



# STEIGEN



## THE STEIGEN GEE LONG ATHLETICS INC. ROAD CHAMPIONSHIPS

Sunday 29<sup>th</sup> May, 2011



Deakin University, Geelong  
Start and Finish at the K.D. Stewart Centre

U16 & U20 Women / U16 Boys - 3 km (1.15pm Start)  
Junior Ages taken as at 31<sup>st</sup> December 2011

Open M&W / O40 Men / O40 Women / U20 & U18 Men & U20 Men - 6 km (1:15 pm Start)

Entry Fee - \$3.00  
Registrations taken from 12noon. Invitation runners welcome.

**Note:** To be eligible for placings / medals / trophies in "The Steigen" Geelong Road Championships, athletes need to be registered with a senior local club or running "Second Claim" for the Geelong Region Cross Country Team.

NB -this race will again be held in conjunction with the  
[Geelong Athletics Cross Country Season](#)

### Course Records

**OPEN MEN 6km.**

Mark Tucker 17.50 (2007)

**OPEN WOMEN 6km.**

Nadia Semjanov 23.28 (2006)

**OVER 40 MEN 6KM**

Jack Verstraten 21.54 (2010)

**OVER 35 WOMEN 6KM**

Sharon Pederson Jones 25.44 (2010)

**UNDER 20 MEN 6km.**

Matt Williams 21.10 (2007)

**UNDER 20 WOMEN 3km.**

Claudia Verstraten 10.35 (2010)

**UNDER 16 MEN 3km.**

Isaac Hockey 10.32 (2010)

**UNDER 16 WOMEN 3km.**

Claudia Verstraten 10.35 (2010)