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

PROGRAM
2025
Cross Country Season
Bunbury Cross Country Running Club (Inc.)

2025 COMMITTEE

CO-ORDINATOR:	Doug Wright - 0438 915 812	OTHER COMMITTEE MEMBERS:
ASSISTANT CO-ORDINATOR:	Adam Gunn - 0418 216 632	Dan Parnell - 0467 556 542
SECRETARY/PUBLICITY:	Sharon Wright - 0438 915 812	Shelley Gunn - 0418 216 632
TREASURER:	Margarite Courtier	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/cones so that the next flag/cone 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/cones side by side to indicate runners must run between the two flags/cones to avoid cutting corners.
4. If the course is in a town, set up on the same day to lessen the chance of flags/cones 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

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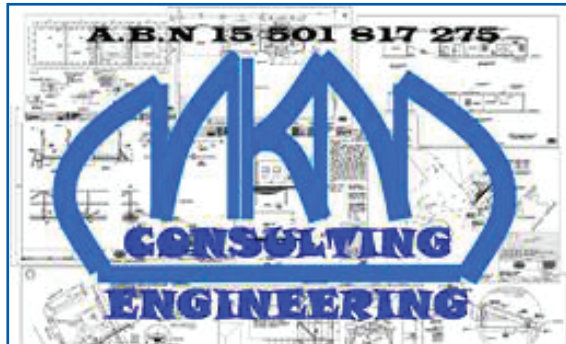
10 Edward Street
Bunbury WA 6230
Tel (08) 9791 1305
Fax (08) 9791 7726
info@koombanaphysio.com.au
www.koombanaphysio.com.au

DAY'S EVENTS

REGISTRATIONS CLOSE:

9 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.



MKM Consulting Engineering
P.O. Box 1101, Karratha WA 6714
martin.mcparrland@mkmeng.com.au
web:mkmeng.com.au
mob: 0427 855 444

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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Loosends

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DATE	LOCATION	DIRECTIONS	SET-UP ORGANISERS
27th Apr	DBC Crooked Brook Forest Run	Crooked Brook Road, Dardanup mass start	Bridget Archer & Caro Ellis
4th May	MKM Consulting Engineering	Armstrong Road/Joshua Brook Road, Boyanup	Phil Smith/Caro Ellis
11th May	Koombana Physiotherapy Mother's Day	End of Ocean Drive, Glen Padden	Butcher Family
18th May	Dalyellup Dentist Preston River Ramble	Bridge Street, Boyanup	Butcher Family
25th May	MKM Consulting Engineering Tuarts Run	End of Ocean Drive, Glen Padden	Bridget Archer
1st Jun	Specsavers Twin Rivers Run	Eastwell Road, Australind	Butcher Family
8th Jun	Shane Timms Memorial Run	Donnybrook	Peter Hanly/Tim Fitzpatrick
15th Jun	The Print Shop College Grove Run	Keble Heights Road, College Grove	Charlotte & Richard Banks
22nd Jun	Loosends Gravel Pit Run	Lennard Road, via Henty Road, Burekup (NO DOGS PERMITTED)	Doug Wright/Caro Ellis
29th Jun	DBC Pile Road Run	Pile Road (opposite Wild Bull) Ferguson Valley (DOGS NOT PERMITTED)	Richard & Charlotte Banks
6th Jul	Alba Legal Shearwater Run	Mosedale Avenue, Shearwater	Gunn Family
13th Jul	Twin Rivers Run	Eastwell Road, Australind	Jarrad Brown
20th Jul	Physical Rehab with Fitness Eaton	Eaton Foreshore (east end) Pratt Road,	Barry Spice/Tim Fitzpatrick
27th Jul	William Barrett and Sons	The Maidens Run	The Barrett Family/Dan Parnell
3rd Aug	Catalano's Hollow	Coalfields Highway, Roelands	Caro Ellis/Jarrad Brown
10th Aug	Cross Family Stone Ridge Run	Crooked Brook Road, Dardanup (DOGS NOT PERMITTED)	Cross Family
17th Aug	The DBC /Bernard Depiazzi Memorial Run	Keble Heights Road, College Grove	Peter & Margaret Hutchison
24th Aug	Eaton Trophies Clifton Park Run	Lucy Victoria Avenue, Clifton Park	Peter Hanly
31st Aug	Alba Legal Shearwater Run	Mosedale Avenue, Shearwater	Gunn Family
7th Sep	Australind Jetty Run Father's Day	Australind	Butcher Family
14th Sep	Presentation and AGM Parkrun course (untimed) 5km distance	Prince Phillip Drive, Big Swamp Wetlands	Volunteers/Peter Hanly BBQ

ADDITIONAL DIRECTIONS CAN BE LOCATED AT
www.bunburycrosscountryrunningclub.com



- (1) Runners can only enter one event at each meeting
- (2) Championship points will be based upon registered distance as at 17th August 2025
- (3) Championship points will be accrued for event participation
- (4) One point will be allocated to a runner who forgoes their run to help with the timing