

APS Cross Country Round 5
Saturday 1 August 2026
Barwon Valley Park: Barrabool Road, Belmont



Start Times and Distances

9.30am	Girls Under 15 and Open	4.1km approx. (2 laps)
10.00am	Boys Junior and Intermediate	4.1km approx. (2 laps)
10.30am	Boys Open	6.15km approx. (3 laps)

Course: A flat course with the first 700m on grass followed by a little over 1.3km on gravel, which can be boggy in parts if conditions are wet.

Uniform: Competitors are to wear official competition uniform (School singlet) and footwear is compulsory.

Footwear: It is recommended that runners bring both runners and spikes on the day and decide to which is more suitable.

Race bibs: All athletes must have their bib number clearly displayed on their shirt/singlet.

Toilets: There are two toilet blocks. A multi gender block 200m west of the start line. Female and male toilet block 400m east of the start line.

Parking: There is adequate off street parking between the course and Barrabool Rd.

Marquees: To be erected on the grass area inside the track 150m from the start area. No pegs allowed - please supply weights.

Results: Copies of the results will be distributed in the normal fashion after the event.

Rules: As per conditions of competition issued in the 2026 APS Cross Country Regulations.

Map: As below. There will be a lead bicycle and six marshals located at various points along the course.

Contact: **Graeme Watkins** TIC Cross Country, The Geelong College

Mobile: 0412 336 479 **Email:** graeme.watkins@tgc.vic.edu.au

