

Traralgon Harriers

Traralgon Harriers Athletic Club Inc



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

*Weekly Newsletter.
Volume 39
Issue 30- 27th 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:

2000- Melissa Jones under 20
2,000m steeplechase.

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.



TRARALGON HARRIERS

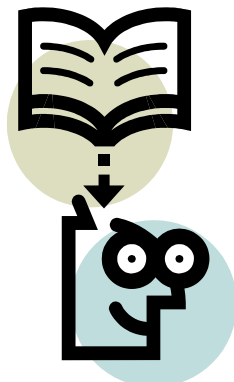
TRIVIA NIGHT

SATURDAY 19TH AUGUST
7.30PM

6-8 TO A TABLE

\$10 PER PERSON

LOTS OF FUN AND GAMES



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Social News

Melissa, Roger and Andrea will take bookings for the Triva night from Thursday 3rd August onwards. Anyone who has or knows of anyone who might donate prizes for the night please feel free to let them know.

Expression of interest for training camp Forest Lodge Yarram.

As this is a popular School camp booking schedule is tight and only late November or early December is available. Like all things those keen to organise this weekend need to have a rough idea of numbers so they can pursue this event. Probable cost will be \$20:00 per head for the weekend plus food and drinks if approximately 50 people are interested. Please let Melissa or Sandra know your preferred weekend by the 10th of August so it can be discussed at the next General meeting which is the 10th August 2006.

This Sunday's Swaggy Wilson Memorial more than a race it is a tribute to a great club member.

Geoff was a friendly smiling face who would be one of the first to come up to a new member and make them feel welcome. Always encouraging and willing to have a chat he was a perfect Harrier Club member. My recollection of "Swaggy Wilson" although brief made a huge impression on me. This inspires me like many other older Harriers to make sure I compete in this event to honour his memory every year. I remember travelling down to run in one of my first Athletic Victoria events with Swaggy and a group of other runners. Swaggy was struggling with injury but he was so excited about competing for the club and when he finished after running a good race he never stopped smiling. A fierce and encouraging competitor with a passion for the Traralgon Harriers Club and its members will be sadly missed but always remembered. The running of this event will always ensure this.

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***10th Annual Swaggy Wilson Memorial
Sunday 30th July 9:00 A.M. Start.***

Incorporating the

***Traralgon Harriers 12km Road Championships.
and 6km support event***

***Traralgon Harriers Clubrooms cnr of Douglas Parade
and Grub Ave Traralgon.***

All runners are invited to enter on the day.

**Entry cost 12km event \$5:00 Adults, \$2:00 under 18 and \$10:00
Family.**

6km event \$2:00 all entrants.

Race History.

Year	Male	Female
1997	Paul Wilson 40:12	Birget Wilson 50:21
1998	Michael Lancaster 42:59	Kylie Fox 48:08
1999	Michael Lancaster 43:33	Sandra Timmer-Arends 44:40
2000	John MacKenzie 42:30	Corey Harle 54:29
2001	John MacKenzie 39:40	Peta Mullens 52:54
2002	Nenet Susa 41:04	Penny Burgess 54:34
2003	Steve Quirk 42:59	Sandra Timmer-Arends 49:27
2004	Steve Quirk 42:07	Penny Burgess 54:04
2005	Steve Quirk 42:19	Leanne Keating 1:02:31

***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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Jells Park Cross-Country results 22nd July 2006



The strain is showing on Leanne Keating's face as she battles it out in the Women's 8km Cross-Country on Saturday. Leanne has improved a lot since joining the club last season and Saturday's run was one of her best results so far. Leanne is also the defending female 12km champion in this Sunday's Swaggy Wilson Memorial Road Championships.

Sam Quirk takes silver again.

The first event of the day saw Sam Quirk put in a great effort considering he had been sick all week. Sam took the lead near the finish but couldn't hold off the second place runner in the tough 200m uphill finish. Sam has now sewn up the individual under 14 male winter championship and he can now concentrate on representing Victoria at the Nationals in Tasmania at the end of August. Sam was joined by brother Ben in the Men's under 14 cross-country event.

Results Victorian under 14 Men's 4 km Cross-Country Championship- 1st Timas Harik 14:13, 2nd Sam Quirk TRH 14:15, 17th Ben Quirk TRH 17:49.

In the Women's under 16 4km Cross-Country Courtney French had another solid performance finishing 11th in the strong field of 18 starters.

Results Victorian under 16 Women's 4 km Cross-Country Championship- 1st Kate Sly 15:19, 11th Courtney French TRH 17:29.

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In the women's open Cross-Country there were some great performances by many of the large group of harriers who contested the event amongst the 125 starters. **Melissa Jones** managed to finish in the top 50 with **Deb Piercy** finishing 4th in the 40-44 age group along with **Karen Ashton** 6th and **Carmel Quirk** 10th. Improved efforts by **Leanne Keating** and **Anna Cardillo** in their first A.V. season continue to strengthen the standing of our female teams.

Results Victorian Women's 8 km Cross-Country Championship- 1st Anna Thompson 27:39, 2nd Kate Smyth 28:20, 29th Delwyn Hewitt 33:07, 45th Melissa Jones TRH 34:37, 56th Deb Piercy TRH 35:28, 72nd Karen Ashton TRH 36:26, 89th Leanne Keating TRH 38:21, 103rd Kim Essex TRH 39:37, 104th Anna Cardillo TRH 39:38, 110th Andrea Henderson TRH 40:20, 111th Georgia Shaw TRH 40:22, 114th Carmel Quirk TRH 40:42, 121st Paula Lucas TRH 47:20.

In the large field of 325 runners who contested the men's open 12km race a close tussle developed between Steve Monaggetti and Collis Birmingham with Collis Birmingham winning narrowly in the end. **Tim Cochrane** was our best performer from **Steve Quirk** with both finishing in the top 100. **Greg Semmler** continues to improve with every run with **Shinichi Taniguchi** also running strongly. **Darrel Cross** is coming back into form with a good run and **Peri Hortis** did well in his first individual run. Best age group performer was **John Jervis** who finished 2nd in the 60-64 age group. Other age group finishes were 40-44 age groups **Darrel Cross** 11th and **David French** 37th. In the 45-49 age groups **Steve Quirk** 3rd and the 50-54 age groups **Ian Twite** 13th, **Rob Embelton** 14th and **Bruce Salisbury** 21st.

Results Victorian Men's 12 km Cross-Country Championship- 1st Collis Birmingham 38:01, 2nd Steve Monaggetti 38:15, 20th Magnus Michelson 40:50, 21st Dean Huffer 40:51, 55th Tim Cochrane TRH 43:54, 65th Steve Quirk TRH 44:28, 119th Darrel Cross TRH 47:47, 160th Greg Semmler TRH 49:34, 163rd Shinichi Taniguchi TRH 49:38, 180th Ian Twite TRH 50:30, 188th Neil Griffiths TRH 50:57, 196th Matthew Franke TRH 51:20, 205th Robert Embelton TRH 51:52, 247th Bruce Salisbury TRH 55:13, 287th Peri Hortis TRH 1:00:28, 292nd David French TRH 1:02:13, 310th John Jervis TRH 1:07:25.

A big Thank You to Carol Summersgill, Ashley Lucas and Andrea Henderson who rushed down to Melbourne early to pick up her friend Emma to help us with our Marshalling duties.

Next Athletics Victoria event is the final Cross-Country event in Ballarat on 5th of August 2006. A bus is being organised and all interested runners should let Mel and I know by the 30th July 2006.

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Juniors do well at Lardner Park Southern Zone Cross-Country Championships.

Sam Quirk, Charlotte McShane and Stephen McShane all did well at the recent Schools Cross-Country Championships at Lardner. **Sam Quirk** won the under 14 3km event with **Stephen McShane** finishing 3rd. In the girls under 16 3km race **Charlotte McShane** finished 3rd. **Sam Quirk** will be competing tomorrow at Bundoora in the Government Schools Victorian Cross-Country Championships and should continue his good form.

Pauline and Pedro trading runners for camel rides.

Here is a text message Ian Heafield received from Pauline "In Lisbon going to Morrocan Thursday, been riding camels, belly dancing & climbed the Pyramids, having a great time". Pauline and Pedro.

Lauren Isles runs P/B in Sri Chinmony Half on Sunday 23rd July 2006.

Lauren Isles continued her outstanding achievements by winning the under 18 section of Sunday's Sri Chinmony Half Marathon on Sunday. Lauren ran the outstanding time of 1:37:55 for the 21.1km event.

Audit of Club Assets.

As part of the recent club Audit the Auditor is required to check our club assets listed on the balance sheet. All club members who have borrowed club property such as heart rate monitors can they bring them along to the club General Meeting on the 10th August 2006. Also anyone who is in possession of any set of keys to the clubroom can you let Jason or Carol know by this meeting. Agenda page 8.

Peta Mullens safely of to Europe.

As reported earlier in the year Peta Mullens qualified to represent Australia at the World Junior Cycling Championships in Belgium in August. Here is a short update on how she is going. She has been training in Adelaide which went extremely well as she was the only female to complete all training sessions. Gary Sutton (Head Coach) is pleased with where she is at, both physically and mentally. The team will start training on the track in Belgium this Friday and are booked for 2 sessions a day for 6 days along with plenty of road and hill training. She will compete in the under 19 age group and the pursuit qualifying is on the 3rd day of competition on Monday 7th August at around 6-7pm our time. If Peta makes the final it will be later that night, about 3.30-4.00am. The Road Race is on Sunday 13th August starting at 6pm our time and hopefully concluding around 8-8.30pm.

We wish Peta all the best and will keep you all updated on how she goes.

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AGENDA of General Meeting Thursday 10 August 2006

- 1. Present**
- 2. Apologies**
- 3. Business arising from the previous Meeting**
- 5. Correspondence**
- 6. Treasure's report**
- 7. Social Committee's Report**
- 8. Race Committee's Report**
- 9. Media Committee's Report**
- 10. Newspaper editor**
- 11. General Business**

If you have any general business could you please pass it on to me before the meeting.

- 11.1 Proposed extensions**
- 11.2 Chairs**
- 11.3 Marathon**
- 11.4 6 hour run**

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Handicappers Report

First home in the handicap were. **For men**, 1st David Griffiths, 2nd Bruce Salisbury and 3rd Steve Eagle. **For woman**, 1st Bianca Craddock, 2nd Kathryn Ewels and 3rd Leanne Keating. **For girls** 1st Courtney French, 2nd Lauren Isles & 3rd Tanya Eagle. This week 2 runners re handicapped.

Flinders P.S.

HANDICAPPED					New	New Target
Place Points	With Handy	RUNNER	Time Points	Total Points	Handicap	Time
40	35:14.0	David Griffiths	46	86		
39	35:21.0	Bruce Salisbury	39	78		
38	35:25.0	Steve Eagle	60	98	05:00.0	33:00.0
37	35:27.0	Sinichi Taniguchi	33	70		
36	35:31.0	Courtney French	29	65		
35	35:32.0	Bianca Craddock	28	63		
34	35:35.0	Rick Mann	25	59		
33	35:37.0	Kathryn Ewels	23	56		
32	35:49.0	Leanne Keating	11	43		
31	35:51.0	Lauren Isles	9	40		
30	36:01.0	Steve McLeod		30		
29	36:01.0	Chester Goulter		29		
28	36:03.0	Paula Lucas	60	88		
27	36:05.0	Darrel Cross		27		
26	36:06.0	Jenny Northe		26		
25	36:14.0	Greg Semmler		25		
24	36:18.0	Roger Maximiw		24		
23	36:24.0	Neil Griffiths		23		
22	36:25.0	Seona Conway	35	57		
21	36:26.0	Craig Morris		21		
20	36:28.0	Tim Northe		20		
19	36:30.0	John Jarvis	30	49		
18	36:31.0	Tanya Eagle	29	47		
17	36:32.0	Sandra Timmer-Arends		17		
16	36:56.0	Ian Heafield		16		
15	37:26.0	Tom Cleven		15		
14	37:29.0	David Graham		14		
13	37:32.0	Jason Mulvogue		13		
12	37:46.0	Russell Northe		12		
11	38:04.0	Richard Comber		11		
10	38:04.0	Andrea Henderson		10		
9	38:15.0	Tanya Whitehead		9		
8	38:39.0	Lee Graham		8		
7	38:39.0	Kevin Piercy		7		
6	38:40.0	Kain Jackson		6		
5	38:41.0	Marissa Schill		5		
4	39:53.0	Anna Cardillo		4		
3	40:42.0	Barry Higgins		3		
2	40:48.0	Derek Evans		2		
1	40:57.0	Belinda Issell		1		
0	41:03.0	Mick Bridle		0		
0	42:15.0	Kim Essex		0		
0	42:16.0	Bill Rutherford		0	Scratch	42:00.0
0	43:51.0	Joelene Gathercole		0		
0	44:14.0	Melissa Jones		0		

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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.

Flinders P.S.			Early Starters * 10:00.0
AS THEY CAME IN			
Place	RUNNER	Time	
1	Bianca Craddock	28:32.0	*
2	Seona Conway	30:25.0	*
3	David Graham	30:29.0	*
4	John Jarvis	30:30.0	*
5	Tanya Eagle	30:31.0	*
6	Derek Evans	31:48.0	*
7	Paula Lucas	31:03.0	*
8	Anna Cardillo	31:53.0	*
9	Darrel Cross	22:05.0	
10	Steve Eagle	32:25.0	*
11	Greg Semmler	23:14.0	
12	Tanya Whitehead	33:15.0	*
13	Roger Maximiw	23:18.0	
14	Neil Griffiths	23:24.0	
15	Sinichi Taniguchi	23:27.0	
16	Kathryn Ewels	23:37.0	
17	Lee Graham	33:39.0	*
18	Marissa Schill	33:41.0	*
19	Barry Higgins	33:42.0	*
20	Steve McLeod	24:01.0	
21	David Griffiths	24:14.0	
22	Bruce Salisbury	24:21.0	
23	Tim Northe	24:28.0	
24	Courtney French	24:31.0	
25	Sandra Timmer-Arends	24:32.0	
26	Richard Comber	25:04.0	
27	Jason Mulvogue	25:32.0	
28	Russell Northe	25:46.0	
29	Mick Bridle	36:03.0	*
30	Kevin Piercy	26:39.0	
31	Kain Jackson	26:40.0	
32	Leanne Keating	26:49.0	
33	Lauren Isles	26:51.0	
34	Chester Goulter	27:01.0	
35	Rick Mann	27:35.0	
36	Joelene Gathercole	37:51.0	*
37	Belinda Issell	35:57.0	08:00.0
38	Craig Morris	28:26.0	
39	Andrea Henderson	29:04.0	
40	Jenny Northe	29:06.0	
41	Ian Heafield	29:56.0	
42	Bill Rutherford	41:16.0	
43	Tom Clevn	26:26.0	
44	Melissa Jones	33:14.0	
45	Kim Essex	33:15.0	
	Walkers Carol & Margaret.		
	Bill & Gillian Van Der Brand		
	Jenny & Melissa Comber 1 lap.		

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Thursday Night runs coming up.

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, Craig Morris, Belinda Issell.

10th August 2006- Liddiard Road P.S. 6km Course

(cnr Liddiard Rd and Shakespear St)

Course Marker- Ian Heafield

Media- Barry Higgins.

Timekeeping and Clubrooms- Comber Family.

Remaining Winter Calender 2006.

17	27/07/2006 Clubrooms Parkwood Way.	6km	Bruce Salisbury.
18	3/08/2006 Tennis Courts cnr Franklin and Davidson St Traralgon.	5km	Rick Mann
19	10/08/2006 Liddiard Rd P.S. (cnr Liddiard Rd and Shakespear St.)	6km	Ian Heafield.
20	17/08/2006 Newborough Track	5km	Jenny Prucsino
21	24/08/2006 Rooms (Gilmour Giddy).	5km	Jenny Prucsino
22	31/08/2006 Flinders P.S. cnr Liddiard Rd & Landsdowne Road Traralgon.	6km	Bruce Salisbury.
23	7/09/2006 Security Commision Car Park	5km	Rick Mann
24	14/09/2006 Rangeview Drive (St. Gabriels)	5km	Ian Heafield.

Training Sessions.

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

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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.

Remaining A. V. Calender and Local races 2006.

Sun 30th July 2006	Traralgon Harriers Swaggy Wilosn 12km & 6km Road Championships
Sat 5th August 2006	Athletic Victoria Men's 8km X/C & Female 6km X/C Championships Ballarat Uni Mt Helen.
Sun 13th August 2006	Traralgon Harriers Ray & Doris Ellis 16km & 8km Hill Runs. Wirilda Park Tyers
Sun September 3rd 2006	Athletic Victoria 21.1km Road Championships Burnley.
Sat September 16th 2006	Athletic Victoria Club 3.827km Tan Relays Kings Domain Melbourne.
Sun September 17th 2006	Traralgon Harriers King and Queen of the Mountain 30km Road Race.
Sun 7th October 2006	Melbourne Marathon, Half Marathon and Mara Fun.

General Calender Updated 13th July 2006.

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

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- Aug 6th** **The Point Queen of the Lake.**
 Women only event celebrating 21st Anniversary.
 Palms Lawns Albert Park 5km or 10km
 Run/walk
 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@townsvilleroadrunners.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.
 Contact Russell North
 Ph 08 89521524
 E-mail
 alicespringsmarathon@yahoo.com.au
- Aug 27th.** **Shepparton Runners Club Marathon & Fun Run**
42km, 21km, 10km and 3km.
 Princess Park (Quinan Parade) Shepparton Vic.
 Start 8:00 A.M.
 Contact Steven Trevaskis
 0417-508-145
 E-mail travy@iprimus.com.au
 Entry forms 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
- Aug 27th.** **De Castella Run.**
 15km run, 7.5km run, 5km run, 5km walk.
 9:00 A.M. Burke Hall Nolan Ave Kew.
 Contact Ian Roberts
 08 82327644
 E-mail office@sarrc.asn.au
- Aug 27th.** **Adelaide Marathon Festival (SA).**
 42km, 21km, 10km events start 6:45 A.M.
 Location Pinky Flat Adelaide S.A.
 Bruce Salisbury 51749869.
 E-mail Harriers@net-tech.com.au
- 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.
 Web-site traralgonharriers.org
 Contact Veeraja Uppal 9421 2747
 E-mail
 melbourne@srchinmoyraces.org
- Sept 17th.** **Sri Chinmoy Yarra Boulevard Half Marathon**
 21.1km, 10km run & walk, 5km run & Walk.
 8:00 A.M. Kevin Barlett Reserve Burnley.
 Event Management 98199225.
- Oct 8th** **Melbourne Marathon, Half Marathon and Marafun.**
 42.195km, 21.1km and 7.5km Events.
 Frankston to Albert park
 Contact Max Powditch
 E-mail comfirg@bigpond.com
- 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.

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|---|--|---|
| Oct 15th | Toowoomba Marathon (QLD)

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

55.5km run.
Starts and finishes Cotter Reserve Canberra
Also 27.7km Bull Head Challenge. | Mick Corlis.
Email
mountainrunning@coolrunning.com.au |
| 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 days. (More Details Soon) | Ian Twite 51744965.
Bruce Salisbury 51749869. |
| 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 |
| 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. | Ben Wilson 54822517.
Email echuca&ymca.org.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. | Email- ultraoz@iprimus.com.au |
| 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 |
| Dec 3rd | 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 10th | 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 |
| Jan 7th 2007 | 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 | Contact Michael Grayling
Ph 0433420530
E-Mail jlindsa1@bigpond.net.au |