

# Bendigo University Athletics Club

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

## Member Information Booklet



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## A message from the President

Bendigo University Athletics Club is a welcoming, inclusive community of athletes and families trying to lead active healthy lifestyles with regular outdoor physical activities.

The Club conducts a Saturday afternoon all- ages & abilities winter cross country series at a variety of bushland locations around Bendigo with a famous bring-a-plate to-share afternoon tea at the end of the day's running.

The club is affiliated with Athletics Victoria and also has a core of dedicated members who compete in the various Bendigo summer track season competitions and also at state and national level.

Many club members regularly undertake road marathon, trail running and triathlon events around Victoria and Australia.

BUAC membership is your introduction to a like-minded local family of runners and athletes who don't mind their running trails being a bit adventurous .

The Club is run entirely by volunteers and receives no financial support other than memberships and event entry fees. We ask that you respect this, thank people whenever you can and that every member is prepared to lend a hand at some time in some way.

# Our Mission, Direction and Values

## Our Mission Statement

The Bendigo University Athletics Club (BUAC) mission is to encourage health and fitness through athletics – primarily cross country running. We aim to provide a non-threatening, positive social environment for runners of all ages and abilities through using a handicap system in our races and having an afternoon tea following each race, to allow people a chance to chat and get to know new members.

## Bendigo University Athletics Club Strategic Direction

Bendigo University Athletics Club is a strong local athletics club. To maintain this status a number of priorities have been identified. We want to maintain affiliation with Athletics Victoria, in order to remain a competing club. If we are not a competing club a number of our members would be disadvantaged and we may lose strong members who want to compete at a higher level.

Key Initiatives to be considered:

- Coaching sessions for members – committee to promote coaching of interested members to achieve higher standards and build the club profile
- Continued encouragement of seniors to run in Athletics Victoria events.
- Encouragement of new members to be actively involved in the running of the club and ensure regular turnover of committee roles
- Continued promotion of training session for members – including Wednesday nights at Lake Weeroona and the long run group on Sunday mornings from the corner of Crook and Condon streets in Kennington
- Ensuring new members are made to feel welcome and comfortable in their running with our club. Also make them aware of all opportunities available to them to encourage them to continue their membership.
- Continued encouragement of members to participate in Athletics Bendigo events such as Invitations, Combined Runs, Trot around Tuesdays at Lake Weeroona and the summer season, including the Saturday track events and Tuesday and Thursday night track series.

## Club Profile

Bendigo University Athletic Club was formed in the 1967 by a group of runners who wanted to create a local club that was not just focussed on track and field and fierce competition but would instead have a large focus on cross country running and longer marathon and triathlon events, whilst placing great emphasis on the social aspects of running. The club has evolved to also attract a dedicated fraternity of trail runners, all the while retaining a core of keen middle distance and long distance track runners and retaining Athletics Victoria affiliation. In recent seasons junior members have begun to blur these boundaries competing in sprint races and field events.

BUAC is very much a family club conducting an all ages and abilities winter cross country racing calendar concluding with a bring-a-plate afternoon tea that is a big hit with children.

BUAC has counted some well known Bendigo athletes amongst it's members over the years including such names as Jim Russell, Erica Wilkinson, the Selwood Brothers, Nick Dal Santo, David Meade, Rik McCaig, Fraser Walshe and Andy Buchanan. Membership of BUAC is as easy as downloading a form from the club internet page at [www.bendigouniathclub.org.au](http://www.bendigouniathclub.org.au), studying where the next event is and turning up.

Each winter Saturday afternoon club race meet includes a choice of four distances:

**Long** distance runs vary from 5km to 10km averaging around 6.5km

**Intermediate** runs vary from 3km to 4km distance.

**Short** runs are always 1 km and are great for kids and beginners

**500m** runs are brilliant for small children wanting to get involved when their parents or older siblings are participating in the longer runs.

Athletes of all ages and abilities are welcome; from experienced marathon runners to casual joggers. Races are handicapped so that every runner has a realistic chance to win.

# Committee Members



Treasurer – Ben McDermid



President – Ross Douglas



Vice President Jenny Lee



Secretary – David Lonsdale



Timekeeper Andrea Smith



Handicapper – Andrew Creer

## Membership, Fees, Uniforms & Attire.

Annual membership fees are extremely low compared to most other sports.

Membership covers all races in the winter cross season and makes runners eligible for club awards at the end of the season.

Runners who can only make it for a few races a year or visitors have the option of paying a single race fee each time they run.

Current fees are:-

Family membership \$70  
Adult/Open \$40  
Student \$15

The club encourages membership of Athletics Victoria. AV registered runners can compete in summer AV Shield track and field and winter XCR events on the AV program .

If you take out AV membership the club will waive your BUAC membership fee, or reimburse you if you have already paid it.

### Attire

The club has official athletic singlets and encourages members to wear them at all club events. Pictures and details are available on the club website.

<http://www.bendigouniathclub.org.au/indexpages/uniform.html>

Available in Mens, Womens regular (wide back) and Womens action back (narrow back). Kids sizes also.

These custom designed official club singlets are made in Australia from lightweight, moisture wicking polyester. The fully sublimated design looks great and is AV approved.

Club singlets are compulsory at AV events, together with black shorts.

Club T-shirts and hoodies are also available.

Each season the club has a dedicated apparel volunteer who will bring clothing for sale to each race and take orders where necessary for unavailable sizes .

## Event permits & Insurance details

BUAC winter cross country events are conducted on bushland trails adjoining and near to the Bendigo urban area.

Necessary permits are obtained from Parks Victoria and several other authorities on an annual basis.

These require the club to maintain Public Liability Insurance which it does via Athletics Victoria as a subsidiary of Athletics Australia. As an affiliated club they cover our club and runners with public liability insurance with all the events we conduct.

Full details of the extensive insurance cover can be found at <http://www.vinsurancegroup.com/athleticsaustralia>

This program covers Athletics Australia, affiliated State and Territory Associations and all affiliated Clubs including all members, temporary / trialling members, accredited athletic coaches, first aid personnel, administrators, officials, directors, executives and voluntary workers involved in activities which are sanctioned by Athletics Australia. These activities include official events, all playing training and trialling, meetings, and fundraising activities and travel to and from these activities.

This program incorporates seven covers;

1. Public & Products Liability
2. Professional Indemnity
3. Personal Accident
4. Property & Equipment
5. Management Liability (Directors & Officers Liability)
6. Travel Insurance
7. Cyber Liability and Privacy Protection



## BUAC Calendar & events

The winter season cross country calendar with maps of each course and directions are featured on the club website

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

Each Saturday the Long Race commences at 2pm.  
The Intermediate, 1km & 500m races commence from 3pm onwards.  
Afternoon tea is generally held at 4-4.15pm.

The club asks that competitors arrive no later than 15 minutes before race time. On arrival you need to immediately notify the Timekeeper or volunteer on the timing computer which race you are competing in.

Races are handicapped. Slowest runners leave first with faster runners progressively released with the fastest runner in the field leaving last.

Most runners prefer to take a short warm-up before commencing.

The club operates an electronic timing system with each member allocated a unique ankle tag to keep and bring along each week when running.

Club champion points are awarded on a sliding scale for each runner across the line and added to a cumulative aggregate each time. Points for each individual's best 10 races are totalled at the end of the season to establish the club champion at the end of the year.

In addition to club runs, during the season the club also holds an annual 'Invitation' first-pass-the-post running event starting from Latrobe University. Each of the other three AV affiliated clubs in Bendigo also holds an Invitation event and these are scheduled into the BUAC calendar. There are also several Athletics Bendigo annual running events scheduled with an inter-club 'McDonald Cup' being awarded each year to the club with the most successful competitors at these events.

To conclude the season each year in late September BUAC conducts a half marathon race on a 7km bushland circuit at Epsom. Competitors have the option of undertaking 3km, 7km, 14km or 21km distances.

The final events of the season are a mystery run at a new course, with no watches allowed and prizes for those running closest to their estimated time, followed by the annual Presentation Night that evening with dinner at a local hotel



# Club Code of Conduct

All players, members, spectators, officials and volunteers are expected to follow our Club's codes. Failure to do so will result in disciplinary action.

**COACHES** are required to:

- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Support, encourage and involve all players regardless of their talent level
- Never ridicule or yell at players for errors or poor performance
- Always consider the wellbeing and safety of participants before performance and results
- Encourage participants to value their performances and not just results
- Encourage and guide participants to accept responsibility for their own performance and behavior both on and off the field
- Maintain respectful and appropriate relationships with all participants
- Ensure all activities are appropriate to the age, ability and experience of participants
- Promote the positive aspects of sport (eg healthy activities).
- Always respect the official's decision and support them to carry out their role
- Display consistently high standards of good sporting behaviour and appearance
- Follow all guidelines laid down by Athletics Australia, Athletics Victoria and the Club
- Hold appropriate valid qualifications before commencing to coach
- Never condone rule violations, unfair or unduly rough play or the use of prohibited substances
- Never smoke or drink alcohol whilst in an official capacity
- Never use offensive language or behavior
- To act as a role model at all times.

**ATHLETES** are required to:

- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Respect any competition rules the rules and the judge's decisions
- Display good sporting behavior at all times
- Never use offensive language or behavior towards anyone or engage in sledging or bullying of any person
- Co-operate with your coach
- Adhere to club policies
- Never behave in a manner that would damage the reputation of the club
- Adhere to and support the Club policies
- Be trustworthy

**VOLUNTEERS and SPECTATORS** are required to:

- Act as good role models and ambassadors for the club at all times
- Always welcome opposition players, spectators, officials etc to the club
- Never use offensive language or behavior
- Treat everyone including the opposition with respect regardless of their gender, ability, cultural background or religion
- Display consistently high standards of good sporting behavior including respecting the official's decisions
- Adhere to the smoke-free policies of the club

## Problems, Complaints, Suggestions

- If you have a problem, complaint or suggestion please talk to someone from the club committee in the first instance.
- You can formally write to the committee to raise an issue.
- Remember when considering an issue that the Club is staffed by volunteers who are giving up their own time. What could you do that would help to remedy the issue you have identified ?