

Saturday 31 July 2010 Brimbank Park, Keilor East

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

THE EVENT

A big day of cross country, over a variety of distances. Incorporating the traditional Men's Victorian 10 mile (16km) Cross Country Championship, run continuously since the 1890s. Open and Overage Women run over 6km. Juniors run over 4km, 6km or 8km. Club runners are encouraged to wear traditional uniforms at this event to acknowledge the strong history associated with the 10 mile race.

For slower runners an early start is offered for the 16km cross country. Enquiries to xcr@athsvic.org.au.

Time	Age Group	Event
1.00pm	Women U14	4km Cross Country
	Women U20	4km Cross Country
	Men U14	4km Cross Country
1.30pm	Women U16	6km Cross Country
	Women U18	6km Cross Country
	Women Open & Masters	6km Cross Country
2.00pm	Men U18	8km Cross Country
2:15pm	Presentations: Individual Awards	W U14, M U14, W U16, W U18, W U20, M U20
	Men U16	6km Cross Country
	Men U20	6km Cross Country
2.45pm	Men Open & Masters	16km Cross Country
3:45pm	Presentations: Individual Awards	M U16, W Open, M Open

ENTRIES CLOSE: Monday 26 July 2010

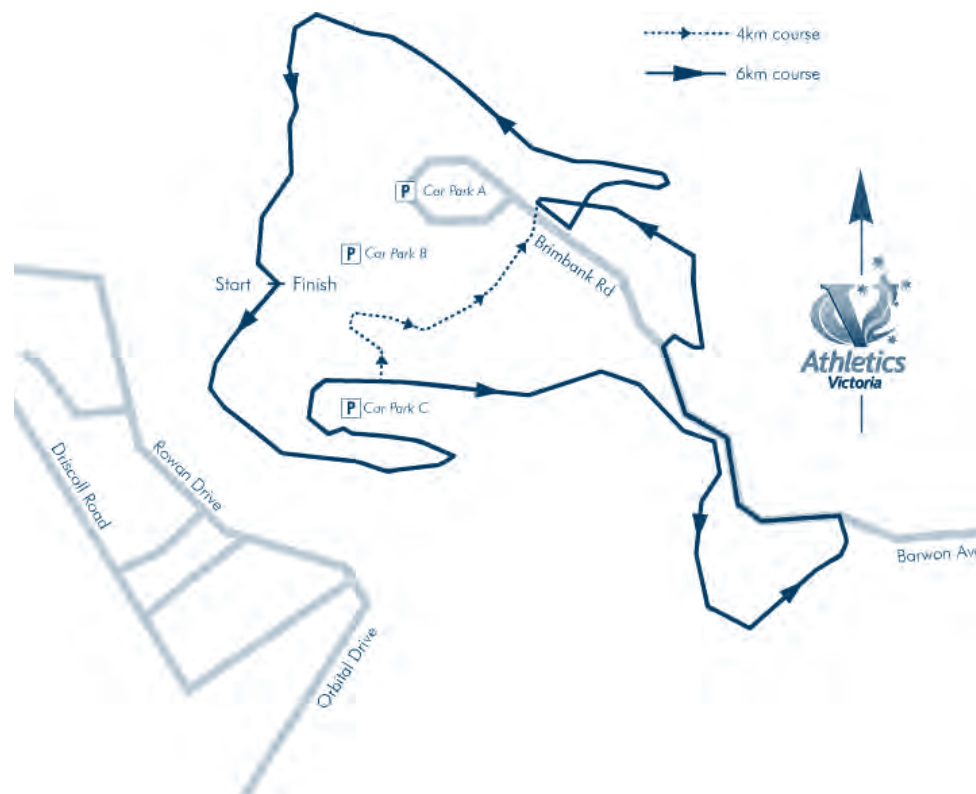
For entry fees, how to enter information and other general race information please refer to page 46.

ENQUIRIES

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

PLEASE NOTE

To be eligible for the Championship members must have entered by the closing date.



*HARRISON JONES HANDICAPS

Handicapper Phil Hutton. Operate as sealed handicaps. Handicaps compiled from recent performances. Eligible female athletes must have competed in at least one XCR event in the current season.

2009 RESULTS – GEELONG

Men			Women		
Open (16km)	Liam Adams	ATE 50:22	Open (4km)	Hanny Allston	BOH 21:05
40+ (16km)	Rod De Highden	DON 55:09	40+ (4km)	Michelle Bleakley	APS 22:16
45+ (16km)	Steven Quirk	SCA 59:02	45+ (4km)	Joanne Keely	BER 23:42
50+ (16km)	Michael McIntyre	KSB 56:54	50+ (4km)	Colleen Stephens	BHA 26:39
55+ (16km)	Charles Chambers	BER 61:43	55+ (4km)	-	- -
60+ (16km)	Eric Sigmont	GHY 70:05	60+ (4km)	-	- -
U20 (6km)	Kevin Batt	INV 18:52	U20 (3km)	Tamara Carvolth	INV 13:55
U18 (8km)	Ryan Geard	ATE 26:47	U18 (6km)	Jess Gilfillan	INV 21:45
U16 (6km)	Cameron Smith	FKN 20:21	U16 (6km)	Samantha Prime	KNA 21:16
U14 (4km)	Jordan Rouse	MPA 14:12	U14 (4km)	Claudia Verstraten	GER 14:35