



No, you are not seeing things. The newsletter will be taking on a different format from now on. Many of you have had trouble downloading the previous style and format and because we don't want anyone to miss the information enclosed, we have changed it to a Word Document. It won't be quite as pretty, but the news will still be the same.

We hope this works for you all, if you have any trouble please contact Michael Hart and we will make sure you get a copy, no matter what !

## NOW FOR THE NEWS ...

### CHANGES TO CROSS COUNTRY COURSES

From time to time, cross country courses are altered, adapted or are replaced. This may be the result of physical changes to the tracks and roadways, it maybe that the sponsor after whom a race is named is no longer willing to continue, or it may be that the athletes running the particular event, no longer feel the race is relevant or suitable.

We believe we have a good cross section of courses on our syllabus at present, with something to suit every style and ability of runner. However, the Committee would welcome any comments or suggestions relating to the races in general, or one course in particular. If you have any thoughts on this subject, please don't hesitate to jot it down or chat to one of the committee about it.

The same goes for BRC and AV races. We can't guarantee a change immediately, but if you have a suggestion, please bring it to the committee, who knows, others may well be of the same thinking.

And don't forget, it is also appreciated by those who decide on the courses, if you are happy with the venue, the distance, the coffee afterwards !... let them know this too.

It is always reassuring to know the hard work is appreciated.

### DAYLESFORD RELAY DAY ...

#### SEPTEMBER 10

Grand Final Day is nearly here, which means the Daylesford Relays are even closer !

Good Luck to all those carrying the Ballarat Harriers hopes in all divisions.

Each year one of the participating clubs has the responsibility of marshalling the course. This year it is Harriers turn, which means we are asking for club members to volunteer to help out. We don't need to emphasise the fact that this plays a vital part in the safe running of the event and so the more people we have, the safer our teams will be. If you have this date free, and are able to make a commitment to the club, please give your name to Heather as early as possible so a roster can be drawn up.

Thankyou, in anticipation of a huge response to this small request.

### BALLARAT HARRIERS – 15 YEARS ON

Russell Bourke's book on the continuing history of the Ballarat Harriers will, we are reliably informed, will be published September 15 ... soon , that is !

For those of you who keep your eyes peeled, you will have noticed the Lap of the Lake time rankings for 1991-2005, have been posted on the noticeboard in the clubrooms. Thankyou to Russell for his efforts regarding same.

### AND HERE ARE SOME MORE STATISTICS

...courtesy of Stephen Ditchfield and late nights on the computer

From the 1989- 90 season until now ...did you know ... Michael Hart has run 240 club races, 48 BRC races and 13 AV races; Terry Hammond has run 221 club races, 44 BRC races and 11 AV races; Christine O'Halloran has run 129 club races, 52 BRC races and 76 AV races; and Peter Sutherland has run 102 club races, 57 BRC races and 58 AV races !

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### DATES and REMINDERS ...

SEPT. 3 Hall Family / Beryl Fletcher  
SEPT. 4 AV Half Marathon Burnley  
SEPT. 10 BRC Daylesford Relays  
SEPT. 17 Rupert Pearson Lap of the Lake  
SEPT. 18 AV Tan Relays

#### NEXT CLUB MEETING:

Tuesday September 6, 2005. 8.00pm at clubrooms

#### OCTOBER NEWSLETTER COPY DEADLINE:

September 25, 2005

### FOR CONTRIBUTIONS to Newsletter

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