

# 2016 CROSS COUNTRY PROGRAM



## BENDIGO UNIVERSITY ATHLETICS CLUB

Date	Run Name	Directions to start	Distances	Course Marker
16-Apr	<b>College Classic</b>	Corner of Johnson Rd and Edwards Rd. Approximately 500m from La Trobe University.	500m, 1, 2 & 5km	Ross Douglas & Andrea Smith
	<b>AV XCR Round 1 Jells Park XC Relays</b>	Contact a BUAC committee member if interested in running in this event.		
23-Apr	<b>Mandurang Meander</b>	Mandurang Cricket Ground.	500m, 1, 3 & 6.2km	Andy Buchanan & Lee McCullagh
1-May	<b>O'Keefe Rail Trail Marathon</b>	See <a href="http://www.theokeefe.com.au/">http://www.theokeefe.com.au/</a>		
7-May	<b>Combined Bendigo Club Run</b>	Mandurang Cricket Ground.	500m, 1, 3, 5km	Harriers
	<b>AV XCR Round 2 Wandin Park XC</b>	Contact a BUAC committee member if interested in running in this event.		
14-May	<b>Bendigo Uni Invitation</b>	La Trobe University Bendigo Campus. Meet outside Student Union building.	1, 3 & 7.5km	Shayne Rushan, Gavin Fiedler
21-May	<b>Landry Lope</b>	Lockwood South. Travel down Lockwood Rd from Kangaroo Flat to Landry Track on right, follow the signs.	500m, 1, 3 & 6.9km	Ben McDermid + Justin Lee
	<b>AV XCR Round 3 Cruden Farm XC</b>	Contact a BUAC committee member if interested in running in this event.		
28-May	<b>Harriers Invitation</b>		500m, 1, 3 & 8km	
4-June	<b>Sandhurst Slog</b>	From Hattam St Golden Square travel south on Woodward Rd then Diamond Hill Rd. Turn right into Kangaroo Gully Rd and continue 500m to Read Lane on the left.	500m, 1, 3 & 7km	David + Matthew Heislars
4-June	<b>AV XCR Round 4 Lake Wendouree</b>	Contact a BUAC committee member if interested in running in this event.		

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11-June	Rifle Range Rattle	Travel along Mclvor Highway, turn left at Popes Rd and follow the signs.	500m, 1, 3.4 & 8km	Shane Rushan + Frances Walsh
18-June	Ham St Hustle	From Hattam St. Golden Square turn south into McDougal Rd. Travel 1km then turn right into Ham Street. Travel 500m and enter the Unity Mining carpark just before Sawyer Lane on the left.	500m, 1, 3 & 6.4km	Andrew Creer + Craig Feuerherdt
18-June	AV XCR Round 5 Bundoora XC	Contact a BUAC committee member if interested in running in this event.		
25-June	South Bendigo Invitation	Woodvale Reserve.	1, 3.2 & 6.4km	South Bendigo AC
2-3-July	School holidays Gold Coast Marathon	See <a href="http://www.goldcoastmarathon.com.au">www.goldcoastmarathon.com.au</a>		
9-July	Combined Bendigo Club Run	Notleys Reserve, Whipstick Forest	500m, 1, 3, 8km	
9-July	AV XCR Round 6 Sandown Road Relays	Contact a BUAC committee member if interested in running in this event.		
16-July	Eaglehawk Invitation	Lake Neangar, Eaglehawk.	1, 3 & 6km	Eaglehawk AC
17-July	AV XCR Round 7 Albert Park 10km Road Race	Contact a BUAC committee member if interested in running in this event.		
23-July	Crusoe Crusade	Continue past Centro Lansell on the Calder Hwy, turn right into Furness St (Harvey Norman) then take the first left into Granter St. Continue on Granter St for 1.3 km.	500m, 1, 3 & 8km	Chris McCormack
24-July	Run Melbourne	See <a href="http://www.runmelbourne.com.au">www.runmelbourne.com.au</a>		
30-July	Junortoun Jog	Junortoun. Corner of Turners Rd and Braeside Drive.	500m, 1, 3 & 8.6km	Greg McBain + Janet Hodnett
6-Aug	Keith Huddle Memorial		1, 3 & 6km	Athletics Bendigo
6-Aug	AV XCR Round 8 Anglesea Surf Coast Ekiden Relay	Contact a BUAC committee member if interested in running in this event.		

Date	Run Name	Directions to start	Distances	Course Marker
13-Aug	<b>Trotting Terrace Trundle</b> (combined with Harriers)	Trotting Terrace (behind the trotting track)	500m, 1, 4 & 10km	Harriers AC
20-Aug	<b>Glen Allen Memorial</b>	Peppercorn Park	500m, 1, 3 & 11km	South Bendigo AC
27-Aug	<b>Kangaroo Flat Falter</b>	Collins Street, Kangaroo Flat. Follow Collins St until dirt road, meet at the bridge.	500m, 1, 3 & 8.2km	Jenny + Justin Lee
4-Sep	<b>Run for Dad</b>	Bendigo Racecourse	TBA	
4-Sep	<b>AV XCR Round 9 Burnley Half Marathon</b>	Contact a BUAC committee member if interested in running in this event.		
10-Sep	<b>BUAC 1/2 Marathon</b>	Golf Course Road Epsom: 100km de-restriction sign (3 X 7km circuits).	1, 3, 7, 14 & 21.1km	TBA
17-Sep	<b>Club Mystery Run</b>	To be determined. Estimate your time – no watches.	TBA	TBA
	<b>AV XCR Round 10 Tan Relays</b>	Contact a BUAC committee member if interested in running in this event.		
	<b>Club Presentation Night</b>	Details TBA		
16-Oct	<b>Melbourne Marathon</b>	See <a href="http://www.melbournemarathon.com.au">www.melbournemarathon.com.au</a>		
30-Oct	<b>Bendigo Bank Fun Run</b>	See <a href="http://www.bendigobankfunrun.gofundraise.com.au/">www.bendigobankfunrun.gofundraise.com.au/</a>		

Legend	
	Races Eligible for Club Aggregate Points
	Races Eligible for Keith Macdonald Club Challenge
	BUAC Club Events not eligible for Club Aggregate Points

## PUNCTUALITY

Runners **MUST register at least 15 minutes before race start** 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 (usually around 3pm).

## REGISTRATION & FEES

Family	\$70
Seniors	\$40
Students	\$15
Juniors (under 12)	\$15
Casual (all ages)	\$8 per race

Athletics Victoria (AV) registration is encouraged but is only necessary for AV events like the XCR series. Runners who are not BUAC members pay \$8 per race (see casual rate above).

**Fees must be paid via EFT ASAP. An EFTPOS machine will be available at the College Classic.**

Your membership fee will include a numbered leg tag that you will use for the duration of your time with the club. Replacement tags are \$10.

## HELPING OUT AT CLUB RUNS

The success of our club relies on the generosity of club members. We encourage all members to become involved. Speak to a committee member on how you may be able to help out.

### **Course Markers**

It is essential that course markers 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.

**Please remember to bring along a thermos and a plate of afternoon tea to share on race days.**

Reg. No A 0029769 V

## CLUB RUNS AND AGGREGATE POINTS

Our season includes 16 point scoring opportunities including club runs (shaded yellow) invitations and shared runs. Each participant is handicapped according to club running history.

### **Club Championship**

Points are awarded according to placings. The sum of points from your 10 best placings will give you an overall aggregate. Highest aggregate wins the championship.

### **Speed Championship**

Your 7 best point scoring races (including your first run for the season) are counted towards the speed champion award.

**Note: Aggregate Points and ribbons will not be awarded until membership payments are paid.**

## ATHLETICS BENDIGO

BUAC is a part of Athletics Bendigo (AB) who organise the summer track season and coordinate a combined Bendigo team for Athletics Victoria (AV) events.

## ATHLETICS VICTORIA

BUAC is affiliated with Athletics Victoria (AV). The calendar highlights the AV XCR events, which all members are invited to run in. Contrary to popular belief, AV events are not just for elite runners but for anyone who wants to broaden their competitive running.

AV membership allows you to compete in AV events and provides personal insurance when you compete in BUAC club runs.

Members who join AV are eligible for free BUAC club membership.

## CLUB CONTACTS

<b>Ross Douglas</b>	President	0418 322 244
<b>Jenny Lee</b>	Vice President	0410 448 245
<b>David Lonsdale</b>	Secretary	0429 944 009
<b>Ben McDermid</b>	Treasurer	0400 054 789
<b>Gavin Fiedler</b>	Publicity	5443 1714
<b>Andrew Creer</b>	Handicapper	0431 831 479
<b>Darren Rowe</b>	Timekeeper	0418 505 955

## CLUB UNIFORM

Members are encouraged to wear official club colours when competing for the club. BUAC have a range of club running tops including singlets, T-shirts and crop tops. Tops are subsidised for members and at just \$25 each, are an affordable way to show your Uni pride on race days.

Club hoodies are also available and the perfect way to keep warm on those cold winter afternoons.

[www.bendigouniathclub.org.au](http://www.bendigouniathclub.org.au)