



Traralgon Harriers

Traralgon Harriers Athletic Club Inc



Sunday 12th July 2009.
Traralgon Harriers 25km
Championships:
Traralgon Harriers 10km
Championships:

9:00 A.M Start.

All runners are invited to enter on the day.

The race committee bring you a new and exciting course. Starts at the Mirboo North side of the Boolarra-Mirboo North Rail trail:

Just past the entrance to the football ground before you enter the town you will see a sign rail trail there is plenty of parking and toilets at the start. Like many events especially in NSW which includes Marathons etc these races have been moved of the road to a safer location. Like most races which are moved of public roads I expect theses two runs to boom. The 10km event offers a fast first 5km slightly downhill along the rail trail towards Boolarra and then 5km back uphill. Although the fires have damaged the surrounding forest they are recovering quickly. The fire trail hasn't lost any of its beauty or lovely soft surface to run on. There is no traffic or camber to worry about so the course should be an absolute pleasure to run on. The 25km event is a little more interesting following the rail trail for the first 6km downhill towards Boolarra then turning around and heading back uphill before quickly veering left then right onto a side road. I really enjoyed this concept as a loop course is always better than an out and back course. This part of the course adds a challenge to the event and certainly beats the long flat stretches of boring bitumen road the last course offered. It is physically challenging and will make this race and exciting 4 stage event. You will fly down the first 6km then work the next 6km before enjoying another easy 6km downhill again before again tackling the interesting and challenging return loop to the finish. These are the type of course runners like easy on the feet, safe, close to nature and challenging. If we follow the boom of NSW runners this will be another gem of an event.



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Entry cost \$5:00 Adult, \$2:00 under 18 and \$10:00 Family.

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FILL IN USING BLOCK LETTERS PLEASE.

SURNAME.....

CALL NAME.....

CIRCLE -GENDER MALE / FEMALE

AGE GROUP- JUNIOR UNDER 18 OPEN VET (40+)

EVENT 25Km. 10Km.

DATE OF BIRTH...../...../.....

POSTAL ADDRESS.....

.....POSTCODE...

TELEPHONE HOME.....

BUSINESS HOURS.....

MOBILE.....

EMAIL.....

Indemnity

I acknowledge that I have read and understood the above and in consideration of the Traralgon Harriers Athletic Club Inc. accepting my entry. I hereby indemnify the club and its officers from all claims arising out of any act or omission of the club and its officers. This indemnity extends to but is not limited to claims for negligence and/or breach of contract. It extends to but is not limited to participation in training and racing.

FOR U 18 A SIGNATURE OF GUARDIAN IS REQUIRED

SIGNATURE

Signature:

Date.....



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Condition of entry.

Championship Medallions will be presented in both Open and Vets 40+ categories where numbers are sufficient. There must be a minimum of five runners in a category for 1st, 2nd and 3rd Medallions to be presented. Where there are 4 runners only 1st and 2nd will be presented and 3 runners only 1st will be presented. Medallions will be presented to juniors regardless of numbers. Junior age group will be under 18 on the day of race. All winners will be announced on the day with Medallion presentations in the Clubrooms the following Thursday night.

Last Years Results:

10km

Pos	Name	Time	Age Group	Overall
1	Adam Conway	36:42:00	1st U/18 M	1st Male
2	Nick Schilling	37:01:00	1st MOP	2nd Male
3	Lynda McRae	39:51:00	1st FOP	1st Female
4	Shane Pettingill	40:43:00	1st M/40+	3rd Male
5	Ben Joustra	41:46:00	2nd U/18 M	4th Male
6	Neil Griffiths	42:14:00	2nd M/40+	5th Male
7	Brad Bourne	45:07:00	2nd MOP	6th Male
8	Rachel Massaro	47:29:00	2nd FOP	2nd Female
9	Rodney Gilham	47:53:00	3rd MOP	7th Male
10	Clinton Jolly	48:52:00	4th MOP	8th Male
11	Vaughan Higgins	48:55:00	5th MOP	9th Male
12	Melissa Jones	53:58:00	3rd FOP	3rd Female
13	Andrea Henderson	54:25:00	4th FOP	4th Female
14	Kim Essex	54:26:00	1st F/40+	5th Female
15	Paula Pettingill	56:00:00	2nd F/40+	6th Female
16	Nick Tsebelis	56:08:00	3rd M/40+	10th Male
17	Jo Richards	57:51:00	3rd F/40+	7th Female
18	Simone Gye	58:11:00	4th F/40+	8th Female
19	Belinda Issell	58:11:00	5th F/40+	9th Female
20	Fay Tomholt	58:35:00	6th F/40+	10th Female
21	Bill Rutherford	1:09:46	4th M/40+	11th Male
22	Jenny Comber	1:16:55	5th FOP	11th Female
DNF	Greg Semmler	39:16:00	Entered 25km.	
DNF	Mick Beeck			

25km

Pos	Name	Time	Age Group	Overall
1	John MacKenzie	1:35:25	1st MOP	1st Male
2	Chris Joustra	1:35:45	1st M/40+	2nd Male
3	Nenet Susa	1:36:56	2nd MOP	3rd Male
4	Darrel Cross	1:40:26	2nd M/40+	4th Male
5	Richard Comber	1:45:03	3rd M/40+	5th Male
6	Daniel Sinclair	1:46:58	3rd MOP	6th Male



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7	Steve McLeod	1:51:35	4th MOP	7th Male
8	Ian Twite	1:52:10	4th M/40+	8th Male
9	Sandra Timmer-Arends	2:02:09	1st F/40+	1st Female
10	Matthew Franke	2:02:10	5th MOP	9th Male
11	Karen Tsebelis	2:03:03	2nd F/40+	2nd Female
12	Kristi Davidson	2:07:25	1st FOP	3rd Female
13	Lisa Luckie	2:08:17	3rd F/40+	4th Female
14	Lee Graham	2:10:23	4th F/40+	5th Female
15	Lauren Isles	2:17:50	E- 2nd FOP	6th Female
16	Anna Orr	2:17:50	E- 2nd FOP	7th Female
17	Ken Lancaster	2:22:59	5th M/40+	10th Male
18	Ian Heafield	2:23:00	6th M/40+	11th Male
19	Barry Higgins	2:26:21	7th M/40+	12th Male
20	John Jervis	2:30:39	8th M/40+	13th Male

Race History

25km Championship event.

Year	Male	Female
1997	Paul Wilson 1:31:37	Birget Wilson 1:48:00
1998	Ian Twite 1:35:08	Sandra Timmer-Arends
1999	Bruce Salisbury 1:44:51	Sandra Timmer-Arends 1:58:25
2000	Simon Royal 1:32:47	No Female Runner.
2001	John MacKenzie	
2002	Darrel Cross 1:33:21	Jodie Healey 1:58:24
2003	Steve Quirk 1:35:19	Sandra Timmer-Arends 1:48:40
2004	Nenet Susa 1:34:34	Ros Nicolson 2:26:43
2005	Darrel Cross 1:42:08	Lee Grham 2:12:18
2006	Greg Semmler 1:47:46	Sandra Timmer-Arends 1:55:22
2007	Darrel Cross 1:37:39	Lynda McRae 1:49:44
2008	John MacKenzie 1:35:25	Sandra Timmer-Arends 2:02:09

10km Championship event.

Year	Male	Female
1997	Brett Franklin 35:41	Belinda Issell 50:22
1998		
1999	Luke Yeatman 38:56	Melissa Jones 49:42
2000	Neil Griffiths 38:22	Sue Huels 49:07
2001		
2002	Steve Quirk 36:21	Melissa Jones 41:36
2003	Daniel Rake 38:22	Melissa Jones 44:04
2004	Adrian Masterman-Smith 41:59	Kim Essex 56:21
2005	Matthew Mullens 39:07	Courtney French 47:28
2006	Darrel Cross 41:55	Courtney French 44:11
2007	John MacKenzie 36:08	Karen Tsebelis 46:31
2008	Adam Conway 36:42	Lynda McRae 39:51