

ROUND 5: CROSS COUNTRY

SATURDAY 18 JUNE 2016 BUNDOORA PARK

North off Plenty Rd, turn right after entering. Melway Ref 19 F4

THE EVENT

Selection Trial for the Australian Cross Country Championships. This bumper day of cross country racing incorporates the Victorian All Schools Cross Country Championships and also serves as the selection trial for the Australian Cross Country Championships. The open and overage men's race covers 10km of the gruelling slopes of Bundoora Park, while the women's race covers 10km. Juniors race over 3km, 4km, 6km or 8km.

TIME	AGE GROUP	EVENT	LAPS		
10:00am	Women U14*	3km Cross Country	1 X 3km	Victorian All Schools Cross Country Championships	
10:25am	Men U14*	3km Cross Country	1 X 3km		
10:45am	Women U15*	4km Cross Country	2 X 2km		
	Women U16*	4km Cross Country	2 X 2km		
11:10am	Men U15*	4km Cross Country	2 X 2km		
	Men U16*	4km Cross Country	2 X 2km		
11:30am	Women U17*	4km Cross Country	2 X 2km		
	Women U18*	4km Cross Country	2 X 2km		
12:00pm	Men U17*	6km Cross Country	1 x 2km, 1 x 4km		
	Men U18*	6km Cross Country	1 x 2km, 1 x 4km		
12:40pm	Women U20*	6km Cross Country	1 x 2km, 1 x 4km		XCR Competition
1:10pm	Men U20*	8km Cross Country	2 X 4km		
1:50pm	Women Open & Masters	10km Cross Country	1 x 2km, 2 x 4km		
2:00pm	Early Starters: For athletes who cannot complete the course within the 75 minute time frame.	10km Cross Country	1 x 2km, 2 x 4km		
2:30pm	Men Open & Masters	10km Cross Country	1 x 2km, 2 x 4km		

*Victorian All Schools Cross Country Championships (see page 34).

SCHOOL ENTRIES CLOSE: MONDAY 6 JUNE, 2016, 12PM MIDDAY
ENTRIES CLOSE: WEDNESDAY 15 JUNE 2016, 12PM MIDDAY

For entry fees, online entries details and further race information, please refer to page 37.

PLEASE NOTE:

Junior age groups are to enter the 2016 Victorian All Schools Cross Country Championships (see page 34).

ENQUIRIES:

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

RACE SUPPORTER: PARKS VICTORIA

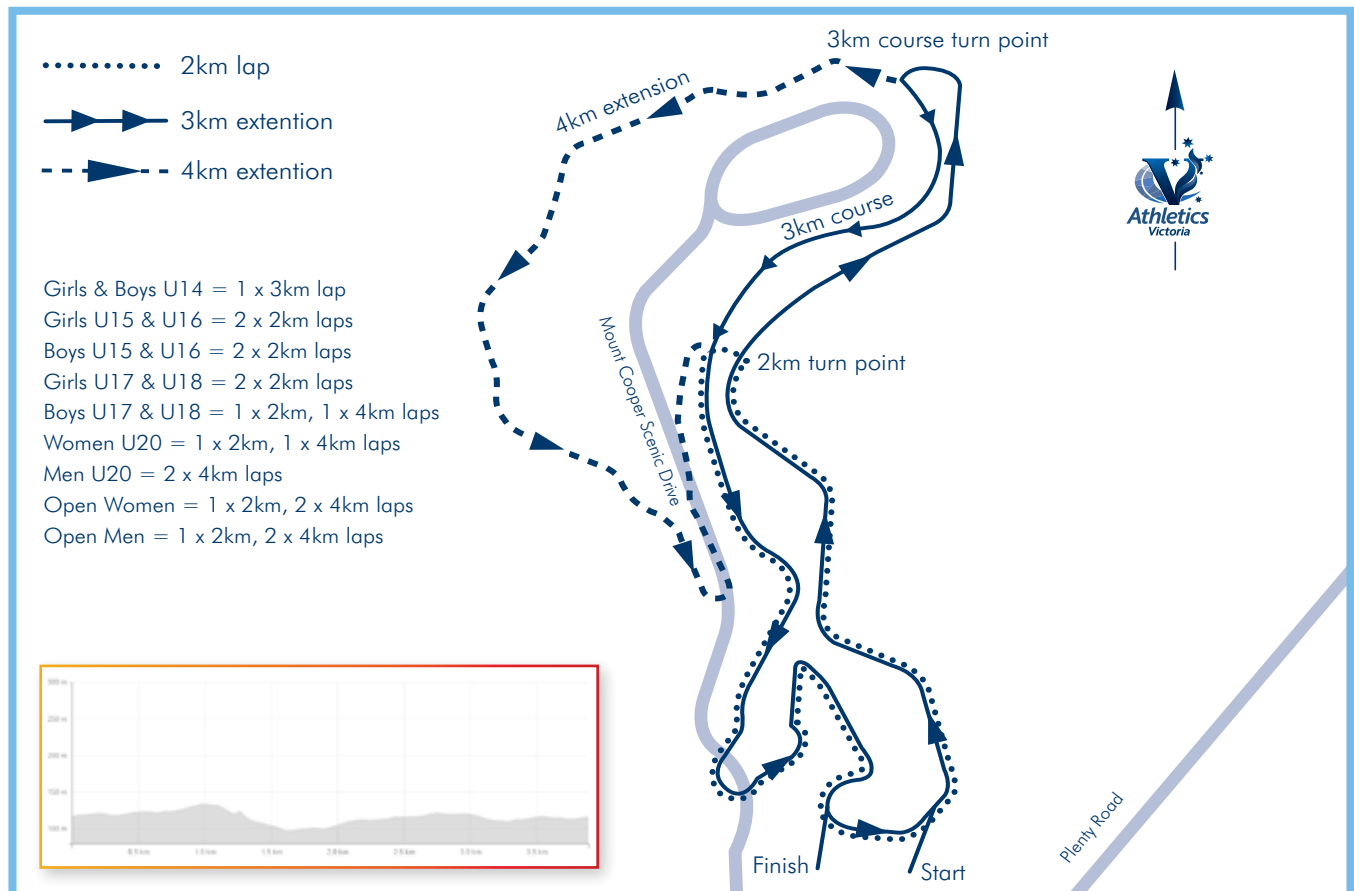


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PLEASE NOTE – NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED

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COURSE MAP



2015 RESULTS – BUNDOORA PARK

MEN				WOMEN			
Open	Nicholas Wightman	GLG	37.32.0	Open	Gemma Maini	FRK	28.55.1
40+	Peter Hallgren	APS	40.31.2	40+	Julia Edwards	GHY	30.33.4
45+	Craig Semple	ESS	39.40.5	45+	Susanne Wilson	KNX	32.51.0
50+	Stephen Moneghetti	BHA	39.48.3	50+	June Petrie	BOH	32.56.9
55+	Steven Quirk	VMA	45.44.8	55+	Stacey Van Dueren	COB	33.20.7
60+	Terry Pearce	WTN	48.44.3	60+	-	-	-
U20	Ben Kelly	GHY	25.51.9	U20	Henrietta Lawrence	FRK	22.04.2