



**STAWELL AMATEUR ATHLETIC CLUB**

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***Cross Country Season 2019***

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The President and Committee of Stawell Amateur Athletic Club extends to all members and officials, a warm welcome to season 2019 of cross-country running. This year we will continue to not charge weekly race fees to runners who have paid their annual membership. Membership fees will however increase slightly this year to assist in covering increasing costs.

The 2019 Committee would like to extend our sincere thanks to David Hunter for his excellent leadership and support as Club President in 2018. We would also like to pass on our thanks to Marg Freeland who has spent many years as Treasurer of the Club, proficiently looking after our finances and ensuring the Club is in a sound financial position for the future. Both of your contributions to the club have been appreciated and we look forward to having your continued support through your positions on the General Committee.

Our roster system last year for track marking worked well to share the work load between members and even resulted in some new courses. This roster system will continue for the 2019 season.

We welcome new race sponsor Kieran Ryan to our Syllabus with a 5km race early in the Season.

Keith Lofthouse will generously continue his sponsorship of the 16km event this year and this has been renamed "Life Member's Handicap" in recognition of all past and present life members.

To all newcomers, we offer a special welcome. Our races are conducted in the spirit of friendly competition and are handicapped to cater for runners of all abilities to give everyone a chance of winning sponsor-donated trophies or prizes.

**Club Officials 2018**

**President:** Jess Cass

**Vice President:** Simon Edge

**Secretary:** Naomi Hunter

**Treasurer:** Jess Cass **Assistant Treasurer:** Naomi Hunter

**Handicapper & Timekeeper:** Garry Rice

**Course Markers:** Allocated Committee Members

**Club Membership**

**Senior: \$25.00**

**Junior: \$10.00**

**Sub Junior: \$5.00**

**Family: \$35.00**

**Fun Runners: \$5.00 per race**

**Membership fees must be paid by the third run if competition points are to be awarded.**

***The first run as a club member will be by invitation in regard to placings.***

### **Senior Membership**

Senior members are those 16 years and older at the commencement of each season. For the purposes of participation in age group championships, veteran males must be 40 years old and veteran females must be 35 years old as of the first championship race.

Juniors up to the age of 16 years old are now permitted to run in the Senior events over distances up to 5km, with the written consent of their parent/guardian.

### **Sub-Junior Membership**

Sub junior members are those between four and 13 years of age at the commencement of the season.

### **Keith Haymes Snr. Aggregate & Robert H Freeland Mem.Jnr. Aggregate Trophies**

The trophy is awarded to the competitor with the most points accumulated at the end of the season. Senior points are awarded as follows: **1<sup>st</sup> - 12, 2<sup>nd</sup> - 10, 3<sup>rd</sup> - 9, 4<sup>th</sup> - 8, 5<sup>th</sup> - 7, 6<sup>th</sup> - 6, 7<sup>th</sup> - 5, 8<sup>th</sup> - 4**, & 3 points for all other runners **completing** the event.

Sub-Junior points are awarded as follows: **1<sup>st</sup> - 6, 2<sup>nd</sup> - 4**, & 3 points for all other runners completing the event accumulating towards an aggregate "Participation" award for the season.

### **Club Championship Trophies**

Points gained from the **five** championship races run under **sealed** handicap conditions will decide the winners of these trophies. Provided there are at least **three** competitors in each category, the following trophies will be awarded: **Open Male, Open Female, Veteran Male, Veteran Female**.

Points as follows are awarded in each of the categories on the **basis of fastest times**: **1<sup>st</sup> - 12, 2<sup>nd</sup> - 10, 3<sup>rd</sup> - 9, 4<sup>th</sup> - 8, 5<sup>th</sup> - 7, 6<sup>th</sup> - 6, 7<sup>th</sup> - 5, 8<sup>th</sup> - 4**, & 3 points for all other runners **completing** the event.

*\*Sealed means handicaps are not disclosed before the race*

**To be eligible for club championship points, a runner must compete in 6 (six) additional Non-Championship races during the season. If a runner does not attain eligibility the points awarded will be redistributed at the end of the season.**

### **Ray Rickard Memorial Teams Trophy**

Turn up for a run each week and your chances of winning this handsome trophy will be enhanced. Senior competitors are randomly placed into teams of three or four, or even five, whichever divides equally into the number of starters we have on the day. The team with the **least number of points** on the day, taken by adding together the individual team members' race placings, is the winner.

Points are awarded each week on the same basis as the Aggregate and Championship - ie: first team wins 12 points, second 10, third 9, and so on. In the event of an odd number not allowing teams to be divided evenly (for example, a team of four against teams of three) the fourth member to finish on handicap will be excluded from the calculation - but that individual will still be awarded the **minimum** team points awarded for that race.