

CROSS COUNTRY

Saturday 8 May 2010 Lardner Park

Burnt Store Rd, south of Princes Freeway. Approach from Drouin or Warragul.
Melway Ref 612 U7

THE EVENT

Renowned as a challenging course, Lardner Park presents cross country running at its best. Set amongst the rolling Gippsland pastures, this course involves plenty of hills, ditches and fences to test cross country skills. This event also doubles as the Victorian Country Cross Country Championships.

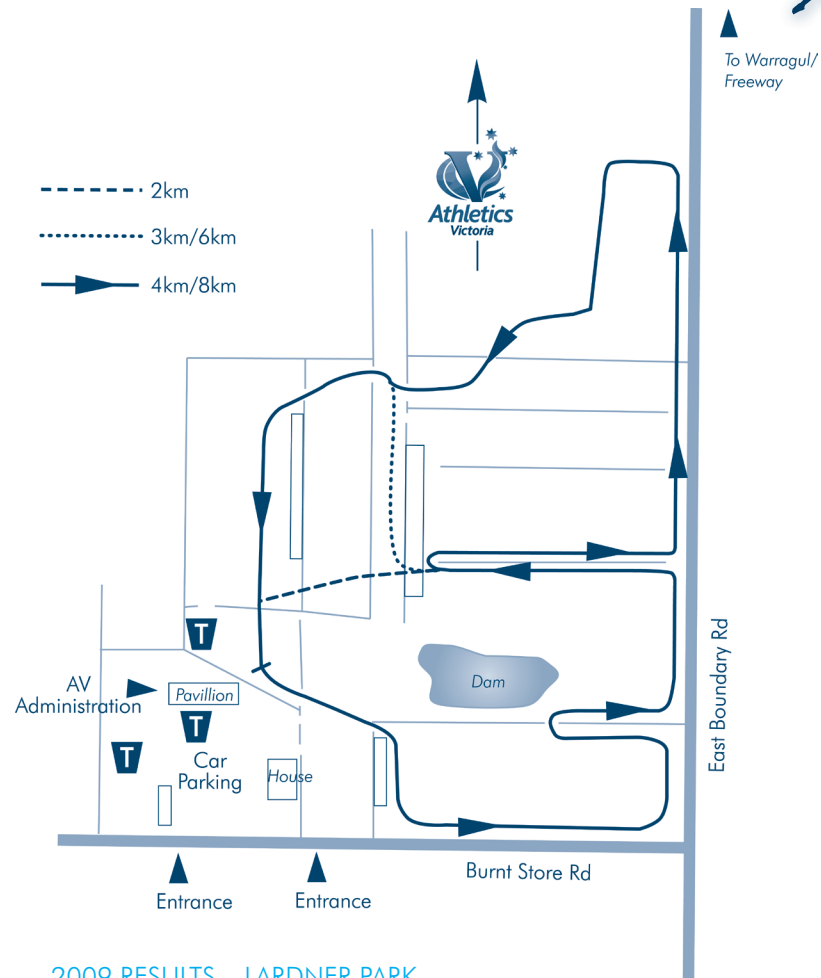
Time	Age Group	Event
1.20pm	Women U14	2km Cross Country
	Men U14	2km Cross Country
1.30pm	Men U18	4km Cross Country
	Men U20	4km Cross Country
1.50pm	Men U16	3km Cross Country
	Women U16	3km Cross Country
	Women U18	3km Cross Country
	Women U20	3km Cross Country
2.10pm	Men Open & Masters	8km Cross Country
2:15pm	Presentations: Individual Awards	W U14 & U14 Country, M U14 & U14 Country, M U18 & U18 Country, M U20 & U20 Country, M U16 & U16 Country, W U16 & U16 Country, W U18 & U18 Country,
2.50pm	Women Open & Masters	4km Cross Country
3:15pm	Presentations: AV Individual Awards	M Open, M Country Open, M40+, M Country 40+, M45+, M50+, M55+, M60+
3:30pm	Presentations: AV Individual Awards	W Open, W Country Open, W U20 & U20 Country, W 40+, W Country 40+, W 45+, W50+

ENTRIES CLOSE: Monday 3 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.



2009 RESULTS – LARDNER PARK

Men				Women			
Open (8km)	Clint Perrett	SAN	24:34	Open (6km)	Susan Michelsson	COL	14:05
40+ (8km)	Magnus Michelsson	COL	26:36	40+ (6km)	Natalie Geddes	APS	15:21
45+ (8km)	John Meagher	BOH	27:11	45+ (6km)	June Petrie	BOH	15:50
50+ (8km)	Michael McIntyre	KSB	29:32	50+ (6km)	Megan Sloane	BOH	17:33
55+ (8km)	Charles Chambers	BER	30:51	55+	-	-	-
60+ (8km)	Peter Moore	RIC	33:54	60+	-	-	-
U20 (4km)	Luke Hennessy	GHY	12:18	U20 (4km)	Grace Thek	DON	10:41
U18 (4km)	Jordan Nelson	KNA	12:43	U18 (3km)	Jaimie Vernon	ATE	11:31
U16 (3km)	Cameron Smith	FKN	10:09	U16 (3km)	Samantha Prime	KNA	10:34
U14 (2km)	Zachary Rouse	MPA	6:50	U14 (2km)	Natalie Rule	DON	7:09