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web a children s cross country competition in Čakovec croatia cross country running is a sport in which teams and individuals run a race on open air courses over natural terrain such as dirt or grass the course typically 3 12 kilometres 1 9 7 5 mi long may include surfaces of grass and earth pass through woodlands and open country and include

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web cross country long distance running over open country unlike the longer marathon race cross country races usually are not run along roads or paths events are held during the fall or winter months and many amateur athletes use the sport as a means of keeping fit and developing stamina a form of cross country running in the early 19th century was

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