

## 2026 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:**

We have 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, 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:** \$240 (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 23<sup>rd</sup> April

AKSS Cross Country (Years 9-13) – Tuesday 26<sup>th</sup> May at Barry Curtis Park (no zones to be held)

NZSS Cross Country (Years 9-13) – 20<sup>th</sup> – 21<sup>st</sup> June in Upper Hutt

AKSS Road Race Championships – Tuesday 4<sup>th</sup> August at Bruce Pulman

Eastern Zones Cross Country (Years 7/8) – Monday 24<sup>th</sup> August

Inter Zones Cross Country (if qualified for) – Friday 28<sup>th</sup> 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 8<sup>th</sup> February 2026**.

If you have any questions please do not hesitate to contact me – [dreynolds@baradene.school.nz](mailto:dreynolds@baradene.school.nz)

Yours sincerely,



Danielle Reynolds  
Sports Manager



Alexandra Russell  
Principal