

Distance Training Venues & Calendar

Coaching/Training for Cross Country is currently held on Sunday mornings and Wednesday evenings. The Sunday runs commence at 9.00am each Sunday morning and are run at a comfortable pace where the athletes are encouraged to concentrate on correct breathing, running relaxed, and learning how to pace themselves. We rotate over various cross country venues and parents are welcome to jog along, walk the dog, etc. The venues are as follows:

Sunday Training		
Date	Place	Melway
12 April	Nortons Park	72 A2
19 April	Lysterfield Lake	108 D2
26 April	Churchill Park	82 C10
3 May	Grants Picnic Ground	75 K4

Grants Picnic Ground is always the first run of the month, then Nortons Park, Lysterfield Lake and Churchill Park.

Monday and Wednesday evening training sessions commence at 5.00pm and go to approx 6.30pm ish. For more information contact: Mike Kerr: 0433 281212.

Older age groups train on Tuesdays and/or Thursdays with Dave Sommers at Knox track, at 5.00pm, starting mid May, be sure to contact Dave Sommers: 0425 730886

Your Committee	
Chairperson	Russell Speight 0438 548262
Treasurer	Peter Callaway
Registrar	Sue Foord
Team Managers	Dave Murrhiy Julie Harvey
Canteen Manager	Sarah Rasti
Points Scoring	Russell Speight
Starter	Adrian Dickinson
Set-up Coaching/Training	Mike Kerr Dave Murrhiy Noel Eastwood
Secretary	Vacant
Announcer	Adrian Dickinson

Points are awarded: 10, 8, 7, 6, 5, 4, 3, 2, 1, and all athletes that start a race receive 3 attendance points. The best overall award goes to the athlete (or athletes) who have accumulated the most points. Where an athlete accumulates the highest score yet does not consistently win the distance race (i.e. younger athletes competing over the same distance finish ahead), at the discretion of the XC Chairperson, the award may be presented to another athlete. Remember No Registration Patch = No Points, spare patches are available from Sue Foord 0416 191345, for \$1.

<u>Venue details</u>		
Date	Place	Melway
4 April	Koomba Park Registration Day	63 C8
11 April	Jells Park Ferntree Gully Rd Entry	72 B9
18 April	Norton Park	72 A2
25 April	Tirhatuan Park Bring a Friend Day	81 F8
2 May	Wicks Reserve	65 H8
9 May	Jells Park Waverley Rd Entry	71 K6
16 May	Koomba Park	63 C8
23 May	Bellbird Dell	62 J6

EVENTS

500m Under 6 Boys and Girls
1000m Under 7 & Under 8 Boys and Girls
1500m Under 9 & Under 10 Boys and Girls
2000m Under 11 & Under 12 Boys and Girls
3000m Under 13 to Under 16 Boys and Girls

NOTE: The event running order (except the 500m) will rotate each week. First one week means second the next week, and so on.

Benalla Open Day, 7 June

A regular XC Open Day frequented by Knox athletes is staged by the Benalla Centre on the Queens Birthday long weekend (7 June). With many families opting to make a weekend of it we have, in recent years, secured exclusive use of a nearby school camp (15 Mile Creek).
Contact Liz Eastwood: 0417 373716