



2009 Cross Country Program

			Event	Venue	Locality				
Sat	April	4	Club Run #1, 1.30pm	Golf Course Road	Epsom	5000	3000	800	1500
Mon	April	12	Easter Dragon Mile	Pall Mall	Bendigo	1609	800		
^^	^^	^^	Stawell Gift	Central Park	Stawell				
Sat	April	18	Club Run #2, 2.00pm	Atlas Road	Junortoun	4000	4000	1000	2000
^^	^^	^^	AV CC Relays	Jell's Park	Wheelers Hill				
Sat	April	25	Club Run #3, 1.30pm	No.7 Park, Crusoe	Kang.Flat	6500	3000	800	1500
Sat	May	2	AB Club Relays, 1.30pm	Lake Neanger	Eaglehawk	3180	2120	1060	
Sat	May	9	Club Run #4, 1.30pm	Heinz Street	White Hills	6500	3000	800	1500
^^	^^	^^	AV 8km CC Champs	Landner Park	Warragul				
Sat	May	16	University Invitation	Latrobe University	Bendigo	7500	4000	2000	1000
Sat	May	23	Club Run #5, 1.30pm	Lightning Hill	Eaglehawk	6500	3000	800	1500
Sat	May	30	Club Run #6, 1.30pm	Victa Road	Bendigo East	6500	3000	1000	1500
^^	^^	^^	AV 10km Champs	Sandown Park	Sandown				
Sat	June	6	Chas.Suffren Memorial	Lake Burrumbeet	Ballarat	6400	3000	1600	
^^	^^	^^	Aust.Fed Walk Champs	Canberra	Canberra				
Sat	June	13	Club Run #7, 1.30pm	Pearces Road	Mandurang	6500	3000	800	1500
Sat	June	20	Club Run #8, 1.30pm	No.7 Park, Crusoe	Kang.Flat	5000	3000	1000	2000
^^	^^	^^	AV 15km Road Champs		Ballarat				
Sat	June	27	SBAC Invitation, 2pm	Woodvale Classic.	Woodvale	6500	3200	1000	500
Sun	June	28	BAC Pro EH to Bgo	BAC members only	Eaglehawk	6500			
Sat	July	4	AV Coliban Relay 12.30	Harcourt/Bendigo	Harcourt				
Sat	July	11	Club Run #9, 1.30pm	Rocky Rises Road	Kangaroo Flat	8000	3000	800	2000
Sat	July	18	Club Run #10, 1.30pm	Atlas Road	Junortoun	10000	3000	800	1500
^^	^^	^^	AV 12km CC Champs	Bundoora Park	Bundoora, Melb				
Sat	July	25	SBAC Club Relay Day	Catholic College	Junortoun				
Sun	July	26	VLAA State CCC	Bundoora Park	Melbourne				
Sat	August	1	Club Run #11, 1.30pm	Landry's Road	Lockwood	6500	3000	800	1500
^^	^^	^^	AV 16km CC Champs	Geelong	Geelong				
Sat	August	8	SBAC Club Champs	Victa Road	Bendigo East	6500	3000	800	1500
Sun	August	16	Keith Huddle Memorial	E/Hawk to Bendigo	Eaglehawk	6500			
^^	^^	^^	Club Social dinner	Venue & Time TBA					
Sat	August	22	Club Run #12, 2.00pm	Golf Course Road	Epsom	4000	4000	1000	2000
^^	^^	^^	AV Road Relays	Sandown Park	Sandown	6200	3100		
Sat	August	29	Glen Allen Memorial	Emu Creek Road	Emu Creek	10000	3000	1000	
Sat	Sept	5	Donna Tickell Memorial	Woodvale Rec.Res	Woodvale	1500			
^^	^^	^^	Club CC Presentations	^^ ^^ ^^	^^				
Sun	Sept	6	AV Half Marathon	Yarra Boulevard	Burnley, Melb	21100			
Sat	Sept	12	University ½ Marathon	Golf Course Road	Epsom	21100	14000	7000	3 & 1
Sat	Sept	19	Tan Relays	King's Domain	Melbourne	3800			

For more information about the club's Cross Country season, please call
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 Club Website www.southbgoaths.alturl.com



South Bendigo Athletic Club – for Family Fitness & Fun