



XCR'08
Cross Country & Road Racing

2008 Coliban Ekiden Relay
Harcourt to Bendigo

Relay Overview

The Coliban Ekiden Relay is a multi stage relay from Harcourt to Bendigo, run on a variety of sealed roads, secondary roads and trails. Teams are made up of either 6 runners for Men's Divisions 1 & 2, or 5 runners for all other Divisions.

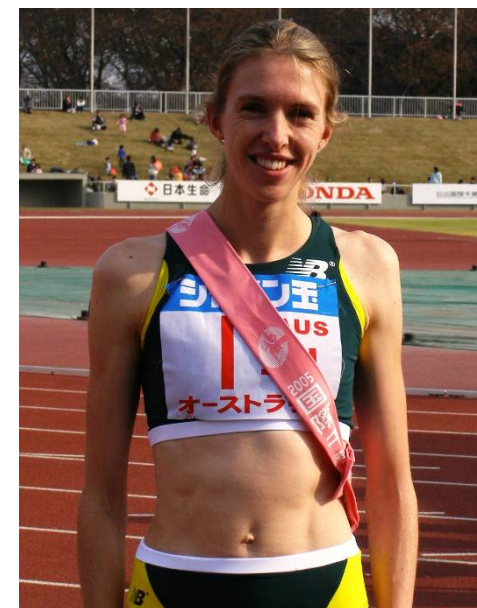
Runners start and finish their stages at designated changeover points controlled by course officials and timekeepers. At the end of each stage, team members pass on the traditional Japanese Ekiden sash, called the Tasuki. The Tasuki's are colour coded for each division.

Relay Rules

1. To be eligible for Premiership points, each team must be made up of athletes who are registered as at the close of entries date.
2. Non registered athletes may compete as part of "Invitation" teams
3. Runners may only compete over one stage for their team. If a runner completes subsequent stages for their original team, or another team, these teams will be classed as "Incomplete".
4. Incomplete teams will score 1 Premiership point, provided they have completed the first four stages as a minimum, with runners who have not run twice or run in another team.
5. All runners must follow the course as designated in this Instruction book.
6. Runners must obey at all times the directions of course marshalls and officials.
7. The Tasukis are to be handed from runner to runner at the completion of each stage and worn across the body whilst competing. They are **NOT** to be held in the runner's hands. To tighten the Tasuki, pull the knotted end through and tuck into your shorts.
8. For the purpose of identification, runners will also wear a number on the front of their uniform which identifies their Division and Team

Start times

12:25pm	Women Division 3 Women Division 4 Men Division 2	Dark Red Sash Aqua Sash Yellow Sash	12:50pm	Women Division 1 Men Division 5	Pink Sash Blue Sash
12:40pm	Women Division 2 Men Division 1 Men Division 6 Men Division 7	Green Sash Black Sash Orange Sash Purple Sash	1:00pm	Men Division 3 Men Division 4	Red Sash Lime Sash



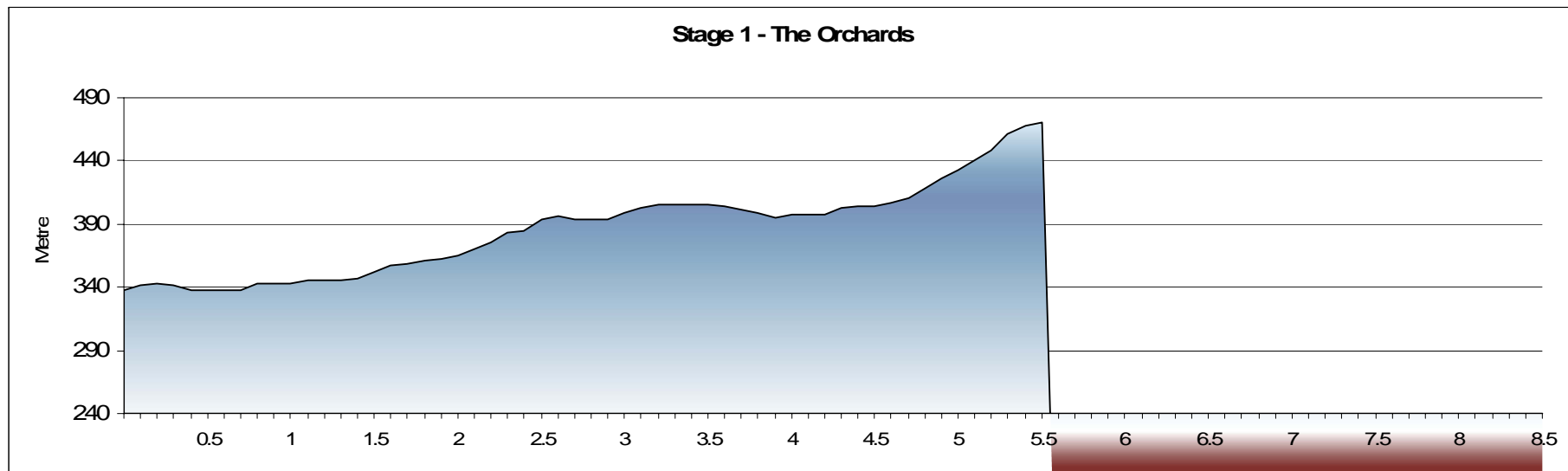
Australian Olympian Donna Macfarlane wears a Tasuki at the Chiba Ekiden – over the shoulder, threaded through the hole and knotted.

Stage 1: The Orchards

Distance	5.5km
Start Altitude	338m
Finish Altitude	470m
Net Rise/Fall	Rise 132m

Stage Description

After 1.5km, the course starts a gradual climb along Eleys Lane. After crossing Dunns Rd, runners proceed along Coopers Rd, past the orchards and onto Sutton Grange Road. The steepest part of the course is then climbed prior to the changeover at Mt Alexander Rd.

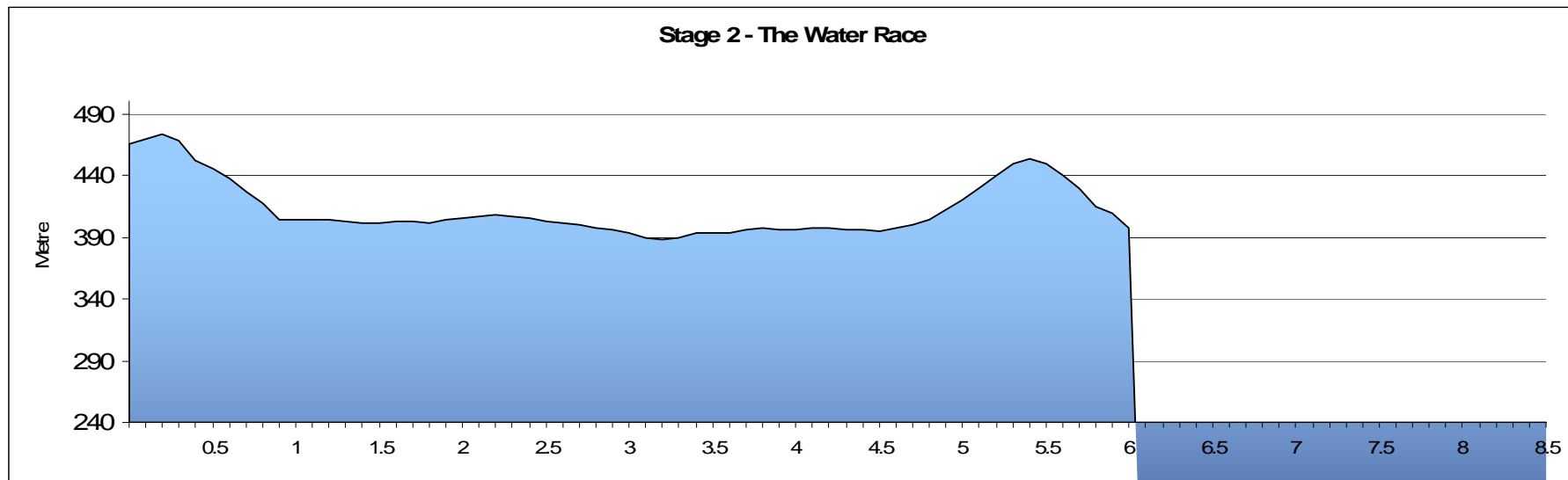


Stage 2: Water Race

Distance	6.0km
Start Altitude	470m
Finish Altitude	398m
Net Rise/Fall	Fall 72m

Stage Description

Starting in Sutton Grange Rd, this stage now completes the steep rise before descending along the road to the start of the Water Race. From there the majority of the stage gently undulates along the side of the channel. At 5km a steep climb begins that rises 50m. After cresting the hill a steep downhill follows which requires careful footing. The stage finishes along the Water Race, just before Harcourt North Rd.

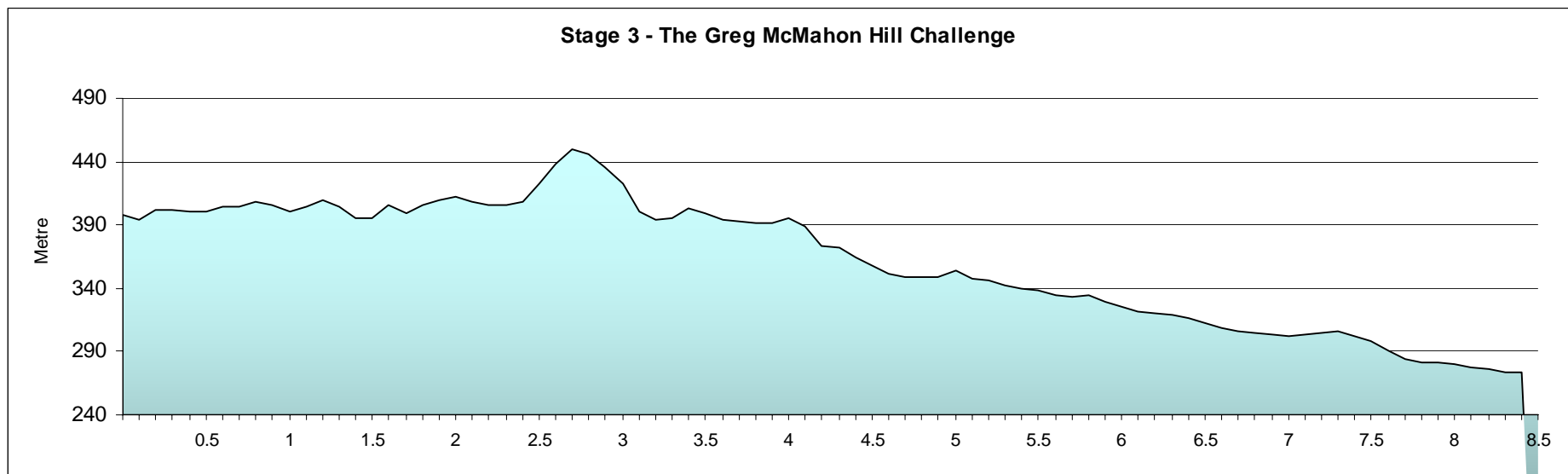


Stage 3: Greg McMahon's Hill Challenge

Distance	8.4km
Start Altitude	398m
Finish Altitude	274m
Net Rise/Fall	Fall 124m

Stage Description

Crossing Harcourt North Rd, runners continue along the Water Race. For the first 2.5km the trail undulates, then rises 50m steeply in 400m. The down side of the hill is steep and rocky and runners must take care. The trail continues for another kilometre, with some steep down hills, before coming out on Springs Rd. Springs Rd is a gradual down all the way to the Hogans Rd changeover.



Stage 4a: The Leigh Purtill 10km

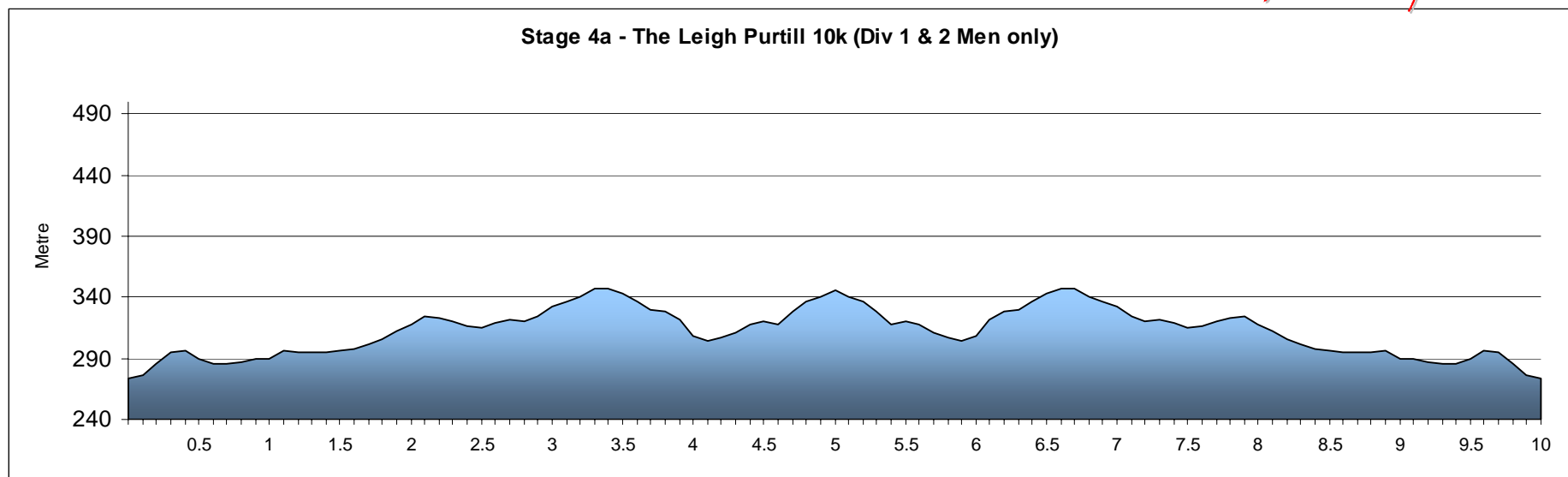
Distance	10km
Start Altitude	274m
Finish Altitude	274m
Net Rise/Fall	0

Stage Description

This is an undulating 10km course on dirt roads at all times. The stage follows Hogans Rd for 2.4km before turning left into Kerrs Rd and proceeds along through to Scotts Lane. At the top of Scotts Lane (a dead end), runners turn and retrace their path to the finish point. Coming back along Hogans Rd, runners will face runners from lower divisions approaching them from the opposite direction.



Mens Division 1 & 2 only

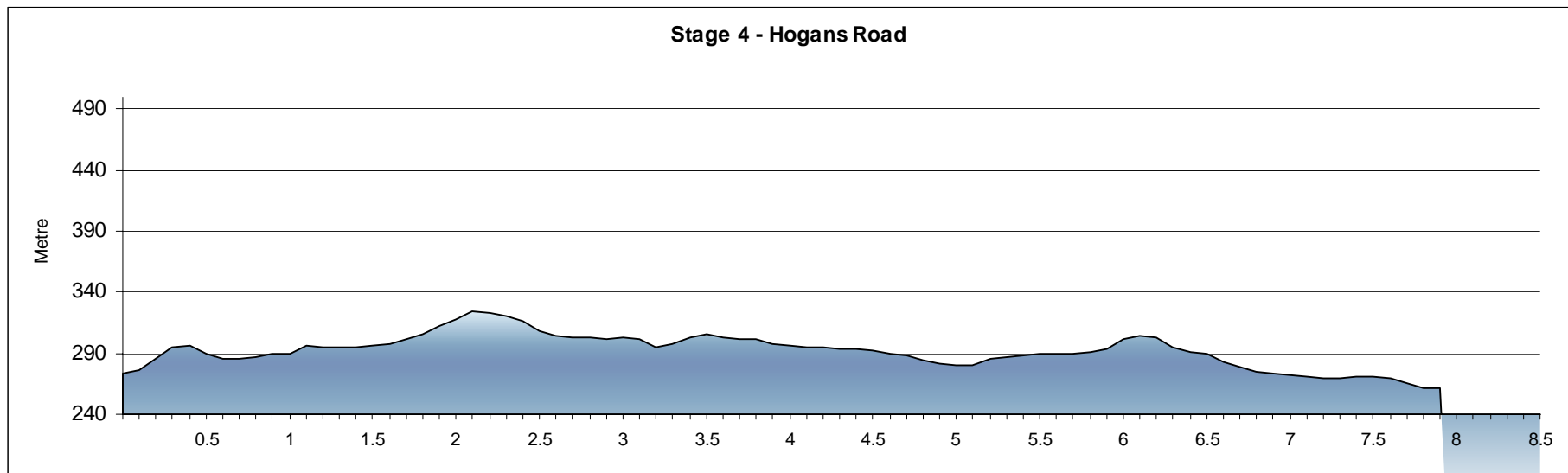
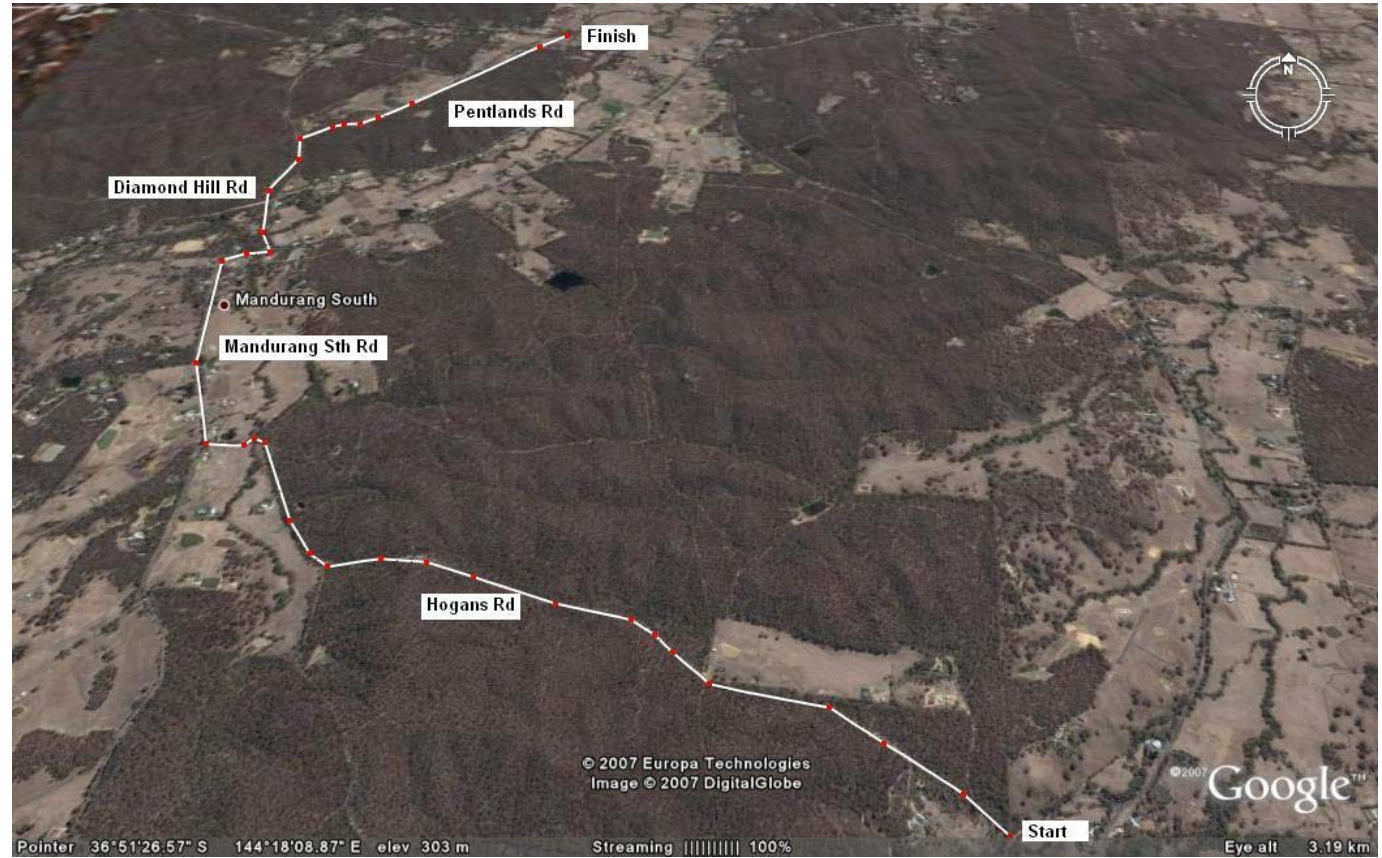


Stage 4: Hogans Road

Distance	7.9km
Start Altitude	274m
Finish Altitude	261m
Net Rise/Fall	Fall 13m

Stage Description

Proceeding along Hogans Rd, runners face a number of undulations, before emerging onto Mandurang South Rd, which is sealed. Runners turn left into Diamond Hill Rd, before turning right into Pentlands Rd. The stage ends just before the Mandurang Rd intersection.



Stage 5: Athletic Track

Distance	5.1km
Start Altitude	261m
Finish Altitude	247m
Net Rise/Fall	Fall 14m

Stage Description

Runners proceed onto Mandurang Rd and face a slight rise for the first 2.2km. A gentle down hill takes runners to the right hand turn at Reservoir Rd. At the Athletics track, runners turn right and enter the track through the side entrance. Runners complete 300m on the track before finishing in front of the Pavilion.

