

ALBANY ATHLETICS CLUB (INC)

in conjunction with
Albany Little Athletics Centre



2019 CROSS COUNTRY PROGRAM

WEEK	DATE	EVENT	DIRECTIONS
1	Apr 28 th	Lake Seppings - Round 1 <i>School Holidays</i>	Bird Walk Car Park, Golf Links Rd
2	May 5 th	Lake Seppings - Round 2	
3	May 12 th	Lake Seppings - Round 3 <i>Mothers Day</i>	
4	May 19 th	Denmark – WOW Trail (2km, 5km & 10km) Friendship Run with Denmark Running Club	<i>Lights Beach, Denmark</i>
5	May 26 th	Bathgate Farm - Round 1	<i>Trebor Rd, Lower Denmark Rd, just before Cuthbert.</i>
6	Jun 2 nd	Elleker Half Marathon, 10km, School Teams & 2km Dash (Enter ON-LINE) <i>WA Long Weekend</i>	Hassell Rd, Elleker
7	Jun 9 th	Bathgate Farm – Round 2	<i>Trebor Rd, Lower Denmark Rd, just before Cuthbert.</i>
8	Jun 16 th	Bathgate Farm - Round 3	
9	Jun 23 rd	Granite Heights Farm – Round 1 PLUS: GARY CLARK Mountain Goat 14km, start at 9.30am	Approx 4km along Gull Rock Rd "Granite Heights Farm" on the left
10	Jun 30 th	Granite Heights Farm – Round 2 PLUS: Fry Super Goat 18.8km, Seniors only, start at 9am	
11	Jul 7 th	Granite Heights Farm – Round 3	
12	Jul 14 th	Mt Clarence – Round 1 <i>School Holidays</i>	At Car Park, cnr Apex Dr & Forts Rd
13	Jul 21 st	Mt Clarence – Round 2 <i>School Holidays</i> PLUS: Dickason's Dare - 10km, Seniors only, start at 9am	
14	Jul 28 th	Mt Clarence – Round 3	
15	Aug 4 th	Terry Rd – Round 1 PLUS: Worner's Wander - 13km, Seniors only, start 9am	Off Chesterpass Rd, 1 st right after Mercer Rd.
16	Aug 11 th	Terry Rd – Round 2 - CLUB CHAMPIONSHIP RUN	
17	Aug 18 th	Terry Rd – Round 3	
18	Aug 25 th	Bocian Farm – Round 1	Borda-Be-Myn
19	Sep 1 st	Bocian Farm – Round 2 <i>Fathers Day</i>	820 Dempster Rd, Kalgan
20	Sept 8 th	Bocian Farm - Round 3 - 2k, 4k & 6k Open Handicap Runs	
21	Sept 15 th	Clubhouse – WINDUP & PRESENTATIONS	Cnr Sanford Rd & North Rd
<p>N = Normal (2, 4 & 6km) H = Handicap Calculated Run (2, 4 & 6km) OH=Open Handicap S=Special/One off event Start Times: 2km = 10:00am, 4km & 6km = 10:30am (PLEASE NOTE: Different start time for some Special Events) ** Program is subject to change</p>			



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 from these standard distances. Courses are designed for both walkers and runners.

Longer Run Options will take place with two (2) at Granite Heights, one (1) at Mt Clarence and one (1) at Terry Rd. See program for start times.

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 any event. 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

All athletes can **ONLY** compete in **one (1)** event per day.

Junior Athletes:

Junior Athletes may compete in 2km events ONLY. Unless parent/guardian approves junior athlete to compete in 4km or 6km event. The junior MUST be a competent runner, follow all road rules, flags and signage and be aware there are no marshals out on course.

Senior Athletes:

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

2.0 AWARDS

Participant's age is determined as at 28th April 2019 for calculation of handicaps and awards.

2.1 Handicap Run Awards:

The Club will be using an age-based handicap scoring system to determine award winners over the course of the events. The winners will be decided from their performances in the 5 handicap events. You must compete in a minimum of 2 events before you will be eligible for a handicap. The club winners could come from any age group.

2.2 Club Championship Run:

1st Male & 1st Female in the 2km, 4km & 6km with the fastest times at the 2rd Terry Rd Round, on 11th August 2019 will be awarded Club Champions. To be eligible you must be a Member (Day Members are ineligible) and have run a minimum of 5 events.

3.0 REGISTRATION FEES

- Season Memberships are available online at www.albanyathletics.com.au (Under the Membership Tab)
- One-Day Membership/Visitor Pass is available on the day for a payable fee of \$3.00.
- If membership application and payment is not received NO TIME will be recorded.
- **We deliberately keep fees as low as possible because we want you as a MEMBER, so please consider joining our club!**

3.1 Little Athletes Membership (U7 to U17)

Current 2018/2019 Albany Little Athletics Registered Members receive FREE Membership with Albany Athletics Club for the 2019 Cross-Country Season. Please fill out the online registration application or ask for a manual application form.

3.2 Membership Ages & Options: (6yrs to 100yrs)

Cross-Country Membership (per person) = \$45.00
Cross-Country Family Membership (2 adults, plus 2-3 child) = \$120
Visitor Membership/One Day Only (per event) = \$ 3.00
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 program.

4.0 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.
- Volunteers are required each week. Please help out when you can otherwise we can't make Cross-Country happen.

5.0. CONTACT DETAILS

5.1 Albany Athletics Club (Inc.)



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Vice President: Chris Langslow

Secretary: Sophie Osburn

Treasurer: Josie Kidman

5.2 Albany Little Athletics Centre



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