

# My 2022 race results

	RAC	E		KM	TIME	KM RATE	PLACE
	1	3 APRIL	WAURN PONDS	5KM			
	2	10 APRIL	BARWON VALLEY PK	6.5KM			
	3	24 APRIL	HALF MARATHON	21.1KM			
	4	1 MAY	PORTARLINGTON	8KM			
	5	8 MAY	1ST SEALED	5KM			
	6	15 MAY	TEAMS RACE	3x4KM			
	7	22 MAY	OCEAN GROVE	10KM			
	8	29 MAY	INVERLEIGH	8KM			
	9	5 JUNE	DRYSDALE	7KM			
	10	12 JUNE	2ND SEALED	8KM			
	11	19 JUNE	YOU YANGS KOM	10KM			
	12	26 JUNE	GEELONG GRAMMAR	10KM			
	13	3 JULY	PT LONSDALE	10KM			
	14	10 JULY	OG RIVERSIDE	10KM			
	15	17 JULY	3RD SEALED	10KM			
	16	24 JULY	WURDIBOLUC	12.6KM			
	17	31 JULY	TORQUAY	10KM			
	18	7 AUG	FYANSFORD	8KM			
	19	14 AUG	4TH SEALED	15KM			
	20	21 AUG	WAURN PONDS	8KM			
	21	28 AUG	ANGLESEA	8KM			
	22	4 SEPT	FOUR BRIDGES	5KM			
	23	11 SEPT	CLUB HALF	21.1KM			
	24	18 SEPT	ELIMINATOR	4/3/2KM	1		
	25	31 DEC	DAWNBUSTER	5KM			

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38	11	19 JUNE	YOU YANGS KOM	10KM		
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42	13	3 JULY	PT LONSDALE	10K		
44	14	10 JULY	OCEAN GROVE RIVERSIDE	8KM		
46	15	17 JULY	BARWON VALLEY SEALED 3RD	10KM		
48	16	24 JULY	WURDIBOLUC	12.6KM		
50	17	31 JULY	TORQUAY	10KM		
52	18	7 AUG	FYANSFORD	8KM		
54	19	14 AUG	BARWON VALLEY SEALED 4TH	15KM		
56	20	21 AUG	WAURN PONDS	8KM		
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# A message from the President 2022

Welcome to another season of this great club. With a bit of luck and good management, we will get through a full season this year. As you know, conditions have been trying for everyone over the previous two seasons. Thanks must go to all the committee members, associate members, volunteers, and general members who have put in a great deal of work to ensure our club continues to prosper and has navigated the Covid restrictions up to now.

As a result of all this hard work, the club is in a good position for this season. We managed to host a successful half marathon event in 2021, despite the many challenges and hopefully we can build on that again this year.

This is my first year, formally as president. Thanks to Paul for his efforts last year and his ongoing support, even when away!

Thanks also to our venerable secretary, Jeff Walker, who keeps the club together with his hard work and experience. Jeff is indispensable and I rely on him greatly.

Of course, many others contribute a great deal to the success of this club. Alan Jenkins has the role of organising our permits, and this year will again be challenging. There have been changes to our race calendar again for this year. It is becoming harder and harder to host events with the pressures on courses and tougher requirements from council and shires alike. Some courses have had to change venue. We've tried to keep as many of our club favourites as we can.

Hopefully members old and new will continue enjoying the many benefits of being a part of our fine club.

Kevin McNulty

Runner #957



### Office bearers 2022

PRESIDENT Kevin McNulty
SENIOR VICE PRESIDENT Paul Austin
JUNIOR VICE PRESIDENT Alan Jenkins
SECRETARY Jeff Walker

ASSISTANT SECRETARY Frank Engelsman
TREASURER Sean Thompson

**COMMITTEE MEMBERS** Michael Morton, Dan Wright, Julie Elkin,

Michael Minney, Jeanette Morton,

Joanna MacCarthy and Susan Andrews

#### Club officials 2022

HANDICAPPERS Dan Wright, Michael Morton and

Joanna MacCarthy

PRESS CORRESPONDENTS Jeff Walker

**HALF MARATHON** Ken Walker, Jeff Walker, Kevin McNulty,

Rachael Thompson, Michael Minney, Denise Elson, Joe Weiler, Tony Alsop, Jeanette Morton and Jeanette Austin

TIMEKEEPER Jane Gasper

**PROTEST COORDINATORS** Vin Gasper and Jeff Walker **RACE COMMITTEE** Graeme Watkins, Jeff Walker,

Alan Jenkins, Paul Austin, Dan Wright,

Kevin McNulty and Julie Elkin

**SPONSORSHIP** Paul Austin, John Caulfield, Kylie Pretty,

Eileen Sims and Jenny Palmer

**DAWNBUSTER COMMITTEE** Paul Austin, Jeanette Morton, Denise

Elson, Kevin McNulty, Phil Shay, Ken Walker, John Morton, Maurice Marshall

and Jeff Walker

**RISK MANAGEMENT** Paul Austin, Phil Shay, Denise Elson,

Jeff Walker and Kim Henderson

Geelong Cross Country Club Inc. A0007148P Postal Address PO Box 641, Belmont, 3216

### **Award winners 2021**

**CLUB CHAMPIONS** Rachael Thompson

Liam Drady

**UNDER 40 CHAMPIONS** Rachael Thompson

Liam Drady

**VETERANS' CHAMPIONS** Susan Andrews

Ed Kelly

MASTERS' CHAMPIONS Ruth Kimpton

Alister Ward

**LEGENDS' CHAMPION** Pam Tindal

Ken Walker

**SUPERVETS' CHAMPION** Dave Elward

MARATHON CHAMPION Vin Gasper

MARATHON FASTEST TIMES Richard Egan

AGE GRADED 10KM Dave Elward

**SEALED HANDICAPS** Front Fiona Fitzpatrick

Middle Barney Ellis Back Tim Davis Newcomers Ed Kelly

MOST IMPRESSIVE Dave Elward

MOST IMPROVED Fiona Fitzpatrick and Barney Ellis

BEST FIRST YEAR RUNNER Ed Kelly

BEST CLUBPERSON Jeff Walker

(prize donated by Colleen Stephens)

MERIT AWARD John Morton and Xavier Shay

# **2021 race results** Courtesy of Tuckers Funeral Services

# 1. THE GEELONG HALF MARATHON BELMONT PARK 21.1 KM

Male- Abere Kassw [66.28] Female- Karinna Fyfe [73.54]

# 2. STEIGEN BELMONT PARK 5 KM

Fiona Fitzpatrick [29.17] Fastest-Damien Turner [17.08]

#### 3 ACTIVE FEET BELMONT PARK 6.5 KM

Barney Ellis [29.40] Fastest- Damien Turner [22.05]

# 4. DARRIWILL FARM WAURN PONDS 5 KM SEALED

Front- Fiona Fitzpatrick [28.29] Middle-Barney Ellis [21.24] Back- Matt Maiden [19.51] Newcomers- Eloise Gordon [27.21] Fastest- Damien Turner [16.34]

#### 5. GOODLIFE HEALTH CLUBS BELMONT PARK 3 X 4 KM TEAMS RACE

Ken Walker, Patrick Oughtred, Michael Orelli [57.23] Fastest- Liam Drady [14.36]

# 6. EAST GEELONG DISCOUNT DRUG STORE INVERLEIGH 8 KM

Sean Thompson [35.05] Fastest- Liam Drady [30.14]

#### 9 PROFEET PODIATRY DRYSDALE 7 KM

Michael Morton [29.49] Fastest- Ed Kelly [27.39]

# 10. PROFEET PODIATRY BALYANG 8 KM SEALED

Front- Fiona Gilks [40.33] Middle-Wayne McCorkell [38.15] Back- Tim Davis [33.09] Newcomers- Mac Fox [28.09] Fastest- Mac Fox [28.09]

#### 11. WINDOWS BY GEOFF CASE KING OF THE MOUNTAINS YOU YANGS 10.5 KM

Daryl Burns [40.35] Fastest Daryl Burns [40.35]

# 12. THE INJURY CLINIC WURDIBOLUC 12.6 KM

Luke Ryan [56.28] Fastest- Daryl Burns [46.43]

#### 13. PROFEET PODIATRY BARWON VALLEY 10 KM SEALED

Front- Jocelyn Hepburn [56.55] Middle- Stuart Pretty [45.46] Back- Tim Davis [41.09] Newcomers Estelle Davis [50.11] Fastest Pat Hagan [33.28]

# 16. THE HAPPY RUNNER TORQUAY SURFCOAST CLASSIC 10 KM

Stuart Pretty [48.20] Fastest- Pat Hagan [36.30]

#### 18. THE RUNNING COMPANY GEELONG BARWON VALLEY 15 KM SEALED

Front- Kim McFadden [80.53 Middle- Barney Ellis [66.42] Back- Luke Considine [59.22] Newcomers- Louise Brennan [72.08] Fastest- Pat Hagan [54.41]

# 25. NEWGROVE BENCHTOPS BALYANG ELIMINATOR

Michael Orelli [10.56]

#### 26. DAWN BUSTER 5 KM

Peter Kerr [15.37]

# SEASON CUT SHORT DUE TO COVID RESTRICTIONS

#### Club Awards 2021

#### CLUB OPEN MALE AND FEMALE CHAMPIONSHIPS

Open to all runners. Points will be awarded to the fastest five runners at each club race. 6 pts to fastest, 4 pts to second fastest, 3 pts to third, 2 pts to fourth and 1 pt for 5th. The best 16 races to count.

In order to be eligible for Championship pool prizemoney, a member is required to complete a minimum of 7 runs during the season.

Championship points will also be awarded in the following categories.

MALE & FEMALE UNDER 40 Runners under the age of 40 as of January 1st,

2022. Points as for Club Champion.

**MALE & FEMALE VETERANS** Runners between the age of 40 and 49 years

as of January 1st, 2022. Points as for

Club Champion.

MALE & FEMALE MASTERS Runners between the age of 50 and 59 years

as of January 1st, 2022. Points as per Club

Champion.

**MALE LEGENDS** Runners between the age of 60 and 69 years

as of January 1st. 2022. Points as per Club

Champion.

**FEMALE LEGENDS** Runners who have attained the age of 60 years

as of January 1st, 2022. Points as per Club

Champion.

**MALE SUPERVETS** Runners who have attained the age

of 70 years as of January 1st, 2022.

Points as per Club Champion.

MOST IMPRESSIVE

AND MOST IMPROVED Open to all runners and selected by

handicapping panel on the basis of performance throughout the season.

BEST FIRST YEAR RUNNER Selected from all the runners by the

handicappers on season's performance.

Awarded to the club member who the **BEST CLUB PERSON** 

committee decides has done the most

for the benefit of the members.

**CLUB MARATHON CHAMPION** The member with the best age graded score

> in an accredited marathon between 2021 Eliminator and 2022 Eliminator will be known as the Club Marathon Champion and will be awarded a sash. The best male and female times will be

recorded on the perpetual trophy.

To be eligible, a member must have done 3 club races in the current season or 8 club

races over the past two seasons.



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## Race entry system

#### **ENTRY FEES:**

\$10 per event, \$8 for Students and Pensioners.

Entries will be accepted on Race Day but close 20 minutes prior to the advertised start time of the race except in the case of split races when entries close 20 minutes prior to the first race on that day.

#### INVITATION RUNNERS:

An entry fee of \$15 applies to invitation runners, except for the September Half Marathon, which will have a \$30 entry fee. Runners will be timed but will not be eligible for prizemoney. Invitation runners must wear a yellow tag and an invitation number on their top.

**PLEASE NOTE:** If you forget your timing band on race day, you must obtain a replacement by **8:40am**, otherwise you will only be able to run, with no time recorded, no championship points, but will be credited with a run.

#### **NEW MEMBERS:**

New members will be started on predetermined marks for their first six handicap runs, during which time they are not eligible for handicap prizemoney but will be eligible for championship points.

New runners must wear yellow tags provided by the club.

**TEAMS RACES:** Runners need to enter by the Sunday prior to the teams race.

A 5km race will be held along with all races over 10km and at the You Yangs. The 5km races will hold no championship points but will be recorded as a club run.

NOTE: The Geelong Half Marathon and Dawnbuster, are not counted as official club runs for statistical purposes.

#### COURSE GRADINGS



**Easy:** Due to course being a flat, even surface and short in distance.



**Medium:** Due to course having some hills and possibly some off-road surfaces.



**Difficult:** Due to course having steep climbs, off-road terrain or being long in distance.

## **GCCC Handicap System**

We aim to provide more motivation to new members and also to winners of races to give them all a reason to continue to race and enjoy their sport.

Some of the benefits of the Handicap System are:

- More runners competing for a win each week
- The majority of the field to finish within a three minute time frame
- The more races you do, the more likely you will be racing for a win
- Encourage new members, in that from half way through the season, they will have the opportunity to race for a win
- Not to penalise winners as much, so if they continue to run well, they will still finish towards the front end of the field

In simple terms, the handicap is based on your best adjusted 5km race pace over your last 15 Club races. When a race is longer than 5km the pace is adjusted back to an equivalent 5km pace. By-Law 12 regarding marked improvement will be enforced by the Handicappers and the Protest Co-ordinators.

#### **Code of Conduct**

The Geelong Cross Country Club Incorporated (the Club) aims to provide a positive sporting environment for the benefit of all members. The Club aims to provide for the health, welfare and well-being of its members and supporters at all times.

All athletes, officials, supporters and committee members have a responsibility at all times when representing the Club to conduct themselves in a manner consistent with this Code of Conduct.

Club members will at all times:

- respect the rights, dignity and worth of every other member regardless of their gender, ability, cultural background or religion
- be fair, considerate and honest in dealings with others
- never condone rule violations, unsporting conduct or the use of prohibited substances
- display consistently high standards of positive behaviour and appearance
- consider the safety and well-being of participants in events conducted by the Club and members of the community who may be affected by the Club's activities
- promote fair play and encourage participation and not a "win at all costs" approach
- respect Club officials' decisions and support them to carry out their role
- follow all guidelines as published by the Club from time to time
- demonstrate a high degree of individual responsibility towards all Club members and members of the wider community, especially when dealing with persons under 18 years of age
- abide by the smoke-free policy of the club.

## **Club prizemoney**

#### **HANDICAP RACES**

- 1st \$180 2nd \$140 3rd \$100 4th \$70 5th \$60
- 6th \$50 7th \$40 8th \$30 9th \$20 10th \$15

#### **TEAMS RACES**

Three members per team:

- 1st \$60 each
- 2nd \$30 each
- 3rd \$20 each

#### **SEALED SERIES - OVERALL**

- 1st \$180 2nd \$140 3rd \$100
- Newcomers and returning runners 1st \$70

#### **SEALED SERIES - HEATS**

- Front, Middle, Back Handicap winners- \$80
- Newcomers and returning division 1st \$30

# CLUB CHAMPION PRIZE POOL FOR MALE AND FEMALE UNDER 40, VETERANS, MASTERS AND MALE LEGENDS

• 1st - \$180 • 2nd - \$140 • 3rd - \$100 • 4th - \$70 • 5th - \$60

#### **FEMALE LEGENDS AND MALE SUPERVETS**

• 1st - \$180 • 2nd - \$140 • 3rd - \$100

#### **OPEN MALE AND FEMALE CLUB CHAMPIONS**

Male and Female \$180 each







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#### **Club Sealed Series**

- 1. A Sealed Series will be held mid-season with 4 races over 5km, 8km, 10km and 15km, at least a fortnight apart. All races will be scratch starts.
- 2. The Committee will decide how many divisions the field will be split into.
- 3. To be eligible for the series prizemoney, runners must complete at least 3 races.
- 4. The handicappers will split the field into the number of divisions decided by the Committee.
- 5. Runners will be handicapped according to their kilometre rates over the past one and a half seasons. Penalties for winning and placing in open races are not carried into the series. The Sealed Series handicaps are known only to the handicappers and are not released.
- 6. No handicap penalties for performances in the Sealed Series will apply to normal handicap events.
- 7. Handicappers will have the power to re-handicap runners within the Sealed Series if they improve markedly on their expected km rate in comparison with the majority of the field.
- 8. The winner for each race will be the runner whose time compares most favourably with his/her expected time.
- 9. In each race, the winner will be awarded half a point, second will be awarded 2 points, third 3 points, fourth 4 points and so on.
- 10. To decide the placings for the series, the runner with the lowest number of points from their best 3 runs will be the winner, the second lowest number of points will be second and so on.
- A sash and prizemoney of \$80 will be awarded to the winner of the back, middle and frontmarker division races.
   A sash and prize money of \$30 will be awarded to the winner of the newcomers and returning runners division races.
- 12. Results will be announced on Presentation Night.

  Prizemoney for the series will be allocated to third place, except in the newcomers division which will be at the discretion of the Committee.

# **Magic Money**

Each week a group of six runners who finish close together, but outside the top 20 in a handicap race, are chosen to race for \$35 at the following handicap race.

If chosen, you will run off your normal handicap and the first runner of the six to cross the finish line wins the prizemoney.

A red ribbon will be worn front and back to distinguish you from the rest of the field.

Please collect them from the Invitation table before 8:40 am.

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## Club by-laws

The Committee shall have the power to make and enforce any by-laws which it deems necessary for the correct running of the Club.

- 1. All members are expected to conduct themselves in an appropriate manner in accordance with the Club's Code of Conduct (Page 16).
- 2. Directions of Club officials and course marshals shall be obeyed at all times.
- 3. Runners should not compete if they are feeling unwell on the day.
- 4. Runners should at all times be aware of traffic and give way to vehicles.
- 5. When a race is held on a public road, runners must at all times run on the verge of the road. Runners must not run more than two abreast and must not impede traffic.
- 6. Runners are required to pay their race entry fee at least 20 minutes prior to the advertised start time of the race except in the case of split races when entries close 20 minutes prior to the first race on that day.
- A runner cannot compete unless the race entry fee is paid prior to commencing the race.
- 8. When the official starter calls a competitor (or his or her time) he/she must line up immediately. If a runner misses his or her specified handicap time he/she must then drop back and wait for the next start time. Failure to comply with this By-law could result in disqualification.
- 9. Any runner wishing to question their handicap may do so in writing to the handicapper(s) or may speak to the handicapper(s).
- 10. A runner shall not receive assistance during a race other than that specified by the Club. Failure to comply with this By-Law may lead to disqualification.
- 11. A runner who has a 5% variation in kilometre rating when compared with his/her handicap and/or the performance of the majority of the field may be deemed ineligible for top 10 placings at the discretion of the Handicappers and the Protest Co-ordinators. Consideration will also be given to the type of course.
- 12. A new runner to the Club shall be placed on a discretionary handicap until such time as the runner has completed 6 handicap runs, excluding the team's race.
- 13. Former members of the Club who rejoin after an absence of more than one year will be placed on a discretionary handicap for up to 6 runs.
- 14. Except for teams race and the Sealed Series a runner on a discretionary handicap is not eligible to win prizemoney until he/she has completed more than 6 handicap runs, but can earn championship points. However, a runner requesting a discretionary mark is not eligible for championship points.
- 15. Runners are required to wear their race number on their back and front. Runners failing to wear their numbers and timing chip will not be eligible to receive prizemoney or championship points.
- 16. Runners are expected to attend a pre-race briefing five minutes before race start.
- 17. A minimum number of 7 runs is required before a runner is eligible for Championship pool prizemoney.
- Any runner wishing to raise a complaint about a race result shall on the day, advise the Protest Co-ordinator within 10 minutes of the last runner completing the course.
- 19. Dogs are not permitted at the following race venues: Deakin University and Geelong Grammar. At all other race venues, dogs are required to be on a leash at all times.
- 20. Runners participating in club races, are not permitted to push strollers or to be accompanied by dogs.

**PLEASE NOTE:** If you forget your timing band on race day, you must obtain a replacement **by 8:40am**, otherwise you will only be able to run, with no time recorded, no championship points, but will be credited with a run.

## **Risk Management 2022**

In recognition of current statutory OH&S requirements, the inherent hazardous nature of the club's activities, and the desire to enhance the well-being of its members, the Geelong Cross Country Club (GCCC) has implemented a Risk Management Manual. This manual is kept in hard-copy in the club van and serves as a ready reference for incident response as well as an essential planning tool for the club's activities.

The Risk Management Manual (RMM) consists of the following documents:

#### Risk Management Plan (RMP)

The RMP broadly describes the six (6) steps that make up the process of managing the risks associated with the events conducted by the (GCCC), namely:

- 1. Identify the hazards
- 2. Assess the risks
- 3. Treat the risks (action plans)
- 4. Operating procedures
  - (e.g. reference to the Hazardous Conditions Procedures)
- 5. Ongoing monitoring and review
- 6. Personnel responsible for implementation

#### 2. Hazardous Conditions Procedures (HCP)

The HCP goes one step further than the RMP in that it identifies and addresses the specific hazards that may be encountered during the conduct of the GCCC calendar. In particular, it includes specific actions that are required to be implemented should any of these hazards be present at the time of conducting a calendar event. For example, a Hot Weather Procedure is included and though unlikely to be invoked given the time of the year that the events are conducted, there is still a risk that unusually hot weather could occur during the earlier and later parts of the season, particularly in the month of April when the Geelong Half Marathon is conducted, as well as the Dawnbuster on New Year's Eye

#### Emergency Management Plan (EMP)

The EMP addresses more specific event management issues such as:

If you have any issues to raise regarding any perceived risks arising from the way in which we conduct our activities, please contact one of the sub-committee members.

# STEIGEN 5,000 METRES WAURN PONDS



Baseball Fields, Waurn Ponds, Pioneer Road.

#### **SUNDAY 3 APRIL 2022**

Mass start at 9.00am.

Course Directors: J. Morton, A. Ward and K. McNulty.

NOTE: Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



# ACTIVE FEET 6,500 METRES BARWON VALLEY PARK



BARWON VALLEY PARK Barrabool Road.

#### **SUNDAY 10 APRIL 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: J. Weiler, A. Ward and M. Minney.

NOTE: Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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# THE GEELONG HALF MARATHON 21,100 METRES

At the BELMONT PARK PAVILION (Under the James Harrison Bridge).

#### **SUNDAY 24 APRIL 2022**

START - 7.30am.

Course Directors: Jeff Walker, Ken Walker and John Morton.

Prizes are awarded for both males and females in each category.

#### **Fastest Male and Female**

\$400 each plus their age group prizemoney and a sash. 2nd \$150, 3rd \$75.

**Bonus:** \$200 if course record is broken. Current course records are: male 64:33 mins and female 76:58 mins.

TIMES	TIMES
20 - 39 MALE	20 - 39 FEMALE
1.	1.
40 - 49 MALE	40 - 49 FEMALE
1.	1.
50 - 59 MALE	50 - 59 FEMALE
1.	1.
U/20 MALE	U/20 FEMALE
1.	1.
60 PLUS MALE	60 PLUS FEMALE
1.	1.

# **Support our sponsors**





# PRO FEET PODIATRY 8,000 METRES PORTARLINGTON



Portarlington foreshore.

#### **SUNDAY 1 MAY 2022**

OPEN HANDICAP - 9.00am start

Course Directors: S. Crossfield, G. Fitzpatrick and G. Clark.

NOTE: Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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3D pressure assessment
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Video assessment

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we love keeping people active, healthy and happy...

# KIESER 5,000 METRES SEALED CANOE CLUB



Start at Balyang Sanctuary, Marnock Road, Newtown.

#### **SUNDAY 8 MAY 2022**

First heat of the SEALED HANDICAP SERIES Mass start at 9 am.

Course Directors: J. Willigen, J. Weiler and D. Peart. Scratch start. Sashes and prizemoney awarded to Handicap winners of each group. Final results of Series and prizemoney will be presented at end of season Presentation Dinner.

#### **TIMES**

**BACKMARKERS** 

**MIDDLEMARKERS** 

**FRONTMARKERS** 

**NEWCOMERS** 



Make your mid-week training run a quality session with Vic Masters Athletics

6pm, every Wednesday, Landy Field

# PHYSIOTHERAPY STRENGTH & CONDITIONING

# **KIESER MEMBER RATES**

#### **Physiotherapy**

- Half price initial assessment
- Members rates for ongoing physiotherapy

#### **Membership**

• \$10 off per fortnight for ongoing membership



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Clinics in Geelong, Ocean Grove and Torquay!

Terms and conditions: Only available to Geelong Cross Country Club members at our Geelong, Torquay or Ocean Grove clinics. Member rates include, initial physiotherapy assessment at \$56.50 (RRP \$113), members ongoing Physiotherapy rates at \$103 and memberships starting at \$39/week (RRP \$49/week).



BE STRONG, STAY STRONG

www.kieser.com.au



KEISER proudly supporting the Geelong Cross Country Club



# GEELONG PERFORMANCE COACHING 3 X 4,000 METRES TEAMS RACE



BARWON VALLEY PARK Barrabool Road.

#### **SUNDAY 15 MAY 2022**

3 runners per team. Pre-entry required. 9.00am start. Course Directors: K. Walker, A. Ward and M. Marshall.

**NOTE:** Prizemoney paid to first three teams.

There will be no fastest times prizemoney but points will be awarded for the overall championships.

#### **TIMES**

- 1.
- 2.
- 3.



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Office: 30 Carrington St, East Geelong VIC 3219

**Phone:** 0400 009 326

Email: stephane@gpcsquad.com.au



# AUSTRALIAN MIND BODY BALANCE 10,000 METRES OCEAN GROVE



OCEAN GROVE SURF LIFESAVING CLUB.

#### **SUNDAY 22 MAY 2022**

OPEN HANDICAP - 9.00am start Course Directors: G. Clark, P. Posterino and G. Fitzpatrick. **NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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82 THE AVENUE, OCEAN GROVE, VIC, 3226

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PHYSIOLOGY / CHINESE MEDICINE /
ACUPUNCTURE / EXERCISE PILATES
/ CLINICAL REHABILITATION /
MASSAGE

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# EAST GEELONG DISCOUNT DRUG STORE 8,000 METRES INVERLEIGH



East Street, INVERLEIGH.

#### **SUNDAY 29 MAY 2022**

OPEN HANDICAP - 9.00am start

Course Directors: L. Ryan, M. Crawford, G. Anset and G. Ryan.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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# **EAST GEELONG DISCOUNT DRUG STORE**

1 Ormond Road, East Geelong Phillip Shay

Ph: 03 5229 5565 Fax: 03 5229 5881

email: eastgeelong@discountdrugstores.com.au

#### Hours:

Mon-Fri 9.00am - 6.00pm Saturday: 9.00am - 5.00pm

- DISCOUNT PRESCRIPTIONS
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- DISCOUNT MEDICINES
- DISCOUNT COSMETICS
- DISCOUNT BABY NEEDS





# CORRECTIVE CHIROPRACTICS BELLARINE 7,000 METRES DRYSDALE



Drysdale Recreation Reserve, off Wyndham Street.

#### **SUNDAY 5 JUNE 2022**

OPEN HANDICAP - 9.00am start 3 laps of a looped track.

Course Directors: G. Clark, S. Crossfield and G. Fitzpatrick.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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#### We Specialise In:

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- · Infrared sauna
- Digital X-rays and postural analysis
- Thermal scan, EMG and HRV testing
- 3D vibration platform technology
- Spinal orthotic correction equipment
- Red light therapy



Dr Sharon Pedersen B.App.Sci (Clin.Sc). B. Chiro. Sc

### Dr Natalie Bird B.App.Sci (Clin.Sc). B. Chiro. Sc

# Phone 5253 2800

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For only \$65

Corrective Chiropractic Bellarine 13 Dumburra Ave Clifton Springs 3222 phone 5253 2800 www.correctivechiro.com.au



# PROFEET PODIATRY 8,000 METRES SEALED BALYANG



Start at Balyang Sanctuary, Marnock Road, Newtown.

#### **SUNDAY 12 JUNE 2022**

Second heat of the SEALED HANDICAP SERIES. Mass start at 9 am.

Course Directors: D. Simpson, K. McNulty and M. Geall. Scratch start. Sashes and prizemoney awarded to Handicap winners of each group. Final results of series and prizemoney will be presented at end of season Presentation Dinner.

#### **TIMES**

**BACKMARKERS** 

**MIDDLEMARKERS** 

**FRONTMARKERS** 

**NEWCOMERS** 



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### **TIRED FEET?**

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3D walking & running assessments
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#### WINDOWS BY GEOFF CASE 10,000 METRES KING OF THE MOUNTAIN



At the You Yangs. Car Park 1, top of Turntable Drive.

#### **SUNDAY 19 JUNE 2022**

OPEN HANDICAP - 9.00am start. Plus 5,000 Metres race. Morning Tea after the run, details to be advised closer to race day. Course Directors: G. Watkins, P. Austin, M. Minney and L. Ryan. **NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

GEOFF CASE WINDOWS SPONSORSHIP FASTEST MALE & FEMALE: \$50 EACH SPOT PRIZE: WINDOWS TO THE VALUE OF \$400

(to be redeemed within the current calendar year)

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#### KIESER 10,000 METRES GEELONG GRAMMAR SCHOOL



Start and finish location is outside of the Geelong Grammar School, near the corner of Foreshore and Tower Rds.

#### **SUNDAY 26 JUNE 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: J. Willigen, P. Posterino and E. Kelly.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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## PHYSIOTHERAPY STRENGTH & CONDITIONING

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- Half price initial assessment
- Members rates for ongoing physiotherapy

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Clinics in Geelong, Ocean Grove and Torquay!

Terms and conditions: Only available to Geelong Cross Country Club members at our Geelong, Torquay or Ocean Grove clinics. Member rates include, initial physiotherapy assessment at \$56.50 (RRP \$113), members ongoing Physiotherapy rates at \$103 and memberships starting at \$39/week (RRP \$49/week).



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www.kieser.com.au



KEISER proudly supporting the Geelong Cross Country Club



# POINT LONSDALE HEALTH & WELLNESS 10,000 METRES RIP VIEW CLASSIC POINT LONSDALE

B

Start/finish at Royal Park, Point Lonsdale.

#### **SUNDAY 3 JULY 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: M. Long, J. Hepburn, P. Austin

and P. Oughtred.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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# POINT LONSDALE HEALTH + WELLNESS

# SPECIALISING IN THE DIAGNOSIS AND TREATMENT OF RUNNING-RELATED INJURIES

# PHYSIOTHERAPY CLINICAL MYOTHERAPY OSTEOPATHY PODIATRY

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Point Lonsdale, VIC 3225
03 5258 4633

PTLONSDALEHEALTH.COM.AU

#### BEYOND 8,000 METRES OCEAN GROVE RIVERSIDE



Start/finish at the Ocean Grove Golf Club car park.

#### **SUNDAY 10 JULY 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: G. Watkins, L. Considine and R. Thompson.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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"How can we help you, Move Through Life?"



4/81 The Parade Ocean Grove

#### ACTIVE FEET 10,000 METRES SEALED BARWON VALLEY PARK



BARWON VALLEY PARK Barrabool Road.

#### **SUNDAY 17 JULY 2022**

Third heat of the SEALED HANDICAP SERIES Mass start at 9:00am.

Course Directors: S. Howell, N. Angus and D. Goodwin.
Scratch start. Sashes and prizemoney awarded to Handicap winners of each group. Final results of series and prizemoney will be presented at end of season Presentation Dinner.
NOTE: The Porty Wilson Shield will be awarded to the member

NOTE: The Rory Wilson Shield will be awarded to the member with the best age-graded score.

#### **TIMES**

#### **BACKMARKERS**

**MIDDLEMARKERS** 

**FRONTMARKERS** 

**NEWCOMERS** 



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6pm, every Wednesday, Landy Field

### active feet

Thank you for supporting local business!

Our podiatry based footwear store offers work,
casual, exercise & school shoes!

Ecco, Frankie4, Brooks, Asics, Mizuno, Ascent and more!

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Active Feet Geelong - 89 West Fyans St, Newtown 3220 03 4245 1189

www.activefeetoceangrove.com.au

\*10% off RRP of all shoes until 31/09/2021



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03 5255 1612

Active Feet Geelong - 89 West Fyans St, Newtown 3220 03 4245 1189

www.activefeetoceangrove.com.au

\*10% off RRP of all shoes until 31/09/2021



#### THE INJURY CLINIC 12,600 METRES WURDIBOLUC



WURDIBOLUC Reservoir.

#### **SUNDAY 24 JULY 2022**

OPEN HANDICAP - 9.00am start.

Plus 5,000 metres race.

Morning Tea after the run, details to be advised closer to race day.

Course Directors: K. McNulty, L. Considine and M. Geall.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



Make your mid-week training run a quality session with Vic Masters Athletics

6pm, every Wednesday, Landy Field



# RUNNING-RELATED INJURIES @THE INJURY CLINIC

We see a lot of running-related injuries at The Injury Clinic. From weekend warriors and recreational runners to elite and sub-elite athletes.

Our practitioners are actively involved in research into running-related injuries and are able to work with you to diagnose, fix and prevent your injury.

Services offered at The Injury Clinic to assist the management of running-related injuries include:

- PHYSIOTHERAPY
- RUNNING ANALYSIS
- SPORTS DIETETICS
- STRENGTH & CONDITIONING
- ALTER-G TREADMILL

For more information visit www.theinjuryclinic.com.au

TO BOOK A CONSULTATION CALL (03) 5229 3911 | 100 Fyans Street, South Geelong VIC 3220

## THE HAPPY RUNNER 10,000 METRES TORQUAY SURFCOAST CLASSIC

B

Start at the Torquay Angling Club, Fisherman's Beach (end of Beach Road).

#### **SUNDAY 31 JULY 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: M. Minney, N. Angus, D. Goodwin and D. Hurst. **NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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#### THE INJURY CLINIC 8,000 METRES FYANSFORD



Peter McCann Memorial Gardens, Fyansford.

#### **SUNDAY 7 AUGUST 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: P. Austin, P. Posterino, J. Morton and M. Long.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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6pm, every Wednesday, Landy Field



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For more information visit www.theinjuryclinic.com.au

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#### THE RUNNING COMPANY GEELONG 15,000 METRES SEALED BELMONT PARK

B

BARWON VALLEY PARK Barrabool Road.

#### **SUNDAY 14 AUGUST 2022**

Fourth heat of the SEALED HANDICAP SERIES. Handicapped groupings of Back, Middle and Frontmarkers. Frontmarkers start at 8:45 a.m. Everyone else starts at 9 am.

Course Directors: J. Walker, K. Walker and J. Willigen.

Scratch start. Sashes and prizemoney awarded to Handicap winners of each group. Final results of series and prizemoney will be presented at end of season Presentation Dinner.

#### **TIMES**

**BACKMARKERS** 

**MIDDLEMARKERS** 

**FRONTMARKERS** 

**NEWCOMERS** 



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#### CAROL & TERRY CRAWFORD FUNERALS 8,000 METRES WAURN PONDS MEMORIAL RACE



Baseball Fields, Waurn Ponds, Pioneer Road.

#### **SUNDAY 21 AUGUST 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: K. Walker, D. Hurst and D. Peart.

**NOTE:** Prizemoney paid to 10th place.

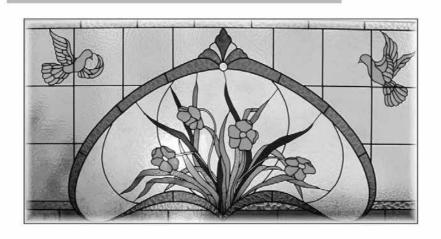
#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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**6pm, every Wednesday, Landy Field**Check it out on **www.vicmastersaths.org.au** 



# CAROL & TERRY CRAWFORD FUNERALS

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#### THE INJURY CLINIC 8,000 METRES ANGLESEA



ANGLESEA RIVER BANK RESERVE, Great Ocean Road, Anglesea.

#### **SUNDAY 28 AUGUST 2022**

OPEN HANDICAP - 9.00am start.

Course Directors: G. Watkins, J. Morton, L. Ryan and R. Thompson.

**NOTE:** Prizemoney paid to 10th place.

\$75 prize each to the fastest male and female, donated by Watkins Running Squad.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



Make your mid-week training run a quality session with Vic Masters Athletics

6pm, every Wednesday, Landy Field



# RUNNING-RELATED INJURIES @ THE INJURY CLINIC

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- RUNNING ANALYSIS
- SPORTS DIETETICS
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- ALTER-G TREADMILL

For more information visit

www.theinjuryclinic.com.au

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#### EASTSIDE WHOLEFOODS 5,000 METRES FYANSFORD FOUR BRIDGES



Peter McCann Memorial Gardens, Fyansford.

#### **SUNDAY 4 SEPTEMBER 2022**

Run covers both sides of the river between Queen's Park bridge and Fyansford and return.

OPEN HANDICAP - 9.00am start.

Course Directors: J. Walker, S. Howell and E. Kelly.

NOTE: Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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# EASTSIDE wholefoods

Featuring hundreds of bulk wholefoods to help manage your pantry and post running snacks, plus an unsurpassed range of groceries!

#### OUR BULK RANGE INCLUDES

NUTS AND SEEDS • SNACKS • FRUIT LEGUMES • CHOCOLATE (A DEDICATED ROW!) GRAINS • BAKING • SPICES • SUPERFOODS



Eastside Wholefoods is an extension of Feast Geelong, Our café at 5 Ormond Road, East Geelong, and we are thrilled to support the new season of Cross Country with our new business!

### RUN INTO STORE SOON!

#### INTERSPORT DE GRANDI 21,100 METRES BARWON VALLEY PARK



BARWON VALLEY PARK Barrabool Road.

#### **SUNDAY 11 SEPTEMBER 2022**

OPEN HANDICAP - 8.00am start. Plus 5,000 Metres race. Course Directors: J. Walker, R. Thompson and E. Kelly.

**NOTE:** Prizemoney paid to 10th place.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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## **VINTERSPORT**

### DE GRANDI



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## NEWGROVE BENCHTOPS ELIMINATOR



Start at Balyang Sanctuary, Marnock Road, Newtown.

#### **SUNDAY 18 SEPTEMBER 2022**

START - 9.00am.

All starters will run both the 4km and 3km races which will have sealed handicaps (everyone will be re-handicapped according to current form). To ease congestion on the track, runners will set off in waves. These two races are time trials so placings have no bearing on qualifying for the final 2km race.

Times from the two races will be combined and handicaps applied to determine 20 runners to compete over 2km with the usual handicap start.

Course Directors: M. Geall, J. Hepburn and S. Howell.

**NOTE:** Prizemoney paid to 10th place on the last race.

#### **TIMES**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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Our Showroom based at 68 Leather Street, Breakwater has many products on display including an extensive range of laminates and solid surface options.

Newgrove is a firm believer in the "buy local scheme" supporting Geelong small business and the community wherever possible.

Showroom hours 6.30am to 4.30pm weekdays.

Mention the Geelong Cross Country Club and receive a discount.

GCCC member: Sean Blood (745)

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### DAWNBUSTER GEELONG WATERFRONT

Start and finish near the Carousel Melway Ref: 452 C4.



#### **MONDAY 31 DECEMBER 2022**

SCRATCH EVENT - 7.00am start.

Prizes for Junior, Open, Veteran, Masters, Legends and Supervets categories. Plus heaps of spot prizes.

**Advertiser** 

#### **Dawnbuster 2021**

The Geelong Cross Country Club conducted it's annual Dawnbuster Fun Run with 242 starters and **\$3,800** was donated to Give Where You Live. A big thank you to all contributors and volunteers.

#### Club news

#### **Annual General Meeting/Election of Officers**

After Race 24 the Eliminator at the Canoe Club on Sunday 18 September 2022, then adjourned until Tuesday 8 November 2022 at the Canoe Club in Marnock Road Newtown, opposite the Balyang Sanctuary.

#### **Trivia Night**

Canoe clubrooms, Marnock road, Newtown. Friday 29 2022, 7pm for a 7:15pm start. BYO drinks and nibbles.

### Presentation Night at Capri Receptions

258 Pakington St, West Geelong, Friday 30 September, 2022 at 7pm. Presentations begin at 7:15pm sharp. Meal to be catered for on the night. All members and friends welcome.

#### **BALYANG PAR 3 GOLF COURSE**

SWIM SPORT & LEISURE



Balyang Par 3 is an 18 hole golf course situated near the Balyang Sanctuary. Balyang Par 3 offers unlimited golf to a wide range of people in the community.

The course is an excellent introduction to golf for children as young as four years old and provides a great experience for people of all ages and abilities. To play the full 18 holes will take approximately one and a half hours and the only clubs required are a pitching wedge and a putter.

Keen golfers often try to improve their 'short game', while family groups find the course a great outing where the basics of pitching, putting, grip technique, stance and golf etiquette are developed.

Many players at Balyang Par 3 take pleasure in the short distance to walk between holes, many others thrive on the challenge of making par on each hole or even a "hole-in-one". Balyang has something for everyone!

The staff at Balyang are always available to help you with tips on how to play and provide you with the right equipment so that you are prepared for the challenges and fun that Balyang Par 3 golf course presents.

Just looking for somewhere to sit and relax? Enjoy the peaceful surroundings and yummy treats at the clubhouse cafe.

OPENING HOURS

Monday - Sunday 9.00am - 5.30pm

- > Hours may be extended during summer months.
- Last tee off is one hour prior to closing time.
- Please note these hours may change due to weather conditions, functions and public holidays.

#### **Club** achievers

#### **CLUB CHAMPIONS - MALE**

CLOB CHA	MPIONS - MALE
1971-76	Ian Leeder
1977	John Craven
1978-85	Tom Larkins
1986	Terry Walker
1987	Peter Rau
1988-90	Graeme Watkins
1991-92	lan Muir
1993	Graeme Watkins
1994-95	Ken Walker
1996	Andrew Goodwin
1997	Rowan Walker
1998	Graeme Watkins
1999-2000	Andrew Goodwin
2001	Darren Riviere
2002-2003	Elad Haas
2004	Mark Boxer
2005	Tim Bentley
2006	Darren Riviere
2007	Chris Palermo
2008	Mark Boxer
2009	Tim Bentley
2010	Tim Bentley
2011	and Mark Boxer
2011	Mark Boxer
2012-2013	Grant Simpson
2014	Tim Bentley
2015-17	Ron Thomas
2018 2019	Grant Simpson
2019	Daryl Burns
2021	Liam Drady

CLUB CHAMPIONS - FEMALE					
1983	Keryn Schulze				
1984-1986	Barbara McLure				
1987-1997	Colleen Stephens				
1998-1999	Joanne Lambert				
2000	Karen Dorris				
2001	Pattie Galvin				
2002	Karen Dorris				
2003	Loretta McGrath				
2004-08	Genevieve Pape				
2009-10	Karen Dorris				
2011	Loretta McGrath				
2012	Natalie Mensch				
2013	Sharon Pederson				
2014-2015	Loretta McGrath				
2016	Natalie Mensch				
2017	Kate Bramley				
2018	Katie Eisenhauer				
2019	Rachael Thompson				
2021	Rachael Thompson				

#### PAST PRESIDENTS

1971-1973 1974 1975-1976 1977 1978 1979-1981 1982-1984 1985 1986 1987-1988 1988 1989-1990 1991-1992 1993-1994 1995-1996	John Craven Reg Marriner Graeme Vincent Peter Doyle John Gowty Mick Stevens John Panozzo Mick Stevens Keith Bird Peter Loney acting Ian Muir Marcus Coppock Ian Muir Greg Stafford Norman Gates Tony Bradford
1988	acting Ian Muir
1989-1990	Marcus Coppock
1991-1992	lan Muir
1993-1994	Greg Stafford
	Tony Bradford Geoff Clark
2005-2007	Graeme Watkins
2008-2015	Ken Walker
2016 -2021	Paul Austin
2021-	Kevin McNulty

#### **LIFE MEMBERS** Graeme Vincent

Ian Leeder Mick Stevens Max Frv Dale Jennings John Sawers Rory Wilson Peter Doyle Geoff Ryan Peter Bliss Vin Gasper Tom Blood Gary Stratton (dec'd) Ray Wilks Geoff Clark Patsy Salathiel (dec'd) Graham McIntosh Jeff Walker Mike McAvoy (dec'd) Graeme Watkins Frederica Barnett Stuart Crossfield Ken Walker Kevin McNulty Paul Austin Phil Shay Tony McRae Crichton Collins



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#### Club achievers at end of 2021

Over 9	900 Runs		727	Wendy Sizeland	304
618	Jeff Walker	974	617	Peter Doyle	302
Over	300 Runs		662	Della Mitchell	301
629	Vin Gasper		434	Tony McRae	300
641	Dale Jennings		Over	200 Runs	
	~		601	lan Leeder	
	500 Runs		611	Brian Stevens	
712	Ken Walker		829	John Willigen	
731	Tom Blood		268	Geoffrey Wilks	
835	David Elward	612	921	Geoff Marshall	
Over!	500 Runs		697	Fred Barnett	
777	lan Holliday		710	Gary Gibson	
692	Geoff Clark		967	Kate Hammond	
795	Marie Blood		997	Chris Oliver	
846	John Caulfield		645	Mick Stevens	
854	Pattie Galvin	545	456	Carol Crawford	
629	Kel Thompson		884	Wayne Hunt	
955	Horacio Pereira	518	782	James Foran	
650	Graeme Watkins	513	989	Paul Austin	
725	Mike McAvoy	503	621	Keith Bird	
Over	400 Runs		624	Frank Sharples	
734	John Sawers		839	Brian McHutchison	
768	Geoff Ryan		632	Clarke Whitehand	
894	Colleen Stephens		947	Ray Wilks	
917	Michael Orelli		496	Denise Elson	
988	Crichton Collins		832	Pauline Wilson	
714	Joe Weiler		647	Geoff Temple	240
785	Sue Stratton		677	Ward Szymczak	236
609	Julie Elkin		635	Charlie Simpson	235
652	Alan Foot		522	Mick Robertson	232
873	Greg Stafford	403	465	Nicky Angus	228
691	Andrew Smith	401	686	lan Douglas	225
Over	300 Runs		761	Bill Rogers	219
613	George Thomas		820	Phil Gear	216
724	Rex Sizeland		606	Bob Bromley	
944	Reg Quelch		860	Andrew Goodwin	209
371	David Simpson		892	Bruce George	
735	Peta Hocking		637	Graeme Vincent	
957	Kevin McNulty		745	Sean Blood	
773	Rory Wilson		644	Ron Dunstan	
686	Graham McIntosh		301	Colin Hatton	
741	Genevieve Pape		962	Brian Wirth	
515	Glenn Wrest		706	David Peart	
799	Norm Gates		740	Phil Girdler	
757	Phillip Shay		633	Bob Bateman	
825	Stuart Pretty		741	Tom Larkins	200
830	Neil Maurer		Over	100 Runs	
726	Miguel Mayor		426	Stephane Vander Brug	gen199
845	Tony Bradford	323	788	Max Wright	199
906	Maurice Marshall		862	Ron Thomas	
690	Gary Stratton		108	Geoff Anset	197
859	Neville Crosby		935	lan Muir	195
607	Janet Michael		639	John Craven	194
603	Stuart Crossfield	308	816	Patsy Salathiel	193
721	Mel White	308	965	Jeanette Austin	193
755	Brian Woods		747	Trevor Hunt	
766	Peter Dickson	305	356	John Morton	187
	Colin Silcock	704	634	Mitch Geall	10 /

C 40	Canalan Dulanas	10.4	700	Mana Claudan	100
642	Gordon Rylance		796	Marc Clayton	
707	Bryan Cole		511	Colin Sing	
669	Ron Kohler		681	Linda Quelch	
225	Stephen Van Rooyen		698	Phil Vernon	
482	Sharon Pedersen		962	Mark Turnley	
357	Jeanette Morton		636	Ray Milley	
452	Cate Shay	177	625	Rob Sawyer	
738	Max Scott	175	751	Glenn Edwards	125
497	Tim Bentley	173	800	Grant Conn	125
787	George Niewman	173	525	Brenda Riley	124
593	Charlie El-Hage	171	1096	Dan Wright	124
656	Sietze Veltman		349	Grant Simpson	122
929	Lawrie Elkin		925	Wanda Kelly	
603	John Gowty		651	Peter Loney	
654	Les Goody		764	Dennis Petruska	
376	Alan Jenkins		956	Michael Dowling	
614	Jim Wishart		519	Peter McDonough	110
372	Paul Carroll		492	David Whelan	
406	Loretta McGrath		582	Julian Colebrook	
784	Darren Riviere		668	John Sharples	
683	Robert Turnley		996	Andrew Hewitt	
979	Graeme Kilfoyle		810	Marianne Smith	
687	Neil MacDonald		322	Nigel Muscroft	114
984	Trevor Westerman	158	713	Ken Pigdon	114
429	Jo Foran	157	848	Clive Allen-Paisley	114
756	Paul Duck	157	689	Roma Burhop	113
882	Louis Rowan	157	140	Demetrius Churkovich	
824	Colin Hooper	157	701	Monica Monsour	112
815	Paul Koch		672	Dean Kent	
663	David Gibbons		716	Max Peart	
900	Ralph Wright		964	Paul Foreman	
684	Michael Richards		806	Phil Stephenson	
502	Maurice Ashworth		646	Terry Bourke	
676			510	-	
	Brian Devoil			Ann Sing	
657	Stephen Goodall		630	John Pettigrove	
781	Rod Hill		636	John Mitchell	
523	Kevin Robertson		653	Mal Donnelly	
783	lan Rea		719	Max Fry	
	Sam Salien		616	Brian Case	
619	Neil Male	147	838	Sue Petruska	
294	Jon Robertson	146	109	Les Crawford	105
758	Luke Ryan	145	219	Deborah Watkins	105
855	Kim Henderson	142	425	Glenn Martini	105
664	Karen Dorris	141	607	Norm Rau	104
905	lan Morris	141	834	Marcus Coppock	104
622	John Nelson	140	385	Matthew Szymczak	103
649	John Elliot		774	Terrence J Bourke	
796	Adrian Conte		179	Steve Welsh	
567	Mick Kearney		705	Don Houston	
000	D 11D	477	1070		
966 779	Ron Evans		1032	Daryl Burns	
648				Howard Bush	
	Eddie Heit		405	Wayne Benton	
680	Joe Meulblok		685	Ken Lewins	
551	Wendy Maloney		670	Bryce Barnett	
673	Ron Wyatt		632	Jim Pettigrove	
704	Ken Harris		252	Eero Keranen	
453	Sofie Van Gunsteren		331	Rob Solly	100
698	Dave Edgington	132			
750	Norm Bell				
302	Sean Thompson	129			
427	Paul Ogilvie				
658	John Panozzo	129			

No. of runs member		Ron Thomas Geoff Anset	
NAMETotal	lRuns	Jeanette Austin	
Jeff Walker	974	John Morton	
Vin Gasper	896	Mitch Geall	
Dale Jennings	863	Stephen Van Rooyen	
Ken Walker	650	Sharon Pedersen	
Tom Blood	631	Jeanette Morton	
David Elward	612	Cate Shay	
lan Holliday	562	Tim Bentley	
Geoff Clark	560	Alan Jenkins	
Marie Blood	560	Paul Carroll	
John Caulfield	549	Loretta McGrath	
Pattie Galvin			
Horacio Pereira	518	Louis Rowan	
Graeme Watkins		Ralph Wright	
Colleen Stephens		Luke Ryan	
Michael Orelli		Kim Henderson	
Crichton Collins		Mick Kearney	
Joe Weiler		Sofie Van Gunsteren	
Julie Elkin		Sean Thompson	
Andrew Smith		Paul Ogilvie	
David Simpson		Marc Clayton	
Peta Hocking		Dan Wright	
Kevin McNulty		Grant Simpson	
Genevieve Pape		Peter McDonough	
Glenn Wrest		David Whelan	
Phillip Shay		Julian Colebrook	
Stuart Pretty		Marianne Smith	
Tony Bradford		Nigel Muscroft	
Maurice Marshall		Clive Allen-Paisley	
Stuart Crossfield		Demetrius Churkovich	
Tony McRae		Glenn Martini	
John Willigen		Matthew Szymczak	
Geoffrey Wilks		Steve Welsh	
Geoff Marshall		Daryl Burns	
Fred Barnett		Howard Bush	
Kate Hammond		Rob Solly	
Chris Oliver		Fiona Fitzpatrick	
Carol Crawford		Andrew McGrillen	
Wayne Hunt		Joanna MacCarthy	
James Foran		Frank Engelsman	91
Paul Austin		Ray Meesen	
		Gerald Fitzpatrick	89
Denise Elson		Fiona Gilks	
Nicky Angus		Daryl Hurst	88
Sean Blood		Claire Nivarovich	85
Colin Hatton		Grant Baensch	85
David Peart		Michele Paull	83
Stephane Vander Bruggen		Stuart Finlay	82
Max Wright	199	Linda Solly	81
70		Kim Wright	80

Susan Andrews77	Karla Gilbert	38
Bradd Shiells75	Dave Tarrant	38
Coral Bridgland72	Murray Long	38
Rachael Thompson71	Tracie Dekleva	37
Chris Palermo71	Daniel Blount	37
Madeline Crawford71	Tamara Madjeric	36
Bonnie Szymczak69	Natalie Mensch	
Travis Ingles67	Leesa Jenkins	
Wayne McCorkell66	Colin Rose	
Michael Morton66	Tania Harding	
Shane Kennedy65	Leo Pye	
Rod Woodruff64	Lauren Fleetwood	
Kate Bramley63	Graham Tedoldi	
Alan Barber63	Rory Costelloe	
Matthew Maiden60	Jill Gillies	
Chris Cahill60	Mark Chalmers	
Robyn Little59	Daniel Wilson	
Luke Haines59	Adam Beckworth	
	Jack Donovan	
Susan Howell58		
Di Porter57	Erik Bumbers	
Steven Curtain57	David Harrison	
Justin Curran 57	Damian Woodberry	
Robert Blue56	Craig Davis	
Aaron Herbert56	Addison Ogilvie	
Barney Ellis55	Caitlin Worsley	
Peter DeAraugo54	Diane Shiells	
Mary Harrison54	Eileen Sims	
Craig Michael52	Michael Minney	
Aaron Bird52	Katie Magee	
Nick Masters51	Kurt Jungling	
Zytel Hircoe50	Michael Thomas	
Brendan O'Brien50	Darren Martyn	26
Alison Muscroft49	Melissa Biviano	26
Jonathan Davis48	Cheryl Debeen	
Rachel Ryan48	Hannah Peart	26
Craig Perri47	Shari Livingston	25
Dom Godfrey47	Cassie Moss	24
lan Jenkins47	Alister Ward	24
Julia Larsson47	Ivan Graljuk	23
Michele Henshaw46	Luke Considine	23
Mark Humphrey46	Boota Singh	22
Tyson Shiells45	Zoran Krstevski	
Nolene Byrne44	Katie Eisenhauer	22
Cameron Shakespeare42	Annette Devereaux	21
Maree Gourley42	Matthew Petersen	21
Kathryn Hayden42	Tim Stewart	21
Marcus Gniel42	Connor Thompson	
Zoe Adams41	Paul Posterino	
Vanice Kelly41	Paul Blackborrow	
Sara Coulter40	Andy Bruschi	
Patrick Oughtred39	Gy Di Gooi II	
i derick Ougricied39		7.3

Jesse Gordon	
Leigh Orchard	
Brian Gaylard	19
Brodee Kurz	19
Tim Davis	19
Corey Philips	
Andrew Fitzpatrick	
David Gifford	
Sara Taylor	
Adam Ruggero	
Ben O'Neill	
Dave Card	
Nicholas MacDonald	17
Suzanne Blackborrow	
Bryan Benshoof	
Laura Johnsey	
Steven Quick	
Zac Boothroyd	
Jocelyn Hepburn	
Matthew Holmes	
Andrew McNally	
Jenny Palmer	
Hamilton Mack	
Georg Fellner	
Justin Tenne	
Amy Van Braam	
Ricky Leyonhjelm	
Chris Cowled	
Adam Ryan	
Kim McFadden	
Grant Davis	
Neil McInnes	
Matt Lyon	
David Bartlett	.12
Katherine Hindle	
Chris Hayes	
Lucy Pyle	
Nick Madden	
Liam Drady	
Ed Kelly	
Marcus Curypko	
Corey Lockwood	. 11
Shane Van Den Nouwland	. 11
Greg McKillop	. 11
Jarron Cole	. 11
Claire Davis	. 11
Kate Gleeson	
Tania De Koning-Ward	
Pam Tindal	
Ruth Kimpton	
-	

Ernie Stewart	10
Jenna Huson	10
Alison Godbehear	10
Brett Davis	9
Marion Vince	9
Peter Jennings	
Jonty Kenny	
Liam Hanrahan	9
Alex Romaniw	8
David Harbison	8
Matt Gunther	8
Jane Card	
Zoe Morrisey	
Hilda McGrillen	8
Mel O'Neill	
Billie Davis	
Brett Ingles	8
Estelle Davis	
Dave Cramp	
Janelle Hodgson	7
Renee Nixon	7
Steve Bullock	7
Michael Smith	7
Blake Rodgers	7
Lawrie Brown	7
Oscar Hynes	
Cheryl Peart	
Emily Lewis	7
Catherine Allison	7
Kim Taylor	7
Reagan Peart	7
Louise Brennan	7
Brodie Edge	6
David Beards	6
Andrew T Smith	6
Tom Hockley Samon	6
Andrew Webber	6
Mac Fox	
Andrew Thompson	6



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