



# Traralgon Harriers

Email: - [relianceplastering@bigpond.com](mailto:relianceplastering@bigpond.com)

Website: - [www.traralgonharriers.org](http://www.traralgonharriers.org)

## Victorian 6 Hour & 50 Km Track Championships 21<sup>st</sup> November 2009.

*This exciting event will be held at the Moe athletics track at Newborough approximately 138km east of Melbourne. The track has a synthetic surface. Changing rooms and toilet facilities are close to the track. Both championship races will be held together with a single entry fee covering entry into both races. A BBQ will be provided after the event along with refreshments. A 6 hour relay will be held simultaneously consisting of teams of five. All events are conducted by Traralgon Harriers inc. The entry fee is \$30, which covers entry into both championship races. Relay team entry is \$50, all entries close at 3.30pm race day. Lap scoring: runners can supply their own lap scorers or a lap scorer can be provided on the day. Billeting: athletes can be provided with accommodation please notify race director at least a week prior to the event if billeting is required. Times start time is 4.00pm sharp thru to 10.00pm, runners and relay captains to report in by 3.30pm. Presentations will commence at 10.40pm sharp. Contact the race director for enquiries.*



*Race Director: Shane Pettingill*

*Phone: 0407843509*

*Email: [relianceplastering@bigpond.com](mailto:relianceplastering@bigpond.com)*

## ENTRY FORM

### Individuals

**Firstname :** \_\_\_\_\_

**Lastname :** \_\_\_\_\_

**Address :** \_\_\_\_\_

\_\_\_\_\_

**Gender:** Male  Female

**Date of Birth :** \_\_\_ / \_\_\_ / \_\_\_      **Age on 21/11/09 :** \_\_\_\_\_

**Email :** \_\_\_\_\_ @ \_\_\_\_\_

**Telephone :** \_\_\_\_\_

**Event :** (Tick)

6 Hour & 50km Championship \$30:00 for both

6 Hour Walk \$30:00

Are you a member of a running club

Club: \_\_\_\_\_

Other information (which may be of interest for media purposes)

\_\_\_\_\_

### Teams

5 Members per Team.

Open.  \$50:00 per team.

Mixed (5 members at least two females and two over 40).  \$50:00 per team.

Junior (Under 18) .  \$30:00 per team.

Team Name : \_\_\_\_\_

Team Captain : \_\_\_\_\_

**Rules and conditions:**

1. I / we, my crew, and fellow team members agree to the race conditions stated and shall obey all instructions from race officials. I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.
2. I / we understand and recognise the difficulties in participating in the event and attest that I am physically fit to compete safely, having trained sufficiently and have not been advised by a qualified medical practitioner not to compete in the event.

I/ we have read the above declaration and agree to abide by all race rules and directions as stated in the declaration.

Signature of entrants (All Relay Team Members to sign where entry is a relay team)

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Signature of the parent or guardian if the participant is under 18 years of age or where a junior relay team has entered one responsible Adults permission .

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Send entries to:

Traralgon Harriers Athletic Club  
PO Box 1225  
Traralgon  
Vic 3844

### **Relay team 6-hour records:**

**Open team:** 97.349 km “No Fear team”, 1999, (Craig Edgar, Michael Lancaster, Michael Wheatley, Murray Johnson, Keith Tomholt).

**Junior Team:** 83.189kms “Young Guns”, 2001 (Adrian Masterman-Smith, Jade Masterman-Smith, Jay Masterman-Smith, Matthew Mullens and David Embelton)

**Mixed Team:** 82.626kms “Trafalgar” 2001 (Penny Burgess, Neil Burgess, Jacques Coetzee, Elaine Coetzee and James Brown).

### **Victorian 6-Hour Track Title at Newborough Track.**

1996- Ian Cornthwaite 79.499km (Male).

1997- Kelvin Marshall 73.555km (Male).

1998- Peter Grixti 61.502km (Male).

1999- Bruce Salisbury 63.580km (Male).

2000- Kelvin Marshall 67.068km (Male).

2001- Warren Holst 75.769km (Male).

2002- Jevvan McPhee 71.440km (Male).

2003- Roger Maximiw 75.700km (Male).

2004- Mal Grimmett 69.902km (Male).

2005- Mal Grimmett 70.041km (Male).

2006- Kelvin Marshall 69.300km (Male).

2007- Mal Grimmett 64.75km (Male).

2008- Malcolm Gamble 67.943km (Male).

Dawn Parris 58.019km (Female).

Linda Meadows 75.958km (Female).

Dawn Parris 59.817km (Female).

Shirley Young 50.800km (Female).

Shirley Young 59.304km (Female).

Lee Graham 60.495km (Female).

Sandra Howorth 48.989km (Female).

Dawn Parry 47.658km (Female).

Julie Hooper-Childs 64.421km (Female)

Shirley Young 47.510km (Female)

Sarah Drummond 55.24km (Female)

Michelle Thompson 55.323km (Female)

### **Victorian 50km Track Titles at Newborough Track.**

1996- Ian Cornthwaite 3:28:50 (Male).

1997- Kelvin Marshall 3:39:33 (Male).

1998- Ian Twite 3:41:58 (Male).

1999- Kelvin Marshall 3:37:30 (Male).

2000- Ian Twite 3hrs 51:37 (Male).

2001- John MacKenzie 3:27:01 (Male).

2002- Roger Maximiw 3:55:16 (Male).

2003- Roger Maximiw 3:35:20 (Male).

2004- Shannon Barr 3:44:06 (Male).

2005- Mal Grimmett 3:56:14 (Male).

2006- David Criniti 3:07:13 (Male) (Aus. Rec.), Sandra Timmer-Arends 4:32:45 (Female).

2007- Ron Schwebel 4:06:14 (Male).

2008- John MacKenzie 3:39:47 (Male).

Sandra Timmer-Arends 3:59:13 (Female).

Sandra Timmer-Arends 3:38:18 (Female).

Sandra Timmer-Arends 3:42:23 (Female).

June Petrie 4:16:53 (Female).

Shirley Young 4:55:20 (Female).

Peta Mullens 4:30:42 (Female).

Sandra Timmer-Arends 4:06:48 (Female).

Sarah Drummond 5:20 (Female).

Michelle Thompson 5:21:20 (Female).