



# Suncoast Home Loans Cross Country Series 2010

Runners and Joggers, Serious and Recreational, All Ages.

Be part of this successful series jointly organised since 2000 by Maroochy Senior Athletics Club and University of the Sunshine Coast Athletics Club. This year again welcoming indigenous competition. We also acknowledge assistance from Sunshine Coast Regional. Council.

**Race 1** Sunday April 4th—  
Elizabeth Daniels Park (Cricket Pavilion)  
Syd Lingard Drive, Buderim

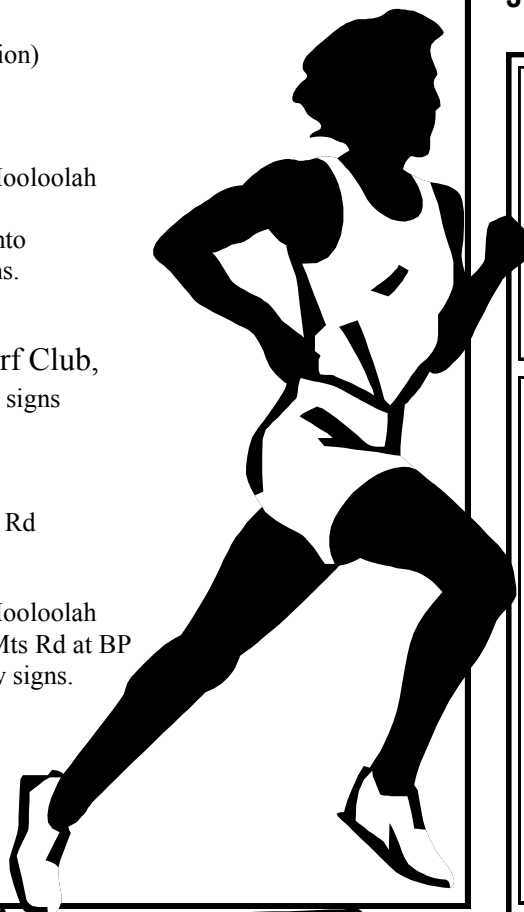
**Race 2** Sunday April 11th—  
Mooloolah / Glenview Park— near Mooloolah  
Country Club  
Turn right off Glasshouse Mts Rd at BP onto  
Mooloolah Connection Rd and follow signs.

**Race 3** Sunday May 2nd—  
Corbould Park , Sunshine Coast Turf Club,  
Caloundra. Caloundra Road and follow signs

**Race 4** Sunday May 16th—  
Ben Bennett Park  
Next to Caloundra High School, Sugarbag Rd

**Race 5** Sunday May 30th—  
Mooloolah / Glenview Park— near Mooloolah  
Country Club. Turn right off Glasshouse Mts Rd at BP  
onto Mooloolah Connection Rd and follow signs.

**Race 6** Sunday June 13th—  
**FINAL / PRESENTATIONS**  
Elizabeth Daniels Park (Cricket  
Pavilion) Syd Lingard Drive,  
Buderim



Just keeps getting bigger and better!

## Registration and Race Fees

### Registration Fee

Once only fee to cover all races in series

\*QA, QMA, QLA

Registered members - Nil

\*Non Members - \$12 per runner

### Race Fees

for each race (payable each race day)

\*USCAC/Maroochy Club Members

U/8 free

U/10 to U/18 \$3

18+ \$5

Family (parents and children) \$10

\*All other runners

U/8 free

U/10 to U/18 \$6

18+ \$8

Family (parents and children) \$17

## Race Day Program

**NOTE: AGE as at 31st / Dec / 2010**

Entries taken on race days.

Please Register 30 mins prior to race start

Open 12km runners eligible for prizes

**8.00am 12Km** Male — Open / 40+  
Female — Open (all ages)

**8.00am 6Km** Male — U18 / Open / 40+ / 55+  
Female — U18 / Open / 40+ / 55+

**9.05am 3Km** Male — U14 / U16 / Open / 40+ / 55+  
Female — U14 / U16 / Open / 40+ / 55+

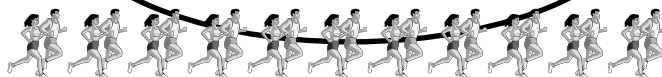
**9.25am 2000m** Boys & Girls Under 12

**9.40am 1000m** Boys & Girls Under 10

**9.50am 500m** Boys & Girls Under 8

Races run; rain, mud, frost  
or shine !

Questions?? Contact  
Andrew Bock Ph 5444 8458 a/h  
andrew@sccrosscountry.org



### Point Score (each age Category)

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

**1st** - 6 Points, **2nd** - 5 Points,  
**3rd** - 4 Points, **4th** - 3 Points,  
**5th** - 2 Points, **6th+** - 1 Point.

Results and more  
[www.sccrosscountry.org](http://www.sccrosscountry.org)