

Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*All Members & Club
Affiliated with
Athletics Victoria &
Athletics Australia.*

*Weekly Newsletter.
Volume 39
Issue 29- 20th July 2006*

Athletic Victoria Winter Premierships.

- 2000- Men's Division 6.**
- 2001- Men's Division 4.**
- 2001- Men's Division 7.**
- 2002- Men's Division 3.**
- 2002- Men's Division 6.**
- 2002- Men's Division 7.**
- 2005-Women 40+ Age group.**

Club President – Carol Summersgill

56352293

Vice President- Belinda Issell 51339036

Secretary- Jason Mulvogue 51489180

Treasurer- Rick Mann 51343568.

Editor- Ian Twite 51744965.

Email:-harriers@net-tech.com.au

Website:-www. traralgonharriers.org

Pastor- Colin Hardy- Traralgon Harriers
Chaplain Telephone 03 56552510

Clubrooms- Traralgon West Sports
Complex cnr. Grubb Ave & Douglas
Parade.

P.O. Box 1225 Traralgon 3844 Victoria
Phone 51745657 Thursdays after 7:00
P.M.

ABN 52 867 093 654

Individual Honour Roll.

Australian Titles:

2002- Peta Mullens under18
female mountain running
Champion.

2003- Roger Maximiw
Australian 100km Champion.

2006- Charlotte McShane
under18 female mountain
running Champion.

Australian Records:

1998- Sandra Timmer-Arends
50km Track Record 3:38:18.

1999-Sandra Timmer-Arends
50km Road Record 3:22:23.

Athletic Victoria Individual

Winter Champions

2005- Steven Quirk
Men's 45-49 Age Group.

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Greg Semmler, Sandra Timmer-Arends, Darrel Cross and Courtney French victors at the weekend Championship races. (report from bruised)

The 25K/10K championships were reasonably well supported and we thank those people who made the effort to run them. Food, as is our custom, was in plentiful supply and though I tried very hard to show my appreciation to all who had supplied cakes and other yummy stuff by eating as much as I could I am sad to say I couldn't eat it all. A big thanks to Melissa and Anna for the barbequed sausages and egg and bacon sandwiches. Thanks also to our hard working president, Carol, who was everywhere doing, almost, everything. To Mick, Margaret and the French family, those not running, a very BIG thank you for doing the drinks.

Conditions were very much in our favour during the run with some big efforts being put in. Richard Comber was an early leader who took the field out hard in an effort to blow them away but was unable to hold on and was over taken by Greg Semmler who held on for a win and a place in Harriers history as the eventual 25K winner. Jeff VanDenBrand did his usual trick and slipped past in the shadows of the finish post to take second outright leaving a disappointed Richard Comber to finish third outright. Kelvin Marshall was a little off the pace, having driven up from Melbourne to support us once again, but stated he was not overly concerned. Sole female Sandra Timmer-Arends appeared to be out for just a training run with no opposition to trouble her. Rob, run hard early and die, Embleton seemed to not have that trouble this day and ran on strongly. While a few of the field found the going hard all agreed that conditions were ideal and any poor times were of their own making.

In the 10K event Darrel Crock, sorry that should be Cross, lead from the start and wasn't really troubled, though David Griffiths kept him honest. Courtney French went out hard in the first K to establish a lead over Lauren Isles and managed to hold this to the finish to give her a second win in this event. New member Bianca Craddock and Andrea Henderson kept in close proximity of each other with Carmel Quirk, not far away, keeping the pressure on the two of them.

RESULTS 25K 1/ Greg Semmler 1.47.46 **1st**, 2/ Jeff VanDenBrand 1.48.03 **1st V**, 3/ Richard Comber 1.48.47 **2nd V**, 4/ Neil Griffiths 1.50.42 **2nd open**, 5/ Robert Embleton 1.51.19 **3rd V**, 6/ Kelvin Marshall 1.53.15, 7/ Sinichi Taniguchi 1.53.57 **3rd open**, 8/ Steve McLeod 1.54.56, 9/ Sandra Timmer-Arends 1.55.22 **1st Female**, 10/ Jason Mulvogue 1.59.40, 11/ Russell Northe 2.01.22, 12/ Brue Salisbury 2.01.35, 13/ Ian Heafield 2.18.15, 14/ David French 2.27.53, 15/ John Jervis 2.29.54, Jenny Pruscino ran early so she could assist at the finish but I don't have her time.
10K 1/ Darrel Cross 41.55 **1st V**, 2/ David Griffiths 43.09 **2nd V**, 3/ Courtney French 44.11 **1st Jnr Female**, 4/ Lauren Isles 45.33 **2nd Jnr Female**, 5/ Bianca Craddock 48.18 **1st open**, 6/ Andrea Henderson 48.42 **2nd open**, 7/ Carmel Quirk 49.31 **1st V**, 8/ Rob Donaldson 54.52 **3rd V**, 9/ Anna Cardillo 54.52 **3rd open**, 10/ Melissa Jones 54.52, 11/ Barry Higgins 55.05, 12/ Paula Lucas 56.45, 13/ Louise McMahon 58.03, 14/ Marissa Schill 58.04, 15/ Denise Strang 65.05, 16/ Belinda Issell 65.05.

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Sunday's event another great result for the club.

When I first ran this event in 1995 there were 5 starters in the 25km and 2 in the 10km so to have over 30 runners was a great result. To have a 20 year old in **Greg Semmler** win the main race also highlights our good blend of younger runners we have in the club. Teenagers **Courtney French** and **Lauren Isles** are full of talent as are our under 30 year olds **Bianca Craddock**, **Andrea Henderson**, **Anna Cardillo** and **Melissa Jones**. Add the list of consistent older runners who always support our events the club has never had a better blend of different age groups. What a great effort by **Richard Comber** to have a go and try and win the race with a bold tactic. Sounds like everyone had a good time and I wish I could have been there. Next event is the Swaggy Wilson 12km and 6km memorial from the same venue starting at 9:00 A.M. on Sunday the 30th July 2006. Be sure to come along and celebrate the memory of this great club person by being part of the day.

Doris Ellis recovering after major operation.

Sadly I must report that one of our oldest and popular life members Doris Ellis has recently had an operation for stomach cancer. Doris like all runners carved up a memorable history of personal achievements. Reports are she is recovering well and the club wishes her a speedy recovery.

Club Memberships due by the 31st July 2006.

All runners are reminded that it is a condition of our affiliation with Athletic Victoria that all runners who run with us Thursday night are financial members for insurance purposes. Memberships are for twelve months and run from April 1st 2006 until March 31st 2007. All runners who want to participate in the current Winter Championship must be financial by this date as from that date on only points will be awarded to financial members. Casual runners are allowed two runs free before a decision must be made to join. All club members should be aware of this and help in explaining it to all new runners. Club Memberships forms are available from Bruce Salisbury, Melissa Jones and Ian Twite. If any runners one details explained to them just give me a ring on 51744965 or e-mail ian.twite@hazelwoodpower.com.

Marshalls required for Jells Park 22nd July 2006.

We have a large team going to Jells Park on Saturday but we are also required to supply 3 Marshalls. Anyone who thinks they may be able to help out please let me know by this Thursday. Providing Marshalls for these events is a big part of our involvement in Athletics Victoria events. A large team of 26 runners will contest the Victorian Cross-Country championships at Jells Park on Saturday. **Courtney French** female under 16 4km, **Sam Quirk** and **Ben Quirk** male under 14 4km cross-country kick off at 1:35 P.M. In the female open 8km cross-country at 1:55 P.M. we have **Karen Ashton**, **Deb Piercy**, **Melissa Jones**, **Anna Cardillo**, **Carmel Quirk**, **Paula Lucas**, **Leanne Keating**, **Kim Essex**, **Andrea Henderson** and **Georgia Shaw**. At 2:45 P.M. we have the male open 12km cross-country with **Darrel Cross**, **Peri Kortis**, **Matthew Franke**, **Tim Cochrane**, **Steven Quirk**, **Neil Griffiths**, **Sinichi Taniguchi**, **Bruce Salisbury**, **Ian Twite**, **John Jervis**, **Rob Embelton**, **David French** and **Greg Semmler**.



TRARALGON HARRIERS

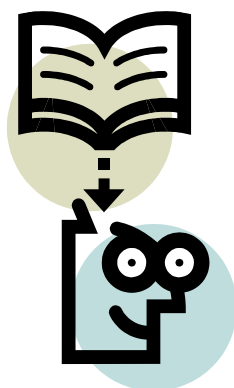
TRIVIA NIGHT

SATURDAY 19TH AUGUST
7.30PM

6-8 TO A TABLE

\$10 PER PERSON

LOTS OF FUN AND GAMES



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Last Thursday's Race results

Handicappers Report

First home in the handicap were. **For men**, 1st Daniel Rake, 2nd Travis McKinnes and 3rd Craig Morris. **For woman**, 1st Anna Cardillo, 2nd Leanne Keating and 3rd Faye Tomholt. **For Boys**: 1st Matt Nelson & 2nd Sam Quirk. **For girls** 1st Courtney French, 2nd Tanya Eagle & 3rd Lauren Isles. This week 9 runners re handicapped.

Rangeview Dr. (St. Gabriels)

HANDICAPPED					New Handicap	New Target Time
Place Points	With Handy	RUNNER	Time Points	Total Points		
40	27:16.0	Daniel Rake	60	100	10:00.0	20:00.0
39	27:52.0	Travis McKinnes	60	99	06:00.0	24:00.0
38	29:01.0	Craig Morris	59	97	07:00.0	23:00.0
37	29:22.0	Trevor Ronalds	60	97	01:00.0	33:00.0
36	29:29.0	Courtney French	31	67		
35	29:33.0	Bruce Salisbury	27	62		
34	29:52.0	Tanya Eagle	60	94	05:00.0	25:00.0
33	29:54.0	Kane Jackson (New Runner)	0	33	05:00.0	25:00.0
32	29:56.0	Anna Cardillo	4	36		
31	30:00.0	Shinichi Taniguchi		31		
30	30:12.0	Richard Clavarino		30		
29	30:16.0	Lauren Isles		29		
28	30:17.0	Leanne Keating		28		
27	30:30.0	John Jervis		27		
26	30:31.0	Darrel Cross		26		
25	30:33.0	Roger Maximiw		25		
24	30:36.0	Richard Comber		24		
23	30:36.0	Faye Tomholt	60	83		
22	30:40.0	Kathryn Ewels		22		
21	30:45.0	Greg Semmler		21		
20	30:49.0	Andrea Henderson		20		
19	31:00.0	Steve McLeod		19		
18	31:21.0	Matthew Nelson		18		
17	31:30.0	Ian Heafield		17		
16	31:41.0	Linda Jones	60	76		
15	31:49.0	Sam Quirk		15		
14	32:06.0	Jenny North (New Runner)		14	06:00.0	24:00.0
13	32:07.0	Chester Goulter		13		
12	32:25.0	Dennis Strang		12		
11	32:40.0	Belinda Issell		11		
10	32:51.0	Steve Quirk		10		
9	33:00.0	Russell North (New Runner)		9	10:00.0	20:00.0
8	33:24.0	Marissa Schill		8		
7	33:47.0	Bill Rutherford		7	01:00.0	33:00.0
6	34:31.0	Rob Donaldson		6		
5	35:28.0	Deb Piercy		5		
4	35:46.0	Bianca Cradock		4		

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Rangeview Dr. (St. Gabriels)

AS THEY CAME IN			Early Starters
Place	RUNNER	Time	*
1	Kathryn Ewels	20:40.0	*
2	Daniel Rake	18:16.0	
3	John Jervis	25:30.0	*
4	Darrel Cross	18:31.0	
5	Tanya Eagle	25:52.0	*
6	Richard Clavarino	19:12.0	
7	Matthew Nelson	26:21.0	*
8	Rob Donaldson	26:31.0	*
9	Roger Maximiw	19:33.0	
10	Richard Comber	19:36.0	
11	Greg Semmler	19:45.0	
12	Sam Quirk	19:49.0	
13	Steve Quirk	19:51.0	
14	Shinichi Taniguchi	20:00.0	
15	Courtney French	20:29.0	
16	Bruce Salisbury	20:33.0	
17	Faye Tomholt	27:36.0	*
18	Steve McLeod	21:00.0	
19	Russell North (New Runner)	21:00.0	
20	Belinda Issell	28:40.0	*
21	Lauren Isles	22:16.0	
22	Leanne Keating	22:17.0	
23	Trevor Ronalds	29:22.0	*
24	Marissa Schill	29:24.0	*
25	Dennis Strang	29:25.0	*
26	Linda Jones	29:41.0	*
27	Bianca Cradock	29:46.0	*
28	Andrea Henderson	22:49.0	
29	Travis McKinnes	22:52.0	
30	Kane Jackson (New Runner)	22:54.0	
31	Anna Cardillo	22:56.0	
32	Craig Morris	23:01.0	
33	Jenny North (New Runner)	24:06.0	
34	Chester Goulter	24:07.0	
35	Deb Piercy	25:28.0	
36	Ian Heafield	25:30.0	
37	Bill Rutherford	31:47.0	*
	Walkers		
	Rachel McLeod		
	Margaret Salisbury		
	Carol Summersgill		
	Jenny Comber		
	Gillian Van Den Brand		

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Bill Van Den Brand

Remember point's allocation is by were you finished in handicap (40 for 1st) (39 for 2nd) (38 for 3rd) and so on, plus 1 point for every second under target time (60 points maximum). Points lost if not paid up member or do not pay running fees were club pay's for venue.

Men

	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	Lost Points	Best 10
Richard COMBER	39	76	57		48	56	88	98	23	24			509
Kev PIERCY	88	94	96	100	53		14		28				473
Shinichi TANIGUCHI	64	38	51	50	32	62		48	37	31			413
Craig MORRIS			86	20	66	99			27	97			395
Derek EVANS	83	67		99	98	14							361
Roger MAXIMIW	68	95	17	21	25	25	20	29	29	25			354
Peter GRIXTI.	41		6	78	83	90	16		12				326
Bruce SALISBURY	25	88	21	48		16		64		62			324
Richard CLAVARINO		96			99	58	60						313
Greg SEANLER		92	82		90			23		21			308
Alan TIMMER-ARENDS	100		100	98									298
Neil GRIFFITHS	33	81	40	43		21	34		33				285
Rick MANN		12	23	23	86	67		72					283
Trevor RONALDS		32	86	72		68			8				266
Steve EAGLE		61			78	9	73		40				261
John JERVIS	15	39	14	25	32	26	23	27	22	27			250
Steve McLEOD	30	25	22	22	19	28	46		29	19			240
David GRAHAM		25	81	87	16				16				225
David GRIFFITHS		86					97						183
Steve QUIRK	36	40	5	56		11	2	21		10			181
Ian HEAFIELD					11	43	30	56	14	17			171
Chester GOULTER		36	1	11		18	17	31	9	13			136
John MacKENZIE		39		2	83	0							124
Ross JONES	10	0			36	66							112
Bob BICKETT		64			39								103
Mick BRIDLE	12	0		7	3	9	3	48	19				101
Daniel Rake										100			100
Travis McKinnes										99			99
Peri HORTIS							96						96
Dave FRENCH	13	11	11			20			40				95
Matthew FRANKE	26	33	32										91
Keith TOMHOLT						22		22	18				62
Nick BOGSHAW				36				24					60
Bradley McAULIFFE		17	15	19									51
Jason MULVOGUE			3	10	14		9		11				47
Duncan ORR		14	13			4	6						37
Kane Jackson										33			33
Rob DONALDSON	9		18							6			33
Lance THOMAS		31											31
Jeff VAN DER BRAND				13			15						28
Darrel CROSS						0	0			26			26
Barry HIGGINS	17	5											22
Bill RUTHERFORD					0	5			6	7			18
Russell North										9			9
Ian CORNTHWAITE				6									6
Michael GRANT									5				5

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Remember point's allocation is by were you finished in handicap (40 for 1st) (39 for 2nd) (38 for 3rd) and so on, plus 1 point for every second under target time (60 points maximum). Points lost if not paid up member or do not pay running fees were club pay's for venue.

Woman	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	Points lost	Best 10
Cindy NEILSEN	99	89	98	67	9	51			30				443
Leanne KEATING	55	43	65	80	96	29	40			26			434
Paula LUCAS	73	62	92	38	10	1	41	76	15				408
Linda JONES	11	0		63	39	67	68			76			324
Belinda ISSELL	40		34	49	24	21	5	89	21	11			294
Nicole HARRISS		3			92		94	91					280
Andrea HENDERSON	16	28	20	28	46	19	48			20			225
Deb PIERCY			99	91	8		18			5			221
Karen O'KEEFE	23	33			51		65		34				206
Seona CONWAY					87	98	1		10				196
Marissa SCHILL			4	52	1	41	80			8			186
Kathryn EWELS					67	80				22			169
Bianca CRADDOCK								98	60	4			162
Fay TOMHOLT				1	5				66	83			155
Anna CARDILLO	36		10			12	19		17	36			130
Ros NICOLSON			97	14									111
Sandra TIMMER-ARENDS		22		8	21	3	11		24				89
Carmel QUIRK	20	8	7	5			36						76
Lee GRAHAM						0			68				68
Kim ESSEX		18	16				4	26					64
Melissa JONES		54		4			0						58
Joelene GATHERCOLE	14		2	15	7	13							51
Jackie NELSON		6	24		6								36
Karen GRAHAM	19	10											29
Julianne Brenner								20					20
Jenny North										14			14
Rhona MacLEAN			14										14
Denise STRANG										12			12

Boys

Matthew NELSON					100	100	15	96	32	18			361
Sam QUIRK	48	98	19				10			15			190
Rowan EAGLE		37					87		7				131
Ben QUIRK	21						100						121
Adam CONWAY				45		64							109
Matthew McKENDRY							99						99
Cameron GRAHAM			89		0	0							89

Girls

Courtney FRENCH	31	23	9	30	22	15	55	62	36	67			350
Tanya EAGLE		60			62	2	98		100				322
Lauren ISLES		19	8	18	17	10	31		31	29			163
Shannon McCURLEY							95						95
Yani CORNWAITE									13				13

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Thursday Night runs coming up.

***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.***

3rd August 2006- Tennis Courts 5km Course.

(Corner of Franklin St and Davidson Street Traralgon)

Course Marker- Rick Mann

Media- Belinda Issell

***Timekeeping and Clubrooms- Bianca Craddock, Peri Hortis & Karen
O'Keefe.***

Training Sessions.

***Monday Nights- 6 P.M. Rob Embelton's 28 Dunbar Ave Morwell, Ph
51337568.***

***Tuesday Nights- Sandra's Speed Sessions meet at Davidson Street
Athletic Track 5:30 P.M Ph 51740045. Deb Piercy's Speed Session meet
at Davidson Street Athletic Track 6:30 P.M. Ph 51977335.***

Thursday Nights- Traralgon Harriers Winter Championship Races.

Saturday Morning- Long run contact Lee Graham 51924844.

***Sunday Mornings- Harriers Clubrooms 15km, 20km, 34km 7:00 A.M. -
7:30 A.M. start. Check with other member's Thursday nights on what may
be going on.***

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General Calender Updated 13th July 2006.

- | | | |
|------------------|--|---|
| July 23rd | <p>Sri Chinmony Princes Park 30km.</p> <p>30km run, 21.1km run, 10km Run/Walk & 5km Run/Walk..</p> <p>Northern Pavillion Princes park Royal Parade Parkville. Scenic running trail around Princes Park and Royal Parks. 8:00 A.M. start.</p> | <p>Contact Veeraja Uppal 9421 2747</p> <p>E-mail melbourne@srichinmoyraces.org</p> |
| July 29th | <p>Jaggad Bush Capital Marathon and Ultra ACT</p> <p>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.</p> | <p>Contact John Harding</p> <p>E-mail jgharding@bigpond.com</p> |
| July 30th | <p>Coburg Half Marathon</p> <p>Coburg Harriers Annual Half Marathon open to all. Undulating out and back bike path course along Merri Creek. Plus 6km Run/Walk event.</p> | <p>Contact Bernie Goggin</p> <p>Ph 03 98504958</p> <p>E-mail gogginbj@bigpond.com</p> |
| July 30th | <p>Warrumbungle Marathon (NSW)</p> <p>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.</p> | <p>Contact Coonabarabran Info Center 1800242881</p> <p>E-mail cbnpromo@hway.com.au</p> |
| Aug 6th | <p>The Point Queen of the Lake.</p> <p>Women only event celebrating 21st Anniversary. Palms Lawns Albert Park 5km or 10km Run/walk around Albert Park Lake.</p> | <p>Contact Fiona Welsh.</p> <p>E-mail f.welsh@ausrun.com.au</p> |
| Aug 6th | <p>BHP BILLITON TOWNSVILLE running festival.</p> <p>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.</p> | <p>Contact Brian Armit</p> <p>P.O. Box 1702 Aitkenvale QLD</p> <p>E-mail president@townsvilleroadrunners.com.au</p> |
| Aug 13th | <p>Sun Herald Sydney City to Surf</p> <p>14km Starts 9:30 am from corner Park and College St Sydney. Australia's largest fun run over 50,000 entries.</p> | <p>www.city2surf.sunherald.com.au/</p> <p>Info line 1800 5555 14</p> <p>or see or phone Chester 51 696 771</p> |
| Aug 20th | <p>Alice Springs Marathon (NT)</p> <p>Distances and starting times 6:00 A.M. 42km, 7:00 A.M. 21km and 10km at 8:00 A.M.</p> | <p>Contact Russell North</p> <p>Ph 08 89521524</p> <p>E-mail alicespringsmarathon@yahoo.com.au</p> |

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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.
- Aug 27th. Prom Country Challenge.**
 6km, 12km & 30km Toora Vic.
 Plus 4 x 6km relay for teams ect.
- 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
- 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.
- Oct 15th Toowoomba Marathon (QLD)**
 42km & 21km events 4 x 10.5km circuits
 around the Toowoomba Plateau.
- Oct 22nd. Rottnest Marathon (W.A.)**
Oct 22nd. 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.
- Nov 4th, 5th, 6th & 7th. Bright Alpine Four Peaks.**
 Bright Victoria Four Mountain Climbs over four
 days. (More Details Soon)
- Conatct Steven Trevaskis
 0417-508-145
 E-mail travy@iprimus.com.au
 Entry froms available clubrooms.
 Angela 56862326.
 www.
 Promcountrychallenge.org.au
- 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@srchinmoyraces
 .org
- Event Management 98199225.
- Conatct Max Powditch
 E-mail comfirq@bigpond.com
- Conatct Roger 07 46350989
 07 46166501 or Greg 07
 46396363.
 E-mail tmbarr@gmail.com
 E-mail wamc@inet.net.au
 Mick Corlis.
 Email
 mountainrunning@coolrunning
 .com.au
- Contact Veeraja Uppal 9421 2747
 E-mail
 melbourne@srchinmoyraces
 .org
- Ian Twite 51744965.
 Bruce Salisbury 51749869.

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

- 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: Bantnick 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 . until Sun Nov 26th.**
Colac 6-Day race.
Run for 6-days non stop around a 400m track in the heart of Colac.
- Sat Dec 2nd Mt Feathertop Skyrun.**
30km & 50km Mountain trail runs.
Start Mt. Hotham Accommodation Center.
Paul Ashton 0398858415
Mob 0418136070.
Email paul.ashton56@bigpond.com
Contact River valley Naturist resort
Ph 03 5482 6650
- Dec 3rd Big Rivers Nude Fun Run.**
Tan Annual Fun Run River Valley Naturist resort Echuca.
4km walk/run and 8km run.
Contact Veeraja Uppal 9421 2747
E-mail melbourne@srichinmoyraces.org
- Dec 10th Sri Chimony Williamstown Foreshore Run**
10km run, 5km run and 5km walk.
8:00 A.M. Sadler Reserve, The Esplanade Williamstown.
- 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

*Sunday July 30th 2006 Swaggy Wilson Memorial incorporating the Traralgon Harriers 12km & 6km Road Championships.
Traralgon Harriers Clubrooms.
(Corner of Douglas Parade and Grubb Ave Traralgon).*

Traralgon Harriers

Traralgon Harriers Athletic Club Inc

9:00 A.M. Start.