harrison | Stevens | Manawatu Wanganui |
| 465 | Hagen | Thompson | Hawkes Bays Gisborne |

| 10:15am Masters Men 65+ 6KM | | | | |
|-----------------------------|------------|-----------|--|-------------------|
| Bib | First Name | Last Name | Club or Centre | Masters Age Grade |
| 006 | Trevor | Ashe | Waikato Bay Of Plenty | 65-69 |
| 018 | Jim | Bartley | Auckland | 65-69 |
| 030 | John | Bower | Auckland | 70-74 |
| 045 | Ian | Calder | Athletics Whangarei Inc | 65-69 |
| 067 | Dave | Clark | Hamilton City Hawks Athletics Club | 70-74 |
| 068 | Grahame | Clarkin | Hamilton City Hawks Athletics Club | 65-69 |
| 135 | Peter | Ellis | Kapiti Running and Tri Club Inc | 80-84 |
| 141 | Steve | Fairley | Auckland | 65-69 |
| 179 | Mark | Handley | Waikato Bay Of Plenty | 65-69 |
| 225 | Alan | Jones | Taranaki | 75-79 |
| 241 | John | Kent | Hatea Run | 70-74 |
| 247 | Kevin | Knowles | Auckland | 65-69 |
| 260 | Graeme | Lear | Tasman | 70-74 |
| 270 | Stephen | Lindsay | Hawkes Bays Gisborne | 65-69 |
| 272 | Dennis | Litt | Waikato Bay Of Plenty | 70-74 |
| 284 | Graham | Macky | Auckland | 65-69 |
| 344 | Fred | Needham | Waikato Bay Of Plenty | 75-79 |
| 351 | Trevor | Ogilvie | Waikato Bay Of Plenty | 75-79 |
| 372 | Des | Phillips | Taranaki | 75-79 |
| 379 | Tony | Price | Wellington | 65-69 |
| 403 | Paul | Rodway | Wellington Scottish Athletics Club | 75-79 |
| 433 | John | Skinnon | Wellington Scottish Athletics Club | 75-79 |
| 438 | Gavin | Smith | Athletics Tauranga | 70-74 |
| 508 | John | Wood | Hutt Valley Harrier and Amateur Athletics Club | 80-84 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| 10:40am Masters Women 35+ 6KM | | | | |
|-------------------------------|------------|------------------|--|-------------------|
| Bib | First Name | Last Name | Club or Centre | Masters Age Grade |
| 007 | Dee | Atkinson | Waikato Bay Of Plenty | 50-54 |
| 010 | Joy | Baker | Taranaki | 70-74 |
| 033 | Judith | Bradshaw | Hatea Run | 70-74 |
| 047 | Paula | Canning | Tasman | 50-54 |
| 055 | Anita | Chan | Feilding Moa Harrier and Athletic Club | 35-39 |
| 060 | Ketina | Chivasa | Lynndale Amateur Athletic and Harrier Club Inc | 40-44 |
| 077 | Paula | Conder | Manawatu Wanganui | 45-49 |
| 085 | Jessica | Costall | Manawatu Wanganui | 40-44 |
| 087 | Lisa | Cross | Auckland | 40-44 |
| 110 | Catherine | Delaporte | Tasman | 45-49 |
| 112 | Carla | Denneny | Wellington Scottish Athletics Club | 40-44 |
| 121 | Karen | Donaldson-Barron | Auckland | 40-44 |
| 128 | Rachel | Eade | Auckland | 40-44 |
| 160 | Sarah | Gardner | Waikato Bay Of Plenty | 35-39 |
| 163 | Sally | Gibbs | Manawatu Wanganui | 60-64 |
| 166 | Karen | Gillum-Green | Taranaki | 65-69 |
| 181 | Liz | Hardley | Auckland | 65-69 |
| 184 | Andrea | Harris | Wellington | 50-54 |
| 212 | Victoria | Humphries | Wellington | 55-59 |
| 223 | Terri | Jones | Auckland | 60-64 |
| 238 | Namiko | Kelly | Auckland | 50-54 |
| 243 | Claire | Kenyon | Auckland | 35-39 |
| 252 | Maria | Kroonenberg | Auckland | 50-54 |
| 269 | Katie | Lindsay | Hawkes Bays Gisborne | 35-39 |
| 289 | Casey | Mante | New Plymouth Harriers | 35-39 |
| 297 | Di | Matthews | Manawatu Wanganui | 55-59 |
| 301 | Karyn | Mccready | Waikato Bay Of Plenty | 50-54 |
| 308 | Rosie | McIntyre | Manawatu Wanganui | 45-49 |
| 315 | Dale | McMillan | Manawatu Wanganui | 55-59 |
| 335 | Christine | Munro | Auckland YMCA Marathon Club | 70-74 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | | |
|-----|----------|-------------|--------------------------------------|-------|
| 342 | Amanda | Needham | TTT Runners | 45-49 |
| 346 | Rachel | O'Brien | Auckland | 40-44 |
| 352 | Onur | Oktem-Lewis | Wellington Harrier Athletic Club Inc | 40-44 |
| 363 | Margie | Peat | Auckland | 65-69 |
| 365 | Rachel | Penney | Auckland | 50-54 |
| 390 | Vicki | Rees-Jones | Waikato Bay Of Plenty | 45-49 |
| 410 | Nicole | Sattler | Hawkes Bays Gisborne | 35-39 |
| 414 | Barbara | Scarfe | Auckland | 70-74 |
| 419 | Ayesha | Shafi | Wellington | 35-39 |
| 420 | Bex | Sharratt | Manawatu Wanganui | 40-44 |
| 424 | Lauren | Shelley | Waikato Bay Of Plenty | 45-49 |
| 425 | Jan | Sheppard | Wellington | 55-59 |
| 437 | Carolyn | Smith | Athletics Whanagrei | 60-64 |
| 440 | Emily | Solsberg | Wellington | 40-44 |
| 450 | Mignon | Stevenson | Manawatu Wanganui | 65-69 |
| 464 | Deborah | Telfer | Southland | 65-69 |
| 473 | Jo | Trotter | Manawatu Wanganui | 40-44 |
| 476 | Michelle | van Looy | Wellington | 50-54 |
| 486 | Joanne | Wainwright | Auckland | 45-49 |
| 490 | Belinda | Walker | Wellington | 55-59 |
| 489 | Heather | Walker | Wellington | 50-54 |
| 514 | Katie | Wyrill | Auckland | 35-39 |

11:00am Masters Men 35-64 6KM

| Bib | First Name | Last Name | Club or Centre | Masters Age Grade |
|-----|------------|-----------|--|-------------------|
| 013 | Matt | Ball | Feilding Moa Harrier and Athletic Club | 45-49 |
| 021 | Richard | Bennett | Canterbury | 55-59 |
| 023 | Erwin | Blokker | Hawkes Bays Gisborne | 55-59 |
| 039 | Alvirg | Busa | Wellington | 40-44 |
| 040 | Graeme | Buscke | Hawkes Bays Gisborne | 40-44 |
| 041 | Graeme | Butcher | Wellington | 60-64 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | | |
|-----|---------|-------------|--|-------|
| 046 | Josh | Campbell | Wellington | 45-49 |
| 056 | Matt | Cherri | Manawatu Wanganui | 50-54 |
| 059 | Dean | Chiplin | Waikato Bay Of Plenty | 50-54 |
| 064 | David | Clark | Auckland City Athletic Club | 55-59 |
| 069 | James | Clendon | Owairaka Amateur Athletic & Harrier Club Inc | 45-49 |
| 070 | Daniel | Clendon | Wellington | 45-49 |
| 082 | Aj | Cornwall | Manawatu Wanganui | 45-49 |
| 083 | Simon | Cosgrove | Wellington Harrier Athletic Club Inc | 50-54 |
| 089 | Paul | Crowhurst | Auckland | 40-44 |
| 095 | Rob | Dallimore | Pakuranga Athletic Club Inc | 45-49 |
| 097 | Sasha | Daniels | Auckland | 50-54 |
| 098 | Greg | Darbyshire | Auckland | 40-44 |
| 103 | Cole | Dawson | Hamilton City Hawks Athletics Club | 35-39 |
| 105 | Stephen | Day | Wellington | 45-49 |
| 114 | Steve | Dent | Hawkes Bays Gisborne | 60-64 |
| 116 | Brad | Dixon | Waikato Bay Of Plenty | 45-49 |
| 127 | Jamie | Duncan | Wellington | 40-44 |
| 129 | Adrian | Earl | Auckland | 50-54 |
| 132 | Bruce | Edwards | Waikato Bay Of Plenty | 60-64 |
| 139 | Paul | Ewart | Hamilton City Hawks Athletics Club | 55-59 |
| 145 | David | Fitch | Canterbury | 45-49 |
| 148 | Paul | Fitzmaurice | Kapiti Running and Tri Club Inc | 50-54 |
| 153 | Gen | Foo | Manawatu Wanganui | 40-44 |
| 155 | Peter | Frawley | Wellington Harrier Athletic Club Inc | 55-59 |
| 157 | Adam | Gallagher | Auckland | 40-44 |
| 158 | John | Gamblin | Canterbury | 60-64 |
| 165 | Troy | Gibson | Taranaki | 35-39 |
| 168 | Darren | Gordon | Wellington | 50-54 |
| 173 | Dave | Gunn | Hamilton City Hawks Athletics Club | 55-59 |
| 517 | Willi | Gunn | Wellington | 50-55 |
| 177 | Brent | Halley | Otago | 55-59 |
| 189 | Adam | Hazlett | Waikato Bay Of Plenty | 45-49 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | | |
|-----|----------|------------|--|-------|
| 198 | Simon | Hitchcock | Wesley Athletic & Harrier Club | 40-44 |
| 197 | Tim | Hitchcock | Auckland | 35-39 |
| 202 | Craig | Holden | Wellington | 50-54 |
| 208 | Alan | Houghton | TTT Runners | 45-49 |
| 210 | Mark | Hudson | Feilding Moa Harrier and Athletic Club | 45-49 |
| 217 | Ben | Jackson | Auckland | 35-39 |
| 218 | Anthony | Jackson | Hutt Valley Harrier and Amateur Athletics Club | 35-39 |
| 226 | Jim | Jones | Wellington Scottish Athletics Club | 55-59 |
| 233 | Phillip | Keelan | Canterbury | 55-59 |
| 235 | Alex | Kelliher | Canterbury | 35-39 |
| 239 | William | Kelsey | Hawkes Bays Gisborne | 35-39 |
| 245 | Tony | King | Auckland | 60-64 |
| 253 | James | Kuegler | TTT Runners | 35-39 |
| 264 | Jared | Letica | Auckland | 50-54 |
| 276 | David | Lovelock | Manawatu Wanganui | 35-39 |
| 281 | Simon | Mace | Auckland | 45-49 |
| 286 | Stephen | Mair | Trentham United Harrier Club Inc | 60-64 |
| 291 | Chris | Mardon | Canterbury | 50-54 |
| 298 | Kristaps | Maulvurfs | Auckland | 50-54 |
| 310 | Philip | McKay | Hawkes Bays Gisborne | 50-54 |
| 311 | Dayle | Mclauchlan | Canterbury | 40-44 |
| 325 | Nick | Moore | Auckland | 45-49 |
| 329 | Graeme | Morrison | Wellington | 50-54 |
| 330 | Mark | Morriss | Hutt Valley Harrier and Amateur Athletics Club | 40-44 |
| 331 | Steve | Morrow | Hawkes Bays Gisborne | 45-49 |
| 336 | Joseph | Muollo | Non-Championship/Community Relay | 55-59 |
| 355 | Oliver | OSullivan | Otago | 35-39 |
| 356 | Michael | O'Sullivan | Taranaki | 45-49 |
| 360 | Darren | Parlato | Manawatu Wanganui | 55-59 |
| 364 | Michael | Peck | Waikato Bay Of Plenty | 55-59 |
| 370 | Jason | Petuha | Hawkes Bays Gisborne | 50-54 |
| 377 | Aidan | Potter | Cambridge Athletic and Harrier Club Inc | 40-44 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | | |
|-----|-------------|------------|--|-------|
| 380 | Michael | Pugh | Waikato Bay Of Plenty | 50-54 |
| 388 | Carl | Read | Pakuranga Athletic Club Inc | 40-44 |
| 391 | Steve | Rees-Jones | Waikato Bay Of Plenty | 45-49 |
| 395 | James | Richardson | Wellington | 45-49 |
| 400 | Christopher | Robb | Auckland | 50-54 |
| 402 | Anton | Roche | Auckland YMCA Marathon Club | 45-49 |
| 404 | Mathew | Rogers | Hutt Valley Harrier and Amateur Athletics Club | 40-44 |
| 408 | Ben | Ruthe | Waikato Bay Of Plenty | 40-44 |
| 411 | Alasdair | Saunders | Wellington | 40-44 |
| 415 | Dave | Scott | Manawatu Wanganui | 60-64 |
| 417 | Mark | Searle | Manawatu Wanganui | 35-39 |
| 421 | Brendon | Sharratt | Manawatu Wanganui | 40-44 |
| 448 | Graeme | Stevens | Wellington | 50-54 |
| 447 | Peter | Stevens | Wellington | 55-59 |
| 471 | Nathan | Trotman | Oratia Running Inc | 35-39 |
| 475 | Anthonie | Van Bosch | Non-Championship/Community Relay | 55-59 |
| 477 | Andrew | Vane | Waikato Bay Of Plenty | 50-54 |
| 478 | Matt | Varley | Waikato Bay Of Plenty | 45-49 |
| 485 | Richard | Wagener | Auckland | 50-54 |
| 492 | Philip | Wallace | Victoria University Athletic Club | 60-64 |
| 494 | Michael | Wanden | Takapuna Amateur Athletic and Harrier Inc | 40-44 |
| 495 | Paul | Wasley | Manawatu Wanganui | 50-54 |
| 501 | Scott | Whitley | Manawatu Wanganui | 50-54 |
| 505 | Garry | Wilson | Hamilton City Hawks Athletics Club | 60-64 |
| 506 | Ben | Winder | Auckland | 45-49 |

12:00PM Open Club Race (male and female) for athletes under 18 and above 5KM

| Bib | First Name | Last Name | Club or Centre |
|-----|------------|-------------|------------------------------|
| 215 | Emily | Irvine | Unattached |
| 496 | Anton | Weatherhead | Hastings Harrier Club United |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| 12:40PM Women's U18 5KM | | | |
|-------------------------|------------|------------|--------------------------------------|
| Bib | First Name | Last Name | Club or Centre |
| 003 | Scarlett | Anderson | Wellington |
| 027 | Kate | Borton | Auckland |
| 029 | Brooke | Bowen | Tasman |
| 032 | Louise | Brabyn | Manawatu Wanganui |
| 081 | Hayley | Cornwall | Manawatu Wanganui |
| 094 | Kate | Currie | Canterbury |
| 099 | Greta | Darke | Manawatu Wanganui |
| 102 | Lulu | Davies | Wellington |
| 123 | Montana | Doorey | Manawatu Wanganui |
| 147 | Courtney | Fitzgibbon | Manawatu Wanganui |
| 187 | Letizia | Hay | Waikato Bay Of Plenty |
| 190 | Poppy | Healy | Wellington |
| 220 | Emma | Jamieson | Taranaki |
| 242 | Giselle | Kenworthy | Wellington Harrier Athletic Club Inc |
| 251 | Jacquelyn | Kowalewski | Taranaki |
| 263 | Sascha | Letica | Auckland |
| 274 | Lisa | Lokman | Otago |
| 280 | Georgia | Lynch | Auckland |
| 283 | Siena | Mackley | Southland |
| 306 | Amy | Mchardy | Wellington |
| 307 | Kate | Mchardy | Wellington |
| 313 | Lucy | Mclean | Manawatu Wanganui |
| 320 | Grace | Meredith | Auckland |
| 366 | Kendal | Penney | Auckland |
| 367 | Katelin | Perkins | Manawatu Wanganui |
| 376 | Zara | Pomfret | Auckland City Athletic Club |
| 389 | Bronwen | Rees-Jones | Waikato Bay Of Plenty |
| 394 | Annabel | Richardson | Auckland |
| 398 | Sophie | Robb | Auckland |
| 401 | Kate | Robinson | Auckland |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|--------|------------|------------------------------------|
| 413 | Paige | Scannell | Egmont Athletics |
| 434 | Ella | Smart | Waikato Bay Of Plenty |
| 435 | Amelia | Smith | Hawkes Bays Gisborne |
| 457 | Ava | Sutherland | Olympic Harriers and Athletic Club |
| 472 | Elsa | Trotter | Manawatu Wanganui |

1:00PM Men's U18 6KM

| Bib | First Name | Last Name | Club or Centre |
|-----|------------|------------------|------------------------------------|
| 002 | Rocky | Allan | Otago |
| 008 | Casey | Atkinson | Waikato Bay Of Plenty |
| 012 | Alec | Ball | Manawatu Wanganui |
| 028 | Connor | Boulton | Auckland |
| 034 | Theo | Bray | Auckland City Athletic Club |
| 037 | Ben | Brunner | Wellington Scottish Athletics Club |
| 043 | Jamie | Cabusao | Athletics Tauranga |
| 049 | Toby | Caro | Manawatu Wanganui |
| 052 | James | Catto | Waikato Bay Of Plenty |
| 061 | Oliver | Christie | Whakatane Athletic & Harrier Club |
| 062 | Xavier | Christie | Whakatane Athletic & Harrier Club |
| 075 | Bede | Colbourne | Taranaki |
| 078 | Zack | Conroy | Waikato Bay Of Plenty |
| 090 | Noah | Crowhurst | Auckland |
| 117 | Nick | Dobbie | Taranaki |
| 136 | Jack | Erikson | Auckland City Athletic Club |
| 138 | Luca | Evet | Wellington |
| 144 | Felix | Field | Taranaki |
| 149 | Robert | Fitzpatrick | Auckland |
| 169 | Joshua | Gordon-Glassford | Auckland |
| 186 | callum | hawkins | Hawkes Bays Gisborne |
| 211 | Lucas | Huia | Southland |
| 219 | Connor | Jamieson | Auckland |
| 224 | Oliver | Jones | Manawatu Wanganui |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|-----------|-----------|--|
| 240 | Connor | Kemp | Wellington |
| 250 | Daniil | Kovylov | Lynndale Amateur Athletic and Harrier Club Inc |
| 259 | Jacob | Lean | Manawatu Wanganui |
| 266 | Wilson | Li | Wellington |
| 268 | Milo | Lindsay | Auckland City Athletic Club |
| 293 | Joe | Martin | Wellington |
| 300 | Maksis | Maulvurfs | Lynndale Amateur Athletic and Harrier Club Inc |
| 305 | Sam | Mchale | Hawkes Bays Gisborne |
| 314 | James | McLeay | Southland |
| 324 | Oscar | Monro | Auckland |
| 362 | Lachie | Parsons | Athletics Tauranga |
| 375 | Max | Poland | Wellington |
| 378 | Daniel | Prescott | Canterbury |
| 381 | Elliott | Pugh | Waikato Bay Of Plenty |
| 412 | Redd | Scampion | Auckland City Athletic Club |
| 418 | Angus | Sevier | Canterbury |
| 428 | Matthew | Sinclair | Manawatu Wanganui |
| 432 | George | Skinner | Manawatu Wanganui |
| 439 | Jack | Snedden | Auckland |
| 467 | Aidan | Thornton | Glen Eden Athletic and Harrier Club Inc |
| 470 | James | Trathen | Pakuranga Athletic Club Inc |
| 484 | Caleb | Wagener | Auckland |
| 491 | James | Wallace | Hawkes Bays Gisborne |
| 498 | Alex | West | Hawkes Bays Gisborne |
| 502 | Max | Wildbore | Hawkes Bays Gisborne |
| 503 | Alexander | Wilkins | Auckland |
| 512 | George | Wyllie | Waikato Bay Of Plenty |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| 1:20pm Women's U20 6KM | | | |
|------------------------|------------|-------------|--------------------------------------|
| Bib | First Name | Last Name | Club or Centre |
| 025 | Abbey | Bolton | Auckland |
| 031 | Pascale | Bowie | Manawatu Wanganui |
| 035 | Charlotte | Brown | Auckland |
| 050 | Abby | Carver | Wellington |
| 071 | Olivia | Clifton | Manawatu Wanganui |
| 079 | Hazel | Cook | Oratia Running Inc |
| 108 | Becky | de la Harpe | Otago |
| 130 | Bella | Earl | Auckland |
| 134 | Amy | Ellis | Manawatu Wanganui |
| 137 | Lucy | Evans | Manawatu Wanganui |
| 161 | Zara | Geddes | Otago |
| 170 | Amelia | Green | North Harbour Bays Athletics |
| 178 | Stella | Hammond | Auckland |
| 188 | Sarah | Hay | Wellington Harrier Athletic Club Inc |
| 191 | Charo | Heijnen | Waikato Bay Of Plenty |
| 221 | Lulu | Johnson | Waikato Bay Of Plenty |
| 229 | Lucy | Jurke | Wellington |
| 249 | Samantha | Korck | Auckland |
| 278 | Sofia | Lumbreras | Hawkes Bays Gisborne |
| 279 | Catherine | Lund | Otago |
| 292 | Poppy | Martin | Waikato Bay Of Plenty |
| 321 | Carys | Middleton | Manawatu Wanganui |
| 332 | Niamh | Motley | Canterbury |
| 374 | Caitlyn | Pokorny | Auckland |
| 383 | Lorcan | Rabbitte | Wellington |
| 397 | Boh | Ritchie | Waikato Bay Of Plenty |
| 405 | Olivia | Rooney | Auckland |
| 406 | Eliza | Rothery | Otago |
| 444 | Monique | Spedding | Waikato Bay Of Plenty |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|---------|--------|-----------|
| 462 | Kennedy | Taylor | Southland |
| 474 | Sophia | Urlich | Auckland |

1:50PM Men's U20 8KM

| Bib | First Name | Last Name | Club or Centre |
|-----|------------|------------------|-----------------------|
| 019 | Fenlon | Bayley | Tasman |
| 024 | Matthew | Bolter | Otago |
| 038 | Charles | Buchanan | Auckland |
| 044 | Az | Cabusao | Waikato Bay Of Plenty |
| 058 | Conor | Chesney | Wellington |
| 073 | Ronan | Codyre | Auckland |
| 100 | Nick | Davies | Auckland |
| 109 | Christian | De Vaal | Auckland |
| 119 | Max | Doherty | Wellington |
| 122 | Nelson | Doolan | Manawatu Wanganui |
| 146 | Joshua | Fitzgerald | Tasman |
| 154 | Thomas | Forrest - Dawson | Oratia Running Inc |
| 194 | Matt | Hill | Waikato Bay Of Plenty |
| 227 | Josh | Jordan | Wellington |
| 244 | Jacob | Kilmister | Wellington |
| 256 | William | Larkin | Wellington |
| 282 | Ryan | Mackay | Wellington |
| 323 | Angus | Monro | Auckland |
| 328 | Jamie | Mora | Auckland |
| 341 | Callum | Murray | Waikato Bay Of Plenty |
| 347 | Tram | O'Callaghan | Canterbury |
| 349 | Liam | O'Donnell | Canterbury |
| 396 | Benjamin | Rickerby | Auckland |
| 416 | Ben | Scott | Southland |
| 427 | Daniel | Sinclair | Manawatu Wanganui |
| 451 | Samuel | Stichbury | Manawatu Wanganui |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|--------|----------|----------------------|
| 461 | Toby | Tasker | Canterbury |
| 482 | Karsen | Vesty | Hawkes Bays Gisborne |
| 493 | Dion | Wallwork | Auckland |
| 499 | Thomas | White | Otago |
| 513 | Pai | Wynyard | Canterbury |

2:15PM Senior Women's 10KM

| Bib | First Name | Last Name | Club or Centre |
|-----|------------|------------------|------------------------------------|
| 004 | Katrina | Andrew | Auckland |
| 065 | Miriam | Clark | Canterbury |
| 084 | Saskia | Cosgrove-Drayton | Wellington |
| 087 | Lisa | Cross | Auckland |
| 107 | Niamh | de Hora | North Harbour Bays Athletics |
| 111 | Brigid | Dennehy | North Harbour Bays Athletics |
| 125 | Sarah | Drought | Wellington |
| 133 | Sabrina | Edwards | Waikato Bay Of Plenty |
| 150 | Maia | Flint | Wellington |
| 156 | Deb | Fuller | Waikato Bay Of Plenty |
| 167 | Olivia | Gold | Auckland |
| 172 | Anneke | Grogan | Auckland |
| 180 | Holly | Harding | Auckland |
| 195 | Macey | Hilton | Auckland |
| 203 | Leah | Holden | Wellington Scottish Athletics Club |
| 254 | Clara | Lachurie | Auckland |
| 262 | Peyton | Leigh | Auckland City Athletic Club |
| 287 | Holly | Manning | North Harbour Bays Athletics |
| 294 | Antonia | Martin | Victoria University Athletic Club |
| 316 | Caitlin | McQuilkin Bell | Auckland |
| 322 | Rain | Milne | Wellington |
| 354 | Emily | O'Riordan | Wellington Scottish Athletics Club |
| 371 | Annika | Pfizinger | Tasman |
| 443 | Alice | Sowry | Wellington Scottish Athletics Club |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|-----------|-----------|--|
| 445 | Jessie | Speedy | North Harbour Bays Athletics |
| 449 | Danielle | Stevens | Wellington Scottish Athletics Club |
| 456 | Megan | Strickett | Wellington Scottish Athletics Club |
| 488 | Stephanie | Walker | Manawatu Wanganui |
| 500 | Kerry | White | Waikato Bay Of Plenty |
| 510 | Ange | Wreford | University of Canterbury Athletic Club |
| 511 | Jess | Wright | North Harbour Bays Athletics |

| 2:50PM Senior Men's 10KM | | | |
|--------------------------|------------|-------------|--|
| Bib | First Name | Last Name | Club or Centre |
| 005 | Oliver | Ashburn | Waikato Bay Of Plenty |
| 009 | Cameron | Avery | Canterbury |
| 011 | Daniel | Balchin | Canterbury |
| 026 | Richie | Boon | University of Canterbury Athletic Club |
| 048 | Joel | Carman | Wellington |
| 051 | Andrew | Casburn | Whippets Running Project |
| 057 | Liam | Chesney | Wellington |
| 063 | Bradley | Christison | Wellington Scottish Athletics Club |
| 066 | Cameron | Clark | Canterbury |
| 076 | Alistair | Collow | Wellington Scottish Athletics Club |
| 092 | Fionn | Cullinane | Auckland |
| 096 | Ryan | Danby | Auckland |
| 113 | Jamie | Dennis | Manawatu Wanganui |
| 115 | Harry | Dixon | Manawatu Wanganui |
| 140 | Harry | Ewing | Canterbury |
| 143 | Noah | Fenwick | Christchurch Avon Athletic Club Inc |
| 171 | Russell | Green | Canterbury |
| 176 | Matthew | Hallam | Waikato Bay Of Plenty |
| 216 | Jonathan | Jackson | Auckland |
| 230 | Seamus | Kane | Wellington |
| 231 | Max | Karamanolis | Wellington |
| 258 | Andre | Le Pine-Day | Manawatu Wanganui |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SATURDAY 29 JULY

| | | | |
|-----|----------------|---------------|--|
| 261 | David | Lee | Canterbury |
| 273 | William | Little | Whippets Running Project |
| 288 | Zach | Manning | Hastings Harrier Club United |
| 309 | Andre | Mckay | Auckland |
| 319 | Connor | Melton | Canterbury |
| 333 | Tom | Moulai | Canterbury |
| 337 | Jorge Leonardo | Murcia Robles | Wellington Scottish Athletics Club |
| 338 | Isaac | Murphy | Manawatu Wanganui |
| 339 | Calum | Murphy | Wellington Scottish Athletics Club |
| 348 | Will | O'Connor | Waikato Bay Of Plenty |
| 353 | Liam | O'Neill | Wellington Scottish Athletics Club |
| 359 | Jack | Paine | Auckland |
| 387 | Harry | Ratray | University of Canterbury Athletic Club |
| 441 | Darian | Sorouri | Whippets Running Project |
| 442 | Ali | Souch | Wellington Scottish Athletics Club |
| 454 | Corban | Straker | Christchurch Avon Athletic Club Inc |
| 455 | Tom | Strawbridge | Wellington |
| 458 | Michael | Sutton | Waikato Bay Of Plenty |
| 459 | Cameron | Swales | Whippets Running Project |
| 460 | Hiro | Tanimoto | Wellington |
| 463 | Max | Taylor | Wellington |
| 480 | George | Varney | Manawatu Wanganui |
| 483 | Michael | Voss | Waikato Bay Of Plenty |
| 515 | Hayden | Zervos | Manawatu Wanganui |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SUNDAY 30 JULY

Sunday Relay Team Entries

| Under 16 9:00AM | |
|---|------------|
| Club Name | Bib |
| Egmont Athletics | EGMTU161 |
| Pakuranga Athletic Club Inc | PAKUU161 |
| TTT Runners | TTTRU161 |
| Athletics Tauranga | TRGAU161 |
| Olympic Harriers and Athletic Club Wellington | OLYWU161 |
| Feilding Moa Harrier and Athletic Club | FLDMU161 |
| Trentham United Harrier Club Inc (1 & 2) | TRNHU161/2 |

| Under 18 10:00AM | |
|--|----------|
| Club Name | Bib |
| Egmont Athletics | EGMTU181 |
| Auckland City Athletic Club (1 & 2) | ACACU181 |
| Wanganui Harrier Club Inc | WNGHU181 |
| Athletics Tauranga | TRGAU181 |
| Olympic Harriers and Athletic Club | OLYWU181 |
| Feilding Moa Harrier and Athletic Club | FLDMU181 |

| Under 20 10:00AM | |
|--------------------------------------|----------|
| Club Name | Bib |
| Auckland City Athletic Club | ACACU201 |
| Hill City-University Athletic Club | HCYUU201 |
| Athletics Tauranga | TRGAU201 |
| Oratia Running Inc | ORACU201 |
| Olympic Harriers and Athletic Club | OLYWU201 |
| Wellington Harrier Athletic Club Inc | WHACU201 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SUNDAY 30 JULY

Sunday Relay Team Entries

| Senior 10:00AM | |
|---|-----------|
| Club Name | Bib |
| Wellington Scottish Athletics Club | WSCOSEN1 |
| Wanganui Harrier Club Inc | WNGHSEN1 |
| Cambridge Athletic and Harrier Club Inc | CAMBSEN1 |
| Feilding Moa Harrier and Athletic Club | FLDMSSEN1 |
| Athletics Nelson Incorporated | NELSSSEN1 |
| Pakuranga Athletic Club Inc | PAKUSEN1 |
| Wellington Harrier Athletic Club Inc | WHACSEN1 |
| University of Canterbury Athletic Club | CANUSEN1 |
| Victoria University Athletic Club | VICUSEN1 |
| North Harbour Bays Athletics | NHBCSEN1 |

| Masters 35-49 9:00AM | |
|---|----------|
| Club Name | Bib |
| TTT Runners | TTTRM351 |
| Wanganui Harrier Club Inc | WNGHM351 |
| Trentham United Harrier Club Inc | TRNHM351 |
| Cambridge Athletic and Harrier Club Inc | CAMBM351 |
| Feilding Moa Harrier and Athletic Club | FLDMM351 |
| Wellington Scottish Athletics Club | WSCOM351 |
| Wellington Harrier Athletic Club Inc | WHACM351 |
| Feilding Moa Harrier and Athletic Club | FLDMM352 |

| Masters 50-64 9:00AM | |
|------------------------------------|----------|
| Club Name | Bib |
| Wellington Scottish Athletics Club | WSCOM501 |
| Olympic Harriers and Athletic Club | OLYWM501 |
| Wanganui Harrier Club Inc | WNGHM501 |
| Lake City Athletic Club Inc | LCTYM501 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



START LISTS - SUNDAY 30 JULY

Sunday Relay Team Entries

| Masters 65+ 9:00AM | |
|----------------------|----------|
| Club Name | Grade |
| Egmont Athletics | EGMTM651 |

| OPEN/COMMUNITY (NON-CHAMPIONSHIP) 11:00AM | |
|---|------------|
| Club Name | Bib |
| Egmont Athletics | EGMTCOM1 |
| TTT Runners (1&2) | TTTRCOM1/2 |
| Otago Juniors | OTAGCOM1 |
| Hill City & Ariki Masters | OTAGCOM2 |





2023 NEW ZEALAND ROAD CHAMPIONSHIPS

Get Excited for the Road Season!

You won't want to miss the Athletics New Zealand Road Championships to be held on the 10th of September at Massey University, Palmerston North. Take on challenge of the awesome 2000 metre course around the iconic "Ring Road", a popular training ground of athletes for many years.

A separate 1000 metre walk course is also provided and there is also the Open 2km and 4km events for all the family to enjoy. See you Palmy in September.

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



COURSE MAPS

NEW ZEALAND CROSS COUNTRY CHAMPIONSHIPS



ELEVATION PROFILE

Spa Thermal Park, Taupo



High Point = 410 metres | Low Point = 382 metres | Elevation Gain = 33 metres | Elevation Loss = 23 metres

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



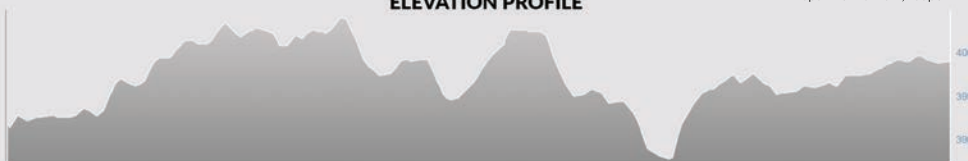
COURSE MAPS

NEW ZEALAND CROSS COUNTRY CHAMPIONSHIPS



ELEVATION PROFILE

Spa Thermal Park, Taupo



High Point = 405 metres | Low Point = 387 metres | Elevation Gain = 12 metres | Elevation Loss = 11 metres

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT RECORDS INFORMATION

Introduction:

The New Zealand Cross Country Championship was held in Taupō, on Saturday July 30th, 2022, and was organised by a partnership between Athletics New Zealand and the Taupō Harrier Club.

This national event was last held in Taupō in 1987.

The following course records are current.

Event Grades, Distances and Current Records (New Records in Red):

| SPA PARK COURSE RECORDS FOR NZXCC DISTANCES | | | | | |
|---|----------|------------|------------------------|--------------------------|------|
| Grade | Distance | Time | Name | Club | Year |
| Girls U14 | 3km | 10m 51 sec | Natasha Murrhly | Taumarānui | 2005 |
| Boys U14 | 3km | 10m 00 sec | Bradley Christison | Napier Harriers | 2013 |
| Junior Women (WU 20) | 6km | 22m 16 sec | Boh Ritchie | Hamilton Hawks | 2022 |
| Masters Women 35-39 | 6km | 23m 02 sec | Bridget Ray | Hamilton Hawks | 1999 |
| Masters Women 40-44 | 6km | 24m 09 sec | Karen Donaldson-Barron | Whippets Running | 2022 |
| Masters Women 45-49 | 6km | 24m 51 sec | Mel Aitkin | Wgtn. Scottish Athletics | 2022 |
| Masters Women 50-54 | 6km | 24m 41 sec | Heather Walker | Wgtn. Scottish Athletics | 2022 |
| Masters Women 55-59 | 6km | 23m 26 sec | Sally Gibbs | Wanganui Harriers | 2022 |
| Grad Masters Women 60-64 | 6km | 28m 30 sec | Deborah Telfer | Athletics Invercargill | 2022 |
| Masters Women 65-69 | 6km | 31m 43 sec | Margie Peat | Auckland City Athletics | 2022 |
| Masters Women 70-74 | 6km | 35m 15 sec | Kathy Howard | Lake City | 2022 |
| Masters Women 75-79 | 6km | | | | |
| Men U18 | 6km | 19m 27 sec | Matt Hill | Athletics Tauranga | 2022 |
| Women U18 | 5km | 18m 21 sec | Catherine Lund | Ariki | 2022 |

2023 NEW ZEALAND CROSS COUNTRY AND RELAY CHAMPIONSHIPS



EVENT RECORDS INFORMATION

| SPA PARK COURSE RECORDS FOR NZXCC DISTANCES | | | | | |
|---|----------|------------|-------------------|----------------------------------|------|
| Grade | Distance | Time | Name | Club | Year |
| Junior Men (MU 20) | 8 km | 25m 38 sec | Christian de Vaal | Pakuranga Athletic Club | 2022 |
| Masters Men (MM 35-39) | 8 km | 27m 15 sec | Olliver Sullivan | Hill City Uni. Athletics (Otago) | 2022 |
| Masters Men (MM 40-44) | 8 km | 26m 39 sec | Paul Herlihy | Tauranga Ramblers | 1999 |
| Masters Men (MM 45-49) | 8 km | 27m 24 sec | Simon Mace | Owairaka Harriers | 2022 |
| Masters Men (MM 50-54) | 8 km | 29m 23 sec | Chris Mardon | New Brighton Athletic Club | 2022 |
| | | 29m 23 sec | Dean Chiplin | Cambridge Athletics & Harriers | 2022 |
| Masters Men (MM 55-59) | 8 km | 30m 09 sec | Richard Bennett | Don Greig Racing (Canterbury) | 2022 |
| Masters Men (MM 60-64) | 8 km | 31m 13 sec | Colin Earwaker | Lake City | 2016 |
| Masters Men (MM 65-69) | 6 km | 23m 52 sec | Ron Robertson | Gisborne Harriers | 2009 |
| Masters Men (MM 70-74) | 6 km | 25m 42 sec | Dennis Litt | Frankton Harriers | 2022 |
| Masters Men (MM 75-79) | 6 km | 32m 14 sec | John Skinnon | Wellington Scottish Athletic | 2022 |
| Masters Men (MM 80-84) | 6 km | 38m 32 sec | Roger Robinson | Victoria University | 2021 |
| Girls U16 | 4 km | 15m 07 sec | Amelia Clark | Athletics Nelson | 2022 |
| Boys U16 | 4 km | 12m 34 sec | Alfie Steedman | North Harbour Bays | 2022 |
| Senior Men | 10 km | 31m 24 sec | Mathew Taylor | North Harbour Bays | 2022 |
| Senior Women | 10 km | 36m 44 sec | Lisa Cross | T.T.T. Runners | 2022 |



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