

ROUND 7: CROSS COUNTRY

SATURDAY 1 AUGUST 2015 BRIMBANK PARK, KEILOR EAST

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

THE EVENT

It's time to get out the vuvuzelas and cowbells and head for the hills as cross country racing returns to Brimbank Park in Melbourne's north west. The program once again incorporates the Men's Victorian 10 Mile Championship, run continuously since 1892 and the oldest race on the XCR calendar. All competitors are encouraged to wear their traditional club uniforms in acknowledgement of the proud history of the event, as they take to the course and attempt to conquer the infamous 'Col de Brimbank'.

| TIME | AGE GROUP | EVENT |
|---------|----------------------------------|--|
| 12:00pm | Women U14 | 4km Cross Country |
| | Women U20 | 4km Cross Country |
| | Men U14 | 4km Cross Country |
| 12:20pm | Women U16 | 6km Cross Country |
| | Women U18 | 6km Cross Country |
| | Men U16 | 6km Cross Country |
| | Men U20 | 6km Cross Country |
| 12:50pm | Women Open & Masters | 6km Cross Country |
| 1:00pm | Early Starters | For athletes who cannot complete the course within the 90 minute time frame. |
| 1:35pm | Men U18 | 8km Cross Country |
| 2:05pm | Men Open & Masters | 16km Cross Country |
| 2:10pm | Presentations: Individual Awards | All junior events |
| 2:45pm | Presentations: Individual Awards | W Open |
| 3:15pm | Presentations: Individual Awards | M Open |

ENTRIES CLOSE: WEDNESDAY 29 JULY 2015, 12PM MIDDAY

For entry fees, online entries details and further race information, please refer to page 36.

ENQUIRIES:

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

RACE SUPPORTER: PARKS VICTORIA

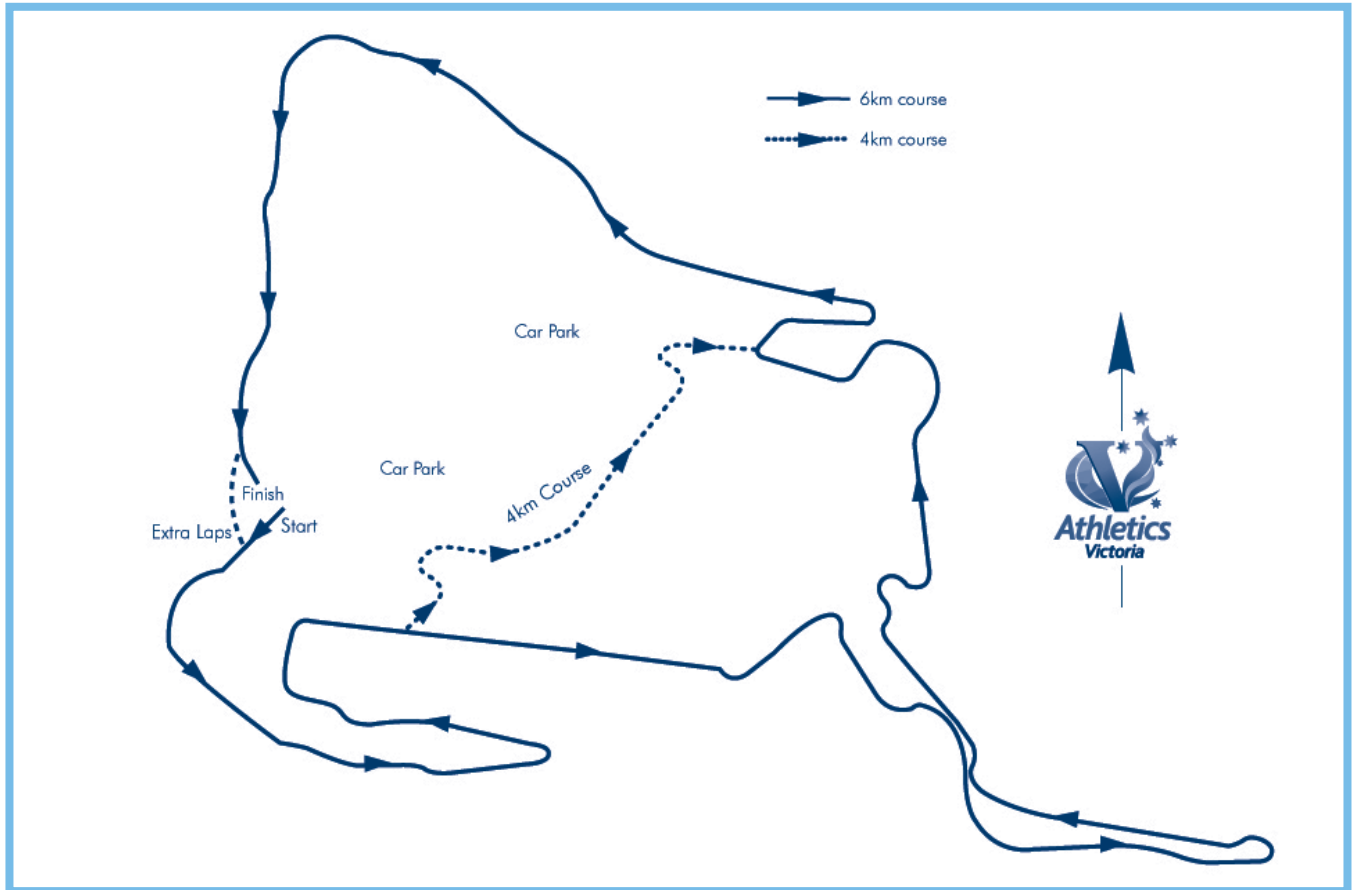


*Healthy Parks
Healthy People®*

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

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COURSE MAP



2014 RESULTS – BRIMBANK PARK

| MEN | | | | WOMEN | | | |
|------|------------------|-----|---------|-------|----------------------|-----|-------|
| Open | Craig Mottram | GER | 51.48 | Open | Sarah Klein | FKN | 21.44 |
| 40+ | Craig Semple | GHY | 55.35 | 40+ | Angela Williams | BAL | 23.1 |
| 45+ | Paul Wilson | APU | 59.23 | 45+ | Julie Norney | BOH | 23.45 |
| 50+ | Steven Quirk | VMA | 1.02.51 | 50+ | Sue Clark | MPA | 26.04 |
| 55+ | Phillip Bowes | SME | 1.05.15 | 55+ | Christine O'Halloran | BAL | 29.11 |
| 60+ | Charles Chambers | VMA | 1.09.08 | 60+ | - | - | - |
| U20 | Jack Davies | BAL | 18.41 | U20 | Molly Tillbrook | BOH | 14.16 |
| U18 | Troy McGill | MPA | 26.18 | U18 | Charlotte Bassett | DAC | 22.18 |
| U16 | Rhyan Thomas | WTN | 21.1 | U16 | Amelia Mazza-Downie | COB | 21.52 |
| U14 | Nicholas Fidler | BAL | 13.58 | U14 | Lily Peacock | YAR | 14.25 |