

ALBANY ATHLETICS CLUB (INC)

in conjunction with
Albany Little Athletics Centre



2018 CROSS COUNTRY

Please also support all our sponsors

DATE	EVENT	DIRECTIONS
Apr 22 nd	Lake Seppings School Holidays	N Bird walk car park, Golf Links Rd
Apr 29 th	Lake Seppings School Holidays	
May 6 th	Lake Seppings Gallipoli Run	H
May 13 th	Bathgate Farm Mothers Day	N
May 20 th	Bathgate Farm	N
May 27 th	Bathgate Farm	H
Jun 3 rd	Elleker Half Marathon, 10km, School teams & 2 km Dash (Enter ON-LINE) WA Long Weekend	S Hassell Rd, Elleker
Jun 10 th	Bocian Farm	N
Jun 17 th	Bocian Farm	N
Jun 24 th	Bocian Farm	H
Jul 1 st	Denmark Rail Trail (2km, 5km & 10km) School Holidays	N Old bridge near Rivermouth Caravan Park
Jul 8 th	Granite Heights (aka Voss Farm) School Holidays	N
Jul 15 th	Granite Heights (aka Voss Farm) PLUS GARY CLARK Mountain Goat 14km, start 9.30am School Holidays	N
Jul 22 nd	Granite Heights (aka Voss Farm) PLUS NEW: Fry Super Goat 18.8kms, Seniors only, start 9am	H
Jul 29 th	Mt Clarence	N
Aug 5 th	Chevron City to Surf – Albany (Maybe % Discount)	Middleton Beach 8:00 am
Aug 12 th	Mt Clarence PLUS NEW: Dickason's Dare 10k approx, Seniors only, start 9am	N
Aug 19 th	Mt Clarence	H
Aug 26 th	Terry Rd	N
Sept 2 nd	Terry Rd Fathers Day	N
Sept 9 th	Terry Rd – PLUS NEW: Worner's Wander, Seniors only, start 9am (15 km approx)	OH
Sept 16 th	Clubhouse – WINDUP & PRESENTATIONS	N
Sept 23 rd	Denmark NOTE: Under cover gas BQ's school holidays	S Kwoorabup BBQ etc

N=Normal (2, 4 & 6km) **H**=Handicap/Championship (2, 4 & 6km) **OH**=Open Handicap **S**=Special/One off event
The Gallipoli run and Chevron City to Surf are not conducted by the Albany Athletics Club, but may be of interest!
Information was correct at time of printing.
Start Times: 10:00 am 2km 10:30 am 4km & 6km (PLEASE NOTE: Different start time for new Special events)



1. CONDUCT OF EVENTS

1.1 Course Distances

A nominal 2km, 4km and 6km course is provided at all normal cross-country events. Because tracks and terrain can dictate the exact length of the course, the true distance may vary a little from these standard distances. Courses are designed for both walkers and runners.

Three Longer Runs will take place with one at Granite Heights, Mt Clarence and Terry Rd. Refer to Calendar over page for the EARLY start time.

1.2 Venues

Many of the course venues are either private property, National Parks or Reserves. All runners are asked to respect the environment and private property.

1.3 Dogs

Dogs may not take part in events. If brought to the venue dogs must be kept under control and on a leash at all times. Please refer to 1.2 when deciding whether the venue is appropriate for the exercising of pets.

1.4 Age Groups

Little Athletes:

Little Athletes may compete in only one event per day.

U7; U8; U9; U10; U11; U12 may compete only in 2km event

U13; U14; U15; U16; U17 may compete in 2km or 4km events

Seniors:

May compete in 2km, 4km or 6km events.

The Senior Club will be using an age-based handicap scoring system to award prizes in the three events. The winners will be decided from their performances in the 5 handicap events. You must compete in 2 events before you will

be eligible for a handicap. The club winners could come from any age group.

Male & female 4k & 6k club champions will be decided from the fastest Terry Rd (10th Sep) times.

2. REGISTRATION FEES

Please register as soon as possible!

- **A One Day membership or Visitor's fees, adult or child is available. (Bring a friend)**
- **We deliberately keep fees as low as possible because we want you as a MEMBER!**

2.1 Little Athletes (U7 to U17)

Current 2017/2018 Albany Little Athletics Registered Members = \$Nil (FREE)

2.2 Seniors (6yrs +)

12 month Registration

Track & Field and Cross Country (one 12mth fee) = \$40.00

Visitor Membership/One Day Only (per event) = \$ 2.00

Membership of the Albany Little Athletics Centre entitles you to compete in W.A.L.A State cross-country competitions.

Membership of the Albany Athletics Club entitles you only to compete in the local club events listed in this programme.

3. BASIC RUNNING RULES

OBEY all road traffic laws and directions given by the Police or race officials.

ALWAYS RUN ON THE RIGHT HAND SIDE OF THE ROAD unless directed otherwise. Runners do not have right of way so run with caution and common sense.

DON'T push, shove, or cut off other runners

LOOK AFTER YOUNG RUNNERS.....

Very young runners must be under **PARENTAL SUPERVISION** at all times.

PLEASE DON'T PACE.

Parents of children competing in handicap events are asked not to pace or otherwise assist their child.

4. OFFICE HOLDERS

4.1 Albany Athletics Club (Inc.)



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4.2 Albany Little Athletics Centre



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