

**Previous Years Winners**  
**Victorian 6-Hour Track Title at Newborough Track.**

- # 1996- Ian Cornthwaite 79.499km (Male).  
Dawn Parris 58.019km (Female).  
1997- Kelvin Marshall 73.555km (Male).  
Linda Meadows 75.958km (Female).  
1998- Peter Grixti 61.502km (Male).  
Dawn Parris 59.817km (Female).  
1999- Bruce Salisbury 63.580km (Male).  
Shirley Young 50.800km (Female).  
2000- Kelvin Marshall 67.068km (Male).  
2001- Warren Holst 75.769km (Male).  
Shirley Young 59.304km (Female).  
2002- Jevvan McPhee 71.440km (Male).  
Lee Graham 60.495km (Female).  
2003- Roger Maximiw 75.700km (Male).  
Sandra Howorth 48.989km (Female).  
2004- Mal Grimmatt 69.902km (Male).  
Dawn Parry 47.658km (Female).  
2005- Mal Grimmatt 70.041km (Male).  
Julie Hooper-Childs 64.421km (Male)

**Victorian 50km Track Titles at Newborough Track.**

- # 1996- Ian Cornthwaite 3hrs 28:50 (Male).  
Sandra Timmer-Arends 3hrs 59:13 (Female).  
1997- Kelvin Marshall 3hrs 39:33 (Male).  
Sandra Timmer-Arends 3hrs 38:18 (Female).  
1998- Ian Twite 3hrs 41:58 (Male).  
Sandra Timmer-Arends 3hrs 42:23 (Female).  
1999- Kelvin Marshall 3hrs 37:30 (Male).  
June Petrie 4hrs 16:53 (Female).  
2000- Ian Twite 3hrs 51:37 (Male).  
2001- John MacKenzie 3hrs 27:01 (Male).  
Shirley Young 4hrs 55:20 (Female).  
2002- Roger Maximiw 3hrs 55:16 (Male).  
Peta Mullens 4hrs 30:42 (Female).  
2003- Roger Maximiw 3hrs 35:20 (Male).  
2004- Shannon Barr 3hrs 44:06 (Male).  
2005- Mal Grimmatt 3:56:14 (Male)  
Sandra Timmer-Arends 4:06:48 (Female).



# Traralgon Harriers

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Website:-[www.traralgonharriers.org](http://www.traralgonharriers.org)

## **Victorian 6 Hour & 50 Km Track Championships 12th November 2006**

*The races will be held at the Moe Athletic Track at Newborough (near Moe) approximately 138 km east of Melbourne.*

*The track has a synthetic surface. Changing rooms, showers and toilets are close to the track.*

*Both Championship races will be held together with a single entry fee covering entry to both races. Refreshments will be provided at the end. A 6-hour relay race will be held simultaneously. The races are conducted by Traralgon Harriers Athletic Club Inc. The entry fee is \$40 to covers entry into both Championship races. Relay team entry is \$50. All entries close on 9<sup>th</sup> November 2006. Races will be accurately timed using timing chips but all runners who anticipate the likelihood of any open or age group records should supply their own lap counter. Times: Start at 8:00am. Runners and relay captains to report in by 7:30 am. Presentations approximately 2: 15 pm. There will be a **6-hour time limit on the 50-km race.***

**For more info Contact: Carol Summersgill 0356352293  
or Ken Lancaster 0419303251.**

**Or E-mail [Harriers@net-tech.com.au](mailto:Harriers@net-tech.com.au)**

**ENTRY FORM :**

**Individuals**

**Surname** \_\_\_\_\_ **First name** \_\_\_\_\_  
(Block letters)

Address \_\_\_\_\_

Date of Birth / / Age on 12/11/06 \_\_\_\_\_

Telephone No. \_\_\_\_\_

E-Mail Address-----

Event Entered:  
6 Hour & 50km Championship \$40:00 for both

Are you a member of any running clubs Yes/no.  
Club-

Other information (which may be of interest for media purposes)

**Relay Teams 5 Members per Team.**

6-Hour Relay team \$50:00 per team.  
Team Category Open.   
Mixed (5 members at least two females and two over 40).

Junior (Under 18) \$30:00.   
**Name of Relay Team**

.....  
Team Captain.....  
Rules and conditions:

1. I / we, my crew, and fellow team members agree to the race conditions stated and shall obey all instructions from race officials. I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.
  2. I / we understand and recognise the difficulties in participating in the event and attest that I am physically fit to compete safely, having trained sufficiently and have not been advised by a qualified medical practitioner not to compete in the event.
- I/ we have read the above declaration and agree to abide by all race rules and directions as stated in the declaration.  
Signature of entrants (All Relay Team Members to sign where entry is a relay team)

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.....  
.....  
Signature of the parent or guardian if the participant is under 18 years of age or where a junior relay team has entered one responsible Adults permission .

Name \_\_\_\_\_

Signature \_\_\_\_\_

All entries:  
To- Traralgon Harriers Athletic Club PO Box 1225 Traralgon, Vic, 3844

**Relay team 6-hour records:**

**Open team:** 97.349 km “No Fear team”, 1999, (Craig Edgar, Michael Lancaster, Michael Wheatley, Murray Johnson, Keith Tomholt).  
**Junior Team:** 83.189kms “Young Guns”, 2001 (Adrian Masterman-Smith, Jade Masterman-Smith, Jay Masterman-Smith, Matthew Mullens and David Embelton)  
**Mixed Team:** 82.626kms “Trafalgar” 2001 (Penny Burgess, Neil Burgess, Jacques Coetzee, Elaine Coetzee and James Brown).