



THE PROGRAM

11.30 am 500 Metres
11.45 am 1,500 Metres
12.05 pm 3,000 & 5,000 Metres
12.25 pm 4,000, 6,000 & 8,000 Metres
12.30 pm Fitness Fun Walk 500 Metres
1.00 pm 2,000 Metres
1.20 pm 1,000 Metres

ENQUIRIES:

PH: 3359 2950 | 0418 113 377

Email entries or enquiries to:

anne@queenslandrunning.com.au

CROSS COUNTRY COMES TO THE SOUTH BURNETT SUNDAY 17 APRIL 2016

Queensland Running's popular cross country program is coming to the South Burnett for a special meet on **Sunday 17 April**. School aged athletes from adjoining districts have been invited to attend however the Meet is open to athletes of all ages and fitness levels.

Every Saturday from March to early August, Queensland Running conducts cross country events around Metropolitan Brisbane attracting upwards of 500 finishers each week. The competition is flexible and affordable and is used by Brisbane schools to prepare their students for District, Regional and State competition as it provides runners with valuable competition.

The South Burnett Meet is to be held in the spacious Bike Track parklands adjacent to Tipperary Flat at Nanango. Distances will range from 500 metres to 8000 metres to cater to the ability of a wide range of runners. There will be a free Fun Walk over 500 metres for parents or those just wanting a little more exercise! The competition features a combined start of 4000/6000/8000 metre distances along with a combined start for the 3000/5000 metre runs. This enables runners to continue with a longer distance if they feel so inclined or to drop back to a shorter distance if tiring. Runners can participate in as many events as they wish on the day.

The Meet offers **FREE ENTRY** for all runners however entries will close on **15 April** to enable organisation of the day. There will be a free sausage sizzle for all runners at the conclusion of the Meet. Late entries may be taken on the day however a late entry fee will apply.

For further information on Queensland Running, please go to our website.

www.queenslandrunning.com.au