



Allez Sport Cross Country Series 2016

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 10th

Elizabeth Daniels Park (Cricket Pavilion)
Syd Lingard Drive, Buderim

Race 2: Sunday April 24th

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

Race 3: Sunday May 8th

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

Race 4: Sunday May 22nd

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

Race 5: Sunday June 5th

Sunshine Coast University
Next to Athletics track, Sippy Downs

Race 6: Sunday June 12th

Elizabeth Daniels Park (Cricket Pavilion)
Syd Lingard Drive, Buderim

Just keeps getting bigger and better!

Registration Fee

Once only fee to cover all races in series

*QA, QMA, QLA

Registered members - Nil

*Non Members - \$15 per runner

Race Fees (payable each race day)

*Maroochy senior & LA Members /

*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+ \$14

Family (parents and children) \$30

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; u40; 40+; 50+; 60+; 70+; (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.



Races run in rain, mud, frost & sunshine!

Contact: Andrew Bock Ph: 5444 8458 a/h
abock@bigpond.net.au

Point Score (each age category)

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

1st - 10 points; 2nd - 8 points;

3rd - 6 points; 4th - 4 points;

5th - 3 points; 6th - 2 points;

7th onward - 1 point.

Results and more

www.sccrosscountry.org

NB. Ages at 31st December 2016