



Allez Sport Cross Country Series 2019 Sunshine Coast

Runners and Joggers; Competitive and Recreational; All Ages.
Be part of this successful series jointly organised since 2000 by Maroochy Athletics Club and University of the Sunshine Coast Athletics Club.

Race 1: Sunday March 31st

Corbould Park Racecourse
Pierce Avenue, Caloundra

Race 2: Sunday April 14th

Ben Bennett Park
Next to Caloundra High School, Queen St.
(Continuation of Sugar Bag Road)

Race 3: Sunday April 28th

Maddock Park, Ewen Maddock Dam
Mooloolah Connection Rd., Glenview

Race 4: Sunday May 12th

Maleny Golf Club,
Porters Lane (off Obi Lane), Maleny

Race 5: Sunday May 26th

Ben Bennett Park
Next to Caloundra High School, Queen St.
(Continuation of Sugar Bag Road)

Race 6: Sunday June 9th

Sunshine Coast University
Next to Athletics track, Sippy Downs

Race Day Program

Entries taken on race days.

8:00am - 10km

Male & Female
Open; u40; 40-49; 50+

8:00am - 6km

Male - Open; u18; u40;
40+; 50+; 60+; 70+
Female - Open; u40; 40+; 50+; 60+; 70+

9:00am - 3km & 4km

3km - Open; u14; u30; 30-39; 40+; 50+; 60+; (M+F)
4km - u18 girls; u16 boys and girls

9:25am - 2km Boys and Girls under 12

9:40am - 1km Boys and Girls under 10

9:50am - 500m Boys and Girls under 8

Please register 30 minutes prior to race start;
Open 10km runners eligible for prizes.



Just keeps getting bigger and better!

Registration Fee

Once only fee to cover all races in series

* **QA, QMA, Qrun, QLA**
Registered members - Nil

* **Non Members - \$15 per runner**

* **To help reduce queuing times**
on-line registrations can now be
made at:

www.sccrosscountry.com.au

Once registered runners only need to check in
and pay the race fee on race day.



Race Fees (payable each race day)

***Maroochy & USCAC senior members:**

u8	free
u10 to u18	\$5
18+	\$8

Family (parents and children) \$15

***All other runners:**

u8	free
u10 to u18	\$10
18+	\$15

Family (parents and children) \$30

Races run in rain, mud, frost & sunshine!

Contact: Andrew Bock Ph: 0412 145 106
abock@bigpond.net.au

Runners must complete 4 out of 6 races to be
eligible for series trophies

Results and more

www.sccrosscountry.com.au