

# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



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

*Weekly Newsletter.  
Volume 39  
Issue 32- 10<sup>th</sup> August 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.

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**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

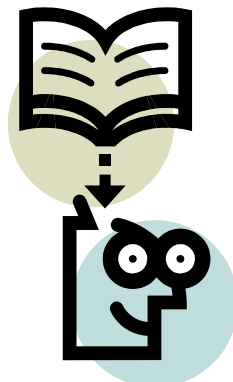
## TRIVIA NIGHT

SATURDAY 19<sup>TH</sup> AUGUST  
7.30PM

6-8 TO A TABLE

\$10 PER PERSON

LOTS OF FUN AND GAMES



# **Traralgon Harriers**

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## **Social News**

*Those who wish to book a table for the Trivia night please let Roger, Melissa or Andrea know soon.*

## **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 10<sup>th</sup> of August so it can be discussed at the next General meeting which is the 10<sup>th</sup> August 2006.*

## **Daniel and Fleur Rake moving back to Melbourne.**

*Sadly after making a successful return to running after a knee reconstruction Daniel and his wife Fleur will be leaving us and moving back to Melbourne to work. Daniel was a fierce and talented competitor at many harriers' runs early in his time with us before a knee operation kept him quite for 12 months or more. He made a successful return to competitive running this season. Daniel intends to keep in contact with the harriers by remaining a member and still running with us.*

**Message from Daniel-** *"I have thoroughly enjoyed my time in the valley, in particular running with the Harriers - I have been involved in many successful clubs in Australia including Weston Creek in Canberra and Glenhuntly in Melbourne and the atmosphere, family friendly and supportive environment of the harriers is second to none. I propose to continue running with*

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*the harriers over winter and might switch to second claim with Glenhuntly for summer - I'll see how the Tri's pan out. I propose to stick with the harriers for future winter seasons and will be available in Melbourne. I'll make the trek back for some of the valley based events. Once again thanks for everything." Daniel*

## ***Sam Quirk blows them away at Ballarat.***



Sam Quirk pictured left has a clear lead in Saturdays under 14 2km Victorian Cross-Country Championships on Saturday. All the justification for all the hard work that goes into having a team compete regularly at all the Athletic Victoria Winter events was shown in one 13 year olds face on Saturday. His face was gleaming from the moment he arrived after receiving his Victorian uniform from Steve Monaghetti earlier in the day. He then proceeded to blow the opposition away in the under 14 2km event inspired by Steve Monaghetti's speech earlier. It was a big day for Sam and it is only possible because our club is one of the few country clubs that is established enough to compete at Athletic Victoria events.

Sam's brother **Ben Quirk** also competed well in the event. Another Junior **Lauren Isles** also made the long trip and competed well in the females under 16 3km Cross-Country Championship. Running 13:07 in the tough 3km course Lauren is improving with every run. **Sam Quirk** picked up two Gold Medals for his efforts the Victorian Under 14 2km Cross-Country Champion and the Victorian Country Under 14 2km Cross-Country Champion.

**Results- Victorian under 14 Men's 2km Cross-Country Championship.**

**1<sup>st</sup> Sam Quirk 6:53, 15<sup>th</sup> Ben Quirk 8:17**

**Results- Victorian under 16 Women's 3km Cross-Country Championship.**

**1<sup>st</sup> Grace Trek 10:42, 15<sup>th</sup> Lauren Isles 13:07.**

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**Sam Quirk pictured left in his Victorian Uniform with his two Gold Medals.**

***Traralgon Harriers female teams do well again.***

Before we talk about the great performances of our female

runners we first must make mention of the guts shown by a couple of our female runners. Now the 2km loop course on Saturday at Ballarat was a true Cross-Country course with plenty of mud slosh and sharp hills. Not the type of course to be doing if you are not feeling well. Both Paula and Georgia found after one lap of this course that they were both not feeling well. Instead of giving up they both stuck to the task and finish gaining points for our Division 3 team. Both girls have shown a lot of determination and guts before and this day was no exception.

**Women's Division 2** finished 4<sup>th</sup> overall and moved to 4<sup>th</sup> on the Winter Premiership Ladder with two races to go. **Kathryn Ewels** led the team with a top twenty finish the highest by a Traralgon Harrier runner all year. Her performance was exceptional along with **Melissa Jones** who also made the top 50. **Karen Ashton** had a big run also finishing 54<sup>th</sup> and 4<sup>th</sup> in the 40-44 age groups. In the **Women's Division 3** our teams are now 3<sup>rd</sup> and 9<sup>th</sup> out of 24 teams in the Winter Premiership Ladder. It has been a great performance by these girls with all contributing in what has been a great season. **Andrea Henderson** had one of her best runs with the club and we actually saw pain on **Anna Cardillo's** face as she took her running to a new level. **Kim Essex** and **Carmel Quirk** made it 7 runners in the top 100. As mentioned before the club wouldn't have scored points if not for the efforts of **Georgia Shaw** and **Paula Lucas**.

## **Results Women's Open Victorian 6km Cross-Country Championships Ballarat.**

1<sup>st</sup> Anna Thompson 20:43, 8<sup>th</sup> Nadelle Legge 23:38, 19<sup>th</sup> Kathryn Ewels 24:28, 50<sup>th</sup> Melissa Jones 26:34, 54<sup>th</sup> Karen Ashton 26:53, 81<sup>st</sup> Andrea Henderson 28:45, 85<sup>th</sup> Anna Cardillo 29:01, 97<sup>th</sup> Kim Essex 29:43, 100<sup>th</sup> Carmel Quirk 30:11, 106<sup>th</sup> Georgia Shaw 31:38 114<sup>th</sup> Paula Lucas 37:12.

## **Winter Season premiership Ladders after 8 races.**

### **Women's Division 2**

1 Geelong Region 86  
2 Glenhuntly 2 72  
3 Ringwood 64  
4 **Traralgon Harriers 57**  
5 Collingwood Harriers 51  
6 Sandringham 2 40  
7 Box Hill 2 39  
7 Coburg Harriers 38

9 Western Athletics 35  
9 Doncaster 34  
11 Frankston 30  
12 Ballarat YCW 20  
13 Athletics Essendon 2 19  
14 Peninsula Road Runners 13  
14 Knox 2 11

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## Women's Division 3

- |                             |                              |
|-----------------------------|------------------------------|
| 1 Eureka 64                 | 14 Mentone 2 13              |
| 2 Mentone 62                | 15 Box Hill 3 12             |
| 3 Traralgon Harriers 2 59   | 16 Doncaster 2 11            |
| 4 Glenhuntly 3 53           | 16 St Stephens Harriers 2 11 |
| 5 Geelong Region 2 52       | 18 Western Athletics 2 11    |
| 6 St Stephens Harriers 42   | 19 Western Athletics 3 8     |
| 7 Melbourne University 2 29 | 20 Wendouree 7               |
| 8 Collingwood Harriers 2 25 | 21 Sandringham 3 5           |
| 9 Traralgon Harriers 3 23   | 22 Glenhuntly 5 4            |
| 10 Glenhuntly 4 21          | 23 Knox 3 2                  |
| 11 Bendigo YMCA 18          | 24 Diamond Valley 3 1        |
| 11 Diamond Valley 2 18      | 24 Melbourne University 3 1  |
| 11 Ringwood 2 18            |                              |

## Men's Division 2

- |                             |                          |
|-----------------------------|--------------------------|
| 1 Glenhuntly 2 94           | 7 Traralgon Harriers 48  |
| 2 Sandringham 94            | 8 Ballarat Harriers 35   |
| 3 Athletics Essendon 63     | 9 Eureka 28              |
| 4 Richmond Harriers 61      | 10 Athletics Waverley 27 |
| 5 Collingwood Harriers 2 54 | 11 Ringwood 25           |
| 6 Malvern Harriers 49       | 11 Bendigo YMCA 10       |

## Men's Division 4

- |                             |                           |
|-----------------------------|---------------------------|
| 1 Sandringham 2 88          | 8 Ballarat YCW 2 31       |
| 2 Doncaster 2 76            | 9 Glenhuntly 4 29         |
| 3 Wendouree 73              | 9 Athletics Essendon 2 21 |
| 3 Western Athletics 73      | 11 South Bendigo 10       |
| 5 Collingwood Harriers 3 63 | 12 Ballarat Harriers 2 6  |
| 6 Richmond Harriers 2 48    | 13 Ringwood 2 3           |
| 7 Traralgon Harriers 2 34   | 14 Peninsula RR 2 1       |

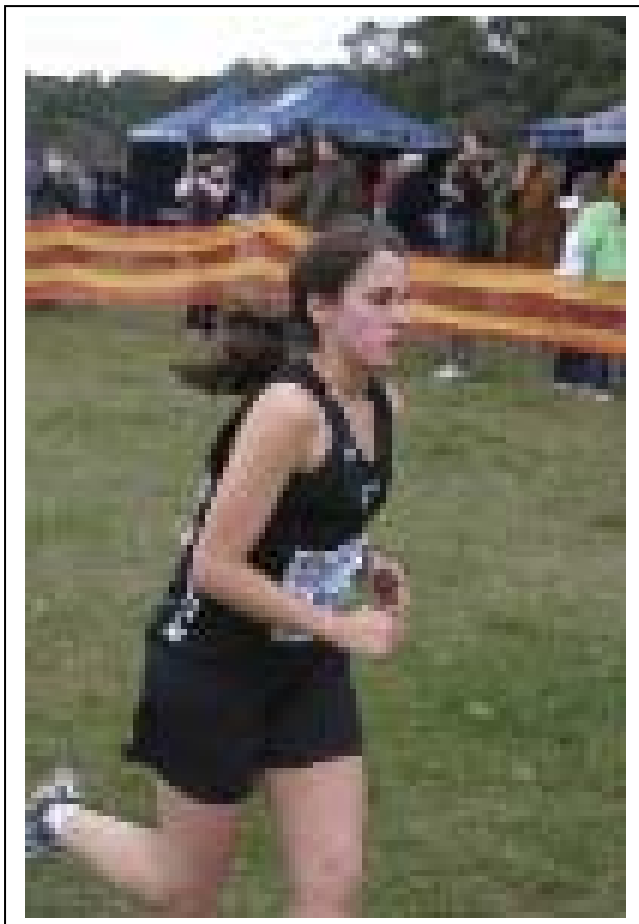
The ladders clearly show what a great season the Traralgon Harriers have had when you compare our performances in the Men's and Women's Division 2 where we have out performed all other country centres as well as some big metropolitan centres.

*Men's Division 2 team finishes 7<sup>th</sup> with big runs by Steve Quirk, Darrel Cross and Greg Semmler.*

In a tough event with the course nice and muddy **Steve Quirk** finished 3<sup>rd</sup> in the 45-49 age group for another bronze medal for the season. **Tim Cochrane** was feeling a bit off but still managed to run well. **Darrel Cross** was back to some of his best with **Greg Semmler** continuing to improve with each race. **Shinichi Taniguchi** and **Bruce Salisbury** were there consistent selves.

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**Anna Cardillo pictured left has been a real improver with the Athletic Victoria team as well as being a great team member.**

**Results Victorian Men's Open 8km Cross-Country Championship- 1<sup>st</sup> Collis Birmingham 24:42, 2<sup>nd</sup> Lee Troop 25:08, 16<sup>th</sup> Dean Huffer 26:55, 56<sup>th</sup> Steven Quirk 28:55, 73<sup>rd</sup> Timothy Cochrane 29:39, 112<sup>th</sup> Darrel Cross 31:04, 156<sup>th</sup> Greg Semmler 32:24, 188<sup>th</sup> Ian Twite 33:11, 218<sup>th</sup> Shinichi Taniguchi 34:08, 228<sup>th</sup> Ben Bailey 34:24, 239<sup>th</sup> Bruce Salisbury 35:32. 323 finishers:**

**Pictured right is Andrea Henderson who also had great run for the club on Saturday. Andrea has been a very consistent performer at all Athletic Victoria events since joining the club last year.**

It has been such a great season this year with so many new faces having a go and making it an enjoyable season. I thank all runners this year for making the effort one which the club and I appreciate very much. It was a great day at Ballarat with some many inspiring performances that even I sat back and enjoyed a relaxing beer on the way home.



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## *Penny Burgess wins Warrumbungle Marathon.*

I have always said that I hope to live long enough to do all the runs I want too. This one has always struck me as an interesting race. There is 50km ultra, 42km Marathon, 21km Half Marathon and 10km run. Penny sums it up best in her report.

We just had a grand week end running the Warrumbungle marathon. Thoroughly recommend it to everyone, it is such a beautiful area, really scenic and peaceful. There weren't many runners at all so yippee I finally managed to be first female and Neil was third overall tied with me. Yes the Burgess pair were back running and chatting together the whole way. We cruised along knowing our times wouldn't be great as it was very hilly but enjoying the views and the generally having fun. What wasn't fun was the chilly mornings!!!!!! Now that we live in a civilised state we are not used to freezing temps, wasn't bad for the running but killed us packing up the camper trailer the next morning. Brain Glover and Jacki drove all the way from Melbourne so it is possible for you Victorians to go the distance. Kelvin took out the ultra despite getting lost on the course and then again on the way back from the showers.

Looking forward to seeing you guys soon.

### ***Warrumbungle National Park, Coonabarabran New South Wales***

#### **50 km Ultra Marathon 50km – Male**

**Kelvin Marshall Elsternwick NSW 42 4:07:54 1**

Chris Graham Westleigh NSW 34 4:13:40 2

John Robins Dubbo NSW 46 4:40:33 3

Terry Coleman Alexandra NSW 31 4:55:32 4

David Spencer Knoxfield VIC 33 5:06:42 5

**Brian Glover Regent VIC 63 6:08:40 6**

#### **42.2km Marathon – Male**

Bob McNaught Mountain Creek NSW 58 3:30:42 1

Robert Herd Armidale NSW 51 3:47:10 2

**Neil Burgess Woodenbong NSW 42 3:53:53 3**

Kevin Landberg Maryborough NSW 44 DNF - Injury 4

#### **42.2km Marathon - Female**

**Penny Burgess Woodenbong NSW 44 3:56:53 1**

Elizabeth Swain Dubbo NSW 37 5:19:30 2

Bonnie Tratt Dubbo NSW 37 5:19:30 2

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***Peta Mullens wins bronze at World Junior Cycling Championships.***



**Peta Mullens is pictured above receiving her bronze medal at the medal presentations' here is Leanne's report.**

Peta has won the Bronze medal ride off in the Individual Pursuit. After qualifying 3rd fastest and missing out on the gold medal ride by only 0.12 sec, Peta recomposed herself and won the Bronze by about 1 sec in 2.28.3. I spoke to her a couple of hours before the race and she was a little disappointed with her qualifying ride, saying that it didn't feel right from the gun. Top 4 in the world after a not so good ride is pretty good though I reckon, but then I'm biased. Her boyfriend made a surprise visit from Italy to watch her race and Charles Howlett (cyclist from Traralgon) was also there to cheer her on.

Peta will head to Liege on Wednesday to prepare for the Road Race on Sunday.

***Pauline reports that they are in Malta and she cannot get a word in dancing in the streets until 3:00 A.M. every night though.***

# **Traralgon Harriers**

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***This Sunday 13<sup>th</sup> August 2006.  
Ray and Doris Ellis 16km Hill Run Wirilda Park  
Tyers.***

***9:00 A.M. Start- 16km and 8km events.***

***Great event in recognition of two of our most  
distinguished life members***

***Tea and Coffee provided after run please bring nibbles  
to share.***

Race starts at Wirilda Park picnic ground Tyers at 9:00 A.M. Race is open to all Harriers and general public. Race entries are on the day Adults \$5:00 juniors under 18 \$2:00. The 8km run and 16km run follow the same course with the 8km run turning around and running back down the hill after about 4km of climbing. The 16km run continues on for about another 3km of climbing before becoming a most enjoyable bush trail run. It offers some spectacular views of the valley with some serious up and down sections in the last 9km but more down than up. This race is to honour two of our most distinguished life members in Ray and Doris Ellis. Doris as you all know has been ill lately and it will be great to get behind her by supporting this event.

***David Griffiths joins Chester Goulter as they run  
the City to Surf in Sydney on Sunday the 13<sup>th</sup>  
August 2006. It will be Chester's 33<sup>rd</sup> consecutive  
race.***

## **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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## Last Thursdays Race results.

### Handicappers Report For Parkwood Way

First home in the handicap were. **For men**, 1<sup>st</sup> David Griffiths, 2<sup>nd</sup> David French and 3<sup>rd</sup> Rick Mann. **For woman**, 1<sup>st</sup> Bianca Craddock, 2<sup>nd</sup> Leanne Keating and 3<sup>rd</sup> Kathryn Ewels. **For girls** 1<sup>st</sup> Lauren Isles, 2<sup>nd</sup> Courtney French & 3<sup>rd</sup> Tanya Eagle. This week only Bianca Craddock will be re handicapped.

Parkwood Way 6Km					New	New Target
Clubrooms Parkwood Way					Handicap	Time
Place	With Handy	RUNNER	Time Points	Total Points		
Points						
40	34:37.0	Bianca Craddock	60	100	08:00.0	29:00.0
39	35:57.0	Leanne Keating	3	42		
38	35:58.0	David Griffiths	2	40		
37	36:07.0	David French		37		
36	36:11.0	Lauren Isles		36		
35	36:26.0	Rick Mann		35		
34	36:50.0	Shinichi Taniguchi		34		
33	36:53.0	Steve McLeod		33		
32	36:57.0	Kathryn Ewels		32		
31	37:00.0	Bruce Salisbury		31		
30	37:01.0	Darrell Cross		30		
29	37:07.0	Jenny Northe		29		
28	37:16.0	Andrea Henderson		28		
27	37:26.0	Kevin Piercy		27		
26	37:28.0	Greg Semmler		26		
25	37:35.0	Roger Maximiw		25		
24	37:36.0	Anna Cardillo		24		
23	37:38.0	Ded Piercy		23		
22	37:53.0	John Jarvis		22		
21	38:08.0	Craig Morris		21		
20	38:11.0	Courtney French		20		
19	38:20.0	Ian Heafield		19		
18	38:34.0	Lee Graham		18		
17	38:34.0	Steve Eagle		17		
16	38:43.0	Tanya Eagle		16		
15	38:45.0	Marissa Schill		15		
14	38:46.0	Lynda Jones	60	74		
13	38:55.0	Russell Northe		13		
12	39:01.0	Neil Griffiths		12		
11	39:38.0	Sandra Timmer-Arends		11		
10	39:48.0	Paula Lucas		10		
9	40:04.0	Belinda Issell		9		
8	40:20.0	Bill Rutherford	60	68		
7	40:42.0	Ros Nicholson		7		
6	42:08.0	Mick Bridle		6		
5	45:46.0	Cindy Nelson		5		



# Traralgon Harriers

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## Handicappers Report For Tennis Courts Run

First home in the handicap were. **For men**, 1<sup>st</sup> Kain Jackson, 2<sup>nd</sup> David Griffiths and 3<sup>rd</sup> Dave French. **For woman**, 1<sup>st</sup> Jenny North, 2<sup>nd</sup> Leanne Keating and 3<sup>rd</sup> Tanya Whitehead. **For Boys** 1<sup>st</sup> Sam Quick 2<sup>nd</sup> Matt Neilson. **For girls** 1<sup>st</sup> Lauren Isles, 2<sup>nd</sup> Courtney French. This week 7 runners will be re handicapped.

Tennis Courts 5Km					
HANDICAPPED					
With Handy	RUNNER	Time Points	Total Points	New Handicap	New Target Time
26:03.0	Kain Jackson	60	100	6 min	24:00.0
26:57.0	David Griffiths	60	99	10 Min	20:00.0
28:37.0	Lauren Isles	60	98	9 Min	21:00.0
28:56.0	David French	60	97	8 Min	22:00.0
28:56.0	Jenny Northe	60	96	7 Min	23:00.0
29:01.0	Leanne Keating	59	94	8 Min	22:00.0
29:18.0	Tanya Whitehead	60	94	5 Min	25:00.0
29:26.0	Bruce Salisbury	34	67		
29:37.0	Shinichi Taniguchi	23	55		
29:46.0	Steve McLeod	14	45		
29:47.0	Seona Conway	13	43		
29:50.0	Neil Griffiths	10	39		
29:50.0	Craig Morris	10	38		
29:56.0	Marissa Schill	60	87		
29:58.0	Paula Lucas	60	86		
29:58.0	John Jarvis	2	27		
30:00.0	Andrea Henderson		24		
30:07.0	Matt Franke		23		
30:08.0	Richard Comber		22		
30:12.0	Sam Quirk		21		
30:16.0	Carmel Quick		20		
30:17.0	Darrel Cross		19		
30:20.0	Kim Essex		18		
30:21.0	Roger Maximiw		17		
30:31.0	Russell Northe		16		
30:36.0	Ian Heathfield		15		
30:38.0	Jason Mulvogue		14		
30:44.0	Courtney French		13		
30:54.0	Richard Clavino		12		
30:57.0	Linda Jones	60	71		
31:28.0	Keith Tomholt		10		
31:29.0	Bill Rutherford	60	69		
31:38.0	Barry Higgins		8		
31:51.0	Derek Evans		7		
31:52.0	Kev Piercy		6		
32:47.0	Steve Quick		5		
32:58.0	Anna Cardillo		4		
33:28.0	Fay Tomholt		3		
34:28.0	Belinda Issell		2		
35:38.0	Matt Nelson		1		

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Tennis Courts 5Km			Early Starters
AS THEY CAME IN			
Place	RUNNER	Time	*
1	Derek Evans	23:51.0	*
2	Matt Nelson	24:38.0	*
3	Seona Conway	24:47.0	*
4	Marissa Schill	25:56.0	*
5	Paula Lucas	25:58.0	*
6	Anna Cardillo	25:58.0	*
7	Sam Quirk	18:12.0	
8	Darrel Cross	18:17.0	
9	Neil Griffiths	18:50.0	
10	Linda Jones	28:57.0	*
11	Matt Franke	19:07.0	
12	Richard Comber	19:08.0	
13	Roger Maximiw	19:21.0	
14	Shinichi Taniguchi	19:37.0	
15	Steve McLeod	19:46.0	
16	Steve Quick	19:47.0	
17	Richard Clavino	19:54.0	
18	David Griffiths	19:57.0	
19	Bruce Salisbury	20:26.0	
20	Belinda Issell	30:28.0	*
21	Fay Tomholt	30:28.0	*
22	Keith Tomholt	20:28.0	
23	Russell Northe	20:31.0	
24	Jason Mulvogue	20:38.0	
25	Lauren Isles	20:37.0	
26	Kain Jackson	21:03.0	
27	Bill Rutherford	31:29.0	*
28	Courtney French	21:44.0	
29	Kev Piercy	21:52.0	
30	David French	21:56.0	
31	Andrea Henderson	22:00.0	
32	Leanne Keating	22:01.0	
33	Kim Essex	22:20.0	
34	Craig Morris	22:50.0	
35	Jenny Northe	22:56.0	
36	Carmel Quick	24:16.0	
37	Ian Heathfield	24:36.0	
38	John Jarvis	24:58.0	
39	Tanya Whitehead	25:18.0	
40	Barry Higgins	25:38.0	

***Updated winter championship positions will be on display in the clubrooms.***

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**Thursday Night runs coming up.**

**10<sup>th</sup> 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.**

**17<sup>th</sup> August 2006- Newborough Track.**

**Course Marker-**

**Media-Neil Griffiths**

**Timekeeping and Clubrooms- Neil Griffiths, Matthew Franke, John Jervis.**

**24<sup>th</sup> August 2006- Clubrooms Gilmour Giddy 5km Course.**

**Course Marker- Jen Prucino**

**Media-Kev Piercy**

**Timekeeping and Clubrooms- Richard Clavarino, Greg Semmler, Peri Hortis**

## ***Remaining Winter Calender 2006.***

<b>19</b>	10/08/2006 Liddiard Rd P.S. (cnr Liddiard Rd and Shakespear St.)	6km	Ian Heafield.
<b>20</b>	17/08/2006 Newborough Track	5km	Jenny Prucino
<b>21</b>	24/08/2006 Rooms (Gilmour Giddy).	5km	Jenny Prucino
<b>22</b>	31/08/2006 Flinders P.S. cnr Liddiard Rd & Landsdowne Road Traralgon.	6km	Bruce Salisbury.
<b>23</b>	7/09/2006 Security Commission Car Park	5km	Rick Mann
<b>24</b>	14/09/2006 Rangeview Drive (St. Gabriels)	5km	Ian Heafield.

## ***Remaining A. V. Calender and Local races 2006.***

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

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Traralgon Harriers Athletic Club Inc

## Other Gippsland Events

**Sunday 27<sup>th</sup> August 2006-** Prom Country Challenge 6km, 12km & 30km Runs Toora Victoria plus 4 x 6km relay for teams. Contact Angela 56862326  
www.Promcountrychallenge.org.au

**Sunday 27<sup>th</sup> August 2006-** Geoff Watt Memorial Half Marathon 21.1km, 8km & 4km runs. Geoff Watt Athletic Track Bourke St. Warragul 10:00 A.M.

## General Calender Updated 13<sup>th</sup> July 2006.

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|-------------------|---|--|
| <b>Aug 13th</b>   | <b>Sun Herald Sydney City to Surf</b><br>14km Starts 9:30 am from corner Park and College St Sydney. Australia's largest fun run over<br>50,000 entries.      | www.city2surf.sunherald.com.au/<br>Info line 1800 5555 14<br>or see or phone Chester 51 696 771  |
| <b>Aug 20th</b>   | <b>Alice Springs Marathon (NT)</b><br>Distances and starting times 6:00 A.M. 42km,<br>7:00 A.M. 21km and 10km at 8:00 A.M.                                    | Conatct Russell North<br>Ph 08 89521524<br>E-mail<br>alicespringsmarathon@yahoo<br>.com.au   |
| <b>Aug 27th.</b>  | <b>Shepparton Runners Club Marathon &amp; Fun Run</b><br><b>42km, 21km, 10km and 3km.</b><br>Princess Park (Quinan Parade) Shepparton Vic.<br>Start 8:00 A.M. | Conatct Steven Trevaskis<br>0417-508-145<br>E-mail travy@iprimus.com.au<br>Entry froms available clubrooms.<br>Angela 56862326.<br>www.<br>Promcountrychallenge.org.au   |
| <b>Aug 27th.</b>  | <b>Prom Country Challenge.</b><br><br>6km, 12km & 30km Toora Vic.<br>Plus 4 x 6km relay for teams ect.  | David Power 95432999<br>Email<br>info@decastellarun.com.au<br>Conatct Ian Roberts<br>08 82327644<br>E-mail office@sarrc.asn.au<br>Bruce Salisbury 51749869.<br>E-mail Harriers@net-tech.com.au<br>Web-site traralgonharriers.org<br>Contact Veeraja Uppal 9421 2747<br>E-mail<br>melbourne@srichinmoyraces<br>.org |
| <b>Aug 27th.</b>  | <b>De Castella Run.</b><br>15km run, 7.5km run, 5km run, 5km walk.<br>9:00 A.M. Burke Hall Nolan Ave Kew.   |  |
| <b>Aug 27th.</b>  | <b>Adelaide Marathon Festival (SA).</b><br>42km, 21km, 10km events start 6:45 A.M.<br>Location Pinky Flat Adelaide S.A.                                       |  |
| <b>Sept 17th.</b> | <b>Traralgon Harriers King &amp; Queen of the Mt.</b><br>30km run from Traralgon Showgrounds to Mt Tassie.9:00 A.M. Start enter on day \$15:00.               |  |
| <b>Sept 17th.</b> | <b>Sri Chinmoy Yarra Boulevard Half Marathon</b><br><br>21.1km, 10km run & walk, 5km run & Walk.<br>8:00 A.M. Kevin Barlett Reserve Burnley.                  |  |
| <b>Oct 8th</b>    | <b>Melbourne Marathon, Half Marathon and Marafun.</b><br>42.195km, 21.1km and 7.5km Events.<br>Frankston to Albert park                                       | Event Management 98199225.   |

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| <b>Oct 14th</b>   | <p><b>Fitzroy Falls Fire Trail Marathon</b><br/>42km (8:00 A.M. Start) 10km &amp; 5km (9:00 Start)<br/>Events cover fire trails around the Morton National Park and start and finish is from the Twin Falls</p>                                 | <p>Contact Max Powditch<br/>E-mail comfirg@bigpond.com</p>   |
| <b>Oct 15th</b>   | <p>Bush cabins overlooking the Fitzroy Falls NSW.<br/><b>Toowoomba Marathon (QLD)</b><br/>42km &amp; 21km events 4 x 10.5km circuits around the Toowoomba Plateau.</p>  | <p>Contact Roger 07 46350989<br/>07 46166501 or Greg 07 46396363.<br/>E-mail tmba@gmail.com<br/>E-mail wamc@inet.net.au</p>  |
| <b>Oct 22nd.</b><br><b>Oct 22nd.</b>                                      | <p><b>Rottneest Marathon (W.A.)</b><br/><b>Brindabella Classic.</b><br/>55.5km run.<br/>Starts and finishes Cotter Reserve Canberra<br/>Also 27.7km Bull Head Challenge.</p>  | <p>Mick Corlis.<br/>Email<br/>mountainrunning@coolrunning.com.au</p>   |
| <b>Oct 22nd.</b>  | <p><b>Sri Chinmony Marribyong River Run.</b><br/>12km run, 8km run/walk and 4km run/walk<br/>8:00 A.M. Start along the cycle paths along the Marribyong River Moonee Ponds.</p>   | <p>Contact Veeraja Uppal 9421 2747<br/>E-mail<br/>melbourne@srichinmoyraces.org</p>  |
| <b>Nov 4th, 5th, 6th &amp; 7th.</b>                                       | <p><b>Bright Alpine Four Peaks.</b><br/>Bright Victoria Four Mountain Climbs over four days. (More Details Soon)</p>  | <p>Ian Twite 51744965.<br/>Bruce Salisbury 51749869.</p>   |
| <b>Nov 5th</b>  | <p><b>Coastal Real Estate Portland 3-Bays Marathon</b><br/>Distances and start times: 6 A.M. Marathon Walk &amp; 10km walk relay, 8:00 A.M. Marathon Run, 8:30 A.M. 5km run relay, 9:45 21km run/walk.<br/>Location: Bantinck St. Portland.</p> | <p>Contact Peter Reefman<br/>P.O. Box 815<br/>Portland 3305.<br/>Ph 03 5523 2811<br/>E-mail peter@energised.com.au<br/>Ben Wilson 54822517.<br/>Email echuca&amp;ymca.org.au</p> |
| <b>Nov 19th</b>   | <p><b>Echuca Sweat v Steam</b><br/>13km Run &amp; 5km Run/Walk<br/>8:00 A.M. Port Of Echuca.<br/>Race the Paddle Steamer P.S. Adelaide along the picturesque banks of the Murray R.</p>   | <p>Email- ultraoz@iprimus.com.au</p>   |
| <b>Mon Nov 20th .</b><br><b>until Sun Nov 26th.</b><br><b>Sat Dec 2nd</b> | <p><b>Colac 6-Day race.</b><br/>Run for 6-days non stop around a 400m track in the heart of Colac.<br/><b>Mt Feathertop Skyrun.</b><br/>30km &amp; 50km Mountain trail runs.</p>  | <p>Paul Ashton 0398858415<br/>Mob 0418136070.<br/>Email<br/>paul.ashton56@bigpond.com</p>  |
| <b>Dec 3rd</b>  | <p>Start Mt. Hotham Accommodation Center.<br/><b>Big Rivers Nude Fun Run.</b><br/>Tan Annual Fun Run River Valley Naturist resort Echuca.<br/>4km walk/run and 8km run.</p>   | <p>Contact River valley Naturist resort<br/>Ph 03 5482 6650</p>  |
| <b>Dec 10th</b>   | <p><b>Sri Chimony Williamstown Foreshore Run</b><br/>10km run, 5km run and 5km walk.<br/>8:00 A.M. Sadler Reserve, The Esplanade Williamstown.</p>  | <p>Contact Veeraja Uppal 9421 2747<br/>E-mail<br/>melbourne@srichinmoyraces.org</p>  |

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## **AGENDA of General Meeting tonight. 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**