

## Keilor St Bernard's Athletic Club

Well folks our first cross country event of the season is over and as we look forward to the next event we review our previous performance. A brave effort by our division 1 men's team saw us finish in last Place as did our Division 1 women. As they say things can only improve and we hope it is the case for our senior men and women. Injury and other commitments saw us with only enough to fill our division 1 women's team and our men's Division 2 team. I can't remember when we were unable to fill a second men's team let alone not even have one runner to compete in it . Injury and work have affected our teams and we were at a very low ebb on the 1st day with only our Division 2 and 50 plus having sufficient runners to get a team home. Saturday 9th is the first individual event and we are hoping for the return of some of our missing athletes.

Please note all shoe tags must be tested before you race on the 9th if you have not had it done at Jells Park defective tags mean no result and if not pretested will not be counted.

Note in all races including relays bib numbers must be shown including sponsors name as well as the relay numbers when appropriate .

Entries close at midday 6th of May for Lardner park so please ensure if you do not have a season ticket you need to register to run before this time as AV will not accept late entries or entries on the day.

Juniors please note that your season ticket does not include entry for the all schools championships on the 13 of June.

Entry for this event usually close a month before so please check whether your school is entering you if not you need to lodge your own entry.

Club events are scheduled for the 20th June King of the Mountain. Mt Macedon  
25th of July Club handicap events Mascoma Street  
12th September Bourke Stobaus Challenge

Maribyrnong river

Start Times at Lardner Park

Under 14men and women 2k 12.30

Under 18 and u20 men 4k 12.40

Under 16 men u 16/18/20 women 3k 1.00

Open men 8k 1.20

Open women 4k 2.00.

Ron Stobaus  
Team Manager