



Hi BRAC Athlete,

The Ballarat Regional Athletic Centre are once again conducting its popular 1500m timed handicap race on Sunday 12th February 2023 at the Ballarat Gift. It is scheduled to start at 2:00pm at the City Oval.

The Rod Griffin 1500m Handicap is open to BRAC registered athletes who have ran under 5:00 minutes (Men) and 5:30 minutes (Women) this season. It is named the Rod Griffin 1500m Handicap to recognise the contribution Rod has made to BRAC and his many coaching achievements. He is a life member of BRAC, has coached numerous International representatives and National Champions and has coached International teams. Rod was the National under 19 Distance coach and is a past President of the Ballarat Regional Athletic Centre.

The BRAC Rod Griffin 1500m handicap is sponsored by INTERSPORT - Ballarat, a locally owned and operated Sports Store. INTERSPORT - Ballarat provide great service and are specialists in: Sports and lifestyle footwear, Leisure and sporting apparel, Sports and Fitness equipment, Supplements, and much more. BRAC have maintained a long standing mutual association with INTERSPORT - Ballarat because they bring "Sport to the people". BRAC appreciate and intend to continue this positive relationship with INTERSPORT - Ballarat and thank them for their goodwill in sponsoring this 1500m Handicap event with \$300 in vouchers:

1st place **\$150 voucher**
2nd place **\$100 voucher**
3rd place **\$50 voucher**



The winner will be presented with a sash and all place getters will receive a BRAC medal.

If you would like to compete (numbers may be capped), please send an email to Nev Down (nevdown1969@gmail.com) before 8:00pm on Thursday 9th Feb to indicate your intention to run. It will be conducted as a timed handicap with all athletes running the full 1500m distance.

Eg. A 4:30 handicap will start 30 seconds after a 5:00 handicap.

Athletes will be introduced to the large crowd and the race will be commentated.

- **When:** Sunday 12th Feb. Race will start at 2:00pm.
- **Entry:** FREE for competing athletes. A list of the competitor's names will be at the gate to allow free access into the Ballarat Gift on the Sunday.
- **Where:** City Oval, Ballarat. Athletes are to report to Nev Down on the infield at 1:40pm to get their colours and handicap time.
- **What to wear:** Athletes are to wear their Club uniform.

Regards,
BRAC Track Committee