

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Weekly Newsletter Thursday 13th July 2006
Volume 39 *Issue 28.*



The Rocket Squad pictured in their Motel room on their weekend away to the Gold Coast. Marissa's report inside.

One of the reasons why I say I like being involved with the Harriers is so as groups we can travel together and always have someone to share your running experiences with.

Saturday's effort to get 35 runners in 10 teams at Sandown was a huge effort by the club and I thank all those who helped on the day.

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

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P.O. Box 1225 Traralgon 3844
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after 7:00 P.M.

ABN 52 867 093 654

*Traralgon Harrier 40+
Women win Silver in a big
day at Sandown Relays
Race Report Page 3 .*

*Marissa Schill Gives her
report on the Rocket
Squad Gold Coast Trip
page 5.*

*A record 10 Traralgon
Harriers Men's & Women's
teams contested the
Victorian Sandown Road
Relays last Saturday on
the 8th of July 2006. Be
part of the Action at
Jell's Park July 22nd Details Page4.*

This Sunday Harrier Championship event

*25km & 10km Road Championships Sunday the 16th June
2006 (More details inside).*

*Swaggy Wilson Memorial 12km & 6km Road
Championships Sunday the 30th June 2006.*

Note all races to start at 9:00 A.M.

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*Harrier Women lead the way again at Sandown
Saturday 8th July 2006.*



The Harrier Women have been a real force this season. The Women's Division 2 team is sitting 3rd on the season ladder after 6 races and the women's Division 3 is sitting 2nd and in a strong position to win at the seasons end. **Pictured left are Georgia Shaw and Andrea Henderson getting amongst the action at Frankston**

early on in the season. On Saturday our **Women's 40+** won a silver medal when they finished behind Richmond in the 3 x 6.2km Road relay. Their overall time was **1:21:55** with the individual splits Karen Ashton 26:04, Carmel Quirk 29:26 and Deb Piercy 26:25.

The Women's Under 18 3 x 3.1km Road relay finished a close 4th against 10 other teams. Their time of **37:25** was only 15 seconds behind the 3rd place team. The team featured Courtney French and Lauren Isles who are both still under 16. Individual splits were Lauren Isles 12:51, Courtney French 12:45 and Charlotte McShane 11:49.

The Women's Division 2 3 x 6.2km Road relay finished 13th out of 14 teams but the reality is they were only 3 minutes 42 seconds of 3rd such was the closeness of competition. The team ran **1:17:57** with individual splits Melissa Jones 25:19, Andrea Henderson 28:06 and Kathryn Ewels 24:32.

The Women Division 3 (1&2) 3 x 6.2km competed well in a large group of 19 teams such is the strength of Athletic Victoria racing at the moment. The first team finished 9th in a time of **1:24:53** with the second team finishing 15th in a time of **1:31:00**. Individual splits for the teams were Team 1. Kim Essex 27:57, Leanne Keating 28:23 and Nicole Harriss 28:33. Team 2 Anna Cardillo 29:20, Paula Lucas 33:05 and Georgia Shaw 28:35.

The Men's Under 16 3 x 3.1km Road relay team finished 5th out of 9 teams. With both Sam and Ben Quirk still under 14 it was a great job. Their time was **34:20** with individual splits Steven McShane 11:27, Ben Quirk 12:07 and Sam Quirk 10:46.

The Men's 40+ team finished 6th out of 10 teams in a time of **1:08:26** for the 3 x 6.2km relay with individual splits Richard Comber 23:57, Darrel Cross 22:53 and Steve Quirk 21:36.

The Men's 50+ finished 4th out of a large field of 14 teams. Their time for the 3 x 6.2km relay was 1:13:20 with individual splits Rob Embelton 24:38, Ian Twite 23:38 and Bruce Salisbury 25:04.

The Men's Division 2 team struggled against good opposition and the fact seems to be that all the other clubs we compete against take their track season's serious and will always have faster runners than us over short distances. Unfortunately for Franke McShane he arrived last and with Griffio doing the democratic thing by making the

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running order the same as you arrive he had to run the lonely last leg. This probably felt unusual for Griffo as he is usually always last to these events. **Daniel Rake** had the best split with 22:03 and when you consider he spent time running track with Glenhuntly you can see where the leg speed comes from.

The team finished 11th out of 11th in a time of **2:21:13** individual splits Matt Franke 23:51, Shinichi Taniguchi 24:03, Greg Semmler 23:40, Neil Griffiths 23:30, Daniel Rake 22:03 and Frank McShane 24:06.

Men's Division 4 team this team was hit by injury and a few runners who were not their usual selves had to help out and the club is deeply in debt to them as they enabled the team to finish and give everybody a run. **Peri Hortis** and **Dave French** were fantastic in their first runs and **Peri** is only young and a 25:56 for his first 6.2km run is excellent.

The team finished 9th out of 10 teams in a time of 2:15:25, individual splits Jason Mulvogue 25:12, Peri Hortis 25:56, Kevin Piercy 25:15, David French 28:23 and John Jervis 30:39.



Next A.V. event
Saturday 22nd July
2006 at Jells Park
Waverley. This race
is also the selection
trials for the
Victorian Cross-
Country team for
the Australian
Championships.

Timetable:

1:00 P.M. Women's under 20,
Men's under 16 and Men's
under 18 6km X/C.

1:35 P.M. Women's under 14,
16, 18 and Men's under 14
4km X/C.

1:55 P.M. Women's Open,
40+, 45+ and Men's under 20
8km X/C.

2:00 P.M. Men's open, 40+,45+ and 50+ 12km X/C. **Pictured above is young Ben Quirk having a great time at Frankston earlier in the year.** If you want to be part of the action next week let Melissa or I know by tonight or tomorrow lunch time. We also require three marshals so if you want to help out and come and have a look please let us know also.

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Gold Coast 2006 - Rocket Squad Trip

Early this year, we bantered about the possibility of a “girl’s trip away” to the Gold Coast to run the half marathon, a course that’s promised to be flat, fast and scenic. No sooner had we talked about, Deb Piercy was on the ‘net, booking flights and accommodation so I guess that meant we were going!?!

It gave us all something to look forward to and work towards, especially as the Victorian winter really starts to take hold and a break in the northern sun is just what the doctor ordered. I may or may not have been counting down the sleeps in the lead up...

So, we headed off before the sun was up the Friday before the event, me with my two cases (one for clothes, the other was my “beauty case”), fortunately the others had packed light, otherwise I’d have got done for excess luggage. I can understand why I got caned – I needed help to haul my case in and out of shuttle buses to and from the Gold Coast!

We got to our accommodation, a gorgeous 9th floor apartment with sea views in every direction. Leanne Keating had done a bit of decorating of her own before we got there (she’d been on holidays with her family for a couple of weeks leading up to the event and met us up there), a “GO ROCKET SQUAD” sign and balloons just to add to the excitement.

Off to collect our race kits and check out the expo. Two things stick out in my mind from this: Number 1 – Lee Graham staring wistfully at the full marathon registration line, wishing out loud that she’d registered for the full marathon! If one of us had decided to change events and attempt the full marathon distance, Lee would have been a starter at that, for sure. And number 2 was Deb’s “power shopping”. She’s hard-core in everything she does, that woman! She had runners, running kit, and other triathlon gear bought in less time than it would take me to decide what colour shoes I was going to try on!!!

Saturday was fairly low key. We did a spot of shopping (as you would expect), Kimmy and Deb did a spot more shopping, while Lee, Leanne and myself returned to the room for a little R&R. The Carbo Loading Party was really worthwhile, not necessarily for the food, but for the fact that Pat Carroll, Kerryn McCann, Derek Clayton and Robert DeCastella spoke. This was a great experience for me because, had I gone up to the race with Christian, I would most certainly not have got involved in the event to this level. An early night was in store because we had a 4.30am start to get to starting line in time...

Race day - a bit of an anxious start to the day, all of us with our different rituals, and none of us getting under each other’s skin beforehand. It was a thirty-minute walk to starting line, which was just right to loosen the legs and anything else before the start. The usual horrendous queues at the toilets (and the typical rudeness that goes with that!) were the only thing that marred the start.

Our runs varied from being surprisingly good to personal worsts (Lee Graham helped keep my morale up towards the end, when the heat was really starting to bother me – forgive me, I do all my training in the cold and dark of the early morning), some of us pleased, others not so.

A great course, with an awesome atmosphere, the start of the race marked by the song “This Time I’m Playing To Win”. The only real down side is the congestion at the start,

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particularly as the half marathon distance grows in popularity. It's a pretty amazing event, really – you get made to feel like you're an elite athlete, with the bleachers set up for spectators to see you come home, although I have to admit that, by that stage, I really didn't care too much who was watching, I just wanted to be done!

How did we mark our completion of our event? A nanna nap, of course!! Kimmy, all charged up, "Come on, come on, what are we doing now?", was shattered when the response was "nanna naps" all round, was the first to crash!

Dinner out with a few celebratory drinks (some more than others), followed by a marking of the event in a different way (ask one of the girls – they'll be sure to share!). The only comment that I have to make is that some of the toughest women I know make the biggest sooks when faced with a piercing needle...

A little more shopping on the Monday before hopping back on a plane on Tuesday, the trip over in what seemed like the blink of an eye. We're already talking about next year (Noosa's looking good) so start saving your pennies, other Harriettes, to join us on our second Rocket Squad trip away. **Marissa.**

Harrier Females outstanding in Coliban Relays washup.

A look at the individual results from the recent Coliban relays on the 24th June 2006 saw some great results in our females especially amongst the young runners Courtney French, Lauren Isles, Anna Cardillo and Charlotte McShane. All these girls managed a 2nd fastest ranking for their individual leg against all the other runners in their division. Kathryn Ewels and Karen Ashton also managed 2nd fastest in their legs. Equally outstanding were Andrea Henderson and Paula Lucas who were 3rd fastest in their legs. The best rank male runner was Tim Cochrane who managed 4th on his leg.

Leg	Men's Division 2 (10 teams)
The Orchards 5.2km Leg	Kevin Piercy 24:30 (Ranked 10).
Mt Alexander 8.3km Leg	Matthew Franke 36:25 (Ranked 9)
The Gap 9.3km Leg	Tim Cochrane 35:03 (Ranked 4).
Coliban Water Race 5.0km Leg	Greg Semmler 20:56 (Ranked 8).
Sedwick Valley 7.5km Leg	Darrel Cross 27:11 (Ranked 7).
Hogan Road 8.6km Leg	Ian Twite 33:05 (Ranked 9).
One Tree Hill 4.9km Leg	Franke McShane 19:04 (Ranked 6).
	Finished 10th

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Men's Division 4 (9 teams)

The Orchards 6.3km Leg	Bruce Salisbury 29:21 (Ranked 8)
Coliban Water Race 5.0km Leg	Georgia Shaw 24:06 (Ranked 7).
Sedwick Valley 7.5km Leg	Nicole Harriss 33:34 (Ranked 7).
Hogan Road 8.6km Leg	Shinichi Taniguchi 33:55 (Ranked 8).
One Tree Hill 4.9km Leg	Stephen McShane 19:48 (Ranked 7).

Finished 8th

Women's Division 2 (8 teams)

The Orchards 6.3km Leg	Kathryn Ewels 27:43 (Ranked 2).
Coliban Water Race 5.0km Leg	Andrea Henderson 24:30 (Ranked 3).
Sedwick Valley 7.5km Leg	Karen Ashton 30:52 (Ranked 2).
Hogan Road 8.6km Leg	Deb Piercy 37:11 (Ranked 6).
One Tree Hill 4.9km Leg	Charlotte McShane 19:59 (Ranked 2).

Finished 3rd

Women's Division 3 (6 teams)

The Orchards 6.3km Leg	Courtney French 31:23 (Ranked 2).
Coliban Water Race 5.0km Leg	Lauren Isles 23:25 (Ranked 2).
Sedwick Valley 7.5km Leg	Anna Cardillo 33:21 (Ranked 2).
Hogan Road 8.6km Leg	Kim Essex 41:27 (Ranked 5).
One Tree Hill 4.9km Leg	Paula Lucas 26:10 (Ranked 3).

Finished 2nd

Last Thursdays Race results.

Handicappers Report

First home in the handicap were. **For men**, 1st Daniel Rake, 2nd David Griffiths and 3rd Rick Mann. **For woman**, 1st Melanie Angstmann, 2nd Karen O'Keefe and 3rd Bianca Craddock. **For Boys**: 1st Matt Nelson. **For girls** 1st Courtney French & 2nd Tanya Eagle. This week it was not a championship race.

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Liddiard Rd P.S.

HANDICAPPED		
Place	With Handy	RUNNER
1	33:12.0	Daniel Rake
2	35:13.0	Melanie Angstmann
3	35:45.0	Karen O'Keefe
4	35:52.0	David Griffiths
5	35:53.0	Bianca Craddock
6	35:57.0	Rick Mann
7	36:12.0	Courtney French
8	36:16.0	Bruce Salisbury
9	36:29.0	Neil Griffiths
10	36:39.0	David French
11	36:41.0	Anna Cardillo
12	36:44.0	Shinichi Taniguchi
13	36:55.0	John Jervis
14	37:03.0	Greg Semmler
15	37:04.0	Trevor Ronalds
16	37:09.0	Steve McLeod
17	37:14.0	Roger Maximiw
18	37:17.0	Tanya Eagle
19	37:23.0	Ian Heathfield
20	37:24.0	Leanne Keating
21	37:28.0	Steve Eagle
22	37:37.0	Matt Nelson
23	37:40.0	Kim Essex
24	37:45.0	Paula Lucas
25	37:46.0	Deb Piercy
26	37:47.0	Andrea Henderson
27	38:18.0	Daryl Cross
28	38:30.0	Jason Mulvogue
29	39:03.0	Seona Conway
30	39:33.0	Denise Strand
31	39:48.0	Melissa Jones
32	40:45.0	Kathryn Ewels
33	41:32.0	Belinda Issell
34	41:33.0	Marissa Schill
35	44:30.0	Bill Rutherford

Liddiard Rd P.S.

AS THEY CAME IN			Early Starters *
Place	RUNNER	Time	
1	Bianca Craddock	28:53.0	*
2	Matt Nelson	31:53.0	*
3	Seona Conway	33:03.0	*
4	Daniel Rake	22:12.0	
5	Tanya Eagle	32:17.0	*
6	Paula Lucas	32:45.0	*
7	Neil Griffiths	23:29.0	
8	Greg Semmler	24:03.0	
9	Roger Maximiw	24:14.0	
10	Daryl Cross	24:18.0	
11	Steve Eagle	34:28.0	*
12	Shinichi Taniguchi	24:44.0	
13	David Griffiths	24:52.0	
14	Steve McLeod	25:09.0	
15	Courtney French	25:12.0	
16	Bruce Salisbury	25:16.0	
17	Deb Piercy	25:46.0	
18	Jason Mulvogue	26:30.0	
19	Belinda Issell	36:32.0	*
20	Marissa Schill	36:33.0	*
21	Denise Strand	36:33.0	*
22	Trevor Ronalds	37:04.0	*
23	Karen O'Keefe	27:45.0	
24	Rick Mann	27:57.0	
25	Leanne Keating	28:24.0	
26	David French	28:39.0	
27	Kim Essex	28:40.0	
28	Anna Cardillo	28:41.0	
29	Kathryn Ewels	28:45.0	
30	Andrea Henderson	28:47.0	
31	Melissa Jones	28:48.0	
32	Melanie Angstmann	29:13.0	
33	Ian Heathfield	30:23.0	
34	John Jervis	30:55.0	
35	Bill Rutherford	42:30.0	*
	Walkers		
	Rachael McLeod		
	Margaret Salisbury		
	Carol Summersgill		

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Thursday Night runs coming up.

13th July 2006-Rangeview Drive (St Gabriels P.S.)

Course Marker- Jen Pruscino.

Media- Nicole Harriss

Timekeeping and Clubrooms- Kathryn Ewels, Melissa Jones & Jason Mulvogue.

20th July 2006- Flinders P.S. 6km Course.

(Corner Liddiard Road and Lansdowne Road Traralgon)

Course Marker- Ian Heafield

Media- Neil Griffiths.

Timekeeping and Clubrooms- Ian Twite, Denise Twite & Trevor Ronalds.

27th July 2006- Clubrooms Parkwood Way 6km Course.

(Cnr of Douglas Parade and Grubb Ave Traralgon)

Course Marker- Bruce Salisbury

Media- Kev Piercy.

Timekeeping and Clubrooms- Keith & Fay Tomholt & John MacKenzie.

25km & 10km Road Championships Sunday the 16th June 2006.

Become a part of our clubs history.

Traralgon Harriers Clubrooms.

9:00 A.M Start.

All runners are invited to enter on the day.

Fill out entry form and hand in on the day.

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

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Race History.

25 Km Road Championships.

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

10 KM Road Championships

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

As you can see the race history is short of many years some times and names. Please search your records at home and help update this bit of race history.

Also anyone who is not running is invited to come and help with Marshalling, Drinks and Timekeeping.

The Social Club will also be having Egg and Bacon Sandwiches available for sale to all the hungry runners after the events. Also a plate to share in the after race cuppa and cool down would be appreciated.

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General Calender Updated 13th July 2006.

- | | | |
|------------------|--|--|
| July 23rd | Sri Chinmony Princes Park 30km.

30km run, 21.1km run, 10km Run/Walk & 5km Run/Walk..
Nortnen Pavillion Princes park Royal Parade Parkville. Scenic running trail around Princes Park
and Royal Parks. 8:00 A.M. start. | Contact Veeraja Uppal 9421 2747
E-mail
melbourne@srichinmoyraces
.org |
| July 29th | Jaggad Bush Capital Marathon and Ultra ACT
5km, 16km, 25km, Marathon, Marathon Relay
and 60km ultra Off Road runs and 16km, 25km
and 32km bush walks from Campbell High
School
next to Australian War Memorial
Fun raiser Australian Mountain Running Team. | Contact John Harding
E-mail jgharding@bigpond.com |
| July 30th | Coburg Half Marathon
Coburg Harriers Annual Half Marathon open to
all.
Undulating out and back bike path course along
Merri Creek. Plus 6km Run/Walk event. | Contact Bernie Goggin

Ph 03 98504958
E-mail gogginbj@bigpond.com |
| July 30th | Warrumbungle Marathon (NSW)
50km run, 42km run, 21km run, 10km fun run.
Time 7:30 a.m. Coonabarabran Visitors Info
center Newell Highway. Part Road and Part
Mountain taking in some of the spectacular
views and trails around the Warrumbungles. | Contact Coonabarabran Info
Center 1800242881
E-mail cbnpromo@hway.com.au |
| Aug 6th | The Point Queen of the Lake.
Women only event clerbrating 21st Anniversity.
Palms Lawns Albert Park 5km or 10km
Run/walfk
around Albert Park Lake. | Contact Fiona Welsh.
E-mail f.welsh@ausrun.com.au |
| Aug 6th | BHP BILLITON TOWNSVILLE running
festival.
Distances and starting times 5:30 A.M. 42km,
7:10 A.M. 21km, 7:45 A.M. 10.5km and
7:47 A.M. 5km run/walk.
Race Location Tobruk Pool. | Contact Brian Armit
P.O. Box 1702 Aitkenvale QLD
E-mail president@townsvilleroad
runners.com.au |
| Aug 13th | Sun Herald Sydney City to Surf
14km Starts 9:30 am from corner Park and
College St Sydney. Australia's largest fun run
over
50,000 entries. | www.city2surf.sunherald.com.au/
Info line 1800 5555 14
or see or phone Chester 51 696
771 |
| Aug 20th | Alice Springs Marathon (NT)
Distances and starting times 6:00 A.M. 42km,

7:00 A.M. 21km and 10km at 8:00 A.M. | Conatct Russell North
Ph 08 89521524
E-mail
alicespringsmarathon@yahoo
.com.au |

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- | | | |
|---|---|--|
| Aug 27th. | Shepparton Runners Club Marathon & Fun Run
42km, 21km, 10km and 3km.
Princess Park (Quinan Parade) Shepparton Vic.
Start 8:00 A.M. | Conatct Steven Trevaskis
0417-508-145
E-mail travy@iprimus.com.au
Entry froms available clubrooms.
Angela 56862326.
www.
Promcountrychallenge.org.au |
| Aug 27th. | Prom Country Challenge.

6km, 12km & 30km Toora Vic.
Plus 4 x 6km relay for teams ect. | David Power 95432999
Email
info@decastellarun.com.au
Conatct Ian Roberts
08 82327644
E-mail office@sarrc.asn.au
Bruce Salisbury 51749869.
E-mail Harriers@net-tech.com.au
Web-site traralgonharriers.org
Contact Veeraja Uppal 9421 2747
E-mail
melbourne@srichinmoyraces
.org |
| Aug 27th. | De Castella Run.
15km run, 7.5km run, 5km run, 5km walk.
9:00 A.M. Burke Hall Nolan Ave Kew. | |
| Aug 27th. | Adelaide Marathon Festival (SA).
42km, 21km, 10km events start 6:45 A.M.
Location Pinky Flat Adelaide S.A. | |
| Sept 17th. | Traralgon Harriers King & Queen of the Mt.
30km run from Traralgon Showgrounds to Mt Tassie.9:00 A.M. Start enter on day \$15:00. | |
| Sept 17th. | Sri Chinmoy Yarra Boulevard Half Marathon

21.1km, 10km run & walk, 5km run & Walk.
8:00 A.M. Kevin Barlett Reserve Burnley. | |
| Oct 8th | Melbourne Marathon, Half Marathon and Marafun.
42.195km, 21.1km and 7.5km Events.
Frankston to Albert park | Event Management 98199225. |
| Oct 14th | Fitzroy Falls Fire Trail Marathon
42km (8:00 A.M. Start) 10km & 5km (9:00 Start)
Events cover fire trails around the Morton National
Park and start and finish is from the Twin Falls
Bush cabins overlooking the Fitzroy Falls NSW. | Conatct Max Powditch
E-mail comfirg@bigpond.com |
| Oct 15th | Toowoomba Marathon (QLD)

42km & 21km events 4 x 10.5km circuits
around the Toowoomba Plateau. | Conatct Roger 07 46350989
07 46166501 or Greg 07
46396363.
E-mail tmbar@gmail.com
E-mail wamc@iinet.net.au
Mick Corlis.
Email
mountainrunning@coolrunning
.com.au |
| Oct 22nd.
Oct 22nd. | Rottnest Marathon (W.A.)
Brindabella Classic.

55.5km run.
Starts and finishes Cotter Reserve Canberra
Also 27.7km Bull Head Challenge. | |
| Oct 22nd. | Sri Chinmony Marribyong River Run.

12km run, 8km run/walk and 4km run/walk
8:00 A.M. Start along the cycle paths along the
Marribyong River Moonee Ponds. | Contact Veeraja Uppal 9421 2747
E-mail
melbourne@srichinmoyraces
.org |
| Nov 4th, 5th,
6th & 7th. | Bright Alpine Four Peaks.
Bright Victoria Four Mountain Climbs over four | Ian Twite 51744965.
Bruce Salisbury 51749869. |

days. (More Details Soon)

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- Nov 5th** **Coastal Real Estate Portland 3-Bays Marathon**
Distances and start times: 6 A.M. Marathon Walk & 10km walk relay, 8:00 A.M. Marathon Run, 8:30 A.M. 5km run relay, 9:45 21km run/walk.
Location: Bantinck St. Portland.
Contact Peter Reefman
P.O. Box 815
Portland 3305.
Ph 03 5523 2811
E-mail peter@energised.com.au
Ben Wilson 54822517.
Email echuca&ymca.org.au
- Nov 19th** **Echuca Sweat v Steam**
13km Run & 5km Run/Walk
8:00 A.M. Port Of Echuca.
Race the Paddle Steamer P.S. Adelaide along the picturesque banks of the Murray R.
Email- ultraoz@iprimus.com.au
- Mon Nov 20th .** **Colac 6-Day race.**
Run for 6-days non stop around a 400m track in the heart of Colac.
- until Sun Nov 26th.** **Mt Feathertop Skyrun.**
30km & 50km Mountain trail runs.
Start Mt. Hotham Accommodation Center.
Paul Ashton 0398858415
Mob 0418136070.
Email paul.ashton56@bigpond.com
- Sat Dec 2nd** **Big Rivers Nude Fun Run.**
Tan Annual Fun Run River Valley Naturist resort Echuca.
4km walk/run and 8km run.
Contact River valley Naturist resort
Ph 03 5482 6650
- Dec 3rd** **Sri Chimony Williamstown Foreshore Run**
10km run, 5km run and 5km walk.
8:00 A.M. Sadler Reserve, The Esplanade Williamstown.
Contact Veeraja Uppal 9421 2747
E-mail melbourne@srichinmoyraces.org
- Dec 10th**
- 2007**
- Jan 7th** **Aura Bogang to Mt Hotham**
60km mountain trail run, a tough event with 3,000m of climb. Not for the faint hearted.
34km & 26km options also available. 6:15 A.M.
Start. At mountain Creek Picnic Ground near Mt Beauty.
Contact Michael Grayling
Ph 0433420530
E-Mail jlindsa1@bigpond.net.au
- March 10th** **Blue Mountains Six Foot Track Marathon.**
45km Mountain Trail Run starts 8:00 A.M.
Saturday Katoomba to Jenolan Caves.
raceorganiser@sixfoot.com
- April 15th** **Asics Canberra Marathon and Ultra**
42.2km & 50km 7:00 A.M. Telopia Park Canberra
5km & 10km 4:00 P.M. Saturday 8th April 2006.
Email cundysm@ozemail.com.au

From last Thursday meeting all club members on duty should report back to the clubrooms for clean up duties.

Also the club will be purchasing a Digital Camera.