



Woody Yaloak Athletic Club

Haddon, Victoria

WEEK ONE – RAIL TRAIL

Date	15 August 2025
Time	430pm
Location	Haddon Rail Trail, meet at the Rec Reserve
Address	368 Sago Hill Rd, Haddon VIC

Meet Notes:

Due to the forecasted rain, we have changed the run to the Rail Trail from the Rec Reserve as there is more shelter on this track. If the weather worsens on Friday, the run may be cancelled if conditions are deemed unsafe. Please monitor Facebook and Teams for updates on Friday afternoon.

All runners to meet at Haddon Recreation Centre at 4.30pm on Friday or you can run as a family over the weekend.

This 1 course is the Rail Trail Haddon running north from the Recreation Centre. All runners run to their coloured cones and return. The start is at the Wooden Poles on the Rail Trail near the toilet block next to the recreation Centre.

AGE GROUP	COURSE	DISTANCE
U6	To Green Cone - out and back	400m
U8	To Blue cone - out and back	800m
U10	to Red cone - out and back	1000m
U12	to Yellow cone - out and back	2000m
U14	to Yellow cone - out and back, then run to Red cone and back	3000m
U16+	Yellow cone - out and back, then same again	4000m

Virtual Run Notes:

- Send a pic, name and time to info@woodyathletics.org.au before 4pm Sunday
- Please email if cones/arrows have disappeared or any concerns
- Please run in club singlets

Good Running and Stay Safe

info@woodyathletics.org.au