

ROUND 2: CROSS COUNTRY

SATURDAY 9 MAY 2015 LARDNER PARK, WARRAGUL

155 Burnt Store Rd, south of Princes Freeway. Approach from Drouin or Warragul. Melway Ref X912 U8

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
12:30pm	Women U14	2km Cross Country
	Men U14	2km Cross Country
12:40pm	Men U18	4km Cross Country
	Men U20	4km Cross Country
1:00pm	Men U16	3km Cross Country
	Women U16	3km Cross Country
	Women U18	3km Cross Country
	Women U20	3km Cross Country
1:20pm	Men Open & Masters	8km Cross Country
1:25pm	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,
2:00pm	Women Open & Masters	4km Cross Country
2:20pm	Presentations: AV Individual Awards	M Open, M Country Open, M40+, M Country 40+, M45+, M50+, M55+, M60+, W Open, W Country Open, W U20 & U20 Country, W 40+, W Country 40+, W 45+, W50+, W55+

ENTRIES CLOSE: WEDNESDAY 6 MAY 2015, 12PM MIDDAY

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

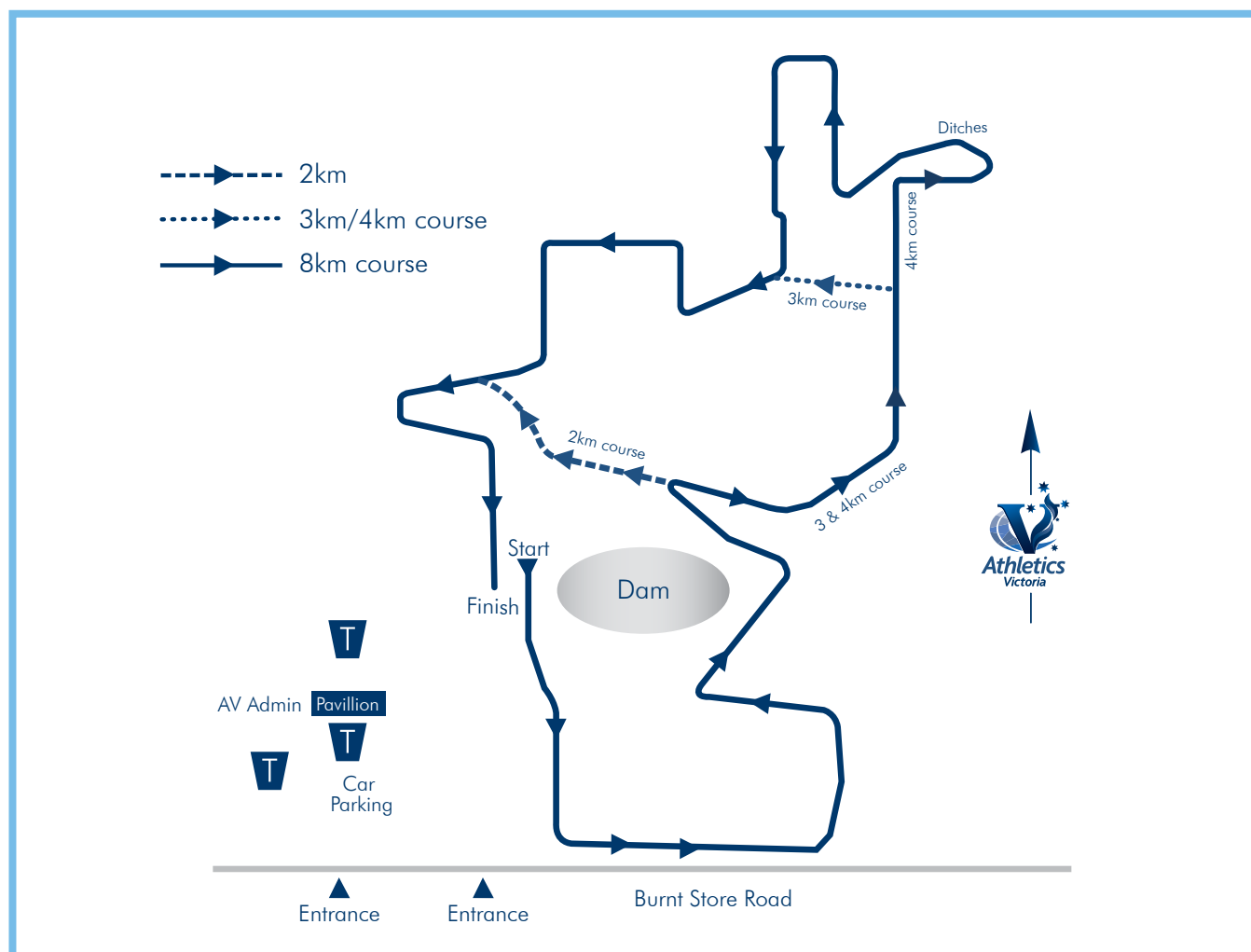
ENQUIRIES:

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

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

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COURSE MAP



2014 RESULTS – LARDNER PARK

MEN				WOMEN			
Open	Duer Yoa	BAL	25.24	Open	Courtney Powell	BOH	13.26
40+	Craig Semple	GHY	28.22	40+	Bev Thomas	COL	14.35
45+	Paul Wilson	APU	28.36	45+	Julie Norney	BOH	15.30
50+	Steven Quirk	VMA	30.14	50+	Sue Clark	MPA	16.57
55+	Phillip Bowes	SME	31.44	55+	Christine O'Halloran	BAL	18.37
60+	Chris Wardlaw	GHY	35.54	60+	–	–	–
U20	Jack Davies	BAL	11.59	U20	Stella Radford	MUU	10.51
U18	Troy McGill	MPA	12.32	U18	Charlotte Bassett	DAC	10.44
U16	Rhyan Thomas	WTN	10.05	U16	Laura Powell	BOH	10.13
U14	Matthew Hussey	WES	7.03	U14	Lily Peacock	YAR	7.21