

# ROUND 3: CROSS COUNTRY

## SATURDAY 21 MAY 2016 CRUDEN FARM

60 Cranbourne Rd, Langwarrin VIC 3910 Melway Ref 103 G6

### THE EVENT

Cruden Farm will host the 8km and 16km heritage round. The grounds of Cruden Farm offer athletes a tough and testing course with a mixture of different terrains to accompany the beautiful grounds surrounding the farm.

Cruden Farm is a historic and inspirational venue and will be a great addition to the XCR calendar.

In 2016 we want to see clubs embrace the heritage of their clubs history and support the characteristics of this competition.

TIME	AGE GROUP	EVENT
12:00pm	Women U14	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	8km Cross Country
	Women U20	8km Cross Country
1:00pm	Early Starters: For athletes who cannot complete the course within the 90 minute time frame	16km Cross Country
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 18 MAY 2016, 12PM MIDDAY

For entry fees, online entries details and further race information, please refer to page 37.

### ENQUIRIES:

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

### RACE SUPPORTER: PARK VICTORIA

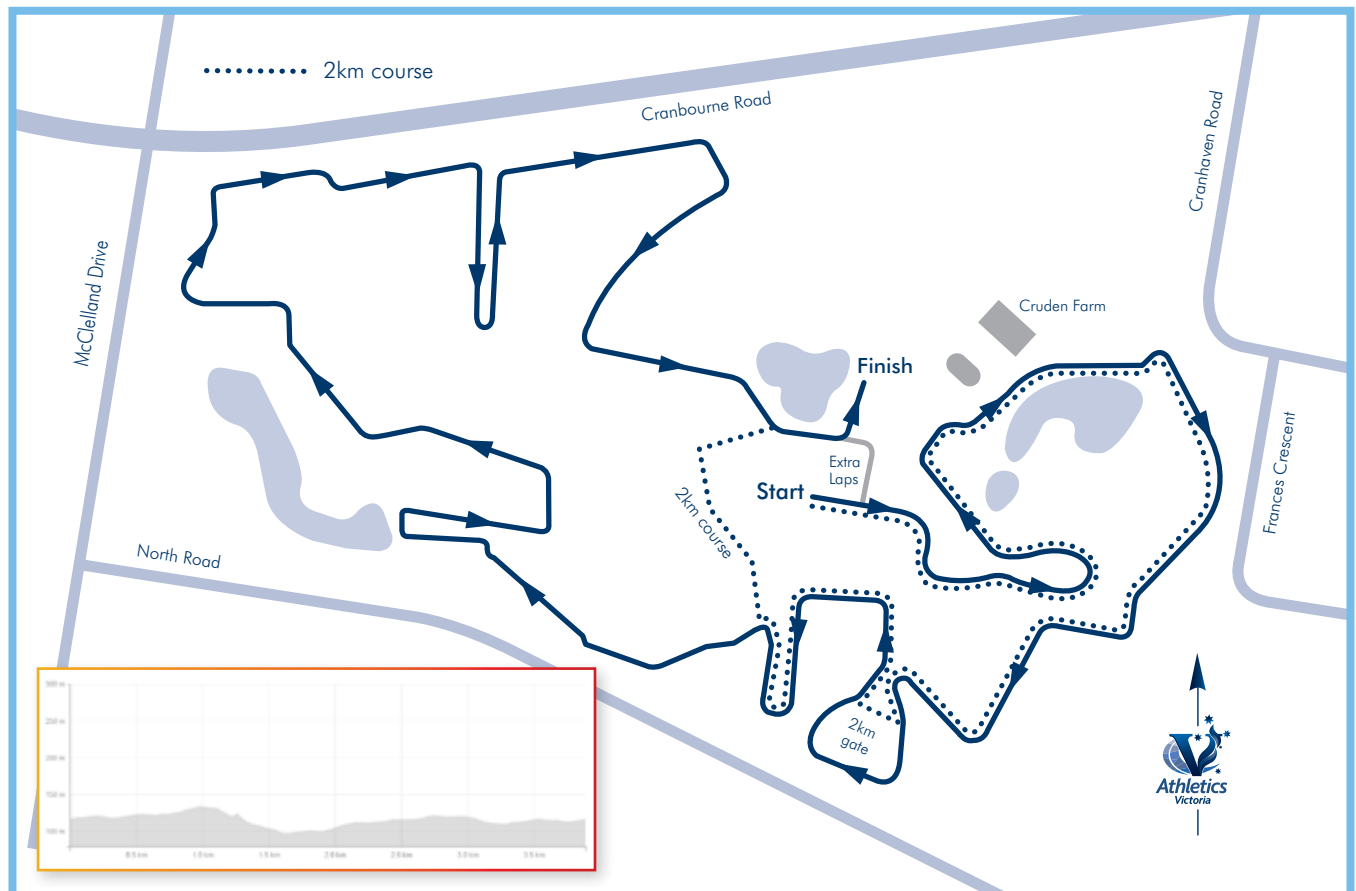


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Healthy People®*

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

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## COURSE MAP



## 2015 RESULTS – BRIMBANK PARK

MEN				WOMEN			
Open	Liam Adams	ESS	49.54.6	Open	Courtney Powell	BOH	20.17.8
40+	Brett Coleman	GLG	54.29.1	40+	Julia Edwards	GHY	22.37.2
45+	Craig Semple	ESS	52.17.2	45+	Alison Couper	AWA	23.54.1
50+	John Meagher	BOH	56.05.2	50+	June Petrie	BOH	25.1.2
55+	Stephen Quirk	VAM	1.01.52.7	55+	Stacey Van Dueren	COB	25.11.8
60+	Chris Wardlaw	GHY	1.09.40.2	60+	-	-	-
U20	Ryan Patterson	KNX	18.45.9	U20	Claudia Verstraten	GLG	14.01.1
U18	Luke Burns	FRK	25.45.7	U18	Amelia Mazza-Downie	ESS	21.03.7
U16	Andrew Amor	ESS	20.02.0	U16	Heidi Demeo	GLG	22.59.4
U14	Brandon Muscat	WES	13.36.7	U14	Ruby Dixon	YRA	14.37.0