



# XCR'10

Cross Country & Road Racing

## Love to Run?

Join around 1000 other Victorian runners and run the XCR'10 Series.

Become a member of the **Geelong Region Cross Country Team** and participate in a series of great road and cross country events across Victoria from April through to September. Run as part of a team with friends in a social/fun atmosphere and discover what a great motivation team running can be. All ability levels and ages catered for - male and female.

Date	Venue	Race Type	Men	Women	Boys & Girls
1 May	Jells Park, Wheelers Hill	Cross Country Relay	6km	6km	3km - 6km
8 May	Lardner Park, Warragul	Cross Country	8km	4km	2km - 4km
23 May	Deakin University, Waurin Ponds	Road Championships	6km	6km	3km
29 May	Sandown Classic	Road Race	10km	10km	3km - 10km
19 June	Lake Wendouree, Ballarat	Road Race	15km	15km	5km
10 July	Harcourt - Bendigo	Ekiden Relay	5-10km	5-10km	n/a
17 July	Bundoora Park, Bundoora	Cross Country	12km	8km	3km - 8km
31 July	Brimbank Park, Keilor East	Cross Country	16km	6km	4km - 6km
8 August	Eastern Gardens, Geelong	Cross Country Championships	6km	6km	3km
28 August	Sandown Racecourse	Road Relay	6km	6km	3km - 6km
5 September	Yarra Blvd, Burnley	Road Race	21km	21km	n/a
18 September	King's Domain, Melbourne	The Tan Relay	3.8km	3.8km	3.8km

For more information:

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