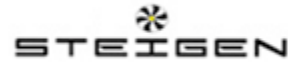


Geelong Region Cross Country



Getting Started

1. Choose a local Geelong Club to join & run with. Your choices are Bellarine, Chilwell, Corio, Deakin or Geelong Guild Athletic Clubs. Contact any one of us if you aren't sure who to join.
2. Register with Athletics Victoria & your chosen local club by sending a completed AV registration form to your chosen club's Registrar (contact details below). Cost is between \$135 - \$150 (much less for juniors) that is made up from:
 - o AV registration \$120 (\$20 discount for country clubs on \$140 fee)
 - o Athletic Club Membership (Varies from \$15 - \$30 depending upon many factors. Contact the appropriate club registrar for the exact amount.)

Remember that the AV registration covers you for both the upcoming winter and summer seasons. It also provides general medical insurance for any incidents occurring at, or travelling to & from, training / competitions.

Download and complete an AV registration [HERE](#).

These forms MUST be sent to the relevant individual club Registrar as they need to sign them before they send them to AV.

You need to forward your form & payment to your club Registrar by either:

- o Paying that amount in full to your club; or
- o Complete credit card details for the AV component on the form & forward payment for club costs to your club Registrar.

3. Entering Competitions (Winter)

The 10 XCR09 races (for seniors, 8 for juniors) are composed of 6 individual races & 4 team relay races. Sponsorship courtesy of Patrick Rowan & Associates covers the entry costs for the relays so you pay nothing for those. Races can be entered either one at a time (\$25 for open runners / race – less for juniors) or a series entry for all 6 individual races (for open runners) can be purchased for \$85 (again less for juniors).

0) d` Ág áãã` aAa& Á! Á^æ [} Á} d` DÁ ÁUPŠQ OÁ} |` Á| { Á@ ÁEg` a Á& d | áÁ
 ^a` a` ÁU} & ÁEÁÁe Á^& á^áÁ [`! Á^* á d aá} ÉÁ [` Á á! Á^Á { aá náÁÁ^!} aá ^Á
 ÁÁÁÁ áÁ æ•, [! áÁ Á^Á! Á@ Á! | &••É

The 2 local Geelong Championship events held during the season (May 23 & Aug 8, 2010) cost \$3 and entry is on the day only.

4, Team Uniform

You will need a Geelong Region Team uniform to compete. Men wear the Geelong Region singlet with navy blue shorts & women wear either the same or crop tops & briefs. Mary McDonald has the team uniforms which cost \$35 each. Please contact either Mary McDonald or Brett Coleman if you need to purchase any of these.

Team Contacts

Brett Coleman – Team Manager (Seniors)
5243 4497 or 0438 434 260
brett.coleman@optusnet.com.au

Sharon Hockley & Peter Samon – Team Managers (Juniors)
0425 746 817 (Sharon) or 0439 324 586 (Peter)
peter.samon@three.com.au

Club Registrar Contacts

Bellarine – Beth Bauer
3 Konda Court, Bell Park VIC 3215
5249 5752
ebauer@ncable.net.au

Chilwell – Mary McDonald
325 Shannon Avenue, Newtown VIC 3220
5229 3920
athschilwell@yahoo.com

Corio – Dianne Alsop
21 Hopkins Street, Corio VIC 3214)
5275 2357 or 0438 517 215
d_alsop@yahoo.com

Deakin – Chris Sly
7 Tabulam Court, Grovedale VIC 3216
5243 9290 or 0405 758 812
sly.christopher.l@edumail.vic.gov.au

Geelong Guild – Wendy Byrt
1 Fontaine Court, Grovedale VIC 3216
5241 1080
doug.byrt@bigpond.com