



Woody Yaloak Athletic Club

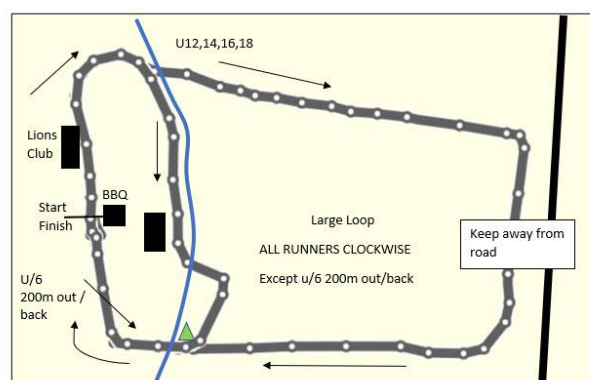
Haddon, Victoria

WEEK 15

Date	29 August 2025
Time	430pm
Location	Lions Park
Address	32 Racecourse Rd, Haddon
Race Marshall	

Meet Notes:

AGE GROUP	COURSE	DISTANCE
U6	To Green Cone - out and back	400m
U8	One small loop	700m
U10	2 small loops	1400m
U12	1 large and 1 small loop	1940m
U14	2 large and 1 small loop	3180m
U16+	3 large loops	3720m



The FIRST RACE - U6 & U8 & U10

The u6 runners start at the BBQ area and run up gravel road towards the road/bridge and turn left towards the walking track bridge. (white arrows on corners) The green cone and large green dot will be past the washway on the gravel track. They run to their cone and return.

The under 8 runners are to start running from BBQ area south (the other way) past the Lions Club building and follow the track around and alongside the creek (DONT GO OVER BRIDGE) Follow the track which goes over the washway near the playground (SOME RED BLUE CONES) and to the walking track near the bridge. Turn right and run over the walking track bridge and back to the finish.

The under 10s run the u8 track twice.

The SECOND RACE - U12, 14, 16, 18 and OPEN

As the older age groups are to run multiple laps running outside the park, (**SEE MAP**) please take time in knowing how many laps you are to do and a map of the loop ... either the full lap going over the bridge and running along the grass 'strip' beside the road before turning right onto the walking track down over the bridge and back to the start/finish at the BBQ area OR the extra small loop following the u8&10 course around the park running along the creek.

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

Peter

info@woodyathletics.org.au