



# Woody Yaloak Athletic Club

Haddon, Victoria

## WEEK TWO

Date	9 May 2025
Time	430pm
Location	4 Ways HCP Haddon Common
Address	Haddon Common
Race Marshall	Peter Luke

### Meet Notes:

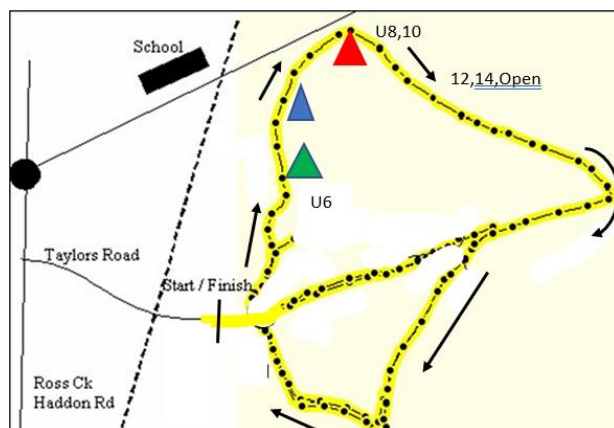
Woodyaths will run the 4-WAYS Handicap in the Haddon Common this week. Please meet at the start 4.30pm. An easy out back course. The start is just up from the turnoff to dam in the Haddon Common and just past the big puddles (might not have water in them at the moment!). You can drive through the puddles or walk around to start.

**Directions to the start:** Drive down Taylors Road onto the gravel road and into the common. Veer to the left at the Haddon Common sign (don't turn right to the dam). The start is about 200m up this gravel road and just past the big puddles and the big track/gravel road intersection. The big orange cone will indicate the start.

### PLEASE FOLLOW ARROWS

- All runners start in the same direction
- If there are some puddles, please run/walk around them to continue
- Please wear Club Tops to go in the Chocolate Draw

AGE GROUP	COURSE	DISTANCE
U6	To <b>Green</b> Cone and back	400m
U8	To <b>Blue</b> cone and back	800m
U10	to <b>Red</b> cone and back	1100m
U12	1 loop of the course	1900m
U14	1 loop and then out to the <b>Red</b> cone and back	3000m
U16+	2 large loops	3800m



### Virtual Run Notes:

- Send a pic, name and time to [info@woodyathletics.org.au](mailto: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](mailto:info@woodyathletics.org.au)