



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



## *Thursday's Weekly Newsletter Volume 40 Issue 4 January 25<sup>th</sup> 2007.*

**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**

**108 Days to go until  
Walhalla.**

**143 Days Until the  
40<sup>th</sup> Traralgon  
Marathon.**



### ***Traralgon Harriers do well at Victorian Country***

### ***Championships Bendigo 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> January 2007.***

Sam Quirk pictured above was at it again on the weekend when he blitz the field in the under 16 3,000m in the Victorian Country Championship at Bendigo. A huge effort considering Sam is bottom age under 16 and a lot smaller than his opposition. Sam was part of a small but successful team of Traralgon Harriers who contested the event on the weekend. Medal tally was 1 Victorian Championship Gold, 4 Victorian Country Championship Gold's, 5 Victorian Country Championship Silvers and 3 Victorian Country Championship Bronze

***. Full details of everyone's  
performances page 2.***



## *Victorian Country Championships in detail.*

**Deb Piercy-** Deb started the weekend of well for the club Friday evening winning the women's 40+ 3,000m in a time of 11:44:76. As this was a Victorians Championship race as well a Country Championship race Deb picks up two Gold Medals. She fronted up early Sunday morning for the women's open 10,000m where she ran second to win silver in a time of 42:22:78.

**Steve Quirk-** Started the weekend of well on the Friday evening winning the Victorian Country Championship Gold in 9:40:59 in the 40+ 3,000m. He also finished 4<sup>th</sup> in the Victorian Championship section of this race. On the Saturday he just missed qualifying for the Men's 100m 40+ final when he finished 5<sup>th</sup> in his heat in 14:13. Later that evening he ran second in the Men's 40+ 1500m in 4:28:75 to win the Victorian Country Championship Silver to **Matthew Gibney** who won in 4:25:38. He then competed in the 40+ High Jump to finish second and win a Silver Victorian Country Championship Medal. His jump of 1:40m also placed him 5<sup>th</sup> in the Victorian Championship section of this event. He finished the weekend of on Sunday with a great run in the Men's 40+ 10,000m to win the Victorian Country Championship Gold in 35:19:08.

**Sam Quirk-** Put in a great performance on the Friday night to win the Victorian Country Championship Gold in the Men's under 16 3,000m. His time of 10:04:82 was 20 seconds faster than the second place getter. In the shorter distances he found the bigger opposition to fast and finished 5<sup>th</sup> in the Men's under 16 1500m in 4:51:31 on the Saturday and 6<sup>th</sup> in the 800m in 2:24:45 on the Sunday.

**Ben Quirk-** Put in some gutsy performances winning a Victorian Silver Country Championship medal in the men's under 14 1500m on the Saturday. His time of 5:09:56 was a great effort in the large field of 10 finalists. He followed this a moment later with a Victorian Country Championship Bronze medal in the men's under 14 long jumps. Ben jumped 3:60m the event had started while he was running his 1500m. He finished the weekend with a tough run on Sunday in the Men's under 14 800m where he finished 4<sup>th</sup> in 2:36:38.

**Carmel Quirk-** Competed in the women's 40+ 3,000m with Deb on the Friday night where she finished 4<sup>th</sup> in a time of 13:57:10. The highlight of her weekend was her third placing and a Victorian Country Bronze medal in the women's 40+ 1500m where she ran 6:32:23. Former harrier **Rachel Gibney** also ran in the women's open 1500m where she ran 5:11:13 to win a Victorian Country Bronze medal.

**Adam Conway-** Started the weekend of with the 3,000m steeple in the under 18 age group. Found his shoes didn't handle the wet conditions too well and after slipping and falling twice in the first 5 jumps called it quits. Backed up well the next day where he was right in the under 18 1500m final until the last 200m where he was out kicked. He ran the good time of 4:33: 92 finished 9<sup>th</sup> and was only 12 seconds from the winner.

**Ian Twite-** Found out how slow I am when I competed in the 50+ 800m and 1500m. It was a good experience though and the fields were large with 12 in the 800m and 11 in the 1500m. Finished 6<sup>th</sup> in the 1500m in 5:21:25 and 9<sup>th</sup> in the 800m in 2:48:28. Had a bit of luck in the 50+ long jump with only 5 completing their jumps and with two from the city competing in the event for the Victorian Championship title where I



finished 4<sup>th</sup>. I managed to pick up a Bronze Victorian Country Championship Medal for finishing 3<sup>rd</sup> in the Country section. Which was lucky because even the head marshal reckons I was the worst jumper she had seen in 120 years of officiating? The next day I fronted up for the 50+ 10,000m where we had 6 staters. It would have been nice to blame the conditions and the slow track for my time but two of the open runners ran 31:47 and 31:49. I struggled to run 41:49:31 to win the Victorian Country Championship Silver medal and just finish in front of Deb.

## ***Important Notices:***

1. **Running Home after run:** If people are running home during a run could they let someone know so people aren't looking for them.
2. **Keep Hydrated:** could people bring their own water bottle/drinks to out of town runs because it will not be supplied and drinking water on hot nights is very important.

## ***Change of date:***

Unfortunately we have had to change the date of The **La Trobe City Community Fun Run** to the 11<sup>th</sup> March 2007. Hopefully this does not interfere with too many people plans and we still have a great turn out.

## ***Bunning's Warehouse BBQ in aide of our Oxfam Trail walkers fundraising campaign Sunday 4th February 2007 10:00 A.M. to 4 P.M.***

Everyone is encouraged to come down and visst the girls on this day for a feed and support their course.

## ***Stubby Holders:***

*Stubby holders are available for sale at the club rooms Cost \$5:00 each. These have the club insignia and website printed on them.*

## **Handicappers Report Clubrooms**

### **Championship Run**

**FOR MEN:** 1<sup>st</sup> Bruce Salisbury, 2<sup>nd</sup> Steve McLeod and 3<sup>rd</sup> Barry Higgins. **FOR WOMEN:** 1<sup>st</sup> Rachael Massaro, 2<sup>nd</sup> Leanna Keating and 3<sup>rd</sup> Jenny Northe. **FOR BOYS:** 1<sup>st</sup> Matt McKendry. **FOR GIRLS:** 1<sup>st</sup> Lauren Isles



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



## Last Thursday's Time.

Place Points	RUNNER	TIME	Handicap Time	Time Less Handy	Target Time	Target Time Less Handy Time	Handy Points	Handy & Place Points	New Handicap Time
40	Bruce Salisbury	29:54.0	08:00.0	21:54.0	22:00.0	00:06.0	6	46	
39	Rachel Massaro	30:16.0	07:00.0	23:16.0	23:00.0	#####		39	
38	Leanne Keating	30:33.0	08:00.0	22:33.0	22:00.0	#####		38	
37	Steve McLeod	30:39.0	10:00.0	20:39.0	20:00.0	#####		37	
36	Barry Higgins	30:48.0	05:00.0	25:48.0	25:00.0	#####		36	
35	Ian Cornthwaite	30:51.0	12:00.0	18:51.0	18:00.0	#####		35	
34	Jeff Van Den Brand	30:58.0	10:00.0	20:58.0	20:00.0	#####		34	
33	Ian Heafield	31:00.0	05:00.0	26:00.0	25:00.0	#####		33	
32	Jenny Northe	31:05.0	08:00.0	23:05.0	22:00.0	#####		32	
31	Greg Semmler	31:07.0	11:00.0	20:07.0	19:00.0	#####		31	
30	Jay Masterman-Smith	31:24.0	11:00.0	20:24.0	19:00.0	#####		30	
29	Rob Semmler	31:26.0	10:00.0	21:26.0	20:00.0	#####		29	
28	Allan Timmer-Arends	31:30.0	10:00.0	21:30.0	20:00.0	#####		28	
27	Russell Northe	31:34.0	10:00.0	21:34.0	20:00.0	#####		27	
26	Jason Mulvogue	31:35.0	10:00.0	21:35.0	20:00.0	#####		26	
25	Matt McKendry	31:41.0	10:00.0	21:41.0	20:00.0	#####		25	
24	Nick Schilling	31:41.0	13:00.0	18:41.0	17:00.0	#####		24	
23	Richard Comber	31:45.0	11:00.0	20:45.0	19:00.0	#####		23	
22	Anna Cardillo	31:46.0	07:00.0	24:46.0	23:00.0	#####		22	
21	Bianca Cradock	31:46.0	08:00.0	23:46.0	22:00.0	#####		21	
20	Lauren Isles	31:50.0	10:00.0	21:50.0	20:00.0	#####		20	
19	Duncan Orr	31:56.0	10:00.0	21:56.0	20:00.0	#####		19	
18	Kim Essex	32:26.0	08:00.0	24:26.0	22:00.0	#####		18	
17	Paula Lucas	32:26.0	05:00.0	27:26.0	25:00.0	#####		17	
16	Kathryn Ewels	32:28.0	10:00.0	22:28.0	20:00.0	#####		16	
15	Neil Griffiths	33:01.0	11:00.0	22:01.0	19:00.0	#####		15	
14	Kate Kuczer	33:04.0	04:00.0	29:04.0	27:00.0	#####		14	
13	Rein Schilling	33:16.0	04:00.0	29:16.0	27:00.0	#####		13	04:00.0
12	Renee Carr	33:25.0	05:00.0	28:25.0	25:00.0	#####		12	04:00.0
11	Mick Bridle	33:27.0	04:00.0	29:27.0	27:00.0	#####		11	
10	Ross Jones	33:30.0	02:00.0	31:30.0	31:00.0	#####		10	
9	Linda Jones	33:31.0	02:00.0	31:31.0	31:00.0	#####		9	
8	Peter Gixti	33:43.0	03:00.0	30:43.0	29:00.0	#####		8	
7	Belinda Issell	33:50.0	03:00.0	30:50.0	29:00.0	#####		7	
6	Fay Tomholt	33:57.0	03:00.0	30:57.0	29:00.0	#####		6	
5	Steve Elvy	34:05.0	02:00.0	32:05.0	31:00.0	#####		5	02:00.0
4	Chester Goulter	34:10.0	07:00.0	27:10.0	23:00.0	#####		4	
3	Denise Donaldson	34:20.0	03:00.0	31:20.0	29:00.0	#####		3	
2	Robert Watson	35:10.0	05:00.0	30:10.0	25:00.0	#####		2	03:00.0
1	John Jarvis	37:29.0	10:00.0	27:29.0	20:00.0	#####		1	
0	Derek Evans	40:11.0	08:00.0	32:11.0	22:00.0	#####		0	
0	Matt Jones	30:12.0	10:00.0	20:12.0	20:00.0	#####		0	



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



**Walkers Gillian Van Den Brand, Bill Van Den Brand, Carol Summersgill, Margaret Salisbury.**

TOP 10 MEN	CHAMPIONSHIP RUNS BEST 10 OF 16																All Points
	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15	R16	
Steve McLeod	18	50	51	35	34	37	52	33	37								347
Rick Mann	20	34	16	34	3	28	63	87									285
Bill Rutherford	89	79	44	11	38	0	5										266
John Jervis	54	31	74	27	29	4	14	31	1								265
Barry Higgins			86	26			19	48	36								215
Jay Masterman-Smith	100		47			26			30								203
Kain Jackson	24		92	25	30		28										199
Tony Fulton						98	100										198
Joel Morris				100		21	68										189
Dave French	76	35	69		7												187

## TOP 10 WOMEN

Rachel Massaro			100	33	74	76	72	100	39								494
Leanne Keating	71	29	60	29	44	14	25	60	38								370
Tanya Whitehead	96		64	32	32		50										274
Ros Matheson	93					28	84	33									238
Andrea Henderson	95	15	11	21	28	15	15	26									226
Kelly Hicks	58	37	95	18		2											210
Paula Lucas	92	17	6	14	17	1	10	24	17								198
Jenny Northe			93	24	26	7			32								182
Kate Kuezer	8	22	77	20	24	3	13		14								181
Deb Piercy	12	30	9		15	11	11	27									115

## BOYS

Lachland Morland	97		15	78	98	31		29									348
Ben Quirk	98	59	96		20	16	16										305
Adam Van Der Brand							99										99
Sam Quirk			80				12										92
Matthew McKendry									25								25
Adam Conway						22											22
Rowan Eagle				13													13

## GIRLS

Lauren Isles	34		72	63		20		25	20								234
Courtney French		54	94		18												166
Tanya Eagle		21				10											31



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



## *Thursday races coming up.*

**25<sup>th</sup> January 2007- Cochranes Road 5km Course (map)**

*Course Marker- Rick Mann*

*Media- Barry Higgins*

*Timekeeping and Clubrooms- Rob Donaldson, Jen Prucino and Marissa Schill.*

**1<sup>st</sup> February 2007- Scrubby Lane 5km Course.**

*Course Marker- Rick Mann*

*Media- Neil Griffiths.*

*Timekeeping and Clubrooms- Lauren Isles, Courtney French and Jason Mulvogue.*

**8<sup>th</sup> - February 2007- Scales Road 5km Course.**

*Course Marker- Rick Mann*

*Media- Belinda Issell.*

*Timekeeping and Clubrooms- Steve Mcleod, Kim Essex and Andrea Henderson.*

## *2006/2007 Summer Runs.*

	<b>DATE</b>	<b>COURSE</b>	<b>DISTANCE</b>	<b>COURSE MARKER</b>
15	25-Jan Cochranes Road		5 km	R.Mann
16	1-Feb Scrubby Lane		5 km	R.Mann
17	8-Feb Scales Road		5 km	R.Mann
18	15-Feb Traralgon South		5 km	I.Heafield
19	22-Feb Club Rooms - Tour de West		6 km	B.Salisbury
20	1-Mar Clarkes Road		6 km	R.Mann
21	8-Mar Edward Hunter Reserve		5 km	B.Salisbury
22	15-Mar Railway Reserve		5 km	B.Salisbury
23	22-Mar Club Rooms - Water tower		5 km	I.Heafield
24	29-Mar Chook Hill		6 km	R.Mann



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



## Training Sessions.

- Monday Nights** 6 P.M. Rob Embelton's 28 Dunbar Ave Morwell, Ph 51337568.  
6:10 P.M. Jason Mulvogue & Rob Donaldson easy run from clubrooms Ph 51489180
- Tuesday Night's** 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 Summer 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.

## Events Coming Up.

### **Friday 26<sup>th</sup> January 2007 Ausday 2007- Australia Day Fun Run Dromana.**

8:30 Start and features 10km run, 6km Dromana Pier walk and 3.5km Junior Run.  
10km run features early entry discounts more info visit [www.mornpen.vic.gov.au](http://www.mornpen.vic.gov.au).

### **Sunday 28<sup>th</sup> January 2007- AURA MANSFIELD TO MOUNT BULLER 50KM ROAD RACE**

7am Start. \$25 entry fee. Race Director is Peter Armistead 26 Williams St. Frankston , Vic 3199 contact: Peter Armistead (03) 9781-4305. email: [colinbrowne@optusnet.com.au](mailto:colinbrowne@optusnet.com.au). Visit the [website](#) for more details

**An event dominated by Harriers with Tim Cochrane, Sandra Timmer-Arends and John Mackenzie among the previous winners.**

### **Sunday 18<sup>th</sup> February 2007- MAROONDAH DAM TRAIL RUN 50KM & 30KM**

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for AURA members, \$20 for non-members. email: [mark\\_mex@bigpond.com.au](mailto:mark_mex@bigpond.com.au). Visit the [website](#) for more details.

**Another great event that Sandra, Bruce, Penny, Neil, Rob and myself have all done at some stage.**



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



**Sunday 25<sup>th</sup> February 2007- Tru-Energy Fun Run/ Walk.**

***Win up to \$500:00 of free electricity or gas for yourself,  
your school or your club.***

*Park at Yallourn Power Station and grab a free bus to the registration/start point at the Moe Botanical gardens, then run or walk along the Moe-Yallourn Rail trail to the power station.*

***Adults \$10:00, Families \$20:00.***

***Students/ Concession \$5:00.***

***Starts at Moe Botanical Gardens***

***Registration from 9:30 A.M.***

***Runners Start at 10:30 A.M.***

***Walkers at 11:00 A.M.***

***Auction***

***Lucky Envelopes***

***BBQ Lunch***

***Children's Entertainment.***

*All proceeds donated to the Gippsland Cancer Care centre.*

***More details contact Meredith Bowden 51282960.***

**Sunday 4<sup>th</sup> March 2007- TAKE ON THE LAKE FUN RUN**

8km run or 4km run/walk. Starts 9am from near Community building at Lillydale Lake, VIC. contact: Stan Pump on (03) 9879-3768 (after

hours). email: [evrc@evrc.org.au](mailto:evrc@evrc.org.au). Visit the [website](#) for more details.

Don't know much about this run but if you are in the vicinity you may well like to do it.

**Sunday 11<sup>th</sup> March 2007.**

**Traralgon Harriers Annual La Trobe City Community**

**Fun Run 9:00 A.M.**

**Kernot Hall Morwell.**

1500m Kids run around the Lake 5km Fun Run along Pathway around Eel Hole Creek (No Road Crossings)

Club Members please note this years theme will be bring a friend. One of the main reasons we run this event is to introduce the general public to our club by means of a fun low key fun run. Last years event was poorly attended by our own club members which defeats the purpose of introducing the general public to our club if even our



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



own members are not going to attend. If we have 100 members and each member brings a friend that will mean we will have 200 attend this year's event. I cannot understand any member not supporting this as the whole idea is to benefit the club by increasing membership and making this one day a success. March 18<sup>th</sup> 2007 you have plenty of time to set this day aside and think of a friend or even a whole family you can invite along.

## Sunday April 1<sup>st</sup> 2007- Harald Sun/City Link Run for the Kids.

15.2km course or 3.4km course, enter online at [www.runforthekids.com.au](http://www.runforthekids.com.au). Please note this will not be an organised A.V. run this year.

## Sunday May 13th 2007- Walhalla Wound-Up.

## Sunday June 17<sup>th</sup> 2007- Traralgon Marathon.

## Sunday 19<sup>th</sup> August 2007- Prom Country Challenge.

30km Challenge, 6km walk for fun, 6km team relay, 6km & 12km run.  
Contact 0408366271 [www.promcountrychallenge.org.au](http://www.promcountrychallenge.org.au).

## Sunday 23<sup>rd</sup> September 2007- Traralgon Harriers King and Queen of the Mountain.

### *How fast can you really run 5km in?*



There is only one sure way and that is run 5,000m on the track in a championship event. You should plan to have a couple hit outs on the track a year just to see how fast you are going. The track offers a fast accurate course to see how fast your really are going. Pictured left is Cindy Nielsen who chased Bruce all the way last year in the hope she could break 20 minutes officially for

5km unfortunately she fell just over a second short. The club makes it easy fro you by booking the track so there is no track entry fee. You can make it easy for the club by supporting this event and making sure the club covers it costs for track hire and championship medallions. Also there is only one sure P/B for 5km that the one you run on the track. Get behind the club and do it for self also and see how fast you really



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



can go. Event entry forms and details are available at this Thursday night race. Here are the basic details in full.

## *5,000m Open and Junior 2,000m (Under 16) Track Championships*

*Newborough Track*

*Tuesday 6<sup>th</sup> February 2007*

*6:15 P.M.*

Entry cost \$5:00 Adults, \$2:00 under 16 and \$10:00 Family.

### *Traralgon Harriers 5,000m Track Race History.*

***2005- Males 1<sup>st</sup> Steve Quirk 17:04:05.***

*2<sup>nd</sup> - Dan Kirby 18:01:45.*

*3<sup>rd</sup> - Roger Maximiw 18:01:67.*

***Females- 1st- Kathryn Ewels 19:53:55.***

*2nd- Carmel Quirk 24:13:53.*

*3rd- Pauline Lindsay 27:14:41.*

***2006- Junior 2,000m***

*1<sup>st</sup> Ben Quirk 8:11:25.*

*2<sup>nd</sup> Bryan Duffel 10:28:87.*

***Males 1<sup>st</sup> Steve Quirk 17:18:45.***

*2<sup>nd</sup> Sam Quirk 18:24:14.*

*3<sup>rd</sup> Richard Clavarino 18:50:96.*

***Females 1<sup>st</sup> Cindy Nielsen 20:01:45***

*2<sup>nd</sup> Carmel Quirk 23:57:66.*

*3<sup>rd</sup> Marissa Schill 26:54:54.*

### ***Proposed Harriers and A. V. Racing Calender.***

**Tuesday February 6<sup>th</sup> 2007- Traralgon Harriers 5,000m Track Championship  
Newborough 6-15 P.M. Event includes a junior 2,000m Championship.**

**Tuesday February 20<sup>th</sup> 2007- Traralgon Harriers 10,000m Track Championship  
Newborough 6-15 P.M. Event includes a junior 3,000m Championship and a  
novice 3,000m run.**



# **Traralgon Harriers**

Traralgon Harriers Athletic Club Inc



**Sunday March 11<sup>th</sup> 2007- Traralgon Harriers Community Fun Run Kernot Hall Morwell.**

**Sunday April 22<sup>nd</sup> 2007- Traralgon Harriers Ray and Doris 16km & 8km Hill run Wirilda Park Tyers.**

**Saturday April 28<sup>th</sup> 2007- Athletic Victoria Club 6km Cross-Country relay's Jells Park Waverley.**

**Saturday May 12<sup>th</sup> 2007- Athletic Victoria 15km Victorian Road Championships La Trobe Uni Bundoora.**

**Sunday May 13<sup>th</sup> 2007- Traralgon Harriers Walhalla Wound-Up. 50km, 37km and 19km Mountain Trail Runs.**

**Saturday May 26<sup>th</sup> 2007- Athletic Victoria 10km Victorian Road Championships Sandown Park.**

**Sunday June 3<sup>rd</sup> 2007- Traralgon Harriers 12km, 8km and 4km Cross-country Championships Edward Hunter Reserve Moe.**

**Sunday June 17<sup>th</sup> 2007- Traralgon Harriers Marathon, Half Marathon and Quarter Marathon.**

**Saturday June 24<sup>th</sup> 2007- Athletic Victoria 16km Men's and 4km Women's Victorian Cross-Country Championships Geelong.**

**Saturday July 7<sup>th</sup> 2007- Athletic Victoria Club Coliban Long Course Road Relays Harcourt to Bendigo.**

**Sunday July 15<sup>th</sup> 2007- Traralgon Harriers 25km & 10km Road Championships.**

**Saturday July 21<sup>st</sup> 2007- Athletic Victoria 12km Men's and 8km Women's Victorian Cross-Country Championships Bundoora.**

**Sunday July 29<sup>th</sup> 2007- Traralgon Harriers Swaggy Wilson 12km Road Championships.**

**Saturday August 4<sup>th</sup> 2007- Athletic Victoria Club 6km Road Relay Championships Sandown Park.**

**Sunday August 12<sup>th</sup> 2007- Traralgon Harriers Boolarra Rail Trail Run.**

**Saturday August 18<sup>th</sup> 2007- Athletic Victoria 8km Men's and 6km Women's Victorian Cross-Country Championships Yarra Bend.**



# Traralgon Harriers

Traralgon Harriers Athletic Club Inc



**Sunday September 9<sup>th</sup> 2007- Athletic Victoria Burnley Half Marathon Victorian Half Marathon Championships.**

**Saturday September 22<sup>nd</sup> 2007- Athletic Victoria Club Tan Relays Tan Track Melbourne.**

**Sunday September 23<sup>rd</sup> 2007- Traralgon Harriers King and Queen of the Mountain 30km run from Traralgon to Mt Tassie.**

## ***Volunteers required to Marshall at Gatorade Triathlons.***

What seemed a good idea at the time to raise funds to help finance our Athletic Victoria teams to compete last season will be tested next month when we try and meet our obligation. At the time I worked the numbers on two car loads so unless you are in Melbourne at the time transport will be supplied to the event. Here are the dates and events if you can help out or know any relation preferably alive who can also help out please let me know as soon as possible.

### ***Gatorade Triathlon Series - Race 4 - Elwood - Sunday 18<sup>th</sup> February 2007.***

***Number of Marshalls Required 10.***

***Sign on time 6:30 A.M.***

***Job Description-Floating Spares.***

***Each Marshall receives an event T-shirt and Drink Bottle. Club receives \$350:00.***

***Sign off time 10:30 A.M.***

### ***BP Ultimate / BRW Corporate Triathlon - Elwood - Sunday 25<sup>th</sup> February 2007.***

***Number of Marshalls Required 10.***

***Sign on time 6:30 A.M.***

***Job Description-Floating Spares.***

***Each Marshall receives an event T-shirt and Drink Bottle. Club receives \$450:00.***

***Sign off time Lunchtime.***