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

PROGRAM

2022 Cross Country Season
Bunbury Cross Country Running Club (Inc.)



2022 COMMITTEE

CO-ORDINATOR: Erich Scherg
ASSISTANT CO-ORDINATOR: Richard Banks
SECRETARY/PUBLICITY: Lee-Maree Gallo
TREASURER: Margarite Courtier
REGISTRAR: Genevieve Schoeman
TIMEKEEPING: Dan Parnell

OTHER COMMITTEE MEMBERS:
Charlotte Banks
Sharon Wright
Doug Wright
Anna Fleming
Phil Smith
Caroline Ellis

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 score points until membership is 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.(WA.)
Shop 3, 49 Norton Promenade
Dalyellup WA 6230
Phone: 9795 5511

DALYELLUP DENTAL

MELO VELO
T: 08 9721 6438
melovelo.com.au
66 Victoria Street, Bunbury 6230

Eaton Trophies
Karen and Leon Price
8 Appaloosa Court
Eaton WA 6232
Phone: 08 97 250 929
E-mail: eaton trophies@westnet.com.au
Facebook: Eaton Trophies & Engraving

LA PAUSE MIA
Cafe & Bar
100 MIA

WEST COAST FIT
Karis Aplin Fitness Trainer
Ph: 0430 297 548 E: karis@westcoastfit.com.au
www.westcoastfit.com.au
Personal Training / Small Group Training / Bootcamps
Pre & Post Natal Pregnancy Exercise
Functional Strength and Movement
High Intensity Interval Training

Physical Rehab with Fitness
Tim Fitzpatrick 0488 734 221
Exercise Physiologist MESSA 5888
tim@physicalrehabfitness.com.au
Mobile Rehabilitation service
Exercise prescription for:
• Chronic disease • Falls prevention
• Physical and intellectual Disabilities
Seated workstation assessments home and office

koombana physiotherapy
22 Wittenoom St
Bunbury WA 6230
Tel (08) 9791 1305
Fax (08) 9791 7726
info@koombanaphysio.com.au
www.koombanaphysio.com.au

DAY'S EVENTS

REGISTRATIONS CLOSE:	9.45 am
9 Years old and under	1.5km
12 Years old and under	2.5km
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: \$20 single: \$30 couple: \$40 family
All annual memberships registrations to be completed before close of business on the Wednesday before your first run.

WILLIAM BARRETT & SONS
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Hair to dye for...

3 Mahogany Place Eaton
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DATE	LOCATION	DIRECTIONS
1 May	DBC Crooked Brook Forest Run	Crooked Brook Road, Dardanup (dogs not permitted) mass start
8 May	Koombana Physiotherapy Mother's Day Run	End of Ocean Drive, Glen Padden
15 May	MKM Consulting Engineering Hillside Run	Armstrong Road/Joshua Brook Road, Boyanup
22 May	Dalyellup Dentist Preston River Ramble	Bridge Street, Boyanup
29 May	William Barrett and Sons The Maidens Run	Ocean Drive, Glen Padden
5 June	Loosends Gravel Pit Run	Lennard Road via Henty Road, Burekup
12 June	West Coast Fit Donnybrook Run	Donnybrook
19 June	The Print Shop College Grove Run	Keble Heights Road, College Grove
26 June	The Cross Family Stone Ridge Run	Crooked Brook Road, Dardanup (dogs not permitted)
3 July	DBC Pile Road Run	Pile Road (opposite Wild Bull) Ferguson Valley (dogs not permitted)
10 July	La Pause Miam Shearwater Run	Mosedale Avenue, Shearwater
17 July	Gervasse Roelands Run	Coalfields Highway, 14km from SW Hwy (dogs not permitted)
24 July	Physical Rehab with Fitness Eaton Foreshore Run	Eaton Foreshore (east end), Pratt Road, Eaton.
31 July	MKM Consulting Engineering Tuarts Run	End of Ocean Drive, Glen Padden
7 August	Catalanos' Hollow Run	Coalfields Highway, Roelands
14 August	Eaton Pet Vet Twin Rivers Run	Eastwell Road, Australind
21 August	The DBC Club Championships Bernard Depiazzi Memorial Run	Shenton Ridge, Coalfields Highway (mass start)
28 August	Eaton Trophies Clifton Park Run	Lucy Victoria Avenue, Clifton Park
4 September	Melo Velo Father's Day Run	Mosedale Avenue, Shearwater
11 September	Dalyellup Dentist Twin Rivers Run	Eastwell Road, Australind
18 September	Presentation and AGM Parkrun course (untimed) 5km distance	Prince Phillip Drive, Big Swamp Wetlands

ADDITIONAL DIRECTIONS CAN BE LOCATED AT
www.bunburycrosscountryrunningclub.com



- (1) Runners can only enter one event at each meeting.
- (2) Runners must enter five 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.