

Cross Country Program 2025

Date	Pts Round	Venue	Comments
29/3	Welcome Day	UOW- Shoalhaven	Mass start events
5/4	1	UOW- Shoalhaven	
12/4	2	Huskisson	School Holidays start Friday 11/4
19/4	3	Longreach Rd	Easter Saturday - Long Weekend
26/4	4	Hollyhill	ANZAC Day 25/4 - Long Weekend
			Run Wollongong Event 26/4
3/5	5	Longreach Rd	
10/5	6	Huskisson Park Run	8am start - Promotion & Recruitment
		XC Huskisson	XC normal start times
17/5	7	UOW- Shoalhaven	AGM & Presentation after XC
			Sydney 10 & NSW Road Championships – Sunday 18/5
24/5	8	Hollyhill	Shoalhaven District Cross Country Carnival Thurs 21/5
31/5	9	UOW- Shoalhaven	Reconciliation Week- 27/5 - 3/6
			NSW XC Relays @ The Armory, Sydney Olympic Park
7/6	10	Huskisson	King's Birthday - Long Weekend
			Willandra Allcomers Cross Country Run
14/6	11	Hollyhill	South Coast CC 13/6
21/6	12	<u>Willandra</u>	2025 NSW Cross Country Championships @ Willandra
28/6	13	UOW- Shoalhaven	Jervis Bay Ultra Trail
5/7	14	Hollyhill	
12/7	15	UOW- Shoalhaven	2025 NSW Short Course Cross Country @ West Dapto
19/7	16	Huskisson	Nowra Relays - Teams 4x2 & 4X4
26/7	17	Hollyhill	Shoalhaven Summit Sun 27/7
2/8	18	Huskisson	2025 NSW Road Relays @The Crest Athletics Track
9/8	19	UOW- Shoalhaven	City 2 Surf - Sunday 10/8
16/8	Presentation	UOW- Shoalhaven	Novelty events & afternoon tea.

Venues for Winter Cross Country Season

- UOW Shoalhaven - Our new home of running. A mixture of grass and bush trails, plus plenty of kangaroos and amazing scenery. Located at George Evans Rd, West Nowra,
- Longreach Rd - An old favourite, especially that hill for the long course runners. Fire trail for runners 1km to medium. Long course runners, mostly gravel road, some trails and a short bitumen section. Find the course by turning right off Yalwal Rd into Longreach Rd.
- Huskisson - All distances use the Huskisson fire trails. A fairly flat, fast course. The course starts behind Huskisson soccer fields. Take the first right after Husky Sports Bowling Club into Kioloa Street.
- Hollyhill - Pure cross country course. Grass and some testing hills. A lot of work on the course has been done since last season, so come out and take the hill challenge. This is private property located at 48 Main Rd, Cambewarra. Look for the big green shed!