

WOMEN, GIRLS & NON-BINARY

ROUND



What is LTUHC Women, Girls & Non-Binary Round?

For the 2024 winter season, there are four inclusion & diversity rounds at La Trobe University Hockey Club (LTUHC). Each round will have a focus on education, raising awareness and celebrating.

The first round is the Women, Girls and Non-Binary round and is taking place at LTUHC home ground KP Hardiman Reserve on **Saturday 4 May 2024**. There will be hockey games from 12.30pm - 7pm (Women 1 & 2s and Men 1s & 2s) and lots of other things going on to celebrate this round!

What is the club run?

This club run is one aspect of the Women, Girls & Non-Binary round and is a way we can come together to raise money and awareness for Breast Cancer Network Australia (BCNA).

BCNA supports those affected by breast cancer in Australia. Breast cancer is the most commonly diagnosed cancer in Australian women with one in seven diagnosed in their lifetime. Over 20,000 women are expected to be diagnosed with breast cancer this year as well as over 170 men. The money raised for the club run will help these women, men and families not go through their journey alone. For more information about BCNA please visit their website:

[BCNA website](#)

How can you get involved with the club run and/or the Women, Girls and Non-binary round?

There are a few different ways you can get involved!

1. Take part in the club run!

This involves running and walking as many kilometres as you can individually or as a team (maximum of 4 people) starting from Monday 29 April until Sunday 5 May 2024.

To sign up as an *individual* please add your name to the second tab of this spreadsheet 'Individual Club Run Register'.

To sign up as a *team* (maximum of 4 people) please add your team name to the third tab of this spreadsheet 'Team Club Run Register'.

Once you have signed up please encourage as many people as possible to sponsor you and donate to BCNA. Sponsors can donate by accessing this website: <https://bcna-pinksportsday-prod.azurewebsites.net/my-fundraising/1677/ltuhc-womens--non-binary-round>. Then don't forget to add your kilometres to this spreadsheet throughout the week and upload pictures of your running and tag @LaTrobeunihockey on social media.

Please keep an eye out for group runs that will be organised at the training sessions for Men and Women on 30 April and 2 May. There will also be a prize for the most kilometres run by an individual and team - so get competitive!

2. Sponsor someone participating in the club run or donate in support of all the runners

You could sponsor someone or a team \$1 for every kilometre run or you could donate any amount of your choosing. Please access our donation page here: <https://bcna-pinksportsday-prod.azurewebsites.net/my-fundraising/1677/ltuhc-womens--non-binary-round>

3. Come down to the club on Saturday 4 May to cheer on La Trobe or enjoy our celebration station!

The celebration station will include information regarding Breast Cancer in Australia, sports bra information, music, food and drinks, ways to celebrate and recognise e

4. Help with running the Women, Girls and Non-Binary round

Any help would be greatly appreciated. Help could be offering your time to help with set-up and planning. Please email inclusion@latrobeunihockey.com to discuss h

If you have any questions about the club run or the round, please contact Amanda Shackleton & Emily Salter at inclusion@latrobeunihockey.com

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CLUB RUN - INDIVIDUAL



No. Name	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Individual KM
	29 April KM	30 April KM	1 May KM	2 May KM	3 May KM	4 May KM	5 May KM	
1 Ruby Bennett	5	4					5	9
2 Emily Salter	4	5	5	5	5	4	5	33
3 Connie Bai	8							8
4 Ella Jackson	3	5	2	3		5		18
5 Kat Matthews	5.4	6.7	9.4	11	7.4	6.6	22.5	69
6 Glenn Hialupka	5.4		9.4		7.4	1.7	28	51.9
7 Linda Bannan	4.2	5	5					14.2
8 Franky Bain	4.5	11	2		2	17	7	43.5
9 Dee Gangi								0
10 Sam Williams			7	4	2.3	6.1		19.4
11 Amelia Ellis		9	2	4	6			21
12 Susie Shortis	6	6		7	7	6	4	36
13 Roo Rosenwald	24	42	42	28		9	57	202
14 Zach Shipham		10						10
15 Stephen Hannah	5	4						9
16 Nicholas Higgins	4.8			5.5				10.3
17 Paul Xanthos	5			5.5				10.5
18								0
19								0
20								0
21								0
22								0
23								0
24								0
25								0
26								0
27								0
28								0
29								0
30								0
31								0
32								0
33								0
34								0
35								0
36								0
37								0
38								0
39								0
40								0
Daily total	84.3	107.7	83.8	73	37.1	55.4	123.5	
Total overall KM								564.8





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CLUB RUN - TEAM



No. Team Name	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Team KM
	29 April KM	30 April KM	1 May KM	2 May KM	3 May KM	4 May KM	5 May KM	
1 PEC								0
2 James Family	9.35	18.48	21	23.65	23.7	23.33	21.6	141.11
3 Morgasmas	16.7	20.2	18	18.1	19.6	30.6	22	145.2
4 Jenkins family	5	18	20					41
5 Red heads unite (Percy, Mez, Mia, Ster	22.5	43.5	26	32.3	15	37.4	7.5	186.2
6 Shackleton family	17	27.2	17.4	13	12	22.4	10.5	119.5
7 Turf Turtles (Ern, Kita, Bel & Ainslee)	34.22	39.09	42.63	39.42	34.72	33.35	44.81	268.24
8 Couch Potatoes	21.38	23.1	30.11	29.16	28.43	27.95	23.47	183.6
9 Fighting Lions (Penny & Casey)	9.5	15.6	15.2	10.6	11.4	14.5	20.5	97.3
10 Monday Masters Strava Run Club [1]	22.83	21.35	36.86	19.48	47.53	27.53	29.62	205.2
11 Reid farm	24	21	43	36				124
12 Snacky Spectators	21	41.3	31.3	27.9	46.17	51.9	33.86	253.43
13 Pyalong Pyros	2.8	8.5	22	16.3	12.52			62.12
14 Vanny's FM Groupies	3.7	5.5	28	13	6.3			56.5
15 The mismatched socks	12	8.5	8					28.5
16								0
17								0
18								0
19								0
20								0
21								0
22								0
23								0
24								0
25								0
26								0
27								0
28								0
29								0
30								0
31								0
32								0
33								0
34								0
35								0
36								0
37								0
38								0
39								0
40								0
Daily total	219.98	311.32	361.5	278.91	257.37	268.96	213.86	
Total overall KM								1911.9



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TOTALS & LEADER BOARD

Keep running towards our goal of 500km & get to the top of the leaderboard to take home the prize!

Make sure to keep your KMs up-to-date and get around the other runners. Thanks for your support!

Total KMs (individuals & teams)

2476.7

LEADER BOARD		KMs
Individual	Roo Rosenwald	202
Team	Turf Turtles (Em, Kita, Bel & Ainslee)	268.24



[1] Phil, Waz, Zully, Diff