



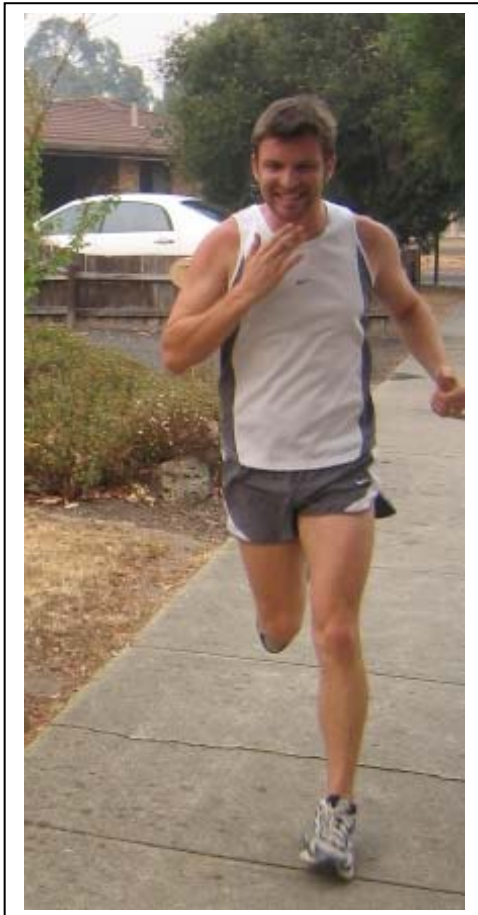
Traralgon Harriers

Traralgon Harriers Athletic Club Inc



*Thursday's Weekly Newsletter
Volume 40 Issue 7.
February 15th 2007.*

*SCHILLING, PIERCY and QUIRK win club
track championship.*



Club President – Carol Summersgill
56352293

Vice President- Belinda Issell
51339036

Secretary- Jason Mulvogue 51489180

Treasurer- Rick Mann 51343568.

Editor- Ian Twite 51744965.

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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

*Nick Schilling pictured above became the winner of the
third annual Traralgon Harrier 5,000m Track
championship. Full details inside on pages 2,3 & 4 along
with details of the next event where you can run
10,000m or join in and run a 3,000m time trial with the
Juniors.*



CLUB 5,000M TRACK CHAMPIONSHIP RACE REPORT.

A good number of runners turned out for the 5,000m Club Track Championships at Newborough last Tuesday night. Perfect conditions greeted the field of 21 in the 5,000m with Ben Quirk running the 2,000m junior race on his own. Ben Quirk ran 7:37:00 to win the Junior 2,000m Championship.

In the main event Nick Schilling, John MacKenzie, Steve Quirk, 14 year old Sam Quirk, Greg Semmler, Deb Piercy and Leanne Keating set the early pace. After a couple of laps the four boy's continued to run as a bunch while Deb and Leanne dropped back with Steve Mcleod and Alan Timmer-Arends moving up to give the girls something to chase. Sandra Timmer-Arends soon moved into the picture with Jason Mulvogue. Bruce Salisbury also caught up and gave Leanne something to chase while chasing Sandra and Jason. Bianca Craddock, Carmel Quirk, Anna Cardillo and Rick Mann were all having a good run mid field. John Jervis who turned 68 last Thursday was setting the pace for Paula Lucas, Kate Kuczer having her first 5,000m run on the track and Marissa Schill to follow. With about 4 laps to go Nick and John broke away from the two Quirks with Nick going on to win from John. 14 year old Sam finished 3rd while dual championship winner Steve was content to help Sam along. Greg Semmler did a great job running on his own while Steve Mcleod ran a great race to run a big P/B. I fell across the line from the fast finishing Alan Timer-Arends who was being chased by the winning female Deb Piercy who just missed the 20 minute barrier. The female section was a high class race with Sandra Timmer-Arends not far behind Deb finishing just behind Jason Mulvogue. Leanne Keating was hot on Bruce's tale and ran a big P/B to finish 3rd female. Bianca Craddock was next female with Carmel Quirk and Anna Cardillo both running big P/B's to finish in front of Rick Mann. John Jervis led Paula Lucas, Kate Kuczer and Marissa Schill home.

Results-

2,000m Junior Championship.

1st Ben Quirk 7:37:00.

***(Steve McLeod continues to
improve with another big P/B
run last Tuesday)***





5,000m Senior Championship.

*1st Open Male- Nick Schilling 17:05:16.
2nd Open Male- John MacKenzie 17:12:99.
3rd Open Male- Sam Quirk 17:40:08.
4th Steve Quirk 17:40:55, 5th Greg Semmler 19:11:99,
6th Steve McLeod 19:32:01 (P/B), 7th Ian Twite 19:53:56,
8th Alan Timmer-Arends 20:04:24, 9th Jason Mulvogue 20:28:34,
10th Bruce Salisbury 21:04:23, 11th Rick Mann 23:43:42,
12th John Jervis 25:11:21.*

*1st Open Female- Deb Piercy 20:05:61.
2nd Open Female- Sandra Timmer-Arends 20:39:88.
3rd Open Female- Leanne Keating 21:09:98 (P/B).
4th Bianca Craddock 22:32:29, 5th Carmel Quirk 23:13:70 (P/B),
6th Anna Cardillo 23:25:23 (P/B), 7th Paula Lucas 26:35:68,
8th Kate Kuczer 26:58:17 (P/B), 9th Marissa Schill 28:44:78.*

***Take on the Challenge of the 10,000m Traralgon
Harriers Track Championship and 3,000m Junior and
Novice race #***

Tuesday February 20th 2007 6:15 P.M.

***Are you mentally and physically strong enough to
take on the Challenge?***

***# Novice 3,000m is for those senior runners who
may find 10,000m too far and can join in by running
the 3,000m. A good 3,000m is the next step to a
good 5km run.***

Event Race History.

2005-10,000m

***1st Male Steve Quirk 34:47:46.
2nd Male Darrel Cross 34:54:33.
3rd Male Roger Maximiw 36:37:54.***



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2006- Junior 3,000m

1st Female Courtney French 13:14:05.

1st Male Sam Quirk 10:44:00.

2nd Male Ben Quirk 13:09:28.

3rd Male Bryon Duffel 16:08:11.

2006- 10,000m

1st Male Steve Quirk 34:53:85.

2nd Male John Mackenzie 35:18:37.

3rd Male Shinichi Taniguchi 40:30:09.

1st Female Sandra Timmer-Arends 39:22:49.

2nd Female Cindy Nielsen 40:46:98.

3rd Female Leanne Keating 47:52:78.

10,000m Track Championships Race Details.

6:15 P.M. start Newborough Track 20th February 2007.

All in no age groups 1st, 2nd and 3rd medallions Male & Female.

3,000m Junior Under 16.

Novice is for senior runners who may find 10,000m beyond them but can participate with the juniors in the 3,000m Entry cost \$2:00.

Entry cost 10,000m \$5:00 Adult, \$2:00 under 18 and \$10:00 Family.

Junior 3,000m \$2:00.

Track Entry to Newborough Track Free.

Anna stars at Drouin.

Anna Cardillo was the lone harrier at the Drouin Ficifolia 8.4km fun run. On a hilly course Anna ran a 4 minute P/B but wasn't happy as she stitched close to the finish and could have run faster. Anna ran 43:33 which was 4 minutes faster than she did last year. Anna also won a spot prize a stubby holder which will be handy on those A.V. bus trips. Last A.V. season was a good one for Anna and the main reason she is running faster.

Tanya Eagle achieves 2 P/B's at Tuesday nights Track Meet.

Tanya Eagle had a great night last Tuesday throwing the Discus 31:88m for a P/B she also had a season best with a 6:17 for the 1500m. She also ran the 100m in 14:59. Next weeks track meet will see the running of our 10,000m and 3,000m Championships.



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Traralgon Harriers 40th Marathon update.

These are suggestions put forward at the meeting held 18th January 2007.

- 1] In the newsletter ask if anybody objects to the use of their image being used to advertise the marathon.
- 2] Barry Higgins is willing to write a potted history of the marathon for inclusion in Runners' World, Run For Your Life, and the local papers.
- 3] Advertising: Ads to run in the above mentioned papers, the local events pages, put out by the council, the web site updated, local TV.. In the print media, a training programme could be printed 12 weeks prior to the event and updated with six weeks to go. [Probably as an article rather than an advertisement.] Fliers sent to other running clubs e.g. Shepparton, Geelong West, and Toora.
- 4] Merchandise: a] T/shirts are a must; Bruce is going to inquire at the place he gets his Walhalla ones done. Question could also be asked of Les Davidson
 - b]. Stubby holders
 - c] Bottles of wine with Traralgon Harriers logo and 40th Marathon label.
- 5] Fundraising; to be used for the purchase of spot prizes.
 - a] Sale of chocolate frogs, after the girls have finished fundraising for Oxfam
 - b] Sale of hot cross buns. Richard to estimate cost effectiveness
- 6] Sponsorship: a] All present at the meeting were willing to ask employers if they are willing to help with sponsorship of the event
 - b] Belinda is willing to ask hotels and motels in the area if they are willing to offer special rates to marathon entrants.
 - C] Approach La Porcetta's re having a pasta night on the Saturday
- 7] Find out if online entries are another way of accepting early entry
- 8] Timing: Are we using the people who did the 6hr.
- 9] Starter: Bruce to approach Leigh Thompson, runner in the first marathon and son? Of one of the founding members of the club
- 10] Can we have four riders from the cycling club to escort the first male, female runners in marathon and half marathon?
- 11] Must make sure that on entry forms we mention that T/shirts are available and can be pre ordered with early entries
- 12] Rosters for drink stations to be drawn up so people can have a break if they want. Jenny P is willing to do this.
- 13] A separate page in the weekly newsletter dedicated to the marathon was also suggested. Am willing to assist in this so it does not make more work for Twitey

94 Days to go until Walhalla.

130 Days Until the 40th Traralgon Marathon.



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Last Thursday Race Results.

Handicappers Report Scales Road

Non Championship Run

FOR MEN: 1st Gerard Dalgleish, 2nd Duncan Orr and 3rd Barry Higgins. **FOR WOMEN:** 1st Sue Elsdon, 2nd Leanne Keating and 3rd Bianca Craddock. **FOR GIRLS:** 1st Lauren Isles.

Place Points	RUNNER	TIME	Handicap Time	Time Less Handy	Target Time	Target Time Less Handy Time	New Handicap Time
40	Gerard Dalgleish	29:16.0	09:00.0	20:16.0	21:00.0	00:44.0	
39	Duncan Orr	29:20.0	08:00.0	21:20.0	22:00.0	00:40.0	
38	Tanya Whitehead	29:32.0	07:00.0	22:32.0	23:00.0	00:28.0	
37	Barry Higgins	29:34.0	05:00.0	24:34.0	25:00.0	00:26.0	
36	Sue Elsdon	29:37.0	04:00.0	25:37.0	27:00.0	01:23.0	05:00.0
35	Leanne Keating	29:42.0	08:00.0	21:42.0	22:00.0	00:18.0	
34	Steve McLeod	29:54.0	10:00.0	19:54.0	20:00.0	00:06.0	
33	Ian Heafield	29:59.0	05:00.0	24:59.0	25:00.0	00:01.0	
32	Daryl Cross	30:03.0	12:00.0	18:03.0	18:00.0	#####	
31	Rick Mann	30:07.0	06:00.0	24:07.0	24:00.0	#####	
30	Ryan Incoll	30:18.0	08:00.0	22:18.0	22:00.0	#####	
29	Matt Jones	30:21.0	11:00.0	19:21.0	19:00.0	#####	
28	Tom Cleaver	30:26.0	09:00.0	21:26.0	21:00.0	#####	
27	Brianna Craddock	30:28.0	08:00.0	22:28.0	22:00.0	#####	
26	Jenny Northe	30:30.0	08:00.0	22:30.0	22:00.0	#####	
25	Tim Northe	30:32.0	11:00.0	19:32.0	19:00.0	#####	
24	Tony Fulton	30:44.0	11:00.0	19:44.0	19:00.0	#####	
23	Jason Mulvogue	30:57.0	10:00.0	20:57.0	20:00.0	#####	
22	Bruce Salisbury	31:02.0	09:00.0	22:02.0	21:00.0	#####	
21	Neil Griffiths	31:10.0	11:00.0	20:10.0	19:00.0	#####	
20	Richard Comber	31:12.0	11:00.0	20:12.0	19:00.0	#####	
19	Carmel Quirk	31:17.0	06:00.0	25:17.0	24:00.0	#####	
18	Deb Piercy	31:20.0	10:00.0	21:20.0	20:00.0	#####	
17	Belinda Issell	31:38.0	03:00.0	28:38.0	29:00.0	00:22.0	
16	Derek Evans	31:54.0	07:00.0	24:54.0	23:00.0	#####	
15	Al Timmer-Arends	31:58.0	10:00.0	21:58.0	20:00.0	#####	
14	Ross Jones	32:04.0	02:00.0	30:04.0	31:00.0	00:56.0	
13	Paula Lucas	32:05.0	05:00.0	27:05.0	25:00.0	#####	
12	Lauren Isles	32:10.0	10:00.0	22:10.0	20:00.0	#####	
11	Kevin Piercy	32:25.0	10:00.0	22:25.0	20:00.0	#####	
10	Lynda Jones	32:33.0	02:00.0	30:33.0	31:00.0	00:27.0	
9	Dave French	32:35.0	08:00.0	24:35.0	22:00.0	#####	
8	John Jarvis	32:39.0	05:00.0	27:39.0	25:00.0	#####	
7	Kain Jackson	32:48.0	09:00.0	23:48.0	21:00.0	#####	
6	David Graham	32:49.0	06:00.0	26:49.0	24:00.0	#####	
5	Mick Bridle	32:59.0	04:00.0	28:59.0	27:00.0	#####	
4	Bill Rutherford	33:13.0	02:00.0	31:13.0	31:00.0	#####	
3	Denise Donaldson	33:37.0	03:00.0	30:37.0	29:00.0	#####	
2	Marissa Scholl	34:22.0	04:00.0	30:22.0	27:00.0	#####	
1	Ian Twite	37:09.0	11:00.0	26:09.0	19:00.0	#####	
	Walkers						
	Carol Summersgill						



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Margaret Salisbury

As Scales Rd was not a championship race points stay the same, Steve McLeod has a lead of 95 points over 2nd place Barry Higgins, and for the women's Rachel Massaro has a lead of 70 over Leanne Keating in second place,

Best 10	Men	CHAMPIONSHIP RUNS BEST 10 OF 16											All Points
		R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	
423	Steve McLeod	18	50	51	35	34	37	52	33	37	37	76	460
328	Barry Higgins			86	26			19	48	36	34	79	328
323	Rick Mann	20	34	16	34	3	28	63	87			38	323
309	John Jervis	54	31	74	27	29	4	14	31	1	24	20	309
292	Tony Fulton						98	100				94	292
286	Bill Rutherford	89	79	44	11	38	0	5			7	13	286
256	Bruce Salisbury						0	4	68	46	39	99	256
203	Ian Heafield	23				2	0		58	33	31	56	203
203	Jay Masterman-Smith	100		47			26			30		0	203
199	Darrel Hern				99							100	199

Woman

534	Rachel Massaro			100	33	74	76	72	100	39	40		534
464	Leanne Keating	71	29	60	29	44	14	25	60	38	36	72	478
306	Ros Matheson	93					28	84	33		14	54	306
274	Tanya Whitehead	96		64	32	32		50					274
246	Andrea Henderson	95	15	11	21	28	15	15	26		13	7	246
237	Jenny Northe			93	24	26	7			32	28	27	237
224	Paula Lucas	92	17	6	14	17	1	10	24	17	16	11	225
210	Kelly Hicks	58	37	95	18		2						210
181	Kate Kuczer	8	22	77	20	24	3	13		14		0	181
150	Bianca Craddock	16	16	27	12	12	0			21	22	24	150

Boys

377	Lachlan Morland	97		15	78	98	31		29		26	3	377
336	Ben Quirk	98	59	96		20	16	16			27	4	336
99	Adam Van Der Brand							99					99
108	Sam Quirk			80				12				16	108
44	Matthew McKendry									25		19	44

Girls

257	Lauren Isles	34		72	63		20		25	20	23		257
166	Courtney French		54	94		18							166
31	Tanya Eagle		21				10						31

Quick note from the social club.

End of season karaoke night Friday March 30th 2007. Keep free more details to come.



2006/2007 Summer Runs.

	DATE	COURSE	DISTANCE	COURSE MARKER
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

*This week's course takes you to the lovely township of Traralgon South. Park near the football ground near the Fire station and prepare yourself for a delightful 2 lap course.
Thursday races coming up.*

15th - February 2007- Traralgon South 5km Course.

Course Marker- Ian Heafield

Media- Kev Piercy

Timekeeping and Clubrooms- David Griffiths, Bianca Craddock, John Jervis.

22nd - February 2007- Clubrooms 6km Course Tour De West.

Course Marker- Barry Higgins.

Media- Barry Higgins.

Timekeeping and Clubrooms- The Quirks.

1st March 2007- Clarkes Road 6km Course.

Course Marker- Rick Mann

Media- Neil Griffiths.

Timekeeping and Clubrooms- The Combers.



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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.

Sunday 18th 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. Visit the [website](#) for more details.

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

Sunday 25th 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.



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***Auction
Lucky Envelopes
BBQ Lunch
Children's Entertainment.***

*All proceeds donated to the Gippsland Cancer Care centre.
More details contact Meredith Bowden 51282960.*

Sunday 4th 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. 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 11th 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 year's 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 year's event was poorly attended by our own club members which defeats the purpose of introducing the general public to our club if even our 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 11th 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 1st 2007- Harald Sun/City Link Run for the Kids.

15.2km course or 3.4km course, enter online at 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 17th 2007- Traralgon Marathon.



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Sunday 19th August 2007- Prom Country Challenge.

30km Challenge, 6km walk for fun, 6km team relay, 6km & 12km run.
Contact 0408366271
www.promcountrychallenge.org.au.

Sunday 23rd September 2007- Traralgon Harriers King and Queen of the Mountain.

Proposed Harriers and A. V. Racing Calender.

Tuesday February 20th 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.

Sunday March 11th 2007- Traralgon Harriers Community Fun Run Kernot Hall Morwell.

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

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

Saturday May 12th 2007- Athletic Victoria 15km Victorian Road Championships La Trobe Uni Bundoora.

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

Saturday May 26th 2007- Athletic Victoria 10km Victorian Road Championships Sandown Park.

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.

Individual Honour Roll.

Australian Titles:

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

2002- Peta Mullens under18 female mountain running Champion.

2002- Derek Evans Special Olympics Long Jump and Javelin.

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

Athletic Victoria Individual Winter Champions.

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

2006- Sam Quirk Men's Under 14.



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

Sunday June 17th 2007- Traralgon Harriers Marathon, Half Marathon and Quarter Marathon.

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

Saturday July 7th 2007- Athletic Victoria Club Coliban Long Course Road Relays Harcourt to Bendigo.

Sunday July 15th 2007- Traralgon Harriers 25km & 10km Road Championships.

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

Sunday July 29th 2007- Traralgon Harriers Swaggy Wilson 12km Road Championships.

Saturday August 4th 2007- Athletic Victoria Club 6km Road Relay Championships Sandown Park.

Sunday August 12th 2007- Traralgon Harriers Boolarra Rail Trail Run.

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



(Big Al pictured above is another Harrier running well, he even bet wife Sandra in the 5,000m last Tuesday)

Sunday September 9th 2007- Athletic Victoria Burnley Half Marathon Victorian Half Marathon Championships.

Saturday September 22nd 2007- Athletic Victoria Club Tan Relays Tan Track Melbourne.

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



Marshalling Teams.

Sunday February 18th 2007

***Georgia Shaw, Duncan Orr, Anna Cardillo,
Ian Twite, Denise Twite, Bruce Salisbury,
Rod Atkinson, Karen Atkinson, Daniel Rake.***

Georgia Shaw has been doing some great times on the track with her new club Sandringham. She has brought her 3,000m time down to 12:18 and recently ran a four minute P/B in an unofficial time trial around Albert Park Lake running the 5km in 20:51. Georgia will keep us updated on her progress and no doubt we will catch up with her when she will be running the Winter Season in her new colours.

Sunday February 25th 2007

***Melissa Jones, Michael Jones, Liz Jones,
Denise Twite, Andrea Henderson, Kim Essex,
Karen Ashton.***

Sandra Timmer-Arends joins Oxfam Trail walk Team.

Where do you all of sudden find someone to run 100km when one of your team members pulls out of something as crucial as a 100km team event. This was the dilemma facing Deb early in the week. But a persuasive phone call to the running machine Sandra Timer-Arends with two sub 10 hour 100km runs under her belt would certainly be a plus for the Rocket Squad team. By all reports the girls have been going well and the fund raising has been excellent. They excelled at their Bunnings BBQ and they are certainly a group the club should be very proud of.

The Rocket Squad

Deb Piercy
Leanne Keating
Amanda Branson
Sandra Timmer-Arends.

Saturday Sole Sisters

Marissa Schill
Lee Graham
Karen Graham
Jenny Pruscino

The Fab Four

Andrea Henderson
Carmel Quirk
Karen Ashton
Kim Essex

Travelling Harrier in Wollongong.

Cindy Nielsen is in Wollongong at the moment and has settled in a Caravan Park where Kerryn McCann's father lives. She hopes to speak to him and intends to run the NSW Mountain running championship on Feb 25th and a Half Marathon in Canberra on the 11th March. She is right on track for her Marathon debut in Canberra.