



# Allez Sport Sunshine Coast Cross Country Series 2020

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 April 5th**

Corbould Park Racecourse  
Pierce Avenue, Caloundra

## **Race 2: Sunday April 19th**

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

## **Race 3: Sunday May 3rd**

Sunshine Coast University  
Next to Athletics track, Sippy Downs

## **Race 4: Sunday May 17th**

Corbould Park Racecourse  
Pierce Avenue, Caloundra

## **Race 5: Sunday May 31st**

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

## **Race 6: Sunday June 14th**

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

Registered members - Nil

\* Non Members - \$15 per runner

\* To help reduce queuing times  
go to: on-line registrations at:

[www.sccrosscountry.com.au](http://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 \$8

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](mailto: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](http://www.sccrosscountry.com.au)