

2019 CROSS COUNTRY PROGRAM



**BENDIGO UNIVERSITY
ATHLETICS CLUB**

Date	Run Name	Directions to Start	Course Marker	Distances	Aths Vic Races	Other
May 4 & 5	College Classic <i>(Club Run 1 – Aggregate Points)</i>	Strathdale. Travel along Condon Street towards Strathfieldsaye. Turn right into Kairn Road (at Victory Christian College) and drive 200m to the start line	Andrea Smith	500m, 1, 3 & 6km	XCR Rd 1 Jells Park XC Relays Contact a BUAC Committee member if interested in event	Great Train Race Belgrave – Emerald Puffing Billy
May 11 & 12	Eaglehawk AC Invite	Lake Tom Thumb	Eaglehawk AC	TBC	Jells Park Schools Relays Contact a BUAC Committee member if interested in event	Mothers Day Classic Bendigo
May 18	Mandurang Meander <i>(Club Run 2 – Aggregate Points)</i>	Mandurang Cricket Ground	Andy Buchanan, Lee McCullagh	500m, 1, 3 & 6.2km		Great Ocean Road Running Festival Ultra-Trail Australia
May 25	Bendigo Uni AC Invite	La Trobe University Bendigo Campus. Meet outside Student Union building.	Shayne Rushan, Gavin Fiedler, David Heislars	1, 3 & 7.6km	Schools RR, Princess Park Contact a BUAC Committee member if interested in event	
June 1	Landry Lope <i>(Club Run 3 – Aggregate Points)</i>	Lockwood South. Travel down Lockwood Rd from Kangaroo Flat & Turn right into Landry Track, follow the signs	Ben McDermid, Justin Lee	500m, 1, 3 & 6.9km	XCR Rd 2 St Anne's Vineyard (Short XC) Contact a BUAC Committee member if interested in event	
June 8 & 9	Rifle Range Rattle <i>(Club Run 4 – Aggregate Points)</i>	Travel along Mclvor Highway, turn left at Popes Rd and follow the signs	Shayne Rushan, Frances Walsh	500m, 1, 3.4 & 8km		Run Forrest Trail Run
June 15	Crusoe Crusade <i>(Club Run 5 – Aggregate Points)</i>	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 to Crusoe #2 Picnic Ground.	TBC	500m, 1, 3 & 8km	XCR Rd 3 Bundoora Park XC Contact a BUAC Committee member if interested in event	
June 22	Ham Street Hustle <i>(Club Run 6 – Aggregate Points)</i>	From Hattam St. Golden Square turn south into McDougal Rd. Travel 1km then turn right into Ham St. Travel 500m and enter the Unity Mining carpark before Sawyer Lane on the left.	Andrew Creer, Craig Feurherdt	500m, 1, 3 & 6.4km	XCR Rd 4 Anglesea Ekiden Contact a BUAC Committee member if interested in event	
June 29	Harriers AC Invite	Mandurang South Rec Reserve, Hannans Road, Mandurang South	Harriers AC	500m, 1, 3 & 8km		Surf Coast Marathon
July 6	Sandhurst Slog <i>(Club Run 7 – Aggregate Points)</i>	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.	David Lonsdale	500m, 1, 3 & 7km	XCR Rd 5 Sandown Relays Contact a BUAC Committee member if interested in event	Gold Coast Airport Marathon Festival
July 13 & 14	Pearces Road Rally <i>(Club Run 8 – Aggregate Points)</i>	Travel out Mandurang Rd, turn right into Nankervis Rd then left into Pearces Rd.	Ben & Lise McDermid	500m, 1, 3.6 & 7.5km	XCR Rd 6 Albert Park 10k & 3k Contact a BUAC Committee member if interested in event	
July 20	Keith Huddle Memorial	Quarry Hill Recreation Reserve Ken Wust Oval Hamlet Street Quarry Hill	Harriers AC	500m, 1, 3 & 6km		
July 27 & 28	Kangaroo Flat Falter <i>(Club Run 9 – Aggregate Points)</i>	Collins Street, Kangaroo Flat. Follow Collins St until dirt road, meet at the bridge.	Jenny & Justin Lee	500m, 1, 3 & 8.2km	XCR Rd 7 Lake Wendouree 15km & 6km Contact a BUAC Committee member if interested in event	Run Melbourne
Aug 3	South Bendigo AC Invite	Woodvale Reserve.	South Bendigo AC	1, 3.2 & 6.4km		
Aug 10 & 11	Rocky Rises <i>(Club Run 10 – Aggregate Points)</i>	From Olympic Parade Maiden Gully turn west on Rocky Rises Rd & travel for 2.5km.	Craig Green	500m 1, 4.7 & 11km	XCR Rd 8 Cruden Farm (Long XC) Contact a BUAC Committee member if interested in event	City to Surf, Sydney
Aug 17	Glen Allen Memorial	Woodvale Reserve.	South Bendigo AC Eaglehawk AC	500m, 1, 3 & 11km		
Aug 24 & 25	Hornets Hideaway <i>(Club Run 11 – Aggregate Points)</i>	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 to Crusoe #2 Picnic Ground.	David Lonsdale, Chris & Janelle Giffin	500m, 1, 3.7 & 9.5km		Wonderlands Run - Grampians
Aug 31 Sep 1	Notleys Noodle <i>(Club Run 12 – Aggregate Points)</i>	Notley's Reserve, Whipstick: head north on Eaglehawk-Neilborough Road for approx 10 km. Turn left into Notley Road follow signs.	Ross Douglas	500m, 1, 4.7 & 11km		Run 4 Dad
Sep 7 & 8	Mystery Run	Mystery until the day before! Estimate your time – no watches.	It's a Mystery	They're a Mystery	XCR Rd 9 Burnley Half & 5km Contact a BUAC Committee member if interested in event	
Sep 14 & Sep 15	BUAC ½ Marathon Festival	Golf Course Road Epsom: Past the 100km de-restriction sign (3 X 7km circuits).	Alan East	1, 3, 7, 14 & 21.1km		
Sep 21	Time to prepare for the Track & Field Season #UniPride				XCR Rd 10 Tan Relays Contact a BUAC Committee member if interested in event	
Oct 13						Melbourne Marathon
Nov 3						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).

- 2pm Long Course
- 3pm Short (1km) Course
- Following 1km Intermediate Course
- Concurrently 500m Course

REGISTRATION & FEES

Memberships

Family	\$100
Seniors	\$50
Students	\$20
Juniors (under 12)	\$20
Casual (Other Bgo Run Clubs)	\$5 (adult) / \$3 (child) per race
Casual (adults)	\$10 (adult) / \$5 (child) per race

Timing Chips

New Member	\$5 per tag
Replacement	\$15 per tag

Athletics Victoria (AV) registration is encouraged but is not necessary for club runs, invitations or other Athletics Bendigo races. Runners who are not BUAC members pay \$10 per race (see casual rate above).

Fees can be paid via

- **Online Membership portal: @ EventBrite**
- **Direct Deposit (see membership form)**
- **Or Direct to Treasurer**

Membership fees do not include a timing chip. New members will be required to purchase one in order to compete in any combination of Long, Intermediate & or Short course races, but NOT for the 500m event. Returning members who received a timing chip in any season 2014-2017 will continue to use that timing chip. Replacement timing chips can be purchased for \$15.

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 Athletics Bendigo runs.

Club Championship

Club championship (aggregate) points can be accrued at club runs (yellow colour on table). The sum of points from your 10 best placings will give you an overall aggregate. Highest aggregate wins the championship. There is an award for Long, Intermediate & Short Courses.

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 \$30-\$45 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	0418322 244
Nigel Preston	Vice President	0412 692 468
David Lonsdale	Secretary	0429 944 009
Ben McDermid	Treasurer	0428 164 481
Gavin Fiedler	Publicity	5443 1714
Jenny Lee	Timekeeper	0410 448 245
Andrea Smith	Social Events Co-ord	0418 325 142
Andrew Creer	Executive	0431 831 479
Darren Rowe	Executive	0418 505 955
David Heislars	Executive	0439 654 066
Chris Giffin	Executive	0429 171 049