

ROUND 7: CROSS COUNTRY

SATURDAY 1 AUGUST 2015 BRIMBANK PARK, KEILOR EAST

Keilor Park Drive (off Calder freeway). Melway Ref 15 B10

THE EVENT

It's time to get out the vuvuzelas and cowbells and head for the hills as cross country racing returns to Brimbank Park in Melbourne's north west. The program once again incorporates the Men's Victorian 10 Mile Championship, run continuously since 1892 and the oldest race on the XCR calendar. All competitors are encouraged to wear their traditional club uniforms in acknowledgement of the proud history of the event, as they take to the course and attempt to conquer the infamous 'Col de Brimbank'.

TIME	AGE GROUP	EVENT
12:00pm	Women U14	4km Cross Country
	Women U20	4km Cross Country
	Men U14	4km Cross Country
12:20pm	Women U16	6km Cross Country
	Women U18	6km Cross Country
	Men U16	6km Cross Country
	Men U20	6km Cross Country
12:50pm	Women Open & Masters	6km Cross Country
1:00pm	Early Starters	For athletes who cannot complete the course within the 90 minute time frame.
1:35pm	Men U18	8km Cross Country
2:05pm	Men Open & Masters	16km Cross Country
2:10pm	Presentations: Individual Awards	All junior events
2:45pm	Presentations: Individual Awards	W Open
3:15pm	Presentations: Individual Awards	M Open

ENTRIES CLOSE: WEDNESDAY 29 JULY 2015, 12PM MIDDAY

For entry fees, online entries details and further race information, please refer to page 36.

ENQUIRIES:

All enquiries should be directed to xcr@athsvic.org.au or (03) 8646 4500.

RACE SUPPORTER: PARKS VICTORIA

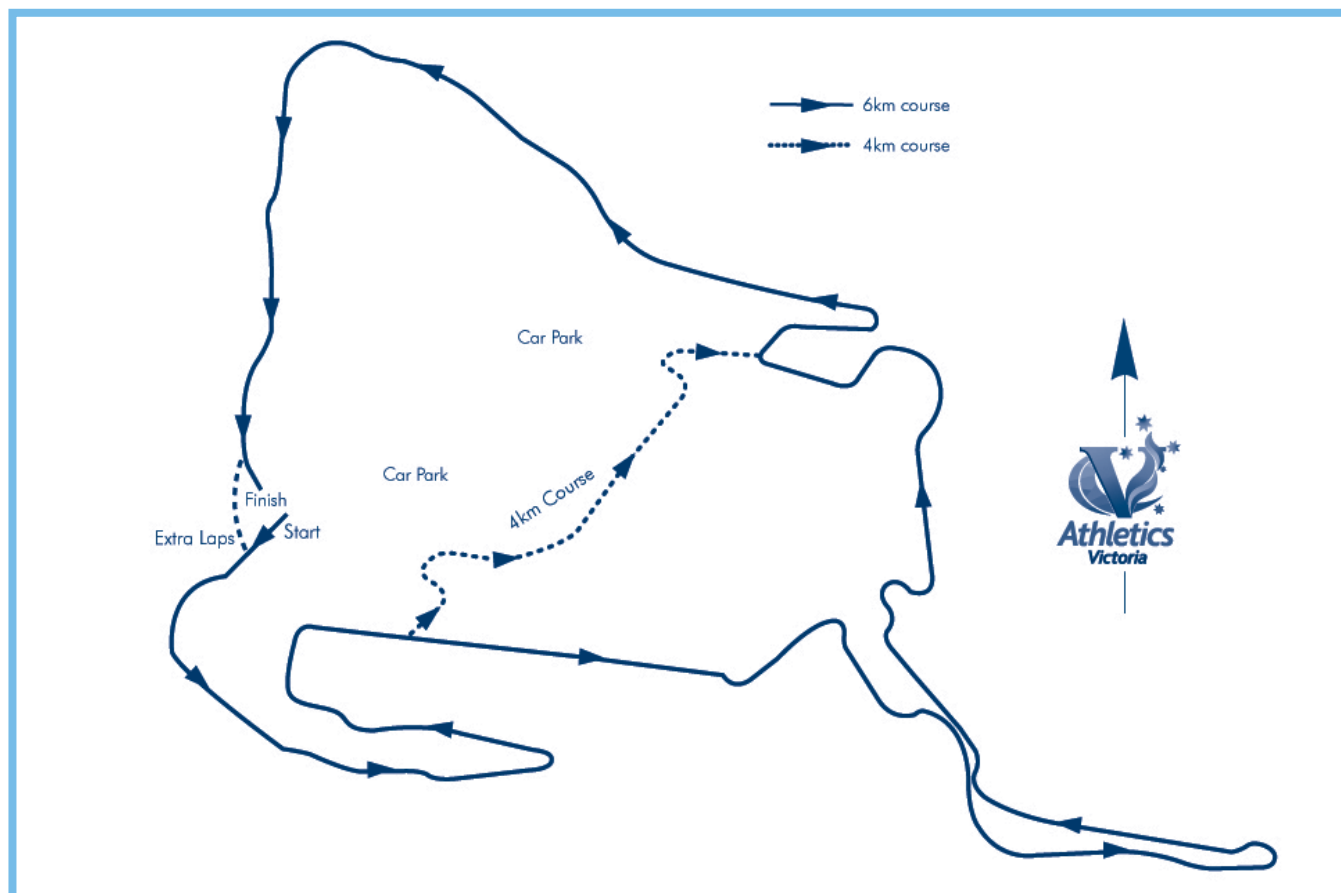


*Healthy Parks
Healthy People®*

PLEASE NOTE – NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

ROUND 7: CROSS COUNTRY

COURSE MAP



2014 RESULTS – BRIMBANK PARK

MEN				WOMEN			
Open	Craig Mottram	GER	51.48	Open	Sarah Klein	FKN	21.44
40+	Craig Semple	GHY	55.35	40+	Angela Williams	BAL	23.1
45+	Paul Wilson	APU	59.23	45+	Julie Norney	BOH	23.45
50+	Steven Quirk	VMA	1.02.51	50+	Sue Clark	MPA	26.04
55+	Phillip Bowes	SME	1.05.15	55+	Christine O'Halloran	BAL	29.11
60+	Charles Chambers	VMA	1.09.08	60+	-	-	-
U20	Jack Davies	BAL	18.41	U20	Molly Tillbrook	BOH	14.16
U18	Troy McGill	MPA	26.18	U18	Charlotte Bassett	DAC	22.18
U16	Rhyan Thomas	WTN	21.1	U16	Amelia Mazza-Downie	COB	21.52
U14	Nicholas Fidler	BAL	13.58	U14	Lily Peacock	YAR	14.25