

2025 DISTANCE RUNNING

SEASON: Terms 2 & 3

ELIGIBILITY: Years 7 – 13

TRAININGS: Trainings are Monday and Thursday after school, 3.30pm to 5.00pm.
Monday trainings are held at the Auckland Domain (Girls are transported by bus to the Domain & they are to be picked up from there at 5pm)
Thursday trainings are held at and around school.

COMMITMENT:

IMPORTANT TO NOTE: For 2025, we have introduced a benchmark that any girl registering for distance running must be able to competently run the senior College cross country course without stopping – this is approximately 3.8km. We want to ensure our training sessions are beneficial for those involved, and this is not easy if there is a wide range of ability. If you have not previously demonstrated that you can confidently run this course (because you are year 7 or a new runner or couldn't run it previously), a trial will be completed during one lunchtime near the end of term 1 to determine your daughter's suitability for this squad.

We also require full commitment from girls who register for Distance Running. It is expected that unless your daughter is unwell or injured she will attend all the sessions, not just that she needs a rest.

COST: \$180 (covers both Terms 2 & 3)

This is required to be paid in full prior to the first training. You will be advised once the fee is loaded on the parent portal for payment.

EVENTS: Baradene Cross Country – Thursday 1st May
AKSS Cross Country (Years 9-13) – Wednesday 4th June (no zones to be held)
NZSS Cross Country (Years 9-13) – 14th-15th June in Whangarei
Eastern Zones Cross Country (Years 7/8) – Tuesday 12th August
Inter Zones Cross Country (if qualified for) – Tuesday 26th August

Please note:

Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.

Please ensure your daughter's online registration is completed by **Sunday 9th February 2025.**

If you have any questions please do not hesitate to contact me – cratcliffe@baradene.school.nz

Yours sincerely,



Catherine Ratcliffe
Director of Sport



Sandy Pasley
Principal