



BENDIGO UNIVERSITY ATHLETICS CLUB

2010 CROSS COUNTRY PROGRAM

Date	Run Name	Directions to start	Distances	Race Captain – Course Marker
April 17	College Classic (Club Run)	Johnson Rd/Edwards Rd. App. 500m from La Trobe Uni. Map Reference 1	500m, 1, 2, & 5km	RC: Tremayne Family CM: John McCullagh
April 24	Apollo Hill Attack (Club Run)	From Simpson's Rd across Neilborough Rd about 800m from road junction. Map Reference 2	500m, 1, 3 & 7km	RC: Wilson and Evely families CM: Alan Buchanan
May 1	Cedar Drive Dash (Club Run)	Golf Course Road Epsom: 100 k de-restriction sign Map Reference 3	500m, 1, 3 & 7km	RC: Foster family and Greg Payne CM: Mark Nicholson
May 8	Rifle Range Rattle (Club Run)	Travel along Mclvor Highway, turn left at Pope's Rd and follow the signs. Map Reference 8	500m, 1, 3.4 & 8km	RC: Wayne Forbes CM: Judy McLaren
May 15	Athletics Bendigo Relays	Lake Neangar Eaglehawk Map Reference 4	1 & 3km	
May 22	Diamond Hill Dash (Club Run)	Travel to the end of Lawson St, turn right into Faugh-A-Ballagh Rd. Map Reference 7	500m, 1, 3 & 6.3km	RC: Steve Hams and Erwin family CM: Gary Crouch
May 29	Mandurang Meander (Club Run)	Mandurang Cricket Ground Map Reference 6	500m, 1, 3 & 6.2km	RC: Gaby Walsh and Judy McLaren CM: Andy Buchanan & Lee McCullagh
June 5	Bendigo University Invitation	La Trobe University Bendigo Campus. Meet outside Student Union building Map Reference 5	1,3,4 & 7.5km	RC: All club members CM: Shane Rushan + Gavin Fiedler
June 12	Charles Suffren	Athletics Bendigo to run a Bus to Ballarat		
June 19	Pearces Road Rally (Sealed handicap) (Mid year night out.)	Travel over one tree hill out Mandurang rd turn right into Nankervis then left into Pearces rd. Map Reference 9	500m, 1, 3.6 & 7.5km	RC: Ingrid Douglas and Carol Sing CM: Ben + Lisa McDermid
June 26	Picaninny Plod (Club run)	Turn right into Pentlands Rd from Mandurang Rd. Turn right into Picaninny Road. Map Reference 13	500m, 1, 4 & 6.9km	RC: Hogan family and Perris family CM: Patrick Kenny
July 3	South Bendigo Invitation	Woodvale Reserve. Map Reference 10	1, 1.5,3, & 6.5km	
July 10	Coliban Relay	Harcourt – Bendigo (Club Volunteers required to assist)	6.5km	Marshalls: See below
July 17	Junortoun Jog (Club Run)	Corner of Turners Rd. And Braeside Drive – Junortoun Map Reference 12	500m, 1, 3 & 8.6km	RC: Bissett family and Gavin Fiedler CM: Greg McBain
July 24	Eaglehawk YM Invitation	Lake Neanger. Map Reference 4	1, 3 & 6km	
July 31	Piepers Plunder (Club run)	Wildflower Drive (Strathfieldsaye end) Map Reference 14	500m, 1,4 & 8km	RC: Tony Gallatly CM: Wolf Heiden
Aug 7	Landry Lope (Club Run)	Lockwood St. - Travel down Lockwood Rd from Kangaroo Flat to Landry Track on Right – follow the signs. Map reference 15	500m, 1, 3, 6.9km	RC: Nick Walsh CM: Ben Mc Dermid + Justin Lee

Aug 14	Glen Allen Memorial	Emu Creek Road Saturday 2.00pm start. Map reference 17	11km, 3km, 1km	
Aug 21	Cousins Street Clash (Club run)	Meet at Brickworks end of Wildflower drive. Map Reference 16	500m, 1, 4 & 10km	RC: Greg McBain CM: Alan East
Aug 28	Kangaroo Flat Falter (Club run)	Collins Street, Kangaroo Flat. Follow Collins St until dirt Rd, meet at the bridge. Map Reference 11	500m, 1,3 & 8.2km	RC: Michael Bieleny and Buchanan family CM: Jenny Jones + Justin Lee
Sept 4	Club Mystery Run <i>(Presentation Night out)</i>	To be determined. Estimate your time – no watches.		RC: Slater family and McMahan family CM: Volunteer invited
Sept 11	1/2 Marathon	Golf Course Road Epsom: 100 k de-restriction sign (3 X 7km circuits). Map Reference 3	1, 3, 7, 14 & 21.1km	RC: Wolf Heiden CM: Kevin + Frances Walsh
Oct 3	Castlemaine Cross Country	Details to be announced.	5, 10km	
Oct 17	Keith Huddle Memorial	Eaglehawk to Bendigo, Eaglehawk Town Hall (Sunday 9am).	6.5km	Marshalls: See below

PUNCTUALITY

Runners **MUST register for runs by 1.45pm** on Saturday afternoons. The first run will commence at **2.00pm sharp!**

Remember that we will run the long run first with the intermediate and junior runs afterwards.

If you know that you may be late, notify the handicapper in advance, in order to be able to run. Contact Brad Russell or the Race Captain for the day. If you can't reach any them, contact the President, Vice President or Secretary (see contacts)

Visit www.bendigouni.com for more details.

UNIFORMS

Club members are encouraged to wear club uniform at ALL runs. At all 'invitations', club uniform is **COMPULSORY**. Uniforms are available from the Treasurer, Shayne Rushan.

REGISTRATION & FEES

Family	\$30
Seniors	\$15
Students	\$10
Juniors (under 12)	\$5

Reg. No A 0029769 V

Athletics Victoria registration is NOT necessary for club runs, invitations, or the Glenn Allan.

Fees must be paid to the Treasurer by Sat May 22 (Diamond Hill Dash).

AGGREGATE POINTS

Club Championship

There are 13 runs in which members can accrue club championship points. These are the shaded runs in the program. Your first race of the season is not counted but your 10 best runs from the remaining eligible races will be taken into account.

Speed Championship

Like the club championship, your best 10 point scoring races (including your first run for the season) are counted towards the speed champion award.

Log on to www.bendigo.com for scoring details

HELPING OUT

It is essential that race captains fulfil their duties when rostered so the workload is shared and our races run smoothly. If you are unable to take your turn, please organise a swap and let the President know.

If you are not racing but able to help, please let the President, Handicapper or race captain of the day know. All runners, please remember to bring along a thermos and a plate of afternoon tea on race days.

MARSHALLS FOR ATHLETICS BENDIGO RACES

Volunteers will be required for both of these events. Sign up lists to be posted during the season. For all up to date BUAC information, remember the website

CLUB CONTACTS

Jenny Jones	President	5441 3305
Ben McDermid	Vice President	5441 3442
Pat Kenny	Secretary	5442 3431
Shayne Rushan	Treasurer	5442 7343
Lee McCullagh	Publicity	5443 0990
Brad Russell	Handicapper	5443 9378

visit: www.bendigouni.com