



# Club News

EDITION 1 – 2009/2010

## DATES TO REMEMBER

- Tue 06/10 Club Handicap – Details attached  
Sat 10/10 Round 1 Competition @ Aberfeldie – Program 1  
Sun 11/10 Melbourne Marathon  
Sat 17/10 Round 2 Competition @ Williamstown – Program 2  
Sat 24/10 Round 3 Competition @ Meadowglen – Program 3

## CLUB HANDICAP

*Tuesday 06/10/2009*

**6.00pm 100m**  
**6.30pm 800m**  
**6.45pm 100m Final**

Dinner & Presentation after Handicaps.  
See website for entry form.

## CLUB DUTY ROSTER

### ROUND 1

### SATURDAY 10 OCTOBER

AFTERNOON TEA

Please bring a plate

LONG JUMP

4 officials for the duration of the event

### ROUND 2

### SATURDAY 17 OCTOBER

SPRINT HURDLES & STEEPLE

Set-up, change heights & pack-up

RELAYS

Changeover Officials

## WELCOME

A very warm welcome to Robert Franzone, Taylah DeBono, Natarsha Inchincole, Keily Henderson, Brienna Musgrave, Carly Leisha & Justin White. Welcome back to Kristy Elsheikh and all our oldies.

## NORTH WEST REGION CLUB HELPER EDUCATION SESSION

1.00pm to 4.00pm

Saturday 3 October 2009

Aberfeldie

Session will cover Long Jump, Shot Put and Track events.

## FOR SALE

Season 08/09

Presentation CD's

\$10.00

Club Sports Bags

\$25.00

**CONGRATULATIONS TO ALL OUR ATHELTES WHO  
COMPETED IN THE WINTER CROSS COUNTRY SEASON**























# MELBOURNE MARATHON

Thanks to all who have put up their hands to work at this years Melbourne Marathon on Sunday 11 October. We will be running a drink station again this year.

**MEET AT:  
PRINCES BRIDGE SOUTH SIDE DRINK STATION  
(MELWAYS REF 2F G7)  
AT 6.00AM**

**Please make sure you are not late.  
We expect to finish around 12.30pm**

## Melbourne City Map

- |  |  |  |
|--|--|--|
|  Accessible toilet                  |  Parking            |  Melbourne city tourist shuttle bus stop           |
|  BBQ                                |  Places of interest |  Tram route with platform stops                    |
|  Bike path offroad/onroad           |  Places of worship  |  Train station                                     |
|  Cinema                             |  Playground         |  Train  |
|  City circle tram route with stops |  Post Office       |  Road under construction/future development site |
|  Educational facility             |  Taxi rank        |  Visitor information centre                      |
|  Hospital                         |  Theatre          |  |
|  Marina                           |  Toilet           |  |

0 metres 250

This map is not to scale



## ID WORLD CHAMPIONSHIPS LIBEREC



Apologies to Rebecca Kane for overlooking to mention at Presentation Night her performances in the Czech Republic. Due to an unfortunate mix-up with Rebecca's paperwork, she was not allowed to run in the 3k event. However, she was able to run in the 1500m and 5k events. After all the emotional stress of the mix-up Rebecca was still able to produce a massive PB in the 5k when she ran 20.59. This could have been better if the officials had not counted her a lap short and, after realising when she had stopped running, sent her around for another lap. What a championship and a real test of your determination. WELL DONE REBECCA.

