

2017 CROSS COUNTRY PROGRAM



**BENDIGO UNIVERSITY
ATHLETICS CLUB**

Date	Run Name	Directions to start	Distances	Course Marker
25-Mar	Mandurang Meander (Club Run 1 – Aggregate Points)	Mandurang Cricket Ground.	500m, 1, 3 & 6.2km	CM: Andy Buchanan & Lee McCullagh
1-Apr	Landry Lope (Club Run 2 – Aggregate Points)	Lockwood South. Travel down Lockwood Rd from Kangaroo Flat to Landry Track on right, follow the signs.	500m, 1, 3 & 6.9km	CM: Ben McDermid + Justin Lee
8-Apr	Rifle Range Rattle (Club Run 3 – Aggregate Points)	Travel along Mclvor Highway, turn left at Popes Rd and follow the signs.	500m, 1, 3.4 & 8km	CM: Shayne Rushan + Frances Walsh
16- April	Easter Dragon Mile, Bendigo			
22-April	AV XCR Round 1	Jells Park. Contact a BUAC Committee member if interested in this event.		
23-April	O'Keefe Rail Trail Marathon	See http://www.theokeefe.com.au/	42k, 26k, ½ marathon, Ekiden, 5km	
29-April	Sandhurst Slog (Club Run 4 – Aggregate Points)	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	CM: David + Matthew Heislars
6-May	Eaglehawk AC Invitation	Lake Neangar, Eaglehawk.	1, 3 & 6km	Eaglehawk AC
13-May	AV XCR Round 2	Wandin Park. Contact a BUAC Committee member if interested in this event.		
	Crusoe Crusade (Club Run 5 – Aggregate Points)	Travel south 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	CM: Chris McCormack + Ross Douglas
20-May	Ham St Hustle (Club Run 6 – Aggregate Points)	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 before Sawyer Lane on the left.	500m, 1, 3 & 6.4km	CM: Andrew Creer + Craig Feurherdt
	Great Ocean Road Running Festival	Apollo Bay & Lorne http://greateoceanroadrunfest.com.au	1.5, 6, 14, 21, 42k & Ultra	
27-May	Piepers Plunder (Club Run 7 – Aggregate Points)	Wildflower Drive (Strathfieldsaye end).	500m, 1,4 & 8km	CM: Alan East + David Lonsdale
	AV XCR Round 3	Cruden Farm. Contact a BUAC Committee member if interested in this event.		
3-June	Bendigo Uni AC Invitation	La Trobe University Bendigo Campus. Meet outside Student Union building.	1, 4 & 7.5km	CM: Shayne Rushan, Gavin Fiedler, David Heislars

10 June	Reservoir Ramble (Club Run 9 – Aggregate Points)	Travel south on Calder Highway, turn left into Phillis Street, follow the bitumen over the railway line to the Sandhurst Reservoir gates	7k, 3k & 1k	CM: David Lonsdale
17-June	Junortoun Jog (Club Run 8 – Aggregate Points)	Junortoun. Corner of Turners Rd and Braeside Dve	500m, 1, 3 & 8.6km	CM: Greg McBain
	AV XCR Round 4	Bundoora. Contact a BUAC Committee member if interested in this event.		
24-June	Harriers Invitation	Mandurang South Rec Reserve, Hannans Road, Mandurang South.	500m, 1, 3 & 8km	Harriers
	Mid-year social evening.			
1-July	Gold Coast Airport Marathon	http://goldcoastmarathon.com.au	42k, 21k, 10k	
8-July	Combined Bendigo Club Run	Mandurang Cricket Ground.		BUAC
	AV XCR Round 5	Sandown Road Relays. Contact a BUAC Committee member if interested in this event.		
15-July	Pearces Road Rally (Club Run 10 – Aggregate Points)	Travel out Mandurang Rd, turn right into Nankervis Rd then left into Pearces Rd.	500m, 1, 3.6 & 7.5km	CM: Ben McDermid
	AV XCR Round 6	Albert Park Road Race. Contact a BUAC Committee member if interested in this event.		
22-July	Keith Huddle Memorial	Quarry Hill Recreation Reserve Ken Wust Oval Hamlet Street Quarry Hill.	1, 3 & 6km	Harriers AC
29-July	Kangaroo Flat Falter (Club Run 11 – Aggregate Points)	Collins Street, Kangaroo Flat. Follow Collins St until dirt road, meet at the bridge.	500m, 1, 3 & 8.2km	CM: Jenny + Justin Lee
	AV XCR Round 7	Wendouree. Contact a BUAC Committee member if interested in this event.		
30-July	Run Melbourne	See www.runmelbourne.com.au		
5 August	South Bendigo AC Invitation	Woodvale Reserve.	1, 3.2 & 6.4km	South Bendigo AC
12-Aug	Trotting Terrace Trundle (combined with Harriers) (Club Run 12 – Aggregate Points)	Trotting Terrace (behind the trotting track)	500m, 1, 4 & 10km	CM: Harriers AC + Tim Lauder
	AV XCR Round 8	Anglesea Ekiden Relay. Contact a BUAC Committee member if interested in this event.		

13 -Aug	City to Surf, Sydney		14 km	
19-Aug	Glen Allen Memorial	Peppercorn Park	500m, 1, 3 & 11km	South Bendigo AC Eaglehawk AC
26-Aug	Notleys <i>(Club Run 13 – Aggregate Points)</i>	Notley's Reserve, Whipstick: head north on Eaglehawk-Neilborough Road for approx.. 10 km. Turn left into Notley Road follow signs.	8, 4 & 1 km	CM: Ross Douglas
	Wonderland Run Grampians	http://www.wonderlandrun.com.au	2,8,20 & 36 km	
3-Sep	Run for Dad	Bendigo Racecourse	3.75 & 7.5 km	Athletics Bendigo
	AV XCR Round 9	Burnley Half Marathon		
9-Sep	BUAC 1/2 Marathon Festival	Golf Course Road Epsom: 100km de-restriction sign (3 X 7km circuits).	1, 3, 7, 14 & 21.1km	CM: Alan East
16-Sep	Club Mystery Run	Mystery until the day before! Estimate your time – no watches.	TBA	CM: Craig Green
	AV XCR Round 10	Tan Relays		
	Club Presentation Night	Details TBA		
15-Oct	Melbourne Marathon	See www.melbournemarathon.com.au		
	Bendigo Bank Fun Run			

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 not necessary for club runs, invitations or the Glen Allen. Runners who are not BUAC members pay \$8 per race (see casual rate above).

Fees must be paid via BSB ASAP. Membership fee will include a numbered timing chip. You will continue to use the same timing chip if received during the 2014 or 2015 season. Replacement timing chips can be purchased for \$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.

CLUB RUNS AND AGGREGATE POINTS

Our season includes BUAC club runs, Invitations and a combined run (combined with the other Bendigo athletic clubs).

Club Championship

Club championship (aggregate) points can be accrued at club runs (orange colour on table). 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 are counted towards the speed champion award.

For details see www.bendigouniathclub.org.au

ATHLETICS BENDIGO

BUAC is part of Athletics Bendigo (AB) and athletes participate in Athletics Victoria (AV) events as a combined Bendigo team. Athletics Bendigo organises the Keith Huddle Memorial, Glen Allen Memorial and the Run for Dad. All BUAC members are invited to run in these events. There is an additional cost for these runs – usually \$5 for a senior and \$3 for a junior. We are required to provide marshals to assist with the running of these events. The Committee will call for volunteers in the lead up to the event.

ATHLETICS VICTORIA

BUAC is affiliated with Athletics Victoria (AV). The calendar highlights the AV XCR events, which all members are invited to run in. AV events are not just for elite runners but for anyone who wants to broaden their competitive running and can be good lead up events if you are planning a big race, such as the Melbourne Marathon towards the end of the season. To participate in the majority of AV events you must also register with Athletics Victoria. If you would like more details about running in AV events & signing up for AV membership, please speak to a committee member.

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.

CLUB CONTACTS

Ross Douglas	President	0418322244
Jenny Lee	Vice President	0410 448 245
David Lonsdale	Secretary	0429 944 009
Ben McDermid	Treasurer	0400 054 789
Gavin Fiedler	Publicity	5443 1714
Andrew Creer	Handicapper	0431 831 479
Andrea Smith	Timekeeper	0418325142
Darren Rowe	Executive 1	0418 505 955
David Heislars	Executive 2	0439654066