

# 2025



Barge Park, Whangarei  
Saturday 14th & Sunday 15th of June  
51st NZSSAA Cross Country Championships  
8th NZSSAA Cross Country Relay Championships

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District Council



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# NZSSAA President's Message of Welcome



It is a huge pleasure that I extend a very warm '**Welcome**' to our athletics friends and family to the Far North on behalf of NZ Secondary Schools Athletics Association Executive. We roll into our second 50 years after celebrating the 50<sup>th</sup> Anniversary of the Schools Cross Country Championships last year in Christchurch.

It has been a long time coming as a first for the Far North to stage any NZSSAA event here in Whangarei, Northland. Judith and Nigel Stewart of Athletics Whangarei are to be congratulated on their strong advocacy for the North and willingness to take up the challenge of hosting the 51<sup>st</sup> running of our longstanding cross-country event with a small team of supporters.

It's a great opportunity for our young athletes to travel North and see the features of the area. I recall my first trip to Whangarei for athletics just 50 years ago to compete in the Northern Athletics League at Okara Park on the cinders track in November '75 and returning to an International meet in January '77. So, the North is due, as they say, for the opportunity to feature on the Athletics map and we hope this initiative helps invigorate some further Athletics development in the wider Northern area.

Barge Park sits across from Pompallier College where several of our distance runners of the past like Peter O'Donoghue an Olympic and Commonwealth Games rep, and his brother Paul O'Donoghue and Dave BurrIDGE learned their craft. The strength of middle and distance running in the Northland schools in the 1970's and 1980s was no doubt due to passionate and excellent coaches such as Don Willoughby and Ian Babe to name just a couple.

The NZSSAA are constantly looking to be as inclusive as possible and in 2023 introduced a new initiative of mixed relay teams in the Interprovincial cross-country relays and we now cater for para-athlete teams too. Relays and teams competitions like the three & six person team competitions are a special way to add value to the individual nature of running. To enhance this team-based competition in Winter Tournament week, we will stage the 2<sup>nd</sup> edition of the Road Relay Festival, to be held in Pakuranga on 28<sup>th</sup> and 29<sup>th</sup> August paralleling the Interprovincial teams concept and with an Individual Schools relay team competition as well. For our 2025 cross country event we have introduced the new **Under 17** age grade to run concurrently in the Senior Boys & Girl races to encourage that team aspect for our first-year seniors as they test their ability in the final grade.

These Championships will again see NZSS Cross Country teams selected. A minimum of the top ten performing senior athletes from both individual races will be selected for the NZSS Championships team. Athletes will receive courtesy of **SAS** some complimentary items, and a NZSSAA travel subsidy to further their athletic pathway. A team will be selected to travel to the Australian Schools Cross Country in Gold Coast, in September. All team information can be found on the NZSSAA website <https://nzssaa.org.nz/>. NZSSAA have also agreed to select a team to travel abroad in 2026 even if the ISF event is not on our calendar.

We continue to acknowledge the support through Waddell & Associates and NZ Sport Collective, of our partner sponsors **Whaakata Maori**, **Caltex**, **Bayleys**, **Apollo Projects**, and **NZ Carbon Farming** which is enabling event livestreaming this year by **Happy Moments Media** for whanau and friends at home to watch live. NZSSAA acknowledge our team and apparel sponsor **SAS Sports**. 2025 event merchandise orders for T-shirts post event can be made at the link available on the NZSSAA website.

We acknowledge the support of key local community partners including contributions from **Athletics Whangarei**, **Whangarei District Council**, **Fulton Hogan** and **Just Cabins** which enable these school events to be successful events.

For the approximately **650** athletes from **125** schools taking part this weekend, I wish all competitors, officials, team managers, parents, and supporters the very best for a successful championship and a safe journey home and thank you to all for attending. NZSSAA hopes to see many of you again at our next events, the second running of the Schools Road Relay Festival in Auckland at the end of August and the Track & Field and Road Race Championships in Hastings in December.

Yours in sport

*Tony Rogers*

Tony Rogers  
President



## PROGRAMME OF EVENTS



### **Friday 13<sup>th</sup> June**

2:00pm – 5:00pm

Course open for inspection and a light jog. Schools are asked to not arrive before 2:00pm please.

Managers Packs will be available in Barge Park Conference Centre. Packs will only be issued to team managers and not individual athletes.

As there is no Manager's meeting, any technical questions should be asked at the TIC Table.

### **Saturday 14<sup>th</sup> June – New Zealand Secondary Schools Cross Country Championships**

8:00am – Course open for inspection. Remaining managers packs will be available for collection.

10:30am – Junior Girls (3km)

11:10am – Year 9 Girls (3km)

11:50am – Junior Boys / Para Boys (4km / 2km)

12:30pm – Year 9 Boys (3km)

1:10pm – Senior Girls / Para Girls (4km / 2km) *including a new U/17 grade (born on or after 1st January 2009) for individuals only. Medals will be presented to the first three U/17 athletes to finish. They can also win Senior medals and they count towards the Senior Teams competitions.*

1:50pm – Senior Boys (6km) *including a new U/17 grade (born on or after 1st January 2009) for individuals only. Medals will be presented to the first three U/17 athletes to finish. They can also win Senior medals and they count towards the Senior Teams competitions.*

Medals and top 10 certificates will be presented as soon after each event at the venue.

4:30pm – Awards Ceremony for Teams medals and the New Zealand Top 12 team announced .

-- Venue: Barge Park Conference Centre. . Venue open from 4pm.

### **Sunday 15<sup>th</sup> June – Regional Team Relay Championships Race**

Packs for each region will be available at the Barge Park Conference Centre for Regional Managers to collect on Saturday June 14<sup>th</sup> from 2.30pm.

Anticipated teams and running order should be entered on the NZSSAA website before arriving at the championships, with final online team confirmations closing sharp at 7pm on Saturday night (to allow downloading of the information into the results package). Changes can be made before the relay race (see relays information sheet for details) but we would prefer only those changes brought about by overnight issues such as injury, sickness or unavailability. All athletes will be expected to wear the two team race numbers clearly displaying their grade on both the front and back of their singlet and a uniform that reflects their region. (See the separate document describing the race numbers)

*Any Sunday team changes must be handed in by 15 minutes before the first race (ie 8.30am) or 30 minutes before the second and third races (ie 8.55am for race 2 and 9.35am for race 3). Teams must be submitted in running order on the forms provided in the Regional Team Managers Packs.*

**8.45 am – 4 x 2km Boys Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

**9.25 am - 4 x 2km Mixed Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course. Teams must contain atleast 2 females and athletes can be run in any order.

**9.25am – 4 x 1k Para Relay** - Y9, Junior and Senior grades. Each athlete completing one lap of the 1km course.

**10.05 am - 4 x 2km Girls Relay** - Y9, Junior and Senior grades. Each athlete completing two laps of the 1km course.

**Prize-giving** for all grades will be held approximately 10 minutes after each race.

**Para Teams** can compete in all grades and will be awarded Para medals as per the existing Relay Medals rules. Para Teams run 1 x 1k lap each.



# Race Rules



## General

- This event is run under the race rules of World Athletics, Athletics NZ and NZSSAA.
- This is a sporting event where all competitors, team managers, spectators and officials are to practice good sportsmanship and Fairplay.
- All participating schools must appoint an adult as a team manager, irrespective of the number of athletes competing.
- Competitors are to wear the athletics uniform of their school or for the relays, their region. (no club uniforms)
- Competitors must wear the official number issued for this championship, on the front of their singlet or shirt. This number is not to be altered in any way. The number must be visible to officials at all times during the race, especially at the finish.
- Competitors must follow the instructions of officials prior to, during and after the race. These numbers are not required for the relays as separate race bibs are used to identify teams and grades (see relay rules).
- A competitor may not deliberately impede or obstruct the forward motion of others.
- The responsibility of keeping on the course rests with the competitor.

## Protests

- Within 30 minutes of results being posted a competitor, via the team manager, may protest verbally to the Race Referee about the conduct of another competitor or race official, disqualification or an error in the posted results.
- Should the appeal to the Race Referee not be successful the Team Manager may appeal in writing to the Referee who will pass it on to the Jury of Appeal.
- Appeals must be accompanied by a bond of \$50 which may be forfeited at the discretion of the Jury if the protest is regarded as lacking worthiness or there is a lack of evidence or witnesses to back the protest.

## Teams Criteria

- Schools with three to five finishers in any event will automatically be entered in that events three-person teams competition.
- Schools with six or more finishers in any event will automatically be entered in that events three and six person teams competition.

## Replacement Runners/Grade Changes

- In order to maintain the ability of a team to achieve a team score, runners already entered by the close of entries who are then scratched may be replaced either by eligible runners already entered in another race or by new non entered runners. A form will be provided to managers to record these replacements/grade changes which must then be handed to Race Control.
- Where replacement runners have already been entered in another grade they run with their own allocated number and timing chip. If the replacement runner has not been previously entered, they run using the number and timing chip of the runner they are replacing. There is no extra entry fee required for a replacement runner.
- The form can also be used for runners who have been entered in a grade incorrectly and who wish to compete in another grade.
- This process can occur right up to the start of the race if necessary but early notification of the changes makes the production of correct results easier.

## Start Line Procedure

- A start line draw will be issued to managers in their race pack. Each school will be allocated an area inside a start line box. The school's best runner should be at the start line, with other runners from the school, directly behind. Please follow the instructions of the marshals.

## Finish Area Procedure

- Cross the finish line and keep moving into the recovery zone. Do not stop on or near to the line as this impedes other runners reaching the finish.
- For 2025, the timing chip will be affixed to the back of the athletes number. These do not need to be returned. Athletes may leave the area as soon as they are ready to.



# Regional Relays Championships — General Information



## Goal/ Purpose

The NZSSAA Cross Country relays aim to create an exciting and competitive event providing athletes with the opportunity to represent their region in the sport of cross country running. The event aims to build on the overall experience of attending the National Cross Country Championships, providing not only a second opportunity to compete but giving athletes from schools the chance to be involved in a regional team. It aims to help strengthen relationships of both athletes and managers within each of the regions.

In 2023 a mixed category was added to the program in all three age categories. Mixed teams must comprise a minimum of two female athletes in each team. Para Athlete teams can compete in all divisions.

## Regions

NTH	Northland	MAN	Manawatu
NHB	North Harbour—Northland	WAI	Wairarapa
AKL	Auckland	WLG	Wellington
CMA	Counties/ Manukau	TAS	Tasman
WBP	Waikato/BOP	CAN	Canterbury
ECN	East Coast North Island	AOR	Aoraki
TAR	Taranaki	OTG	Otago
WNG	Whanagnui	STH	Southland

## Age groups/ grades

### Year 9 Girls/Boys/Mixed/Para

Year 9 students only. Have turned 13 and U15 years as at 31 December in the year of the event.

### Junior Girls/Boys/Mixed/Para

Have turned 13 and U16 years as at 31 December in the year of the event.

### Senior Girls/Boys/Mixed/Para

U20 years as at 31 December in the year of the event. (ORS funded Para Athletes Under 22)

Any athlete is able to run 'up' a grade, e.g. A Y9 girl could compete in a junior or senior relay team be it in the girls, boys or mixed grades.

## Course/Distances/Teams

The event shall comprise of four different athletes each completing a distance of 2000m (Para athletes 1000m).

No athlete may compete more than once on the Sunday.

The 2000m distance will comprise of two 1000m laps (Para's one) with the aim of making the course as spectator friendly as possible.

Athletes must bypass the finish line after 1000m and only cross the finish line at the end of 2000m (except Para athletes who cross the finish line after 1000m).

## Teams/Athlete eligibility

Athletes competing in the relay need to have entered and competed in the Saturday individual championship. If an athlete is unable to compete on the Saturday, their Relay Team Manager must request a dispensation from the NZSSAA Entry Co-Ordinator to allow them to compete. This would only be approved in exceptional circumstances as the intent is that all athletes will compete on Saturday before again competing on Sunday.

Where the opportunity exists an athlete must first represent their own region either in their own or an older age group. Athletes from smaller provinces may run in another regions team if their own region is not entering a team in their grade and they cannot be used in an older team. However this team will not be eligible to receive medals unless the combination of regions has been approved by NZSSAA. The NZSSAA relays coordinator should be made aware of any teams using athletes from outside of their own region.

Regions can enter multiple teams in any grade (ie A Team, B team, C Team, D Team etc), although only the top finishing team will be eligible to receive medals. All teams will have their time and placing recorded in the official results.

No athlete can compete more than once on Sunday. Teams that don't have the required number of runners should just run until all their runners have had one turn each.

It is recommended that Regional Team Managers appoint a separate Assistant Team Manager for each of your teams who can then look after that team's singlets, numbers and timing chips and record lap times encase there are timing issues.

## **Relay Entry process**

Here is the link you will need for your entries: <https://entries.co.nz/o/nzssxcrelays2024/> (Regional Selectors/Managers only)

Team managers must have initial teams listed using the NZSSAA web-based entry system by 7pm on the Wednesday prior to the event so organisers can make sure they have enough chips and numbers.

Team managers should collect their regions race pack from the information/help centre from Friday afternoon onwards. This pack will contain:

- Last minute change forms (to be handed in on Sunday morning).
- Race numbers and safety pins (to be worn front and back).

***Please note ALL relay race numbers MUST be returned after each athlete completes their leg of the relay. It is intended that these numbers will be used for future events.***

Team managers must have final team lists including running order completed online by 7pm on Saturday night.

No athlete can compete more than once on Sunday. Teams that don't have the required number of runners should just run until all their runners have had one turn each.

A small number of athlete changes will be accepted on official forms until 8.30am Boys, 8.55am Mixed and 9.35am Girls on the morning of the event however please appreciate that this causes additional work for the event organisers and the results team.

## **Uniform**

Athletes need to compete in a regional/provincial uniform. This is the only way that announcers can identify B, C etc teams.

## **Identification of Age Groups**

The two supplied race numbers are required to be worn to help with the identification of the different age groups, especially for commentating purposes. The numbers need to be attached in full view to the front and back of an athlete's singlet and will display the region and the age group of the athlete and have colour coded backgrounds, Yellow for Y9, Blue for Junior and Red for Senior. The code will start with 9 for Y9, J for Junior, S for Senior, P and grade for Para, B for B team, C for C team etc. Then it will have the lap number from 1 to 4. Finally it will have the regions three letter code (first two letters for Para A teams).

Each team will be given a relay baton at the start which includes a timing chip. These will be taken back after the team finishes.

## **Medal Ceremony**

Medals will be awarded approximately 10 minutes after each event to the first three placed teams in each division.

## **Event timing**

### **Wednesday**

7.00pm Initial entry of teams online by Team Managers closes (allows Relay Co-Ordinator to sort batons & numbers)

### **Saturday**

7.00pm (SHARP) Final entry of teams (with as correct as possible running order) online by Team Managers closes

7.00pm Team information and athlete names are downloaded into results package by results team

### **Sunday**

8.30am Final confirmation of changes to Boys team names in running order

8.45am Boys Relay: Y9, Junior and Senior grades. Each athlete completes 2 laps of the 1km course

8.55am Final confirmation of changes to Mixed & Para team names in running order

9.25am Mixed Relay & Para: Y9, Junior and Senior grades including all Para teams. Each athlete completing 2 laps (Para athletes 1 lap) of the 1km course

9.35am Final confirmation of changes to Girls team names in running order

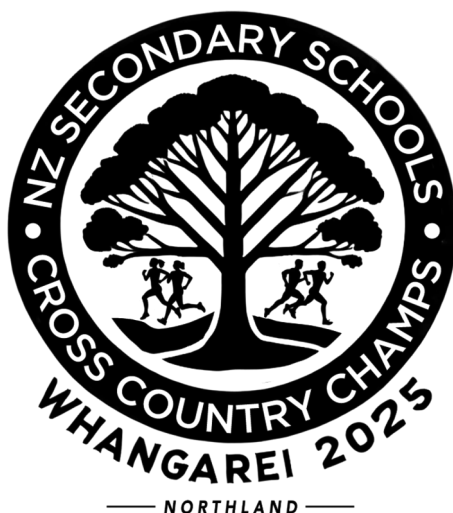
10.05am Girls Relay: Y9, Junior and Senior grades. Each athlete completing 2 laps of the 1km course



## Officials - Saturday & Sunday



NZSSAA Representative	Tony Rogers
NZSSAA LOC Liaison	John Gamblin
NZSSAA Entries Secretary	John Tylden
LOC Chair	Nigel Stewart
LOC Members	Judy Stewart
Race Manager	Nigel Stewart
Course Manager	Brian Barach
Assistant Course Manager	Jenny Ferris
Course Setup (Friday AM)	Athletics Whangarei
Referee	John Gamblin
Assistant Referee's	Jenny Ferris, John Tylden
Jury of Appeal	Tony Rogers (Chief), Jenny Ferris, Brad Smith, Nigel Stewart, John Tylden, Glen Ward
Information Help Desk	Judy Stewart
Announcers	Hayden Bell, Heather Dean
Live Stream Provider	Happy Moments Media
Starter	Brian Barach
Start Assistants	John Tylden, Glen Ward
Chief Timekeeper, Judge & Results	Shane Hooks (Timing Sports Ltd)
Prize Giving Certificates	Shane Hooks
First Aid	St John's Ambulance
Officials Morning Tea & Lunch	Judy Stewart
Course Pack Down (Sunday AM)	Athletics Whangarei







## NZSSAA— General Information



The New Zealand Secondary Schools Athletics Association was formed in Christchurch at the beginning of 1973 by a small group of secondary school teachers.

**The aims of the association are:**

- a) To organise New Zealand Secondary School Championships annually in various centres throughout New Zealand.
- b) To encourage participation in athletics of Secondary School pupils from every New Zealand secondary school.
- c) When financially possible, to organise and select teams to take part in international competition.
- d) To advance the interest of athletics generally and of secondary school athletics in particular.

**NZSSAA Office Holders and Executive 2025**

Barry Magee	Patron
Tony Rogers	President/Chairman
Ange Russek	Secretary
Brad Smith	Treasurer
Jakub Kalinowski	Northern Regional Representative
Judith Revell	Northern Regional Representative
Rachel Hulls	Central Regional Representative
Alec McNab	Central Regional Representative
John Gamblin	Southern Regional Representative
Glen Ward	Southern Regional Representative

**Life Members**

Alan Bennett  
Graeme Daly  
Mike Lindroos  
Alec McNab  
Murray McRae  
John Tylden  
Marie Washbourn  
Don Willoughby  
Glen Ward

**Past Life Members**

Natalie McRae  
John McTaggart  
Don Chadderton



# NZSSAA Cross Country Events History



	EVENT NUMBER	NAME	VENUE
1974	1 <sup>st</sup>	Mt Cook Airlines Champs	Christchurch
1975	2 <sup>nd</sup>	Mt Cook Airlines Champs	Palmerston North
1976	3 <sup>rd</sup>	Mt Cook Airlines Champs	Nelson
1977	4 <sup>th</sup>	Mt Cook Airlines Champs	Wanganui
1978	5 <sup>th</sup>	Mt Cook Games	Timaru
1979	6 <sup>th</sup>	Mt Cook Games	Te Awamutu
1980	7 <sup>th</sup>	Mt Cook Games	Blenheim
1981	8 <sup>th</sup>	Mt Cook Games	Stratford
1982	9 <sup>th</sup>	Mt Cook Games	Oamaru
1983	10 <sup>th</sup>	Mt Cook Games	Thames/Paeroa
1984	11 <sup>th</sup>	Mt Cook Games	Rangiora
1985	12 <sup>th</sup>	Mt Cook Games	Levin
1986	13 <sup>th</sup>	ACC	Nelson
1987	14 <sup>th</sup>	ACC	Fielding
1988	15 <sup>th</sup>	ACC	Timaru
1989	16 <sup>th</sup>	ACC	Kawerau
1990	17 <sup>th</sup>	ACC	Blenheim
1991	18 <sup>th</sup>	Smokefree	Wanganui
1992	19 <sup>th</sup>	Smokefree	Christchurch
1993	20 <sup>th</sup>	NZSSAA	Cambridge
1994	21 <sup>st</sup>	NZSSAA	Oamaru
1995	22 <sup>nd</sup>	NZSSAA	Masterton
1996	23 <sup>rd</sup>	NZSSAA	Nelson
1997	24 <sup>th</sup>	NZSSAA	Taradale
1998	25 <sup>th</sup>	NZSSAA	Christchurch
1999	26 <sup>th</sup>	ASB	Te Aroha
2000	27 <sup>th</sup>	Adidas	Christchurch
2001	28 <sup>th</sup>	Adidas	Auckland
2002	29 <sup>th</sup>	Adidas	Blenheim
2003	30 <sup>th</sup>	Adidas	Upper Hutt
2004	31 <sup>st</sup>	NZSSAA	Wingatui
2005	32 <sup>nd</sup>	New Balance	Wanganui
2006	33 <sup>rd</sup>	New Balance	Tauranga
2007	34 <sup>th</sup>	New Balance	Christchurch
2008	35 <sup>th</sup>	NZSSAA	New Plymouth
2009	36 <sup>th</sup>	NZSSAA	Nelson
2010	37 <sup>th</sup>	NZSSAA	Waikanae
2011	38 <sup>th</sup>	NZSSAA	Ashburton
2012	39 <sup>th</sup>	NZSSAA	Auckland
2013	40 <sup>th</sup>	NZSSAA	Christchurch
2014	41 <sup>st</sup>	NZSSAA	Palmerston North
2015	42 <sup>nd</sup>	Perpetual Guardian	Dunedin
2016	43 <sup>rd</sup> & 1 <sup>st</sup> Relay	Podium Podiatry and Footwear	Rotorua
2017	44 <sup>th</sup> & 2 <sup>nd</sup> Relay	NZSSAA	Christchurch
2018	45 <sup>th</sup> & 3 <sup>rd</sup> Relay	Podium Podiatry and Footwear	Taupo
2019	46 <sup>th</sup> & 4 <sup>th</sup> Relay	Trust Aoraki	Timaru
2020		Not held due to Covid-19	
2021	47 <sup>th</sup> & 5 <sup>th</sup> Relay	NZSSAA	Hawera
2022	48 <sup>th</sup> & 6 <sup>th</sup> Relay	NZSSAA	Nelson
2023	49 <sup>th</sup> & 7 <sup>th</sup> Relay	NZSSAA	Palmerston North
2024	50 <sup>th</sup> & 8 <sup>th</sup> Relay	NZSSAA	Ōtautahi Christchurch



# NZSSAA International Cross Country Representative Teams



DATE	EVENT	VENUE
Aug 1976	NZ v Victoria	Australia
Aug 1981	NZ v Interstate Championships	Australia
Jul 1983	Australian All Schools Championships	Canberra
Aug 1988	NZ v Australia	Tasmania
Aug 1993	Australian Age Group Championships	Melbourne
Aug 1994	Australian Age Group Championships	Melbourne
Aug 1995	Australian Age Group Championships	Tasmania
Aug 1997	Australian All Schools Championships	Adelaide
Sep 2001	Australian All Schools Championships	Hobart
Apr 2008	World Cross Country Championships	Czech Republic
Apr 2010	World Cross Country Championships	Slovakia
Aug 2011	Australian All Schools Championships	Canberra
Mar 2012	World Cross Country Championships	Malta
Aug 2012	Australian All Schools Championships	Adelaide
Aug 2013	Australian All Schools Championships	Launceston
Aug 2014	Australian All Schools Championships	Albany
Aug 2015	Australian All Schools Championships	Melbourne
Apr 2016	World Cross Country Championships	Hungary
Aug 2016	Australian All Schools Championships	Canberra
Aug 2017	Australian All Schools Championships	Hobart
Apr 2018	World Cross Country Championships	France
Aug 2018	Australian All Schools Championships	Sunshine Coast
Aug 2019	Australian All Schools Championships	Wollongong
Apr 2020	World Cross Country Championships (cancelled)	Slovakia
Aug 2022	Australian All Schools Championships	Adelaide
Aug 2023	Australian All Schools Championships	Canberra
May 2024	World Cross Country Championships	Kenya
Aug 2024	Australian All Schools Championships	Yarra, Victoria





