



WEEK FOUR

Date	23 May 2024
Time	430pm
Location	Haddon Dam Relay, Haddon Common
Address	Down Taylors Rd into the common. Turn right straight away and you will see the orange cone
Race Marshall	Peter Luke

Meet Notes:

This Friday Woody Aths will run the Haddon Relay. All runners will be allocated a 'partner' on the night/weekend. Both runners will have their race times added to complete a relay total.

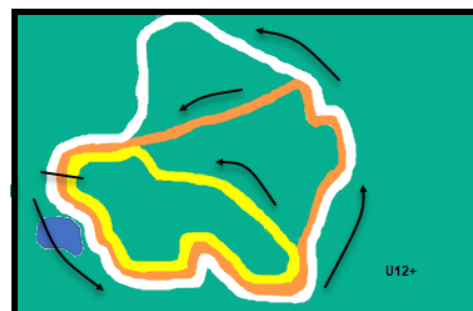
If any member wishes, they can invite a friend to be their partner and run on Friday night.

Invitational friends must run on Friday night to be added to the results – not over the weekend. *Please text/email to Peter any invitational friends that will run on Friday night.* Any virtual runners running over the weekend will be allocated a partner on Friday nights allocations.

The Course

- All runners start in the same direction, running down towards the dam.
- The U6s will keep turning left at each corner, following arrows and green cones to the Dam and then back to the finish.
- The U8s and 10s are to run past the dam following the arrows. At the Dam, they run straight ahead until they reach the corner where they turn left and left again top of hill and back to the finish.
- The U12, 14, 16, and Open runners will start running towards the dam first and then out into the Common before returning back to the start. All runners will run back past the dam to the finish.
- **There are many arrows on the course and the older runners must follow the arrows and yellow, orange and white age group cones before finishing where they started.**

AGE GROUP	COURSE	DISTANCE
U6	Green Cone	500m
U8	Blue Cone	1120m
10	Red Cone	1120m
U12	Yellow Cone	2450m
U14	Orange Cone	3500m
U16+	White Cone	3950m



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

0410 524 995

