

2019 CROSS COUNTRY PROGRAM



**BENDIGO UNIVERSITY
ATHLETICS CLUB**

Date	Run Name	Directions to Start	Distances	Course Marker
May 4	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
	AV XCR Round 1	XCR Rd 1 - Jells Park XC Relays, contact a BUAC Committee member if interested in this event		
May 5	Great Train Race	Belgrave – Emerald Puffing Billy See http://puffingbilly.com.au/en/events/gtr/		13.5km
May 11	Eaglehawk AC Invite	TBA		
	AV	Jells Park Schools Relays, contact a BUAC Committee member if interested in this event		
& 12	Mothers Day Classic	Bendigo See http://www.mothersdayclassic.com.au/events/event-map/bendigo/		4 & 8km
May 18	Mandurang Meander <i>(Club Run 2 – Aggregate Points)</i>	Mandurang Cricket Ground	Andy Buchanan, Lee McCullagh	500m, 1, 3 & 6.2km
May 18 & 19	Great Ocean Road Running Festival	Apollo Bay & Lorne See http://greateoceanroadrunfest.com.au		1.5, 6, 14, 21, 42k & Ultra
May 16 - 19	Ultra-Trail Australia	Katoomba, NSW See https://www.ultratrailaustralia.com.au/		1, 1.2, 21.6, 50 & 100km
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
	AV	Schools RR, Princess Park, contact a BUAC Committee member if interested in this 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
	AV XCR Round 2	XCR Rd 2 - St Anne's Vineyard (Short XC), contact a BUAC Committee member if interested in this 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	Forrest See http://www.runforest.com.au/		2, 5, 13 & 22km
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.	Chris McCormack, Ross Douglas	500m, 1, 3 & 8km
	AV XCR Round 3	XCR Rd 3 Bundoora Park XC, contact a BUAC Committee member if interested in this 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
	AV XCR Round 4	XCR Rd 4 Anglesea Ekiden, contact a BUAC Committee member if interested in this event		
June 29	Harriers AC Invite	Mandurang South Rec Reserve, Hannans Road, Mandurang South	Harriers AC	500m, 1, 3 & 8km
	Surf Coast Marathon	Torquay – Fairhaven See http://www.surfcoasttrailmarathon.com.au/		21.1 & 42.2km
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 & Matthew Heislars	500m, 1, 3 & 7km
	AV XCR Round 5	XCR Rd 5 Sandown Road, contact a BUAC Committee member if interested in this event		
	Gold Coast Airport Marathon Festival	Gold Coast See http://goldcoastmarathon.com.au		2, 4, 5.7, 10, 21.1 & 42.2km

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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
	AV XCR Round 6	XCR Rd 6 Albert Park 10k & 3k, contact a BUAC Committee member if interested in this 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
	AV XCR Round 7	XCR Rd 7 Lake Wendouree 15km & 6km, contact a BUAC Committee member if interested in this event		
	Run Melbourne	Melbourne See www.runmelbourne.com.au		5, 10 & 21.1km
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.	David Lonsdale, Chris & Janelle Giffin	500m, 1, 4 & 10km
	AV XCR Round 8	XCR Rd 8 Cruden Farm (Long XC), contact a BUAC Committee member if interested in this event		
	City to Surf, Sydney	Sydney See http://city2surf.com.au/		14km
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.	Craig Green	500m 1, 3.7 & 9.5km
	Wonderlands Run - Grampians	Halls Gap See http://www.wonderlandrun.com.au		2,8, 20 & 36 km
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	Bendigo Racecourse	Athletics Bendigo	3.75 & 7.5 km
Sep 7 & 8	Mystery run	Mystery until the day before! Estimate your time – no watches.	It's a Mystery	They're a Mystery
	AV XCR Round 9	XCR Rd 9 Burnley Half & 5km, contact a BUAC Committee member if interested in this event		
Sep 14 & 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
	Cross Country Presentation	Cross Country Presentation - Details TBA		
Sep 21	AV XCR Round 10	XCR Rd 10 Tan Relays, contact a BUAC Committee member if interested in this event		
Oct 13	Melbourne Marathon	Melbourne See www.melbournemarathon.com.au		3, 5.7, 10, 21.1 & 42.2km
Nov 3	Bendigo Bank Fun Run	Bendigo		5, 10, 15 & 21.1km

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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 (orange 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