

SOUTH BENDIGO ATHLETIC CLUB



2024 CROSS COUNTRY



www.southbendigoac.au

Champions **SUPA IGA**



President: Jackie Guillou
Secretary: Anna Mulquiny
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Club Contacts:

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Secretary: Anna Mulquiny ajdevrieze@googlemail.com
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Club Coach Contacts:

Peter Barrett 0413 635 387
Emma Berg 0447 953 788
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Claude Guillou 0418 528 795

2024 CLUB SPONSORS



www.championsiga.com.au



www.hilsonbuilders.com

LONG DISTANCE:



MIDDLE DISTANCE:



SHORT DISTANCE:



UNDER 10'S: Curtis Family



2024-25 Cross Country Club Membership

All members aged over 12 (or turning 12 in the current calendar year) must register and pay Club Fee via Athletics Victoria link: <https://athsvic.org.au/clubs/south-bendigo-athletic-club/>.

- Competing Club runs only, join as a RECREATIONAL RUNNER (AV Rec Runner fee \$10).
- Competing in AV XCR and/or Track & Field refer AV website for membership packages.

AV RECREATIONAL RUNNERS also receive AV member privileges include discounts to AV events & Personal Injury Insurance <https://athsvic.org.au/av-insurance/>

Age Group	Club Membership Fee	PLUS CC Weekly Run Fee	OR *Season Run Package
U11	\$15 paid to club	\$3.00 weekly	\$25
JNR - 12-20	\$20 paid via AV website	\$3.00 weekly	\$25
OPEN - 21+	\$30 paid via AV website	\$4.00 weekly	\$35

*A "Family" Run Package of \$55 can be purchased with one of your memberships via AV website to cover family members, list below (all still require membership to be eligible for awards/prizes etc).

You can apply for a Club family discount of \$10 off 3rd & subsequent family members. Must reside at same residence. Email club for discount code/instructions southbendigoac@gmail.com

U11 COMPLETE BELOW & PAY \$15 DIRECT TO CLUB (WEEKLY RUN FEES STILL APPLY)

- I give permission for my U11 child/ren to participate in South Bendigo Athletic Club events. As South Bendigo Athletic Club is an affiliated member of Athletics Victoria (AV), I agree to the Terms and Conditions including Photography & Social Media policies as set out in the AV by-laws. Refer link for details: <https://athsvic.org.au/about/av-rules-policies/>

Consenting adult details:

Name:.

Address:.

Email:

Mobile.

Signature of consenting adult:

DATE: .../.../.....

Emergency contact:

Phone:

List names of Child/ren U11 and members in Family Run Package if purchasing \$55:

NAME	AGE	DOB	RUN PACK Y/N	*FEE PAYABLE TO CLUB
<i>Eg Jane Doe</i>	<i>6</i>	<i>7/8/2017</i>	<i>Y</i>	<i>\$15+\$25</i>
				\$
				\$
				\$
				\$
				\$
				\$
TOTAL PAYABLE TO CLUB				\$

*DO NOT list fees paid via AV website

Payment for U11 fees: Direct Deposit: BSB 633-000 Account 53125035 (reference child full name)

Please email form to southbendigoac@gmail.com



2024 Cross Country



DATE	EVENT	VENUE	LOCATION	DISTANCES			
Sat - 6 th April	Club Run #1	Victa Road	East Bendigo	6.5k	3km	1.5km	800m
Sat - 13 th April	Club Run #2	Golf Course Rd	Epsom	6.5k	3km	1.5km	800m
Sat - 20 th April	Club Run #3	Crusoe Reservoir	Kangaroo Flat	6.5k	3km	1.5km	800m
Sun - 21 st April	O'Keefe Rail Marathon	O'Keefe Rail Trail	Heathcote	42.1	21.1	10.5	500m
Sat - 27 th April	Club Run #4	Notleys Reserve	Whipstick	8km	3km	1.5km	800m
" " "	AV XCR 1	CC Relays	Jells Park				
Sat - 4 th May	UNI Invite	La Trobe Uni	Flora Hill				
Sat - 11 th May	Club Run #5	Pearces Road	Mandurang	8.5k	4km	2km	800m
" " "	AV XCR 2	CC	Hanging Rock				
Sat - 18 th May	Club Run #6	Shadbolts Reserve	Whipstick	6.5k	3km	1.5km	800m
Sat 25 th May	SBAC Invite	Woodvale Rec Res	Woodvale	6.5k	3.2k	1.5km	800m
" " "	AV All Schools	Relays	Princess Park				
Sat - 1 st June	Club Run #7 - Soup and Sav day	Sedgwick Hall	Sedgwick	6.5k	3km	1.5km	800m
Sun - 2 nd June	AV XCR 3	Albert Park	Lakeside				
Sat - 8 th June	Club Run #8	Heinz Street	East Bendigo	6.5k	3km	1.5km	800m
Sat - 15 th June	AV XCR 4	CC	St Anne's Bendigo				
Sat - 22 nd June	Club Run #9	Lightning Ridge	Eaglehawk	6.5k	3km	1.5km	800m
Sat - 29 th June	Club Run #10	Mandurang Oval	Mandurang	5km	3km	1.5km	800m
" " "	AV XCR 5	Road Relays	Sandown				
Sat - 20 th July	Club Run #11	Rocky Rises	Kangaroo Flat	10k	4km	2km	1km
" " "	AV XCR 6	CC & All Schools Champs	Bundoora				
Sat - 27 th July	Harriers Invite	Pony Club	Mandurang				
Sat - 3 rd Aug	Club Run #12	Landry Road	Lockwood	8km	4km	2km	1km
Sun - 4 th Aug	AV XCR 7	Road Race	Ballarat				
Sat - 10 th Aug	Glenn Allen						
Sat - 17 th Aug	Peter Curtis Snr Memorial Run #13	Atlas Road	Junortoun	5km	3km	1.5km	800m
" " "	AV XCR 8	Ekiden Relay	St Anne's Myrniong				
Sat - 24 th Aug	Club Championships	Crusoe No 7	Kangaroo Flat	6.5k	3km	1.5km	800m
" " "	SOCIAL NIGHT	VENUE TBC	TBC				
Sat - 31 st Aug	Club Relays	Happy Jacks Res	Lockwood	3km	1.5k	750m	
Sun - 1 st Sept	Run for Dad	Bendigo Racecourse	Bendigo	7.5k	3.75k		
Sat - 7 th Sept	Donna Tickell Memorial/Pres.	Woodvale Rec Res	Woodvale			1.5km	
Sun - 8 th Sept	AV XCR 9	Burnley Half Marathon	Burnley				
Sat - 14 th Sept	AV XCR 10	Tan Relays	The Tan				

*Start time is 1.30pm weekly. The long run & 3km start together first followed by the 800m and then the 1.5km.

RULES OF COMPETITION

1. **All Athletes are required to be financial as of the third club run to be eligible for ribbons, prizes & aggregate points.** "Financial" for the purpose of Club runs means the full Payment of applicable fees. Ribbons, Prizes & Aggregate points will not be distributed until the end of Club Run 3.

Ribbons are awarded to 1st, 2nd & 3rd placegetters, plus the fastest male & female of the financial members in each event.

Prizes are only presented to Financial Members.

First Time athletes are not eligible for any handicap ribbons or prizes in their first race. Non-financial members may be awarded an invitation ribbon.

Athletes paying Fees after race 3 will only be eligible for points from that time on.

2. To be Eligible for Championships, all athletes must be fully paid financial members.

All athletes 12 years and over should wear the Club Singlet on the day.

Athletes must indicate if they wish to participate in the Club Championships on the day of the event in their allocated age group.

Age Groups are AGE ON the DAY of the event and should run in that age group. Age groups can be reviewed at the discretion of the committee.

Championship events:

800m: Under 8 & 10 boys & girls.

1500m: Under 12 boys & girls, under 14 boys and girls, 50+ women, 60+ men & women.

3000m: Under 16 boys and girls, under 18 boys & girls, under 20 women and men, 40+ women, and 50+ men.

6500m: Open men and woman and 40+ men and women.

On Club Championship Day, fastest time ribbons are only given for men & women, if the winners are not eligible for the club championship.

On the Club Championship events, 1st, 2nd and 3rd ribbons are given for sealed handicap honours in each event.

3. **Under 10 runners must be able to compete unaided & unassisted**, except in extraordinary circumstances where permission for the club executive has been granted.

Under 10 for cross country run purpose is 9 years or under at the time of the first club run of the season. If an athlete turns 10 during the season, they can remain in under 10 club runs only, for the rest of the season.

4. For Club Run days only, the program will commence at 1.30pm in the order of Open Long Distance & Open Middle Distance combined, followed by the U/10 race, then the Open Short Distance.

5. All Athletes are encouraged to wear club colours at all runs, including invitations & relays.



South Bendigo Athletic Club Cross Country Season April to September

It is a requirement by Parks Victoria that the South Bendigo Athletic Club provide the following, in a response to Emergency Management as the event is being held under the South Bendigo Athletic Club inc. \$20 Million Public Liability Insurance, as sited in the event permit.

- Officials will be briefed & supplied with an Emergency Contact list & where possible, have officials trained in first aid.
- Where possible officials will have mobile phone access, in case of emergency.
- All Officials on the various courses will wear Hi-vis safety vests.
- A First Aid Kit is always available at the start & end of events and is able to be taken onto the course if necessary.
- Athletes are briefed at the start of events, making them aware of any potential or known hazards. Most Known hazards are usually eliminated or bypassed, if possible, prior to the commencement of events.
- In case of hazardous weather, a race or races may be delayed or postponed at the discretion of the SBAC exec. or race day officials.
- Runner's ahead signs are used, where necessary to warn the public of the event.
- Hi-Vis bollards & barricading is used around the finish area, where necessary

IN CASE OF EMERGENCY:

Injured or Fatigued Runner

If the runner is unconscious or seriously injured:

- Dial 000
- Follow Instructions
- Ring Venue Manager

If the runner is conscious, but requires vehicle/ First Aid Assistance:

- Ring venue manager/ First Aid
- Follow Instructions
- Stay with the athlete until help arrives.

Vehicle Accident involving a Runner.

- Notify Police, Ambulance and Venue Manager
- Obey All Police Instructions

Fire

In case of Wildfire

- Notify Emergency Services
- Abandon Race immediately
- Athletes to be picked up/ or returned to start immediately.
- Course Officials to notify Venue Manager
- Manager to notify Parks Victoria



Trophies & Awards

Club Aggregate: Aggregate points are calculated on the finishing order in each club run for each distance - 1st place receives 25 points, 2nd receives 20 points, 3rd receives 18 points, then reducing by one point until 15th place receiving 6 points, then all others receive 5 points. Financial members running in their first race will be awarded 5 aggregate points. An athlete's best 10 scores will count for the aggregate, so if an athlete competes in 12 club runs, they will drop the worse 2 scores. Athletes competing in Athletics Victoria events for Athletics Bendigo will be awarded 18 aggregate points for relays and 10 points for other events, when the event clashes with a club run. The points are added up, with the athlete with the highest points for the season declared the winner. Aggregate points are only allocated to one event of the athletes choosing if competing in multiple events on one day.

Fastest Time Aggregate: These aggregate points are restricted to the fastest 6 runners in each event. 6 Points are awarded to the fastest, 5 for second fastest, down to 1 point for sixth fastest. Once again, an athlete can drop their 2 worst performances, with their 10 best performances counting towards the aggregate. Athletes competing for Athletics Bendigo in Athletics Victoria events will be awarded 3 fastest time points, when the event clashes with a club run. Aggregate points are only allocated to one event of the athletes choosing if competing in multiple events on one day. The points are added up, with the athlete with the highest points for the season declared the winner.

Donna Tickell Memorial Shield: A 1500m handicap race for financial members who have competed in a minimum of 3 club runs for the season. The event is usually held as a sealed handicap at the end of the season on presentation day at the Woodvale Recreation Reserve. The Handicap winner of the event wins the Shield.

Peter Curtis Snr Memorial: A 1500m handicap race for financial members who have competed in minimum of 3 club runs of the same distance for the season. The event is usually held at Atlas Rd in the month of August with the winner announced on Presentation Day. Criteria based upon the athlete's best race of the season compared to their time on the day with the athlete recording the greatest improvement being declared the winner.

Peter Huthnance - Best Club Contributor (Winter): The committee decides this award & is given to any person the club thinks has contributed positively towards the club during Cross Country season.

Dixon Family Encouragement Award: The committee selects this award from a short list of eligible athletes supplied by the handicapper.

Most Consistent Sash: This is determined by the variance between the estimated & actual performance throughout the season, based on time. To be eligible an athlete must have competed in more than 50% of Club runs for the season. The athlete with the least average variation in times over a whole season is declared the winner.

Most Improved Sash: The athlete who has the greatest improvement in their performance this season compared with last season is declared the winner. To be eligible an athlete must have competed in 50% or more of runs in both seasons. **Rookie of the Year Sash:** This is awarded to a first-year athlete, who has competed in more than 50% of club runs. The athlete must run consistently & show some improvement throughout the season.

Most Outstanding Junior Trophy: Decided by the committee, this award goes to an athlete under the age of 20, who has had an outstanding Cross-Country Season. (Not Necessary AV registered).

Ron Nancarrow Perpetual Trophy- Best Winter Season Award: Awarded to an AV registered athlete (Senior or Junior) who has had an outstanding cross-country season.

Champions IGA Best Cross-Country Male: Decided by the committee, this award is presented to the person judged the best performed Cross Country male athlete, who has competed in a minimum 5 club runs during the season. (Based on Local Club Contested events).

Champions IGA Best Cross-Country Female: Decided by the committee, this award is presented to the person judged the best performed Cross Country female athlete, who



PETER CURTIS SNR MEMORIAL 1500m Sealed Handicap.

Peter Curtis Snr was an enthusiastic Club Member who passed away Christmas Morning 2016.

Peter dedicated his time and loyalty to South Bendigo Athletic Club since his family joined in the late 90's.

In dedication to his memory a memorial race was commemorated in his usual 1500m distance, to be held at his home ground of Atlas Rd in the Month of August.

The inaugural event was run on the 26-08-2017 on what would have been Peter Snr's 62nd Birthday. Each Peter Snr Memorial race is run as a Sealed Handicap, with the winner announced at Club Presentations.



Previous Winners:

2017: Leigh Browell

2018: Sam Noden

2019: Asher Bowe & Madison Bryce

2020: not conducted due to Covid

2021: not conducted due to Covid

2022: Peyton Bish

2023: Michael Seymour





DONNA TICKELL MEMORIAL 1500M Cross Country Sealed Handicap.

Club Member Donna Tickell was Killed whilst riding her bike home from school, near Newstead.

This event was set up by the club to remember a youngster who was a willing helper & competitor with the club during the cross-country season.

The run had always been during the season proper at the Golf Course Rd Venue in Epsom, until 2005, with the sealed handicap winner, not being known until presentation day.

In 2006 the event was run for the first time at the Woodvale Recreation Reserve, as a final race of the year, on the Cross-Country Presentation day.

Previous Winners:

- 1991: David Purdon
- 1992: David Read
- 1993: Ashley Williams
- 1994: Danielle McLennan
- 1995: Alana Oldman
- 1996: Ryan Cornell
- 1997: Donna Bryant
- 1998: Mark Chapman
- 1999: David Purdon
- 2000: Michelle DeLaHaye
- 2001: Kyall Britten
- 2002: Ashlea Smith
- 2003: Kyall Britten
- 2004: Gina Hilson & David Purdon
- 2005: Robert Scholes
- 2006: Keith Noden
- 2007: Madison Bryce
- 2008: Will Noden
- 2009: Yasmin Hayes
- 2010: Bree Heiden
- 2011: Keely Trew
- 2012: Lisa Minchin
- 2013: Maria Bryce
- 2014: Emily Patterson & Madison Hill
- 2015: Jett Patullo
- 2016: Kaitlyn Bryce
- 2017: Kate Wilson
- 2018: Matt Barkla
- 2019: Matt Barkla
- 2020: not conducted due to Covid
- 2021: not conducted due to Covid
- 2022: Tyler Fynch
- 2023: Stafford Kelly



2022



2023

Emergency Contact List. South Bendigo Athletic Club Inc.



Emergency Contact	Contact Number
Bendigo Police 221-227 High St, Bendigo	000 5448 1300
Ambulance Victoria	000
Bendigo Hospital Fire DSE-Fire City of Greater Bendigo Crusoe Reservoir	5454 6000 000 5430 4644 5434 6000 0427 844 177
Parks Victoria Staff- Deon Marks, Ranger, Bendigo District	5430 4646
Name of SBAC Club Contacts	Jackie Guillou – 0432 266 671 Annette Curtis - Peta Dawe - Greg Hilson 0418 590 804 Mandy Worthington 0413 594 745

South Bendigo Athletic Club- for Family Fitness & Fun

