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Xmas in July: It was a fun and very sociable evening with a great menu and company. Fiona unveiled the new club running top, Helen won the baby photo competition, Janice won the marbles in the jar competition as well as taking home the much sort after squeaking chicken from the present giving and stealing. There were some very surprising presents. Big thanks to Lauris, Schon and Joyce for working on the preparation and to Ian and Lauris Stirling for hosting the shindig.

The **Vin Maloney Club Trophy** will be contested this Sunday at Eppalock. Every member will be given a handicap worked out by Don Fell, our club statistician. Just run your normal course and put your time up on the club notice board. There is a lovely perpetual trophy that anyone can win, if you have a good day against your handicap.

Don and Fiona will be off to Scotland soon, part of which will be taken up on the 6 day comp. Contact Fiona if you would like a top. Don is modelling the new top and pretending he has new running pants shot ... actually wearing one leg from two pairs of his running pants.



Victorian Club Relays - Plenty River Gorge, Greensborough

Sunday 9th August 2009 So far I have entries from

ADRIAN	Dorothy	HEALY	Sue	NIVEN	Rex
ARMSTRONG	Geoff	HUDSON	Geoff	ROWLANDS	Joyce
BARRON	Celeste	HUDSON	Schon	STIRLING	Ian
EDMONDS	Rob	HUGHES	Jeff	STIRLING	Lauris
EDMONDS	Helen	JARVIS	Mark	WATTS	Alan
EDMONDS	Rachel	JARVIS	Heath		
EDMONDS	Alice	MALLEN	Peter		
FREDERICK	Ron	MALLEN	Dave		
GIGANTE	Kerry	MALONEY	Kevin		
GIGANTE	Sarah	NIVEN	Laurie		

Entries close on July 31 but I need to know your intentions by July 27 so I can finalise teams. Thank you those who have let me know they won't be taking part.

Fees: VOA: Senior, \$12, Junior, \$6, Family \$30 max
 Non VOA: Senior, \$18, Junior, \$9, Family, \$45 max

Our club will pay half of your event fees. Payments collected on the day.

If you don't own a SportIdent Stick (the electronic equivalent of the control card) then you can hire one on the day - \$2.50 per person; max \$7.50 per family. I'll arrange that.

Please select your preferred Group. I'll form teams but you may form or suggest your own teams. Teams consist of 3 members. They may be all male, all female or mixed in this new format.

#1 starts at 10 am with the mass start #2 starts once #1 returns.... #3 starts once #2 returns.

Group	Distance	Difficulty
A	6.0 km	Hard/Moderate
B	4.3 km	Hard/Moderate
C	3.0 km	Hard/Moderate
D	4.4 km	a. Hard/Moderate
	3.0 km	b. Easy
	2.1 km	c. Very Easy

Please email me direct rob.edmonds@bigpond.com or call me on 9438 3378 or 0438 010 786 with your response. I'll need your name and preferred course and SI number if you own an SI stick.