

Coburg Harriers 'Official' Winter AV Fixture & Club Winter Handicap Runs 2008.

Note: Dr Marshall AV Events = Blue Club Dr M = Red, Yellow = receive special 'helper' Dr Marshall Points

Important Information:

Athletics Victoria Competition:

Athletics Victoria Events: The Winter AV season schedules an exciting variety of events with plenty of strong competition and challenges. Coburg Harriers is fielding both Male and Female teams in a range of AV Divisions, these divisions allow runners of all levels to participate fully in the Athletics Victoria Season. Each division has ladders - the idea being to finish as high as possible on the division ladder based on finishing performances, there are also awards for each separate event, i.e. division club first, second etc on day. Apart from relay events where entrants are pre-selected in divisions, what division you run in is determined by the overall finishing order of the event. Running the AV season is an ideal way to really immerse yourself in friendly and enjoyable competition whilst offering you an ideal place to achieve both personal and club goals.

Coburg Harriers Club Handicaps & General Runs:

Club Handicaps, Mark & Edwin are the 2008 Club Handicappers, each runner is allocated a handicap (KM Rating for Distance & Event) based on past performances, current performances and any other factors such as injury etc to determine a fair and reasonable KM rate time. These events are designed to offer members an enjoyable opportunity to compete against other members of varying levels and abilities over a variety of courses.. It's a good opportunity to improve your KM rating and generally enjoy the art of running. At the conclusion of all club events we have a cake, cup of tea or coffee and plan our next challenge.

Last Updated: 27 03 2008

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	29-Mar	2:00	Club Winter 2008 Opening Run	Coburg Harriers HQ Track	6KM	18 A10	Results posted following week of event
SATURDAY	29-Mar	3.3	Club Annual General Meeting	Coburg Harriers HQ Track		0 18 A10	Results posted following week of event
SUNDAY	30-Mar		COBURG 6 HOUR ULTRA RUN	Coburg Harriers HQ Track	6 HOUR Run/Walk	18 A10	Results posted following week of event
SATURDAY	19-Apr	10	AV Cross Country Relays	Jells Park, Wheelers Hill	6km & 3km	71 K6	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	19-Apr	10	Coburg 24 Hour Carnival, 24/12Hr Run Walk	Coburg Harriers HQ Track	KMs	18 A10	Results posted following week of event
SUNDAY	20-Apr	10	Coburg 24 Hour Carnival, 24/12Hr Run Walk	Coburg Harriers HQ Track	KMs	18 A10	Results posted following week of event
SATURDAY	26-Apr	2	CLUB ROAD HANDICAP	Westerfolds Park	10km	33 F1	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	3-May	1	AV 8KM Cross Country	Lardner Park, Warragul	8km & 4, 3, 2km	612 U8	Results posted following week of event
SATURDAY	17-May	1	AV 10km SKINS Sandown Classic	Sandown Raceway	10km & 3km	80 C10	Results posted following week of event
SUNDAY	18-May	9	Great Ocean Road Marathon	Apollo Bay	45/21KM		Results posted following week of event
SATURDAY	24-May	2	Club Road Handicap	Collingwood	11.2	30 F12	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SUNDAY	1-Jun	1	AV 15 Road Race	La Trobe University, Bundoora	15km & 5km	19 H6	Results posted following week of event
SATURDAY	7-Jun	2	Club Road Handicap	Warringal Park Burgundy St. Heidelberg (meet at Football Club Rooms)	8KM	32 B4	Results posted following week of event
SATURDAY	14-Jun	2	Coburg Bluestone Classic (Track, Road, Cross Country)	Coburg Track	15/7KM	18 A10	Results posted following week of event
SATURDAY	21-Jun	2	King & Queen of the Mountain	Humevale	8KM	254 N11	Results posted following week of event
SATURDAY	28-Jun	12	AV Coliban Long Road Relays - EKIDEN	Harcourt - Bendigo	48.8KM/32.3KM 7KM AVG.	609 D5	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	5-Jul	2	Club Cross Country Handicap	Coburg Track	10KM	18 A10	Results posted following week of event
SATURDAY	12-Jul	1	AV 16KM CROSS COUNTRY	EASTERN PARK, GEELONG	16, 6, 8, 4KM	452 F5	Results posted following week of event
SATURDAY	19-Jul	2	Club Road Handicap	Princess Park (meet near Playground, near BBQs)	10KM	29 G12	Results posted following week of event
SATURDAY	26-Jul	1	AV 12KM CROSS COUNTRY	BUNDOORA PARK, BUNDOORA	12KM, 6KM, 8KM, 4KM	19 F4	Results posted following week of event
SUNDAY	27-Jul	9	Coburg Half Marathon	Coburg Track	6/21.1KM	18 A10	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	2-Aug	2	Club Road/Cross Country Handicap (Jeremy & Mark's Super Special Run)	Coburg Lake (meet near Playground/BBQ area, after run BBQ)	9KM	18 A10	Results posted following week of event
SATURDAY	9-Aug	12	AV ROAD RELAY	SANDOWN RACECOURSE	6.2, 3.1KM	80 C10	Results posted following week of event
SATURDAY	16-Aug	2 p	Club Cross Country Championship	Coburg Track	10KM	18 A10	Results posted following week of event
SATURDAY	16-Aug	X	AV Mountain Run	Healesville	12.6KM	75 G5	Results posted following week of event
SATURDAY	23-Aug	2	Club Road Handicap	Heathcote Junction	16/8KM	282 M10	Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SATURDAY	30-Aug	TBA	Shepparton Weekend (See Phillip VanD for Accom Details)	Afternoon Pack Warm Up Run	10KM		Results posted following week of event

DAY	DATE	Time	Event Name	Location	Distance	Melway Reference	Race Report & Results
SUNDAY	31-Aug	AM	Shepparton Marathon/Half Marathon/10 KM	Shepparton	42/21/10KM		Results posted following week of event
SATURDAY	7-Sep	8.3	AV Half Marathon Champions Road RACE	YARRA BOULEVARD, BURNLEY - HALF MARATHON	21.1KM	59 B1	Results posted following week of event
SATURDAY	13-Sep	2 p	Club Road Champions	Albert Park (Swan Picnic Area)	9.6KM	2K F5	Results posted following week of event
SATURDAY	20-Sep	9	AV TAN RELAYS	KINGS DOMAIN, MELBOURNE	3.8KM	2G A9	Results posted following week of event
SUNDAY	12-Oct	8	Melbourne Marathon	TBA	42KM		Results posted following week of event