

# ALBANY ATHLETICS CLUB (INC)

in conjunction with  
Albany Little Athletics Centre



WEEK	DATE	EVENT	DIRECTIONS
1	Apr 22 <sup>nd</sup>	Lake Seppings School Holidays	Bird walk car park, Golf Links Rd
2	Apr 29 <sup>th</sup>	Lake Seppings School Holidays	
3	May 6 <sup>th</sup>	Lake Seppings and Gallipoli Fun Run	
4	May 13 <sup>th</sup>	Bathgate Farm Mothers Day	Trebor Rd, Lower Denmark Rd, just before Cuthbert.
5	May 20 <sup>th</sup>	Bathgate Farm	
6	May 27 <sup>th</sup>	Bathgate Farm	
7	Jun 3 <sup>rd</sup>	Elleker Half Marathon, 10km, School teams & 2 km Dash (Enter ON-LINE) WA Long Weekend	Hassell Rd, Elleker
8	Jun 10 <sup>th</sup>	Bocian Farm	Borda-Be-Myn 820 Dempster Rd, Kalgan
9	Jun 17 <sup>th</sup>	Bocian Farm	
10	Jun 24 <sup>th</sup>	Bocian Farm	
11	Jul 1 <sup>st</sup>	Denmark Rail Trail (2km, 5km & 10km) School Holidays	Old bridge near Rivermouth Caravan Park
12	Jul 8 <sup>th</sup>	Granite Heights (aka Voss Farm) School Holidays	Approx 4km along Gull Rock Rd "Granite Heights Farm" on the left
13	Jul 15 <sup>th</sup>	Granite Heights (aka Voss Farm) PLUS GARY CLARK Mountain Goat 14km, start 9.30am School Holidays	
14	Jul 22 <sup>nd</sup>	Chevron City to Surf – Albany (Maybe % Discount)	Middleton Beach
15	Jul 29 <sup>th</sup>	Granite Heights (aka Voss Farm) PLUS NEW: Fry Super Goat 18.8kms, Seniors only, start 9am	Approx 4km along Gull Rock Rd
16	Aug 5 <sup>th</sup>	Mt Clarence	Carpark, cnr Apex Drive & Forts Rd
17	Aug 12 <sup>th</sup>	Mt Clarence PLUS NEW: Dickason's Dare 10k approx, Seniors only, start 9am	
18	Aug 19 <sup>th</sup>	Mt Clarence	
19	Aug 26 <sup>th</sup>	Terry Rd	Chester Pass Rd, 1 <sup>st</sup> right after Mercer Rd
20	Sept 2 <sup>nd</sup>	Terry Rd Fathers Day	
21	Sept 9 <sup>th</sup>	Terry Rd – PLUS NEW: Womer's Wander, Seniors only, start 9am (15 km approx)	
22	Sept 16 <sup>th</sup>	Clubhouse – WINDUP & PRESENTATIONS	Cnr Sanford & North Rds
23	Sept 23 <sup>rd</sup>	Denmark NOTE: Under cover gas BQ's school holidays	Kwoorabup BBQ etc

## 2018 CROSS COUNTRY

**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 (10<sup>th</sup> 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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**President:** John Bocian 0418 960 873

**Vice President:** Sue Hicks 0400 607 012

**Secretary:** Steph Lindesay 0404 929 796

**Treasurer:** Josie Kidman 0407 423 718

### 4.2 Albany Little Athletics Centre



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