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WEBSITE: <http://www.bunburycrosscountryrunningclub.com>

PROGRAM

2023 Cross Country Season

Bunbury Cross Country Running Club (Inc.)




2023 COMMITTEE

CO-ORDINATOR:	Doug Wright - 0438 915 812	OTHER COMMITTEE MEMBERS:
ASSISTANT CO-ORDINATOR:	Richard & Charlotte Banks - 0459 590 099	Dan Parnell - 0467 556 542
SECRETARY/PUBLICITY:	Sharon Wright - 0438 915 812	Genevieve Schoeman - 0458 260 372
TREASURER:	Margarite Courtier	Shelley Gunn - 0418 216 632
		Caro Ellis - 0417 366 970
		Kylie Butcher - 0400 751 473
		Bridget Archer - 0414 533 567
		Peter Hanly - 0448 850 601


Contact: bunburycrosscountryrunningclub@gmail.com or via our Facebook page

GENERAL INFORMATION

- ☐ Bunbury Cross Country Running Club depends on its members to make it run. Help with timing and collection of flags is much appreciated.
 - ☐ Payment of fees: Members do not get credited points for Championship runs until Membership fees are paid.
 - ☐ Please leave the course as you find it. Leave only footprints behind.
- GUIDELINES FOR COURSE SET UP:**
1. Place the flags so that the next flag can be clearly seen from the previous one.
 2. Beware of overhanging branches when laying the course.
 3. In places where the course does not follow a defined track, place two flags side by side to indicate runners must run between the two flags to avoid cutting corners.
 4. If the course is in a town, set up on the same day to lessen the chance of flags being moved.
 5. Please set course length as close as possible to 2.5km.
 6. Race organisers please pick the trailer up at the previous week's run.

Dr Bryan Fleming B.D.Sc.(W.A.)

Shop 3, 49 Norton Promenade
Dalyellup WA 6230
Phone: 9795 5511



MELO VELO

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Karen and Leon Price

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E-mail: eaton trophies@westnet.com.au
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DAY'S EVENTS

REGISTRATIONS CLOSE:	9.45 am
9 Years old and under	1.5km
12 Years old and under	2.5km and 5km
15 Years old and under	2.5km and 5km
Senior	2.5km, 5km and 10km
Walkers	2.5km and 5km

Age is determined on 1 May each year. Runners can compete in their preferred distance at each event.

CASUAL MEMBERS: \$5 Per Single Visitor or \$10 Per Visiting Family
ANNUAL MEMBERSHIP: \$15 Single Junior, \$25 Single Adult
\$35 Couple, \$45 Family

All annual membership registrations to be completed before close of business on the Wednesday before your first run.



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DATE	LOCATION	DIRECTIONS	SET-UP ORGANISERS
30 th Apr	DBC Crooked Brook Forest Run	Crooked Brook Road, Dardanup - mass start	Doug Wright /Archer family
7 th May	Koombana Physiotherapy Mother's Day Run	End of Ocean Drive, Glen Padden - INVITE A FRIEND FOR FREE	Cowan & Collins families
14 th May	MKM Consulting Engineering Hillside Run	Armstrong Road/Joshua Brook Road, Boyanup	Caro Ellis /Peter Hanly/Dan Parnell
21 st May	Dalyellup Dentist Preston River Ramble	Bridge Street, Boyanup	Gunn Family/Caro Ellis
28 th May	William Barrett and Sons The Maidens Run	Ocean Drive, Glen Padden – INVITE A FRIEND FOR FREE	Adrian Barrett Family/Dan Parnell
4 th Jun	Loosends Gravel Pit Run	Lennard Road via Henty Road, Burekup (DOGS NOT PERMITTED)	Doug Wright
11 th Jun	Karis Aplin Run	Donnybrook	Karis Aplin/Peter Hanly
18 th Jun	The Print Shop College Grove Run	Keble Heights Road, College Grove	Margaret & Peter Hutchison
25 th Jun	Specsavers - Catalanos' Hollow Run	Coalfields Highway, Roelands	Renae Snape/Tom Ransom
2 nd Jul	DBC Pile Road Run	Pile Road (opposite Wild Bull) Ferguson Valley (DOGS NOT PERMITTED)	Charlotte & Richard Banks
9 th Jul	La Pause Miam Shearwater Run	Mosedale Avenue, Shearwater	The Gunn Family
16 th Jul	Loosends Gervasse Roelands Run	Coalfields Highway, 14km from SW Hwy (DOGS NOT PERMITTED)	Doug Wright/Caro Ellis
23 rd Jul	Physical Rehab with Fitness Eaton Foreshore Run	Eaton Foreshore (east end) Pratt Road, Eaton.	Barry Spice
30 th Jul	MKM Consulting Engineering Tuarts Run	End of Ocean Drive, Glen Padden	Archer Family
6 th Aug	The Cross Family Stone Ridge Run	Crooked Brook Road, Dardanup (DOGS NOT PERMITTED)	The Cross Family
13 th Aug	The Print Shop Twin Rivers Run	Eastwell Road, Australind	Peter Hanly/Butcher Family
20 th Aug	Eaton Trophies Clifton Park Run	Lucy Victoria Avenue, Clifton Park	Peter Hanly/Butcher Family
27 th Aug	DBC Club Championships Bernard DePiazzi Memorial Run	Shenton Ridge, Coalfields Highway (Mass start)	Dan Parnell
3 rd Sep	Melo Velo Father's Day Run	Mosedale Avenue, Shearwater – INVITE A FRIEND FOR FREE	Butcher Family
10 th Sep	Dalyellup Dentist Twin Rivers Run	Eastwell Road, Australind	Charlotte & Richard Banks
17 th Sep	Presentation and AGM Parkrun course (untimed) 5km distance	Prince Phillip Drive, Big Swamp Wetlands	Committee

ADDITIONAL DIRECTIONS CAN BE LOCATED AT
www.bunburycrosscountryrunningclub.com



- (1) Runners can only enter one event at each meeting.
- (2) Runners must enter seven events of the same distance during the season to be eligible for Club Championships.
- (3) Runners eligible to run in one event only at Club Championships.