



2009-2010 TWILIGHT TROT

ALL RUNNERS AND WALKERS (SERIOUS OR SOCIAL PARTICIPANTS) ARE WELCOME

COMMENCES : MONDAY 26 OCTOBER 2009

VENUE : - EASTERN PARK – BBQ ROTUNDA.

STARTING TIME : - 6.15 PM.

DISTANCE : - 1, 2 & 3 LAPS IN THE PARK AND ON THE WALK TRACK
Short course – 1635m
Long course – 2245m

Short Course – ON THE WALK TRACK AND THROUGH THE PARK.

Long Course – ON THE WALK TRACK AROUND EASTERN GARDENS.

JUNIORS UNDER 13yrs COMPETE OVER ONE LAP OF THE DESIGNATED DISTANCE.

SENIORS COMPETE OVER A MINIMUM DISTANCE OF ONE LAP AND/OR THE DESIGNATED DISTANCE.

ENTRY FEES : - \$2 FOR 13yrs. AND OVER
\$1 UNDER 13yrs.

AWARDS WILL BE PRESENTED AT THE END OF THE SERIES ON 1st. MARCH 2010 AT A PRESENTATION/ BBQ. AWARDS WILL BE BASED ON POINTS SCORED EACH WEEK. SPOT PRIZES WILL ALSO BE GIVEN OUT EACH WEEK COURTESY OF OUR SPONSORS.

AGE WILL BE TAKEN AS AT 26 OCTOBER 2009

ENQUIRIES : - GEOFF OR MARY MCDONALD PH. 52293920
or Email : - geoff.mcd@bigpond.com

5228 3333
187a Moorabool St, Geelong
www.mcdonaldco.com.au



5241 0888
152a High Street, Belmont
www.mcdonaldco.com.au



PROGRAMME 2009 - 2010

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| 26 October 2009 | 1 or 2 Laps - Short |
| 2 November | 1 or 2 - Long |
| 09 November | 1, 2 or 3 - Short |
| 16 November | 1, 2 or 3 - Long |
| 23 November | 1 or 2 - Short |
| 30 November | 1 or 2 - Long |
| 07 December | 1, 2 or 3 - Short |
| 14 December | 1, 2, 3 or 4 - Short |
| 21 December | 1, 2 or 3 - Long |
| Merry Christmas and a Happy New Year. | |
| 11 January 2010 | 1 or 2 - Long |
| 18 January | 1, 2 or 3 - Short |
| 25 January | 1 or 2 - Short |
| 01 February | 1 or 2 - Long |
| 08 February | 1, 2 or 3 Short |
| 15 February | 1, 2, 3 or 4 Long |
| 22 February | 1 or 2 Short |
| 01 March | 1 lap (Long) Juniors Handicap Run. Medals presented. 2 laps, Seniors (Long) Handicap Run – Joyce Lockyer Memorial Trophy - followed by a BBQ and Presentation of awards. |

CONDITIONS OF ENTRY:

1. Entrants who are not registered athletes with Athletics Victoria must complete the Declaration Form before competing in their first "Trot".
2. All participants in the "Trot" must conform to directions by officials.
3. All participants must be cautious of vehicles when crossing roads.

GEELONG ATHLETICS INC. WISHES TO THANK ITS SPONSORS FOR THEIR SUPPORT :-

**G.J. McDonald & Co. Real Estate, Charles Crawford & Sons Funeral Directors;
Geelong Bowling Lanes; Bakers Delight Pakington Street, De Grandi Cycle & Sport;
Royal Geelong Yacht Club & Barwon Water.**

Please support them.

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