



SANDOWN CLASSIC



Australia's fastest 10km Fun Run

The perfect opportunity to run a 10km PB!

...or a 3km PB for Juniors

Fast, flat, accurate course. All ages & abilities encouraged

Saturday 26 May 2007

Sandown Racecourse, Springvale

For more information contact Athletics Victoria:

email winter@athsvic.org.au
phone 03 9428 8195

www.athsvic.org.au



SANDOWN CLASSIC



The SKINS Sandown Classic is different to a lot of fun runs. It's a big event, but it's run with a fairly low key approach. The focus of the SKINS Sandown Classic is squarely on running, racing and setting PB's. The course is accurate and fast; the timing system is reliable and precise; and there is a strong depth of competition at all levels.

This is an event for runners who care about their running. Regardless of whether you're up the front or the back of the pack, if you want to run fast, then the SKINS Sandown Classic is the race for you.

HOW TO ENTER

PRE-ENTER: Athletes can pre enter the SKINS Sandown Classic by completing the enclosed entry form and returning it to Athletics Victoria (with full payment) by no later than 5pm Monday 21 May. The entry cost for all events is \$20 (Open), \$15 (U18/U20), \$10 (U14/U16). Please note the cost for Athletics Victoria members entering by Monday 21 May is \$12 (Open), \$10 (U18/U20), \$5 (U16/U14)

ENTER ON THE DAY: Athletes can enter the Sandown 10km Classic on the day, however entries close 1 HOUR PRIOR to the start of your event.

RACE PROCEEDS

All proceeds of the SKINS Sandown Classic go back into grassroots running. Funds are used to support clubs and organize similar events.

THE COURSE

Sandown Raceway is normally the home of V8 super cars and thoroughbred horses. It's fast. It's a 3.1km circuit of good quality bitumen, largely flat with a slight rise on the back straight. The wind can blow sometimes, but it is invariably a very fast course, and a large number of personal bests are recorded here.

The 10km course consists of a run down the wide open space of the front straight and then three laps of the circuit. Although runners weave a line through the chicanes, there are not really sharp corners to slow them down. The course has been accurately measured and is one of the few courses in Victoria to receive certification from Athletics Australia.

The course map is available on the Athletics Victoria website: www.athsvic.org.au



START LINE

All participants are advised to get to the start line at least 15 minutes prior to the start of their race.

The 3km race starts at 1:45pm and the 10km race starts at 2:30pm.

The start line for the 10km race is at the northern end of the main straight. The start line for the 3km race is at the southern end of the main straight.

There will be separate areas on the start line for men and women, to enable a clear start for everyone.

All competitors should have a tag, which will be collected at the finish line, to provide for accurate time recording.

TIMING

All participants will receive an official time for participation in the event. These will be posted on the Athletics Victoria website at www.athsvic.org.au shortly after the event.

VICTORIAN CHAMPIONSHIPS

The SKINS Sandown 10km Classic doubles as the Victorian 10km Road Racing Championship and the Victorian Junior 3km Road Racing Championship. To be eligible for the Championship, an athlete must be a current Athletics Victoria financial member and have entered by no later than 5pm Monday 21 May 2007.



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RACE SUPPORTERS

SKINS are body moulded compression garments manufactured from the finest Lycra and Meryl Microfibre, scientifically engineered to provide support and muscle alignment. SKINS will definitely change the way that you train and run as well as speed your recovery.



PRIZES

The event doubles as the Victorian 10km Road Racing Championships, and the 3km Junior Road Racing Championships. Medals will be awarded to place getters in the following categories:

3km	3km	10km	10km	10km
Women Under 14	Men Under 14	Men Under 18	Men Open	Women 40+
Women Under 16	Men Under 16	Men Under 20	Women Country	Men 40+
Women Under 18	Women Under 20	Women Open	Men Country	Men 50+

Prize money will be awarded to the top 5 finishers in both the Men's and Women's 10km events. Sponsors prizes will be awarded to place getters in the 3km event.

The presentation ceremony will be immediately following the 10km race.

GETTING THERE

Sandown Raceway is in Springvale, in Melbourne's south eastern suburbs (Melway Ref: 80 C9).

By Car:

On race day access to Sandown will be via Sandown Road only - other access points will not be open. Sandown Road is east off Springvale Road, just north of Springvale Station (Melway Ref: 80 C10).

By Public Transport:

The easiest public transport access to Sandown is via Springvale Station, which is approximately 900m from the venue. Catch a Cranbourne or Pakenham line train to Springvale Station and then walk down Sandown Road.

As most gates to the venue will remain closed, access via Sandown Park Station is not recommended.

SPECTATORS

Family and friends are encouraged to come along to view the race. The best viewing areas are from the main grandstand, which is undercover. From here, the entire course can be seen.

TOILETS & REFRESHMENTS

Toilets are located in the main grandstand.

Snacks and other refreshments will be available in the vicinity of the main grandstand.

TRANSPORT & PARKING

There is ample free parking at Sandown. Enter from the end of Sandown Road, east off Springvale Road, just north of Springvale Station (Melway Ref: 80 C10).

BAGS / DOGS / PRAMS / BIKES

There is ample undercover area in which to leave bags and belongings. Athletics Victoria takes no responsibility for the security of any belongings.

For safety reasons, no dogs, prams or bikes will be allowed on the course.

ATHLETICS VICTORIA 2007 WINTER SERIES



The SKINS Sandown Classic forms part of the Athletics Victoria Winter Series. This series of 10 events includes road, cross country and relay races over distances varying from 2km to 21km. Individual runners may compete in any events of their choosing, and everyone is encouraged to participate.

The series also consists of a team competition, in which clubs compete throughout the series for the Premiership in a variety of divisions. Each runner, regardless of their ability, scores points for their club. The competition in division 6 is just as fierce as in division 1 - and great fun!

2007 WINTER SERIES - INDIVIDUAL EVENTS & DISTANCES

DATE	EVENT	MEN/WOMEN	OPEN	UNDER 20	UNDER 18	UNDER 16	UNDER 14
SUNDAY MAY 13 Start Time: 9am <i>(Closing Date: MAY 8)</i>	LA TROBE UNIVERSITY ROAD RACE <i>(Melway Ref: 19 H6)</i>	MEN	15KM	5KM	5KM	5KM	5KM
		WOMEN	15KM	5KM	5KM	5KM	5KM
<i>An interesting 15km road race over the undulating roads at La Trobe University, Bundoora. There's also a shorter 5km option for juniors.</i>							
SATURDAY MAY 26 Start Time: 1pm <i>(Closing Date: May 21)</i>	SANDOWN CLASSIC ROAD RACE <i>(Melway Ref: 80 C10)</i>	MEN	10KM	10KM	10KM	3KM	3KM
		WOMEN	10KM	3KM	3KM	3KM	3KM
<i>Australia's fastest 10km fun run at Sandown Racecourse, Springvale. The perfect opportunity to run a PB in what is acknowledged as Australia's highest quality 10km race. Juniors compete in a 3km one lap dash around the racecourse.</i>							
SATURDAY JUNE 23 Start Time: 1pm <i>(Closing Date: June 18)</i>	GEE LONG CROSS COUNTRY <i>(Melway Ref: 452 F5)</i>	MEN	16KM	6KM	8KM	4KM	3KM
		WOMEN	4KM	3KM	6KM	6KM	3KM
<i>A big day of cross country, over a variety of distances. Incorporating the traditional men's Victorian 10 mile (16km) Cross Country Championship, run continuously since the 1890's. Open and overage women run over 4km. Juniors run over 3, 4, 6 or 8km.</i>							
SATURDAY JULY 21 Start Time: 10am <i>(Closing Date: July 16)</i>	BUNDOORA PARK CROSS COUNTRY <i>(Melway Ref: 19 F4)</i>	MEN	12KM	8KM	<i>Junior age groups to enter the 2007 Victorian All Schools Cross Country Championships. Visit the Athletics Victoria website to download an entry form: www.athsvic.org.au</i>		
		WOMEN	8KM	6KM			
<i>A huge festival of cross country racing, incorporating the selection trials for the Australian Cross Country Championships. Open & overage men run over 12km, women run over 8km. Juniors run over 4km or 6km.</i>							
SATURDAY AUGUST 18 Start Time: 1pm <i>(Closing Date: August 13)</i>	YARRA BEND PARK CROSS COUNTRY <i>(Melway Ref: 2D E5)</i>	MEN	8KM	4KM	4KM	3KM	2KM
		WOMEN	6KM	4KM	3KM	3KM	2KM
<i>Cross country on a spectacular course near the Yarra River. Open & overage men run over 8km, women run over 6km. Juniors run over 4km, 3km or 2km. This event also acts as the Victorian Country Championship and the Victorian Masters Championship.</i>							
SUNDAY SEPTEMBER 9 Start Time: 8am <i>(Closing Date: September 3)</i>	BURNLEY HALF MARATHON <i>(Melway Ref: 59 B1)</i>	MEN	21KM	<i>The Burnley Half Marathon is run in conjunction with the Richmond Harriers: www.richmondharriers.org.au</i>			
		WOMEN	21KM				
<i>One of Australia's fastest half marathons run along the scenic Yarra Boulevard - the perfect opportunity to run a half marathon PB.</i>							