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

PROGRAMME

2021 Cross Country Season
 Bunbury Cross Country Running Club (Inc.)



OFFICE BEARERS

| | | | |
|--|--------------|--|--------------|
| CO-ORDINATOR: Doug Wright | 0438 915 812 | EQUIPMENT: Jon Sharp | 0411 030 706 |
| ASSISTANT CO-ORDINATOR: Erich Scherg | 0414 810 392 | REGISTRAR: Genevieve Schoeman | 0458 260 372 |
| SECRETARY/PUBLICITY: Sharon Wright | 0438 915 812 | WEBSITE CO-ORDINATOR: Paul Ellis | 0457 144 068 |
| TREASURER: Margarite Courtier | 0451 117 613 | OTHER COMMITTEE MEMBERS: Peter Hutchinson | 0402 572 849 |
| TIMEKEEPING CO-ORDINATOR: Dan Parnell | 0467 556 542 | Margaret Hutchison | 0402 572 849 |
| | | Richard Banks | 0459 590 099 |
| | | Charlotte Banks | 0459 590 099 |

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. To assist the handicapper, 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.

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 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 1st May each year. Runners can compete in their preferred distance at each event.



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

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.



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| DATE | LOCATION | DIRECTIONS | ORGANISER |
|----------------|--|--|------------------------------------|
| May 2nd | DBC – Crooked Brook Forest Run | Crooked Brook Rd. Dardanup (Dogs not permitted) Mass start | Doug Wright/Erich Scherg |
| May 9th | Koombana Physiotherapy – (Mother’s Day Run) | End of Ocean Drive, Glen Padden Shearwater | Cowan and Collins’ Families |
| May 16th | MKM Consulting Engineering – Hillside Run | Armstrong Road/Joshua Brook Road, Boyanup | Schoeman Family Phil Smith |
| May 23rd | Laubman & Pank Run – Preston River Ramble | Bridge Street, Boyanup | John Sharp/Doug Wright |
| May 30th | William Barrett & Sons Run – The Maidens | Ocean Drive, Glen Padden | Adrian Barrett/Dan Parnell |
| June 6th | Loosends - Gravel Pit Run | Lennard Road, via Henty Road, Burekup | John Sharp/Doug Wright |
| June 13th | West Coast Fit Run – Donnybrook Run | Donnybrook | Karis Aplin |
| June 20th | The Print Shop Run – College Grove | Keble Heights Road, College Grove, Bunbury | John Sharp/Erich Scherg |
| June 27th | The Cross Family Run – Stone Ridge | Crooked Brook Road, Dardanup (Dogs not permitted) | Cross Family |
| July 4th | DBC Run – Pile Road, Ferguson Valley | Pile Road (Opposite Wild Bull – lunch after) (Dogs not permitted) | Banks Family |
| July 11th | Loosends Run – The Maidens | Ocean Drive, Glen Padden | Dan Parnell |
| July 18th | Picton Civil Pty. Ltd. Run – Gervasse, Roelands. | Coalfields Highway, 14km from SW Hwy (Dogs not permitted) | Brad Andrews/Erich Scherg |
| July 25th | Physical Rehab with Fitness Run – Eaton Foreshore | Pratt Road, Eaton. Eaton Foreshore – East end. | Barry Spice |
| August 1st | MKM Consulting Engineering – Tuart Run | End of Ocean Drive, Glen Padden | Mattias Eriksson |
| August 8th | Catalano’s Run – Blackboy Hollow | Coalfields Highway, Roelands | Robert Chester |
| August 15th | Eaton Pet Vet – Twin Rivers Run | Eastwell Road, Australind | Banks Family /Doug Wright |
| August 22nd | Eaton Trophies | Lucy Victoria Avenue, Clifton Park | Peter Hanly |
| August 29th | The DBC Club Championships – Bernard Depiazzi Memorial Run | Shenton Ridge, Coalfields Highway (Mass start) Normal way round | Tony Minards |
| September 5th | Melo Velo Run – Shearwater (Father’s Day) | Mosedale Avenue, Shearwater | Cheema Family |
| September 12th | Laubman & Pank – Twin Rivers Run | Eastwell Road, Australind | Peter Hanly |
| September 19th | PRESENTATION & AGM – Wildlife Park Prince Phillip Drive. | Park run course (untimed) Max. distance 5km (Mass start) | Committee |

ADDITIONAL DIRECTIONS CAN BE LOCATED AT
www.bunburycrosscountryrunningclub.com



- (1) Runners can only enter one event at each meeting.
- (2) Runners must enter 5 events of the same distance during the season to be eligible for club championships.
- (3) Runners eligible to run in 1 event only at club championships.