

# Cross Country Fun Run & Mid North Coast X-Country Championships

## **Courses**

2 km ( under 12 years )

6 km ( Short Course )

12 km ( Long Course )

## **Start Times**

Registrations from 12:30 pm, walk the courses 1:00 pm ,  
Saturday 14th August

Long Course Start 2:00 pm

Short Course Start 3:00 pm

Under 12 yrs Start 3:30 pm

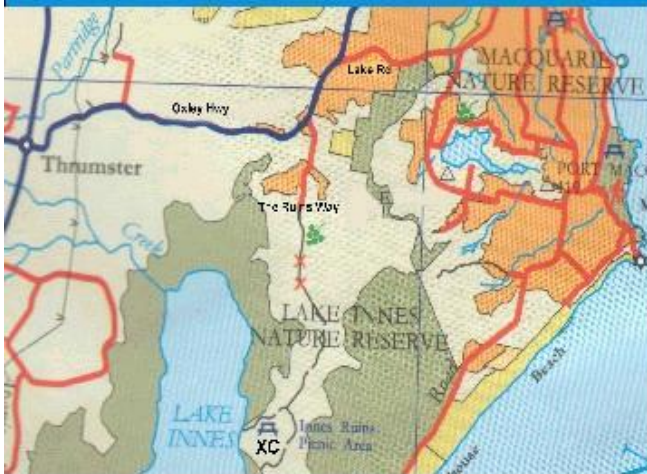
Presentations & Giveaways 3:45 pm

## **Where**

Innes Ruins, The Ruins Way ( OFF THE OXLEY HWY ),  
Port Macquarie. Follow the signs 2.5 km past the 1st gate  
on the dirt road.

## **Cost**

\$10 per runner. We will be also taking bookings for tours  
of the Ruins for NPWS ( cost, depending on numbers ).



Contact  
Port Macquarie Senior Athletics Club  
PO Box 127  
Port Macquarie  
NSW 2444  
[www.portmacquarieathletics.org](http://www.portmacquarieathletics.org)  
Ph. 0419 995 021

## **Prizes**

Medals, Certificates &  
sponsored giveaways

NSW National Parks & Wildlife Service



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[www.coolrunning.com.au](http://www.coolrunning.com.au)

