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

PROGRAM

Cross Country Season 2024

Bunbury Cross Country Running Club (Inc.)



2024 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	Krystal Chrystie - 0437 905 510
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:**
- Place the flags so that the next flag can be clearly seen from the previous one.
 - Beware of overhanging branches when laying the course.
 - 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.
 - If the course is in a town, set up on the same day to lessen the chance of flags being moved.
 - Please set course length as close as possible to 2.5km.
 - 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



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Karen and Leon Price
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info@koombanaphysio.com.au
www.koombanaphysio.com.au

DAY'S EVENTS

REGISTRATIONS CLOSE:

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



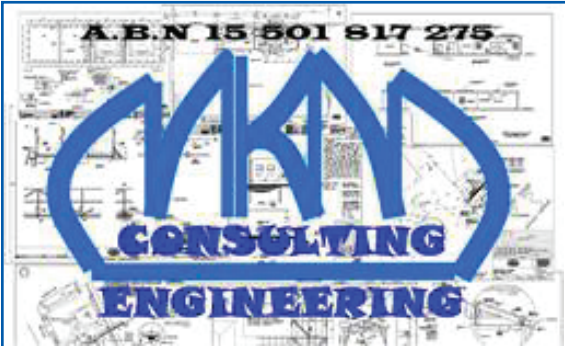
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P.O. Box 1101, Karratha WA 6714
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web:mkmeng.com.au
mob: 0427 855 444

DATE	LOCATION	DIRECTIONS	SET-UP ORGANISERS
28 th Apr	DBC Crooked Brook Forest Run	Crooked Brook Road, Dardanup (DOGS NOT PERMITTED) mass start	Doug Wright/Caro Ellis
5 th May	MKM Consulting Engineering	Armstrong Road/Joshua Brook Road, Boyanup	Phil Smith/Caro Ellis/Bridget
12 th May	La Pause Miam - MOTHER'S DAY	End of Ocean Drive, Glen Padden	Bridget Archer/Phil Smith
19 th May	Dalyellup Dentist Preston River Ramble	Bridge Street, Boyanup	Gunn Family
26 th May	MKM Consulting Engineering Tuarts Run	End of Ocean Drive, Glen Padden	Gunn Family
2 th Jun	Loosends Gravel Pit Run	Lennard Road via Henty Road, Burekup	Doug Wright/Caro Ellis
9 th Jun	MKM Consulting Engineering	Donnybrook	Peter Hanly/Karis Aplin
16 th Jun	The Print Shop College Grove Run	Keble Heights Road, College Grove	Peter & Margaret Hutchison
23 rd Jun	Loosends/Gervasse Roelands Run	Coalfields Highway, 14km from SW Hwy (DOGS NOT PERMITTED)	Jarrad Brown
30 th Jun	DBC Pile Road Run	Pile Road (opposite Wild Bull) Ferguson Valley (DOGS NOT PERMITTED)	Richard & Charlotte Banks
7 th Jul	Koombana Physiotherapy Shearwater Run	Mosedale Avenue, Shearwater	Cowan Family
14 th Jul	The Cross Family Stone Ridge Run	Crooked Brook Road, Dardanup (DOGS NOT PERMITTED)	Tom and Jill Cross
21 st Jul	Physical Rehab with Fitness Eaton Foreshore Run	Eaton Foreshore (east end) Pratt Road, Eaton.	Barry Spice/Tim Fitzpatrick
28 th Jul	William Barrett and Sons	The Maidens Run	The Barrett Family/Dan Parnell
4 th Aug	Specsavers - Blackboy Hollow Run	Coalfields Highway, Roelands	Mark Lloyd & Family
11 th Aug	Dalyellup Dentist Twin Rivers Run	Eastwell Road, Australind	Butcher Family
18 th Aug	The DBC Club Championships Bernard Depiazzi Memorial Run	Shenton Ridge, Coalfields Highway (Mass start)	Dan Parnell/Doug Wright
25 th Aug	Eaton Trophies Clifton Park Run	Lucy Victoria Avenue, Clifton Park	Peter Hanly
1 st Sep	Melo Velo Run - FATHER'S DAY	Mosedale Avenue, Shearwater	Gunn Family
8 th Sep	The Print Shop - Australind Jetty Run	Australind	Butcher Family
15 th Sep	Presentation and AGM Parkrun course (untimed) 5km distance	Prince Phillip Drive, Big Swamp Wetlands	Butcher Family

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.