



# 2024 Cross Country



DATE	EVENT	VENUE	LOCATION	DISTANCES			
Sat - 6 <sup>th</sup> April	Club Run #1	Victa Road	East Bendigo	6.5k	3km	1.5km	800m
Sat - 13 <sup>th</sup> April	Club Run #2	Golf Course Rd	Epsom	6.5k	3km	1.5km	800m
Sat - 20 <sup>th</sup> April	Club Run #3	Crusoe Reservoir	Kangaroo Flat	6.5k	3km	1.5km	800m
Sun - 21 <sup>st</sup> April	O'Keefe Rail Marathon	O'Keefe Rail Trail	Heathcote	42.1	21.1	10.5	500m
Sat - 27 <sup>th</sup> April	Club Run #4	Notleys Reserve	Whipstick	8km	3km	1.5km	800m
" " "	AV XCR 1	CC Relays	Jells Park				
Sat - 4 <sup>th</sup> May	UNI Invite	La Trobe Uni	Flora Hill				
Sat - 11 <sup>th</sup> May	Club Run #5	Pearces Road	Mandurang	8.5k	4km	2km	800m
" " "	AV XCR 2	CC	Hanging Rock				
Sat - 18 <sup>th</sup> May	Club Run #6	Shadbolts Reserve	Whipstick	6.5k	3km	1.5km	800m
Sat 25 <sup>th</sup> May	SBAC Invite	Woodvale Rec Res	Woodvale	6.5k	3.2k	1.5km	800m
" " "	AV All Schools	Relays	Princess Park				
Sat - 1 <sup>st</sup> June	Club Run #7 - Soup and Sav day	Sedgwick Hall	Sedgwick	6.5k	3km	1.5km	800m
Sun - 2 <sup>nd</sup> June	AV XCR 3	Albert Park	Lakeside				
Sat - 8 <sup>th</sup> June	Club Run #8	Heinz Street	East Bendigo	6.5k	3km	1.5km	800m
Sat - 15 <sup>th</sup> June	AV XCR 4	CC	St Anne's Bendigo				
Sat - 22 <sup>nd</sup> June	Club Run #9	Lightning Ridge	Eaglehawk	6.5k	3km	1.5km	800m
Sat - 29 <sup>th</sup> June	Club Run #10	Mandurang Oval	Mandurang	5km	3km	1.5km	800m
" " "	AV XCR 5	Road Relays	Sandown				
Sat - 20 <sup>th</sup> July	Club Run #11	Rocky Rises	Kangaroo Flat	10k	4km	2km	1km
" " "	AV XCR 6	CC & All Schools Champs	Bundoora				
Sat - 27 <sup>th</sup> July	Harriers Invite	Pony Club	Mandurang				
Sat - 3 <sup>rd</sup> Aug	Club Run #12	Landry Road	Lockwood	8km	4km	2km	1km
Sun - 4 <sup>th</sup> Aug	AV XCR 7	Road Race	Ballarat				
Sat - 10 <sup>th</sup> Aug	Glenn Allen						
Sat - 17 <sup>th</sup> Aug	Peter Curtis Snr Memorial Run #13	Atlas Road	Junortoun	5km	3km	1.5km	800m
" " "	AV XCR 8	Ekiden Relay	St Anne's Myrniong				
Sat - 24 <sup>th</sup> Aug	Club Championships	Crusoe No 7	Kangaroo Flat	6.5k	3km	1.5km	800m
" " "	SOCIAL NIGHT	VENUE TBC	TBC				
Sat - 31 <sup>st</sup> Aug	Club Relays	Happy Jacks Res	Lockwood	3km	1.5k	750m	
Sun - 1 <sup>st</sup> Sept	Run for Dad	Bendigo Racecourse	Bendigo	7.5k	3.75k		
Sat - 7 <sup>th</sup> Sept	Donna Tickell Memorial/Pres.	Woodvale Rec Res	Woodvale			1.5km	
Sun - 8 <sup>th</sup> Sept	AV XCR 9	Burnley Half Marathon	Burnley				
Sat - 14 <sup>th</sup> Sept	AV XCR 10	Tan Relays	The Tan				

\*Start time is 1.30pm weekly. The long run & 3km start together first followed by the 800m and then the 1.5km.