

ROAD RACE: SKINS SANDOWN CLASSIC

XCR'10

Saturday 29 May 2010 Sandown Racecourse

Sandown Rd, off Springvale Rd, just north of Springvale Station
Melway Ref 80 C10

THE EVENT

Sandown Raceway is normally the home of V8 super cars and thoroughbred horses. It's fast. It's a 3.1km circuit of good quality bitumen, largely flat with a slight rise on the back straight. The wind can blow sometimes, but it is invariably a very fast course, and a large number of personal bests are recorded here.

The 10km course consists of a run down the wide open space of the front straight and then three laps of the circuit. Although runners weave a line through the chicanes, there are not really sharp corners to slow them down. Juniors compete in a 3km one lap dash around the racecourse. The Sandown 10km Classic doubles as the Victorian 10km Road Racing Championship and the Victorian Junior 3km Road Racing Championship.

Time	Age Group	Event
1.45pm	Women U14	3km Road Race
	Men U14	3km Road Race
	Women U16	3km Road Race
	Men U16	3km Road Race
	Women U18	3km Road Race
	Women U20	3km Road Race
2.30pm	Men U18	10km Road Race
	Men U20	10km Road Race
	Women Open & Masters	10km Road Race
	Men Open & Masters	10km Road Race
2:45pm	Presentations: Sandown Individual Awards 3km Event	W U14, M U14, W U16, M U16, W U18, W U20
3:30pm	Presentations: Sandown Individual Awards 10km Event	W Open, M Open, W Country Open, M Country Open, M U18, M U20, W40+, M 40+, W45+, M45+, W50+, M50+, M55+, M60+

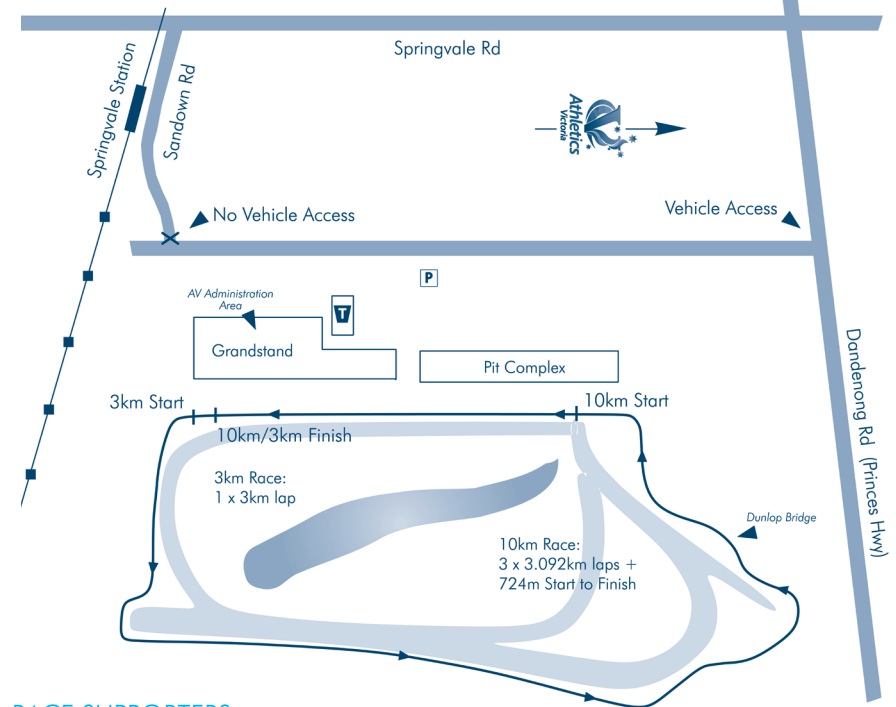
*Spot prizes to be awarded at the conclusion of the presentations

ENTRIES CLOSE: Monday 24 May 2010

For entry fees, how to enter information and other general race information please refer to page 46.

ENQUIRIES

All enquiries should be directed to xcr@athsvic.org.au or 03 9428 8195.



RACE SUPPORTERS

SKINS are body moulded compression garments manufactured from the finest Lycra and Meryl Microfibre, scientifically engineered to provide support and muscle alignment. SKINS will definitely change the way that you train and run, as well as speed your recovery.

2009 RESULTS – SANDOWN RACECOURSE

Men			Women		
Open (10km)	Mark Tucker	GER 29:25	Open (10km)	Nikki Chapple	BOH 32:38
40+ (10km)	James Atkinson	AWA 31:34	40+ (10km)	Lisa Dick	RWD 36:42
45+ (10km)	Stephen Moneghetti	BYC 30:05	45+ (10km)	Joanne Keely	BER 39:26
50+ (10km)	Michael McIntyre	KSB 33:55	50+ (10km)	Megan Sloane	BOH 43:23
55+ (10km)	Charles Chambers	BER 35:55	55+	-	- -
60+ (10km)	Peter Moore	RIC 39:15	60+	-	- -
U20 (10km)	Luke Hennessy	GHY 30:42	U20 (3km)	Grace Thek	DON 9:47
U18 (10km)	Ryan Geard	ATE 31:35	U18 (3km)	Jacqueline Hallam	WEL 10:51
U16 (3km)	Joel Tobin-White	DON 9:18	U16 (3km)	Samantha Prime	KNA 9:56
U14 (3km)	Hein Reimert	EKA 9:42	U14 (3km)	Jemma Mirabella	BYC 10:38