



XC 2010



Coast Cross Country

Hosted by Wyong Athletics centre

**Come along and have a run or just walk the course!
Every Saturday sign on from 2.0 pm, start at 2.30 pm. All Welcome**

Registered members to sign on for \$5 adults and for \$3 U/16 Non registered \$10 adults and \$6 U/16
Race day fees, NSW. Registered athletes, \$2.00 and U/16 \$1.00 Non registered \$3.00 and U/16 \$2.00
Family concessions available, just ask at registration desk. One day only fee of \$5 Adults and \$3 U/16

Format:	Awards for
	Overall XC Champs for 2010 --1.5km, 3.0km, 6.0km Male & Female
	1.5 km -- <u>U8 / U10 / U12 / Open & Masters</u> (1 st 2 nd 3 rd) Male & Female
	3.0 km -- <u>U10 / U12 / U/14 U/16 U/20 / Open & Masters</u> (1 st 2 nd 3 rd) Male & Female
	6.0 km -- <u>U/16 U/20 / Open & Masters</u> (1 st 2 nd 3 rd) Male & Female

1	10 th	April	Koala Park, Munmorah Power Station off Central Coast Hwy
2	17 th		Hylton Moore Park, Althorpe St. East Gosford
3	24 th		Warnervale Country Music Park Railway Rd Warnervale
4	1 st	May	Brothers Rd. off Little Jilliby Rd. Jilliby
5	8 th		Lions Park, Brickwharf Rd. Woy Woy
6	15 th		Brisbane Waters National Park TBC
7	22 nd		Pioneer Dairy, off South Tacoma Rd. Tuggerah
8	29 th		Koala Park, Munmorah Power Station off Central Coast Hwy
9	5 th	June	Hylton Moore Park, Althorpe St. East Gosford
10	12 th		Warnervale Country Music Park Railway Rd Warnervale
11	19 th		Brothers Rd. off Little Jilliby Rd. Jilliby
12	26 th		Lions Park, Brickwharf Rd. Woy Woy
13	3 rd	July	Brisbane Waters National Park TBC
14	10th		Pioneer Dairy, off South Tacoma Rd. Tuggerah
15	17th		Koala Park, Munmorah Power Station off Central Coast Hwy
16	24 th		Hylton Moore Park, Althorpe St. East Gosford
17	31 st		Chittaway Oval, Off Chittaway Rd.
18	7th	Aug	Brothers Rd. off Little Jilliby Rd.
19	14 th		Lions Park, Brickwharf Rd. Woy Woy
20	21 st		Pioneer Dairy, South Tacoma Rd. Tuggerah. Also Frank Callaghan Memorial Run
21	28 th		Chittaway Oval, off Chittaway Rd. XC RELAYS
22	4 th	Sep	Presentation: Koala Park, Munmorah Power Station

Contacts: Evan Parsons Ph. 43533949 Mobile 0400533241
Kay Bell Ph. 43935196 Mobile 0411837425