



2010 Herb Hedemann Handicap

Call for Nominations

The Stawell Athletic Club calls for nominations from registered athletic league participants and elite Australian middle distance runners for the 2010 Herb Hedemann Invitation Mile.

The profile of the invitation Herb Hedemann Mile has dramatically increased over the past few years and is now one of the feature and most exciting events on the Australia Post Stawell Gift carnival program.

The Club is committed to staging this event again in 2010 and will feature on the live television broadcast on network ten in Australia and on Australia network throughout Asia Pacific.

The event will be run on Easter Monday, 5th April. 2010.

Event conditions will be as follows:

Entry: By Invitation from Stawell Athletic Club

Limit: Up to 90m (or as agreed between VAL and SAC following entries).

Athletes not registered members of the VAL may qualify as 'wild cards' if they are a) a member of an Athletics Australia sanctioned international team within the past three years; b) any national or international athlete who is ranked in their national top 10 rankings over the specific or relevant distance to the event entered; or c) a previous winner of the event being entered.

Athletes will be responsible for their own travel and accommodation; however the Stawell Athletic Club may be able to assist with securing accommodation in Stawell and surrounding areas.

To enable the Stawell Athletic Club to consider your nomination, please include the following information:

- **Name**
- **Date of Birth**
- **State of Registration with VAL, Athletics Victoria, etc**
- **Personal best, location and year for 800m, 1500m, Mile, 3000m**
- **Season best (since 1/1/08) and location for 800m, 1500m, Mile, 3000m,**
- **VAL and/or other league performances in 2007 and 2008**
- **Most recent VAL/TAL/SAAL mark for 800m/1600m events**
- **A-Series, National Series or State performances in 2008 and 2009**
- **Any other information to support your nomination**

Nominations can be sent to the Stawell Athletic Club via email at stawellgift@jumpmedia.com.au.

Deadline for nominations is **Friday 19 March 2010**.

For more information on the 2010 Australia Post Stawell Gift visit www.stawellgift.com.

