



## Welcome to a rather unusual Cross Country and Road season. We hope you are all fit and well.

As you will have realised our Cross Country season would normally have started this past weekend with Southland Centennial and ACA relays. Unfortunately, they and the first 2 GP races have had to be cancelled.

It is still difficult at this stage to predict what exactly is going to be allowed over the next few weeks. We are receiving information from ANZ and Sport NZ but no one has a clear picture as yet of what is going to be possible but we will keep you informed once we know more. PLEASE REMEMBER AT THIS STAGE YOU MUST STILL EXERCISE ONLY IN YOUR BUBBLE.

We know that many of our clubs and coaches have been doing a great job of keeping in contact with their athletes through facebook and websites. Some clubs have been creating time trials or similar which their members have been able to participate in and share on social media. Please keep this up and perhaps share your ideas and experiences on the AAI website and face book as well.

The Cross Country and Road committee met last week via zoom and discussed some ideas that would provide some incentives for your running whilst staying within your bubbles and keeping to the guidelines of the levels we are in. It is very important that we all do our bit and keep to the current rules. Some of you will already know about the ANZ 5km virtual challenge races for athletes grades U/18 and above. We would like to encourage all of our senior athletes to get involved with this incentive and join athletes from all around NZ. Check this out on the Athletics NZ website [www.athletics.org.nz](http://www.athletics.org.nz)

For the younger athlete and those of you who would prefer to participate in something with your bubble we have the following ideas to take you through level 3 and maybe into level 2.

Themed Weekends – The themes and dates for these will be announced in the week prior to the respective weekends.

The runs will be over 2km or 3km ,your choice. They must start and finish at your home and can be run at any time over the weekend.

Post pictures of your entry showcasing the relevant theme along with you name, grade, club, distance run and your time on AAI's face book or website and be in the draw for a spot prize.

AS IT IS STARWARS DAY ON SUNDAY 4TH MAY LET'S START OFF THIS WEEKEND WITH STARWARS AS OUR THEME. If you have an idea for a theme let's hear those as well.

## **Virtual Covid19 Half or Full Marathon**

Ever wanted to run a Marathon or Half Marathon? Then this might be the event for you. We are designing a certificate for our Covid Marathon and Covid Half Marathon which you will complete in sections of 2km. Each time you complete a 2km run (themed weekends can count for this) you can fill in one of the stars with your time and the date. Watch your times improve and your mileage build up. You can run from home or on a Park nearby but stay within the social distancing rules. On completing the full distance you will earn a competitors ribbon.

Whilst we are in level 3 we are restricted to running within our bubbles and we are not certain as yet ,how this will progress into competing as we have known it in the past so we are having to make decisions as information is released. It maybe that we will be able to return to events like our GP series with some restrictions but it is likely that firstly small training squads that are able to keep their social distance and then perhaps some club events under similar restrictions. It is possible that it may be some time before we are able to compete as a Centre.

A possible way of filling this gap could be that each club conducts an event that caters for each grade and their respective distances and points are awarded to their members in the same way as our GP series. After a specified number of weeks the winners of each grade (possibly 2nd and 3rd depending on numbers) from each club compete against each other on one of our centre courses for a "final" whilst still being able to keep their social distance. It is important that athletes have competed in a club series not just nominated as their fastest runner. The point is to encourage participation.

ANZ are working through what is likely to happen with National competitions and Championships and will keep us informed, but it is possible they may have to be delayed from their current calendar dates. Please just be patient about this, we will all do our best to have as much of a season as is practical.

Meanwhile here is what we suggest you do. **KEEP AS RACE FIT AS YOU CAN**

**REGISTER FOR THE YEAR** so that you are ready (remember registration is for a full year April 1st to March 31st )

**KEEP IN CONTACT WITH YOUR CLUB AND/ OR COACH.** If ANZ Championships are able to be held we will endeavour to send teams, so we will need to know about your time, fitness and availability in case we are not able to hold our own.

If you have any suggestions or questions please contact the Auckland office and they will be passed on.

Our Committee will be meeting again after the Government's announcement on 11th May and will be discussing our specific needs with ANZ and Sport NZ so hope to be able to give further information after that.

Happy Running, Keep well.

Cross Country and Road Committee.