

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 80/1

Results; 3/1/80. 5000 metres. Harold Preston Park.

1. Garry Henry	15.19.86
2. David Laws	16.58.71
3. Martin Thompson	17.22.25
4. Keith Tomholt	17.30.09
5. Geoff Wilson	17.41.00
6. Rayphe Collins	17.57.67
7. John Ward	18.57.24
8. Harry Langenberg	21.52.81
9. Stefan Dundek	23.10.13
10. Fay Tomholt	23.32.93

Coming Events; 26th -27th January V.A.A.A. Country Championships. Entries must be completed by tonight and returned today. To be held at Ballarat.

15/1/80 Tuesday. 4.3 Mile. Melrosa Road to Loy Yang east up Minnedale Road to Gormandale Road. Meet at cnr. Melrosa Road and Gormandale Road.

17/1/80 Alcoa Meeting Melbourne. Garry Henry has been invited to run in the 10,000 metres.

24/1/80 Traralgon Showgrounds . 10,000 metres.

20/1/80 L.V. Meeting. First for 1980.

24/1/80 General Meeting. 7.45 p.m. St. James Club rooms, Shakespeare street.

We have rented the St James Clubrooms and will be arranging a working-bee to clean it up and shift in.

13/1/80 Sunday. Koornalla.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 80/2

Results; 15/1/80. 4.5 mile. End Black's Lane.

1. Garry Henry	22.15
2. David Laws	24.13
3. Martin Thompson	24.52
4. Keith Tomholt	25.06
5. Rayphe Collins	25.22
6. Geoff Wilson	26.10
7. Ian Cornthwaite	26.50
8. Peter Cameron	28.12
9. Leigh Thompson	29.18
10. Bill Ford	30.12
11. John Ward	31.27
12. Harry Langenberg	32.17
13. Faye Tomholt	33.11
14. Daphne Thompson	62.24

Coming Events;

- 17/1/80. Alcoa Meeting , Melbourne. (This may be telecast on the A.B.C.)
- 20/1/80. L.V. Meeting.
- 24/1/80. Traralgon Showgrounds. 6 p.m. 10,000 metres. General Meeting. 7.45 p.m. St James Tennis Rooms.
- 31/1/80. Cochrane's Lane. 10,000 metres. Meet at the start of the 7.8. & do two laps in the pines.

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER No. 80/3

Results; 4.5 mile Gormandale Rd. & Melrossa Rd..

1. David Laws	22.56
2. Keith Tomholt	23.03
3. Rayphe Collins	24.00
4. Geoff Wilson	24.17
5. Laurie Edmonstone	25.10
6. Stefan Dundek	30.00
7. Bill Ford	30.07
8. Fay Tomholt	31.07
9. Pat Harrison	32.58
10. Dale Thompson	35.05

Coming Events; 31/1/80 40,000 metres. Cochrane's Lane & Mattingley Hill Road corner. 6 p.m.

7/2/80 6mile. Start at end of Black's Lane
6 p.m.

TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT

General Meeting at our new clubrooms in Shakespeare Street. The rooms were scrubbed out by a very small band of workers last week-end and some help with furnishing and posters would be welcome.

Meeting Starts at 7.45 p.m.

Garry Henry has been steadily improving his performances with a time of 28.33 at the Alcoa meeting in Melbourne on 17/1/80. He will be running tomorrow in Adelaide at an Alcoa Meeting with some belated sponsorship from the A.A.U.. We all hope that he can come up with the top performances we know he is capable of in time.

Due to the ruling by the Country Committee that athletes wishing to compete in the Country Championships must have competed in three meetings at their local centre most of our athletes are not eligible to compete. Bruce Inglis has written to the Ballarat Centre and asked for return of the entry monies. Our club has only just been advised of the ruling.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER No. 80/4

Results ; 10,000 metres Showgrounds 24/1/80

1. David Laws	33.10	10. Leigh Thompson	40.49
2. Martin Thompson	34.30	11. Brian Inglis	42.30
3. Keith Tomholt	35.32	12. Jim Timmer-Arends	42.31
4. Bruce Inglis	36.03	13. Bill Ford	42.55
5. Geoff Wilson	36.10	14. Ian Membrey	43.56
6. Ian Cornthwaite	36.29	15. Stefan Dundek	46.23
7. Rayphe Collins	36.31	16. Fay Tomholt	46.54
8. Peter Cameron	40.31	17. Neville Anderson	48.15
9. John Ward	40.43	18. Ashley Franklin	53.05

Coming Events;

- 3/2/80 Koornalla 11 a.m. start - various distances.
- 5/2/80 At 6 p.m. there will be a two mile bush run at Mirboo North, starting from the swimming pool followed by a swim at the pool (providing the weather is hot) and a B.B.Q.. This invite is from the Mirboo North Joggers.
- 7/2/80 10,000 metres Handicap. End Black's Lane. 6 p.m.
- 14/2/80 5,000 metres Showgrounds. 6 p.m.
- 27/2/80 Kurrumburra Fun Run - Entries from Rayphe Collins.
- 20/3/80 Maffra Fun Run - 10,000 metres.
- 5/4/80 Stawell Marathon - Entries from Bruce Inglis

We hope to have a notice board and black board erected at the Clubrooms soon and we will be meeting for training there from now on.

The club has donated \$300 towards the cost of transport and equipment to Garry Henry. A committee was formed to co-ordinate other fund raising - Bruce, Keith, Fay, Richard, Bill. Although there is talk of an Olympic boycott it would be premature for Garry to discontinue his campaign for National Selection. It is necessary for him to travel interstate a number of times to gain competition. If Traralgon Harriers can cover the cost of this travel and the purchase of shoes Garry's program will not be hindered by financial difficulties. We need to raise another \$500. If enough money can be raised through donations from clubmembers, family and friends, it may not be necessary to organise any money gathering activities. Any donations can be given to any committee member.

Traralgon Harriers Omnia Abiecta Faecei

Newsletter: 30/5

Results; 10,000 metres 31/1/80 Mattingley Hill out Cochrane's
ne.

1. Garry Henry	33.08	10. Peter Cameron	43.39
2. David Laws	35.56	11. Ian Membrey	44.09
3. Glen Ford	36.11	12. Richard Jeffrey	44.33
4. Keith Tomholt	36.24	13. Bill Ford	47.29
5. Martin Thompson	37.21	14. Stefan Dundek	49.44
6. Rayphne Collins	38.31	15. Fay Tomholt	50.51
7. Bruce Inglis	40.46	16. Sandy	51.03
8. Geoff Wilson	41.25	17. Gavin Bartholemew	56.41
9. Jim Timmer-Arends	42.24	18. Ashley Franklin	58.03

Last night Garry Henry ran a personal best time of 28.18 to place fifth in the State Insurance Games 10,000 metres.

Coming Events;

- 10/2/80 Bush Runs Koornalla 11 a.m.
- 14/2/80 5,000 metres Showgrounds 6 p.m.
- 21/2/80 7 mile Start cnr. Mattingley Hill and Clarke's Road.
6 p.m.
- 28/2/80 2 mile in from the powerlines Clarke's Road.

The Stawell Marathon is on the 26th April.

DON'T FORGETS; The collection towards Garry's expenses. Donations can be given to Keith.

All registered athletes (i.e. if you have a number) are covered by the CASICO Sports Insurance Scheme. \$2 of your registration fee is the annual premium. This covers you for any serious injury occurring as a result of practising or competing in any running or athletic event.

If you require hospitalization or treatment costing more than \$50 you should claim.

The policy also covers injury from any other cause even if its not related to sport.

CASICO will also cover loss of earnings as a result of sporting injuries

Now that we have use of the clubrooms training will start from there each night at 6 p.m. If we can make this a regular training venue we can attract those numerous joggers we see around the town. All it should take is an invitation to join us in one of our regular training runs from the clubrooms.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 80/7

Race Results: 10,000 Metres, End of Blacks Lane, 7/2/80

1 Garry Henry	32.06	15 Bill Ford	43.55
2 David Laws	33.54	16 Robert	44.17
3 Keith Tomholt	35.04	17 Ross	44.59
4 Martin Thompson	35.30	18 Fay Tomholt	45.11
5 Bruce Inglis	36.10	19 Susan Walker	45.42
6 Geoff Wilson	37.18	20 Sandy Drummond	47.10
7 Rayphe Collins	36.47	21 Stefan Dundek	49.26
8 Ian Cornthwaite	37.58	22 Brian Inglis	50.26
9 George Moore	38.00	23 Dale Thompson	56.10
10 Jim Timmer-Arends	39.07	24 Brett Irving	57.40
11 Peter Cameron	39.36	25 Dalys Lamsdon	62.21
12 Ian Bray	39.48	26 Gaye Thompson	62.21
13 Leigh Thompson	41.27	27 Terry Inglis	66.29
14 Richard Jeffery	42.29		

COMING EVENTS

- 17/2 Sunday 11.00 AM Koornalla, Bush Run, Barbeque, etc..
21/2 Thursday, 7 mile . Cnr. Mattingly Hill, and Clarkes Rd. 6.00 PM
28/2 Thursday, 2 mile, Clarkes Rd to 6A Rose Ave.

FUN RUNS

Korremburra Fun Run- See Rayphe Collins for entry forms. He will send . . .
all completed forms that are returned to him before the 21st. of February.

AGE-COCA COLA Fun Run- 16/3/80.
Entry Forms from Bruce.

STAWELL Marathon- 26/4/80
Entry Forms from Bruce

There are two very enjoyable trips coming up soon. The first is the
Conquestathon event up Mt Bogong on the Labour Day Weekend. The . . .
second is at Easter when there are two races in the Mt KOSCIOSKO area.
Keep them both in mind.

Traralgon Harriers

Omnia Abiecta Faecei

Newsletter 80/8

Race Results: 5,000 metres, Showgrounds.

1. Garry Henry	15.26	13. Leigh Thompson	19.32
2. David Laws	16.31	14. Peter Cameron	19.34
3. Keith Tomholt	17.03	15. Fay Tomholt	22.10
4. Martin Thompson	17.21	16. Derrick Devine	23.50
5. Rayphe Collins	17.45	17. Sandy Drummond	23.54
6. Ian Cornthwaite	18.14	18. Stefan Dundek	24.42
7. Bruce Inglis	18.44	19. Bret Irving	24.43
8. Geoff Wilson	18.48	20. Dalys Lamson	25.28
9. Laurie Edmonston	18.52	21. Ashley Franklin	25.49
10. Jim Timmer-Arends	19.01	22. Dale Thompson	25.57
11. John Ward	19.09	23. Don Inglis	27.59
12. Ian Bray	19.24	24. Gaye Thompson	28.21

Coming Events:

- 24/2/80 Sunday. Bush Runs Koornalla. 11 a.m. 3-21 miles.
28/2/80 Thursday. 2 mile in from the powerlines.
2/3/80 Sunday. Korrumburra Fun Run.
6/3/80 Thursday. 8,000 metres Showgrounds. 6 p.m. sharp.
9/3/80 Bogong Conquestathon. (Labour Day Weegend)
13/3/80 4 mile Triangle. 5.45. p.m.
16/3/80 Melbourne Coke-a-Cola Fun Run.
30/3/80 Maffra Fun Run.

General Meeting:

To be held on Thursday 28/2/80 at 7.45 p.m. in the clubrooms.

Due to the difficulty experienced in officiating the Track runs future runs will be divided into two divisions so that some of the front runners can help out with timekeeping and lap scoring for the slower runners. We hope that this will also encourage more intense competition.

Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 9/80

Race Results : 6.8 mile Cnr. Clarke's & Mattingley.

1. Garry Henry	35.32
2. Martin Thompson	36.43
3. Keith Tomholt	36.50
4. Rayphe Collins	38.26
5. Bruce Inglis	38.42
6. Geoff Wilson	41.43
7. Ian Cornthwaite	42.19
8. Ian Bray	42.42
9. Leigh Thompson	44.09
10. Peter Cameron	47.09
11. Bill Ford	47.58
12. Sue Walker	48.15
13. Fay Tomholt	48.16
14. Sandy Drummond	49.06
15. Richard Jeffery	49.18
16. David Laws	52.38
17. Stefan Dundek	54.03

TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT

General Meeting at 7.45 p.m. in the Clubrooms.

Coming Events:

- 2/3/80 Korumburra Fun Run.
- 6/3/80 8,000 metres Showgrounds . 6 p.m.
- 9/3/80 Bogong Conquestathon
- 13/3/80 4 mile Triangle. 5.45. p.m.
- 16/3/80 Coke-a-cola Fun Run
- 20/3/80 4.2 mile. Twice around block. End Cochrane's Lane. 5.45p.m.
- 30/3/80 Maffra Fun Run.

Traralgon Harriers

Omnia Abiecta Faecei

Newsletter 10/80

Race Results; 28/2/80 2 Mile Scratch Showgrounds

1. David Laws	9.28	15. Fay Tomholt	12.43
2. Keith Tomholt	9.36	16. Colin Mac Intosh	12.55
3. Rayphe Collins	10.04	17. Derry Devine	13.05
4. Geoff Wilson	10.17	18. Steven Mac Intosh	13.31
5. Jim Timmer-Arends	10.30	19. Dale Thompson	13.41
6. Bruce Inglis	10.35	20. Linda Thompson	13.52
7. Martin Thompson	10.45	21. Phillip Wheelan	14.46
8. John Ward	10.51	22. Tony Scholtes	15.36
9. Brian Inglis	10.54	23. Linda Fitzpatrick	15.50
10. Peter Cameron	11.02	24. Debbie Tactor	15.50
11. Leigh Thompson	11.11	25. Gaye Thompson	16.12
12. Peter Shoan	11.30	26. Kevin Devine	18.33
13. Harry Langenberg	12.36	27. Terry Inglis	18.34
14. Stefan Dundek	12.39		

Coming Events;

- 9/3/80 Bogong Conquestathon
- 13/3/80 4 Mile Triangle. 5.45 p.m.
- 16/3/80 Coke-a-cola Fun Run. Melbourne
- 20/3/80 4.2 mile. 2xblock at end Cochrane's Lane. 5.45 p.m.
- 30/3/80 Maffra Fun Run.
- 3/4/80 4 Mile. Clubrooms to Mullett, in Hazelwood Road. 5.45 p.m.
- 13/4/80 Traralgon Family Fun Run.

We will be needing loads of help before and during the Fun run and therefore we hope that most members will officiate on the day. Please give your name to Mrs Thompson as soon as possible if you are willing to work on the Fun Run. We will be using this day as a recruiting day as well as a money raiser for our Building Fund.

At the last General Meeting the club decided to compete in the Melbourne Calendar as in previous years. Jim Timmer-Arends is the entry Secretary and it will be necessary for all members to keep in close contact with him if they wish to compete in the Metropolitan events.

The Gippsland Permanent Building Society have given verbal agreement to sponsor our Marathon again this year.

Garry Henry took off first place in the Murrumburra Fun Run and Traralgon Harriers took out the teams first place. Bret Irving won the Juniors and Keith and Fay Tomholt won the Husband and Wife first place. It was a great advertisement for our club but only a few runners wore uniform.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 11/80

Race Results: 7.5 k, Showgrounds/Melrossa Rd/Gormandale Rd.
5/3/80

1	Bill Oldham	32.44
2	Phillip	38.41
3	David Laws	24.29
4	Sandy Drummond	31.15
5	Jim Timmer-Arends	27.19
6	Keith Tomholt	25.46
7	bill Ford	30.30
8	Martin Thompson	27.44
9	Brian Inglis	30.47

Coming Events

- 15/3/80 Yinnar Fun Run
- 16/3/80 Coke-a-Cola Fun Run, Melbourne
- 20/3/80 4.2m. Two lap course. End of Cochrane's Rd. 5.45 PM.
- 22/3/80 Australian Titles weekend in Sydney
- 27/3/80 4.5m from Clubrooms. 5.45 PM.
- 30/3/80 Maffra Fun Run
- 3/4/80 4m. Back of the tip course
- 5/4/80 Easter weekend trip to Thredbo.

Mirboo North Joggers have a run every Tuesday evening. All people are invited to join them. Leigh Thompson has details of the runs.

Stawell Marathon Entries

All entry forms for the marathon that are given to Bruce next Thursday(20/3) will be sent off together.

Traralgon Family Fun Run

Aygee Softdrinks have agreed to sponsor the run for at least \$500. It will start at the Showgrounds, proceed up Shakespeare St., around Melrossa Rd. and back in on Gormandale Rd. Major prizes will go to family groups of four and two. There will be other prizes for individual sections.

Those organising the run would like some more assistance to arrange everything in time. See Mrs Thompson or Dale or Stefan if you can offer any help. We hope that everyone makes themselves available on the day to work on it.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER *"#1') oops! 12/80

Race Results; 4 mile Triangle. 13/3/80.

1 Garry Henry	18.21	13 Brett Irving	25.35
2 David Laws	20.16	14 Ross Boyer	25.44
3 Keith Tomholt	21.16	15 Gerry Perczyk	26.21
4 Rayphe Collins	21.53	16 Sandy Drummond	26.36
5 Geoff Wilson	22.09	17 Fay Tomholt	27.36
6 Jim Timmer-Arends	22.40	18 Colin MacIntosh	28.36
7 Laurie Edmondston	22.47	19 Linda Thompson	30.08
8 John Ward	23.34	20 Stefan Dundek	30.30
9 Bruce Inglis	23.51	21 Tony Scholtes	32.47
10 Peter Cameron	23.58	22 Phillip Whelan	33.06
11 Peter Shone	24.32	23 Ashley Franklin	33.29
12 Ian Bray	25.28		

Coming Events;

- 20/3/80 Tonight we are having an informal meeting to plan for our fun. Start 7.45 p.m.
23/3/80 Koornalla Bush runs. 11.00 a.m.
27/3/80 4.5 from the Clubrooms. 5.45 p.m.
Annual General Meeting. 8.00 p.m; Clubrooms.
30/3/80 Maffra Fun Run
3/4/80 4m Back of the Tip. 5.45. p.m.
5/4/80 Trip to Thredbo

Garry Henry will be running in the Olympic selection trials for the 5000 metres tonight and 10,000 metres on Sunday. The ABC will be telecasting the trials on Saturday from 2 p.m. to 5 p.m. and 1.55 p.m. to 5 p.m..

Registration fees for the V.A.A.A. have risen by \$1 and are due on 1/4/80.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 13/80

Race Results; 7 Km. 2 laps of block end Cochranes Lane.
20/3/80

1. David Laws	23.03	11. Bill Ford	31.55
2. Keith Tomholt	24.41	12. Fay Tomholt	32.12
3. Raypne Collins	24.45	13. Sandy Drummond	32.24
4. Geoff Wilson	25.34	14. Stefan Dundek	33.10
5. John Ward	27.58	15. Steve Bates	33.52
6. Brian Inglis	28.06	16. Tony Scholtes	35.47
7. Ian Eray	28.12	17. Phillip Whelan	35.57
8. Richard Jeffery	29.29	18. Ashleigh Franklin	39.33
9. Gerry Perczyk	30.02	19. Paul Cordwell	40.06

3.5 Km. 1 lap of block end Cochranes Lane.
20/3/80

1. Leigh Thompson	13.59	5. Gaye Thompson	20.16
2. Helen Harrison	17.07	6. Linda Fitzmaurice	20.59
3. Pat Harrison	17.23	7. Debbie Tactor	21.01
4. Steve MacIntosh	19.22	8. Glenn Drummond	31.31

TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT TONIGHT

Annual General Meeting for election of office bearers starting
at 8 pm.

Coming Events:

- 30/3/80 Maffra Fun Run-team of ten.
- 3/4/80 4m Back of the Tip. Meet at Clubrooms. 5.45
- 5/4/80 Thredbo Trip/Olympic Marathon Trials, Adelaide.
- 10/4/80 4.2 mile Gormandale Rd/ Stock Route/ Minnedale Rd/ etc.
- 13/4/80 Traralgon Family Fun Run.

Garry Henry finished 3rd in the Australian 10000 metres
championship last Sunday. Selection in the Olympic team will
depend on his performance in the marathon trial.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 14/80

Race Results; 4 mile from Clubrooms. 27/3/80

1. Dawid Laws	19.57	14. Brian Inglis	25.02
2. Keith Tomholt	20.45	15. Ross Bolter	25.49
3. Rayphe Collins	21.17	16. Gerry Petczyk	26.00
4. Bruce Inglis	21.32	17. Richard Jeffery	27.11
5. Martin Thompson	21.44	18. Fay Tomholt	27.18
6. Geoff Wilson	21.48	19. Harry Langenberg	27.43
7. Jim Timmer-Arends	22.54	20. John	27.43
8. John Ward	23.09	21. Stefan Dundek	28.10
9. Peter Cameron	23.14	22. Tony Scholtes	28.49
10. Ian Bray	23.15	23. Steve MacIntosh	29.36
11. Leigh Thompson	23.17	24. Ashley Franklin	30.52
12. Peter Shone	23.57	25. Phillip Whelan	33.19
13. Brett Irving	24.09	26. Paul Cordwell	33.32

Maffra Fun Run 10 km 30/3/80

1. Garry Henry	31.45	16. Leigh Thompson	39.12
2. David Laws	33.16	19. Brett Irving	39.25
3. Martin Thompson	34.30	20. Ian Bray	39.40
5. Rayphe Collins	35.34	29. Richard Jeffery	41.56
8. Bruce Inglis	36.42	32. Sandy Drummond	42.20
9. Laurie Edmondston	36.50	45. Fay Tomholt	45.00
10. Ian Cornthwaite	37.00	60. Stefan Dundek	48.03
15. Peter Shone	38.52	39. Gaye Thompson	53.17

Garry Henry also won the Kerry Ford Morwell fun run and Traralgon Harriers won the teams first place.

Coming Events: 5/4/80 Thredbo trip.
7/4/80 Olympic Marathon Trial, Adelaide.
10/4/80 4+ mile Gormandale Rd/ stock route/Minniedale Road etc..
13/4/80 Traralgon Family Fun Run..

Rayphe Collins replaces Geoff Duffell as our President this year. The other offices are filled by;

Secretary Bruce Inglis
Treasurer Keith Tomholt
Race Secretary Jim Timmer-Arends
Ass. Secretary Peter Shone.
Vice Presidents Bill Ford, Geoff Wilson.

It was good to see the turn out of our athletes in their club uniforms at the recent fun runs and even better to see the good standard of performances put in. We should all be stepping up, our training so as to put in a reasonable showing in this year's winter calender,

Have a safe and Happy Easter.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 15/80

RACE RESULTS: 4 mile back of Tip. 3/4/80

1. David Laws	21.44
2. Rayphe Collins	23.05
3. Geoff Wilson	23.23
4. Jim Timmer-Arends	25.17
5. Peter Shone	25.46
6. Ian Bray	26.06
7. Bret Irving	26.53
8. Jerry Perczyk	27.58
9. Ross Bolter	28.08
10. Peter Laws	28.23
11. Fay Tomholt	28.39
12. John Althuisen	28.51
13. Sandy Drummond	28.54
14. Harry Langenberg	29.11

Thredbo - About six of our runners competed at Perisher and Thredbo. Rayphe Collins was the most successful athlete with a second placing at Perisher and a fifth at Thredbo.

Those of us who followed Garry Henry's Olympic Marathon Trial were privileged to see a world class run by the first four runners. Garry's time of 2.13.11, although the 24th fastest time for a marathon ever run, put him 29 seconds behind the third place and Olympic selection. Next month Garry may run in the Canadian Olympic Marathon trial.

COMING EVENTS:

- 13/4/80 TRARALGON FAMILY FUN RUN Start 10.00 a.m.
17/4/80 3½ mile. Start End Black's Lane/Railway/ Banks St.,
Shakespeare Street/Clubrooms. 5.30 p.m.
20/4/80 12 mile Boolarra South Pony Trail-B+B-Q Training run
Meet at Clubrooms 10.00 a.m.
24/4/80 3½ mile. Clubrooms to Mullett & Back. 5.30.p.m.
27/4/80 On next week's Newsletter we will give details of a
longer race to be held on this day.

Fees are now due to Keith Tomholt.

Seniors \$14.00

Juniors
Under 20 \$12.00

Under 15 \$10.00

Traralgon Harriers *Omnia Abiecta Faciei*

NEWSLETTER 16/80

RACE RESULTS: 7 Km. Gormandale Rd., Loy Yang. 10/4/80.

1. David Laws	21.22	14. Peter Laws	27.39
2. Keith Tomholt	22.14	15. Neville Anderson	27.55
3. Rayphe Collins	23.05	16. Bill Ford	27.59
4. Geoff Wilson	23.23	17. Sandy Drummond	28.21
5. Martin Thompson	24.09	18. Fay Tomholt	28.32
6. Bruce Inglis	24.17	19. Richard Jeffery	28.51
7. John Ward	24.58	20. Phillip Whelan	30.32
8. Brian Inglis	25.00	21. Rick Collins	31.04
9. Jim Timmer-Arends	25.09	22. Rick Keast	31.15
10. Peter Shone	25.51	23. Tony Scholtes	31.42
11. Harry Langenberg	26.00	24. Stefan Dundek	33.00
12. Greg Wigg	26.38	25. Leigh Thompson	34.54
13. Stephen Wigg	27.08	26. Debbie Tactor	37.54

COMING EVENTS

- 20/4/80 Boolarra South Pony Trail, 12 mile run & BBQ.
 Meet at Clubrooms 10.00 AM.
 24/4/80 3 1/2 mile. Clubrooms to Mullet and back. 5.30 PM.
 26/4/80 Stawell Marathon
 27/4/80 ?????????? Any suggestions?
 1/5/80 clubrooms to Melroosa Rd. and back. 3 1/2 mile.
 4/5/80 16 mile hcp. From Clubrooms, 2.00 PM. *

* This is the first of a series of longer handicap races to be held on a number of weekends through the year. A full list of races will be published soon. A points competition will be calculated on these runs. Points awarded equate with finishing place and deductions are made for 1st., 2nd., and 3rd. fastest time. The winner of the competition will be the runner with the lowest total of his/her best 5 or 6 performances.

Fun Run: Everyone should be very pleased with the success of the run and the enthusiastic contribution of club members. There are probably many suggestions to improve the run if we do it again next year. Keep them in mind and bring them up at the next General Meeting.

Monday Nights: A number of members have agreed to meet at the clubrooms each Monday at 5.30 PM. for a training run. Try and make this arrangement a regular event so that new recruits and kids know that if they turn up to the clubrooms on a Monday there will be others to run with.

nike running shoes

Waffle Trainer	40.00	Elite	45.00
LDV	45.95	Waffle Racer	45.00
Tailwind	60.00		



Available from Martin Thompson. Other models available on request.

NEWSLETTER 17/80

RACE RESULTS: 5000 metres, End of Blacks Lane/Stock route/
Bank St./Clubrooms.

1	Jim Daylock	19.32
2	Peter Laws	19.55
3	David Laws	15.36
4	Ashley Franklin	23.45
5	Martin Thompson	18.17
6	Leigh Thompson	18.13
7	Peter Shone	18.36
8	Bruce Inglis	17.12
9	Jerry Perczyk	20.12
10	Ross Bolter	20.19
11	Geoff Wilson	17.26
12	Sandy Drummond	20.33
13	Garry Henry	15.24
14	Des Morse	21.37
15	Jim Timmer-Arends	18.38
16	Wayphe Collins	17.35
17	Kathew Johnson	22.03
18	Brian Inglis	22.04
19	Phillip Whelan	24.05
20	Stefan Dundek	27.05
21	John Ward	18.37
22	Shane Tactor	25.42

COMING EVENTS

- 26/4/80 Stawell Marathon
1/5/80 Clubrooms to Melrossa Rd. and return. 3 $\frac{1}{2}$ mile (approx).
4/5/80 16 mile hcp. from Clubrooms. (Championship Points)
Garry Henry will be competing in Vancouver Marathon
in Canada.
8/5/80 3 mile run from Clubrooms.

L.V. Centre Events

- 27/4/80 8k Cross country, Warragul.
4/5/80 All Schools Cross Country.

Move for Autonomy

Martin Thompson and Bruce Inglis went to the L.V. Centre Annual General Meeting on Monday 21/4/80. We moved that the L.V. Centre accept in principle our wish to become an autonomous club. They refused to accept any motion on the subject without written notice. Our request will be dealt with at the next Management Committee Meeting.

Keys

The council have ordered new locks and keys for the clubrooms. The toilets, door to rooms, and all gates will be on the one master key.

NEWSLETTER 18/80

Race Results 24/4/80

Clubrooms/Mullett/Clubrooms.

1 Phillip Whelan	21.35	16 Garry Henry	14.36
2 Tim Limbrick	21.35	17 Peter Laws	13.38
3 Shane Bargas	21.51	18 David Laws	15.13
4 Neville Anderson	22.05	19 Leigh Thompson	18.06
5 Ashley Franklin	22.15	20 Peter Shone	13.08
6 David Anderson	22.19	21 Keith Tomholt	16.16
7 Martin Thompson	17.06	22 Bruce Inglis	17.25
8 Jim Haylock	18.14	23 Shane Tactor	24.16
9 Gerry Percyzk	19.15	24 Debbie Tactor	25.37
10 Des Morse	20.12	25 Gaye Thompson	25.46
11 Peter Limbrick Jr	20.43	26 Linda Fitzmaurice	26.06
12 Peter Limbrick Sr	18.24	27 Julianne Bell	26.39
13 John Ward	17.24	28 Sheryle Burke	26.39
14 Jimmy Timmer-Arends	17.32	29 Ron Lambert	33.34
15 Rayphe Collins	16.35		

Stawell Marathon

Rayphe Collins	2.44.18	PB
Keith Tomholt	2.48.42	PB
Geoff Wilson	2.59.56	
Nigel Royce	3.15.??	
Jim Timmer-Arends	3.23.??	

Traralgon Harriers were beaten by South Melbourne in the teams competition by 56 seconds. There were 120 starters with an illegal entry during the race of one emu?????????

Coming Events

- 4/5/80 16 mile hcp(8-10k hcp as well) 2.00 PM, Clubrooms.
- 8/5/80 5k from Clubrooms, 5.15 PM.
- 10/5/80 8k CCC Ballarat.
- 11/5/80 Monash Relays
- 31/5/80 Bright Marathon

Race Entries

All entries for the V.A.A. Marathon have to be sent tomorrow, Friday, so let Jimmy know tonight if you wish to have your name entered.

Subscription Fees are now well overdue so get your money as soon as possible. Some numbers have already been returned. The fees are:- Open, \$14.00, U20, \$12.00, U15, 10.00.

Food for Sale

There is some frozen food left over from the Fun Run. We would as many people as possible buy a small amount to recover the cost to the club. There are \$10.00 worth of hamburgers, \$12.00 of bread rolls, \$8.00 of hot dogs and some tomato sauce.

NEWSLETTER 19/80

Race Results

Results for last Thursday's run were not available at time of publication.

16.5 mile handicap, 4/5/80

1 Martin Thompson	1.40.59	9 Rayphe Collins	1.47.25
2 Peter Shone	1.54.11	10 Keith Tomholt	1.43.37
3 Bruce Inglis	1.50.38	11 Jim Timmer-Arends	1.58.47
4 David Laws	1.54.46	12 Peter Laws	2.10.52
5 Richard Jeffery	1.54.53	13 Sandy Drummond	2.18.15
6 Leigh Thompson	2.02.42	14 Ian Cornthwaite	2.28.08
7 David Birks	1.55.46	15 Gaye Thompson	3.22.30
8 Alison Hall	2.07.44	16 Dalys Lamson	3.22.30

Coming Events

10/5/80 Sk CCC, Lallarat
11/5/80 Monash Relays, Newborough
15/5/80 T'gon Creek Rd/Shakespeare St. Cnr to tip and return.
22/5/80 Hickox St./Mullet/Dunbar Rd./Clubrooms
24/5/80 VAAA Marathon, Pt. Cook.
31/5/80 Bright Marathon.

Safety

Now that it is almost dark while runs are being conducted everyone should wear light clothing and keep well clear of any oncoming traffic. Run on footpaths where possible.

To avoid running in the dark most of the Thursday races will start at or near the clubrooms at 5.15.

Vancouver Marathon

Garry Henry won the Vancouver Marathon last weekend in a course record of 2.13.13. This was only 2 seconds outside his best time set at Adelaide only 4 weeks ago. Garry broke the course record, held by Bill Scott, by 25 minutes.

nike running shoes



Waffle Trainer	\$40.00	Elite	\$45.00
LDV	45.95	Waffle Racer	45.00
Tailwind	60.00		

Available from Martin Thompson. Other models available on request.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 20/80

Race Results: 4.5m/7.2k, Clubrooms/Hazelbank Estate/clubrooms,
via Hobson Park.

1 Micheal Fitzmaurice	24.57*	19 Ross Bolter	28.34
2 Shane Largas	21.24*	20 Peter Shone	26.04
3 Tim Limbrick	21.29*	21 Jim Haylock	26.34
4 Geoff Smith	22.25*	22 Peter Limbrick Sr	26.43
5 Peter Limbrick	22.35*	23 John Ward	25.48
6 Stefan Dundek	24.22*	24 Jim Timmer-Arends	26.00
7 Paul Farmer	22.46*	25 Des Morse	30.51
8 Julie Luffell	30.34*	26 Peter Laws	27.26
9 Helen Harrison	31.52*	27 Leigh Thompson	27.39
10 Pat Harrison	31.58*	28 Gerry Perczyk	28.14
11 Alison Hall	27.41	29 Anne Vivian	35.24*
12 Bill Ford	28.56	30 Frank Fitzpatrick	32.54
13 Sandy Drummond	28.48	31 Phillip Whelan	33.14
14 David Laws	21.50	32 Linda Fitzmaurice	38.05
15 Andrej Despot	25.57	33 Debbie Tactor	33.13
16 Geoff Wilson	25.02	34 Shane Tactor	37.44
17 Martin Thompson	24.03	35 Dale Thompson	36.35
18 Rayphe Collins	23.33	36 Ashley Franklin	45.15
		37 Debbie Walsh	46.52
		38 Glen Tactor	47.20

* Ran shorter distances.

V.A.A.A. Cross Country Championship, Ballarat. Sk.

Our team consisted of Rayphe Collins, Martin Thompson,
Jim Timmer-Arends, Leigh Thompson.

There are four events in the Cross country Premiership and four in the road title. The next race in the series is the Road Relays on May 31. Although we only need 4 to make a team we want to have as many Harriers running as possible. It is good publicity for the club and a good opportunity to compete against large fields and other clubs.

Coming Events

- 18/5/80 10 mile hcp. 2.00 pm., clubrooms. (Race 2 of weekend series)
- 22/5/80 Hickox St./Mullet/Dunbar Rd./Clubrooms.
- 24/5/80 V.A.A.A. Marathon, Ft. Cook.
- 25/5/80 L.V. 12k C.C.C., Yallourn Tech.
- 29/5/80 Clubrooms/Wennyson St/Whittakers Rd/HowittSt/High St/
Snakepeare St/- 2 laps, back to clubrooms.
- 31/5/80 Bright Marathon
- 31/5/80 V.A.A.A. Road Relays
- 3/6/80 2 laps of course inside T'gon Chowgrounds
- 7/6/80 V.A.A.A. 12k C.C.C., Sunbury.
- 8/6/80 10k L.V. Run, Yallourn Tech.
- 8/6/80 10 or 12 mile hcp. Boolarra. (race 3 of weekend series)
- 12/6/80 2 laps of Snakepeare/Liddiard/Ormond/Creek Rd.
- 15/6/80 W.M.C. Marathon, Crib Point.
- 19/6/80 4 laps Kay St. Gardens (2 mile). Start at Fred St.

Don't forget your registration fees on your old newspapers!

* General Meeting: 8.00 P.M. 22/5/80 - (General Business)

NEWSLETTER 21/80

Race Results: 3 Mile 15/5/80. To Tip & back.

1. Phillip Whelan	21.25	17. Ian Bray	19.05
2. Paul Farmer	20.06	18. Ashley Franklin	22.41
3. Bill Clôham	21.03	19. Peter Stone	17.46
4. Geoff Smith	20.16	20. Dale Thompson	22.53
5. Frank Patrick	21.53	21. Bill Ford	19.57
6. Andrej Despot	17.05	22. Mike Fitzmaurice	23.53
7. Peter Laws	18.36	23. Shane Tactor	24.05
8. David Laws	15.08	24. Martin Thompson	17.08
9. Leigh Thompson	17.55	25. Bruce Inglis	18.07
10. Sandy Drummond	19.26	26. Jerry Percyzk	20.09
11. Geoff Wilson	16.57	27. L. Fitzmaurice	26.04
12. John Ward	17.29	28. Glen Tactor	26.31
13. Jim Haylock	15.00	29. Julie Buffell	26.42
14. Rayphe Collins	16.16	30. Stefan Lundek	22.00
15. Pat Harrison	22.19	31. Debbie Walsh	29.23
16. Jim Timmer-Arends	17.34		

15 km. Handicap 18/5/80.

1. Bruce Inglis	57.01	11. Richard Jeffery	62.26
2. Martin Thompson	54.00	12. Ian Membrey	68.19
3. David Laws	50.52	13. Keith Tomholt	59.29
4. Sandy Drummond	65.57	14. Leigh Thompson	67.25
5. Geoff Wilson	56.53	15. Faye Tomholt	78.30
6. Rayphe Collins	54.29	16. Gaye Thompson	94.00
7. Ian Cornthwaite	59.09	17. Stefan Lundek	79.16
8. Alison Hall	63.56	18. Dale Thompson	79.36
9. Peter Laws	65.26	19. Phillip Whelan	94.45
10. Ian Bray	62.19		

8 Km. Cross Country Championship 10/5/80

Rayphe Collins	29.40
Martin Thompson	30.40
Jim Timmer-Arends	32.35
Leigh Thompson	32.44

Coming Events: 22/5/80 Bullet from Clubrooms, 5k. 5.15pm.
24/5/80 VAAA Marathon Pt Cook
25/5/80 LVC CCC 12k. Yallourn Tech 2pm.
29/5/80 2x Snowgrounds Block. 5.15pm.
31/5/80 VAAA Relays
5/6/80 2x Inside Showgrounds. 5.15pm.

Remember to bring 20 cents to each club run. This pays for our use of the Clubrooms and the cup of tea. Check with Mrs T. to see if you're in arrears.

We have received an account from the AAU for three meals and crockery. Any member with information regarding an incident at Ballarat CAS re the aforesaid meals should contact the Secretary. All information will be treated with the strictest confidence.

GENERAL MEETING TONIGHT 8.00 pm.

NEWSLETTER 22/80

Race Results: 3.4 mile, Clubrooms/Mullet/via Jarrette St.

1. Keith Tomholt	17.56	13. Bill Ford	22.24
2. Julian	21.16	14. Stefan Dundek	23.31
3. Phillip Whelan	22.20	15. Jim Timmer	20.10
4. David Laws	16.54	16. Jerry Percyzk	21.05
5. Peter Laws	20.29	17. Alison Hall	21.09
6. Bruce Inglis	19.18	18. Ashley Franklin	24.39
7. Leigh Thompson	19.46	19. M. Fitzmaurice	25.44
8. Peter Shone	19.46	20. Dale Thompson	25.49
9. Andrej Despot	18.50	21. Gave Thompson	29.02
10. Geoff Wilson	19.07	22. Julie Duffell	29.54
11. Jim Haylock	20.10	23. Fay Tomholt	27.55
12. Rayphe Collins	18.37	24. Debbie Walsh	33.30

V.A.A.A. Marathon.

Rayphe Collins	2.50.43	Ian Cornthwaite	3.16
Jimmy Timmer-Arends	2.58.29	Lalys Lamson	3.56
Alison Hall (2nd woman)	3.03 PB		

Coming Events

- 31/5/80 V.A.A.A. Road Relay Championships
Bright Marathon
- 5/6/80 2 laps of course inside Showgrounds
- 7/6/80 V.A.A.A. 12k CCC, Sunbury
- 8/6/80 12 mile hcp, Boolarra. (Meet at Clubrooms, 1.00 PM.)
- 12/6/80 Shakespeare/Liddiard/Ormond/Creek Rd/ x 2
- 15/6/80 VAC Marathon, Crib Pt.
- 19/6/80 4 laps of Kay St. Gardens (2 mile)
- 21/6/80 V.A.A.A. 15k Road Champs., Fisherman's Bend
- 22/6/80 L.V. 12k Road Champs., Loe Pool
- 26/6/80 Clubrooms to Hobson Pk and return.
- 29/6/80 L.V. 25k, Traralgon
- 3/7/80 To tip and return
- 10/7/80 5k, bike track.

Relay Teams

The following have been selected to run on Saturday in the Relay Championships:-

Garry Henry	Jim Timmer-Arends
David Laws	Bruce Inglis
Keith Tomholt	Leigh Thompson
Rayphe Collins	Ian Cornthwaite

Uniforms

Jeffery's Mens Wear have stocks of black athletic singlets and have ordered black running shorts.

Roster: At the General Meeting last Thursday it was decided to draw up a roster to mark out and measure (if not known) race courses.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 23/80

Race Results: 5 km, 29/5/80

1. Julian Webber	19.15	15. David Laws	16.37
2. Tim Limbrick	19.18	16. Jim Haylock	18.29
3. Stefan Dundek	21.47	17. Leigh Thompson	18.32
4. Ashley Franklin	21.47	18. Rayphe Collins	17.06
5. Shane Bargas	20.04	19. Ian Bray	18.41
6. Peter Limbrick Jr	20.24	20. Veronica	23.57
7. Dale Thompson	22.44	21. Russell Drury	19.04
8. Fay Tomholt	22.44	22. Jerry Percyzk	19.38
9. Geoff Smith	20.45	23. Paul Farmer	21.23
10. Jim Timmer-Arends	17.37	24. Phillip Whelan	21.45
11. Micheal Fitzmaurice	23.09	25. Shane Tactor	25.50
12. Keith Tomholt	16.31	26. Peter Laws	21.37

Geoff Wilson (wrong way) 12.38

Road Relays, Sandown Park, 31/5/80

Team One: R. Collins	21.22	Team Two: I. Cornthwaite	22.11
K. Tomholt	20.51	T. Limbrick	24.05
D. Laws	19.56	J. Timmer-Arends	22.01
G. Henry	18.01	B. Inglis	22.10
Total time:	<u>80.00</u>		<u>90.27</u>

Team One placed first in E grade.

Coming Events

- 7/6/80 VAAA Cross-country Champs: 12k, Sunbury
- 3/6/80 12 mile hcp. Boolarra. (Meet at Clubrooms by 1.00 PM.)
- 12/6/80 Shakespeare/Liddiard/Ormond/Creek Rd/ 2
- 15/6/80 VAC Marathon, Crib Pt., 12.00
- 19/6/80 4 laps of Key Street Gardens, 2 mile.
- 21/6/80 VAAA Road Championships, Fishermen's Bend.
- 26/6/80 Clubrooms to Hobson Park and return.

Cross Country Program

Events underlined on the published program are handicap races organised by Traralgon Harriers. A points competition will operate on these events based on position across the line. 1st., 5 pts., 2nd., 4 pts., 3rd., 3pts., 4th., 2 pts. All other runners receive one point. Those not competing will be penalized 2 points.

Photo/newspaper article collection

Many people have old club photos (and recent) which could be collected together to make a historical album. Is anyone interested in taking on the task? Also, a record of newspaper and magazine articles should be kept. Any volunteers for that job?

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 27/80

Race Results: 2.5 mile, 2 laps of the Hullet. 26/1/80

1. Debbie Tactor	19.16	17. R. Moore	16.15
2. G. Bainbridge	19.19	18. Malcolm Sherwin	16.18
3. Gilbert Thompson	20.29	19. Ian Bray	14.19
4. Russell Brury	14.11	20. Geoff Smith	15.06
5. Ashley Franklin	16.27	21. Jim Timmer-Laronds	13.24
6. Julie Duffell	19.13	22. R. Tiplady	16.26
7. Debbie Walshe	21.30	23. Alison Hall	13.59
8. C. Moore	21.42	24. Peter Limbrick Snr	13.50
9. Martin Thompson	13.10	25. Geoff Wilson	13.35
10. Fay Tomholt	15.57	26. Des Morse	16.40
11. Peter Laws	14.02	27. David Laws	12.57
12. Dale Thompson	17.18	28. John Ward	14.05
13. Keith Tomholt	12.34	29. Tim Limbrick	15.48
14. Bill Oldham	16.04	30. Bill Ford	15.50
15. Rayphe Collins	13.05	31. Stefan Dundek	17.15
16. Peter Limbrick Jnr	15.13	32. Sandy Drummond	17.22
		33. Malcolm Johnson	17.09
		34. R. Edgar	19.08

Coming Events:

- 5/7 16k CDC, Jells Park
- 6/7 LV 6k, Thorpdale
- 10/7 5k, Bike Track
- 13/7 15 mile hcp, Koornalla (Meet at Clubrooms at 1.30 PM)
- 17/7 Two laps of the Hullet, 2.5 mile.
- 19/7 VAAA 10k Road Champs., Werribee.
- 24/7 6 laps of Kay Street.
- 27/7 TH-10 mile hcp., Mattingly Hill.

There are copies of the complete winter program available if you dont already have one. Ask Bruce for copies.

Traralgon Marathon

Please indicate to Bruce, or write on the list on the notice board, whether you are available to assist on the Marathon.

GENERAL MEETING TONIGHT: 8 P.M.
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Steve CVLTT of England has broken the World Record for the mile. His time was 3.43.8.

Traralgon Harriers Omnia Abiecia Faciei

NEWSLETTER 28/80

Race Results: 5 Km. inside Show grounds 5/7/80.

1. Des Morse	21.41	19. Sandy Drummond	23.46
2. Craig Beeching	21.55	20. Robert Moore	22.17
3. Garry Henry	16.32	21. Peter Shons	19.57
4. David Laws	17.07	22. Jim Haylock	20.44
5. Ashley Franklin	22.10	23. Ian Bray	20.27
6. Paul Farmer	21.10	24. Matthew Johnston	24.06
7. Ross Bolter	20.28	25. Elaine Tactor	26.07
8. Keith Tomholt	17.33	26. Liffia Fitzmaurice	26.40
9. Kayphe Collins	18.03	27. Peter Laws	21.17
10. Jim Timmer-Arends	18.38	28. Fay Tomholt	23.47
11. Peter Limbrick Jnr.	19.12	29. Tim Limbrick	23.32
12. Peter Limbrick Jnr.	20.42	30. Glenn Drummond	27.53
13. John Ward	19.27	31. Colleen Moore	27.54
14. Stefan Lundek	22.57	32. Gabrielle Bainbridge	25.44
15. Geoff Smith	20.59	33. Debbie Tactor	28.44
16. Micheal Fitzmaurice	25.02	34. Glen Tactor	29.00
17. Robert Lagar	25.02	35. Nicholas Court	30.07
18. Geoff Wilson	19.09	36. Debbie Walsh	30.37

Coming Events:

13/7 15 mile Hcp, Koornalla Reserve. The starting time has been changed to 11 am. Meet at the clubrooms at 10.30 am. There will be a shorter race of 2-3 mile. Hamburgers will be available at a small cost.

17/7 2x Mullett. 2.5 mile.

19/7 VAAA 10k Road C'ships. Werribee

24/7 6x Kay Street,

27/7 T.H. 10 mile Hcp. Mattingley Hill.

2/8 VAAA 25k Road C'ships. Lara.

Entry Forms for the following events are available from Jim Timmer-Arends: Big M Marathon, Sun Superrun, Country Marathon, Sydney City to surf, VAAA 25k Road C'ships.

Superun: The VAAA have requested officials for this event. Officials will receive a Tee shirt and a cap. The Club receives \$4 for each official provided.

Athletics Conference: A conference to discuss the role and future of athletics in Victoria during the 80's is to be held on 8-9 August. Any interested person should contact Bruce Inglis.

General Meeting: Points of Interest.

- New H's are needed. All financial members will be asked their preference for retaining the present format or a reduced size.
- 33 current financial members.
- Bank assets \$1650
- Next week-end pack runs will be organised.
- Various runners and clubs from Melbourne will be invited to compete in one of our week-end runs.

Traralgon Harriers Omnia Abiecta Faciei

Newsletter 29/80

Race Results: 5 km. on Cycle Track, Showgrounds. 10/7/80

1. Garry Henry	15.09	15. Geoff Smith	20.01
2. David Laws	16.14	16. Bill Ford	20.06
3. Keith Tomholt	16.40	17. Richard Jeffrey	20.11
4. Bruce Inglis	16.57	18. Ron James	20.17
5. Rayphe Collins	17.08	19. Craig Beeching	20.21
6. Andreu Despot	17.29	20. Rob Tiplady	20.23
7. Geoff Wilson	17.50	21. Peter Limbrick Jnr	20.29
8. Paul Farmer	18.01	22. Rob Moore	20.39
9. Leigh Thompson	18.06	23. Tim Limbrick	20.40
10. Ian Bray	18.19	24. Ashley Franklin	21.41
11. Russell Drury	18.35	25. Ron Nelson	21.53
12. Jim Haylock	18.55	26. Dale Thompson	22.09
13. Brett Irving	18.56	27. Stefan Dundek	22.44
14. Sandy Drummond	19.11		

3 km. on Cycle Track, Showgrounds. 10/7/80

1. Linda Fitzmaurice	13.52	6. Glen Drummond	18.21
2. Gabrielle Bainbridge	14.15	7. Julienne Bell	19.26
3. Debbie Tactor	15.30	7. Sheryl Berg	19.26
4. Debbie Walsh	15.44	8. Elaine Furlong	21.14
5. Anne Vivian	16.26		

25 km. H'cap, Koornalla. 15/7/80

1. Peter Limbrick Snr.	94.30	12. Brett Irving	106.06
2. Sandy Drummond	106.14	13. Garry Henry	82.28
3. Peter Limbrick Jnr.	108.33	14. Ian Wheeler	99.37
4. Bruce Inglis	88.59	15. Craig Beeching	145.16
5. Bill Ford	111.27	16. Stephen Wigg	120.41
6. John Byre	96.43	17. Leigh Thompson	122.47
7. Peter Laws	101.56	18. Gaye Thompson	163.47
8. Martin Thompson	90.47	19. Ian Cornthwaite	107.19
9. Jim Timber-Arends	81.03	20. Tim Limbrick	166.17
10. Geoff Wilson	92.08	21. Paul Farmer	169.46
11. Keith Tomholt	89.33		

Coming Events:

- 19/7 VAAA 10k Road C'ships., Werribee.
- 24/7 6 laps Kay Street, Traralgon.
- 27/7 T.H. H'cap 10 mile. Mattingley Hill.
- 2/8 VAAA 25k Road C'ships., Lara.
- 7/8 5k inside Showgrounds.
- 10/8 Victorian Country Marathon, Benalla.
LV 10 mile, Morwell.
- 14/8 Lap course, Victory Park.
- 21/8 5k Bike Track.

Race Entries: Entries are due tonight for the VAAA 25k. Road C'ships on 2/8. We have a reasonable chance to win the 'E' Grade Road C'ships-IF- we can get a lot of entries for this race we may hire a bus. Each Thursday some time is wasted trying to get the names of everybody present. To save time everyone should report to the race organiser (Geoff Duffell) as soon as they arrive.

Traralgon Harriers Omnia Abiecta Faciei

1980 WINTER PROGRAM

- May 4 TH-16 mile hcp. Clubrooms, 2.00 PM.
10 VAAA-8k CCC., Ballarat.*
11 LV-Monash Relays, Newborough.
18 TH-10 mile hcp., Clubrooms, 2.00 PM.
24 VAAA-Marathon, Ft. Cook, 1.00 PM.
25 LV-12k CCC., Yallourn Tech, 2.00 PM.
31 VAAA-Road Relay Championships, Sandown Park, 2.00 PM.**
31 Bright Marathon.
- June 1 LV-8k, Maryvale Pines, 2.00 PM.
7 VAAA-12k CCC., Lunbury, 2.00 PM.*
8 TH-12 mile hcp., Boolarra, 2.00 PM. (Meet at clubrooms 1.00)
8 LV-10k, Yallourn Tech., 2.00 PM.
15 VMC- Marathon/10k, Crib Pt., 12.00 PM.
21 VAAA-15k Road Champs., Fisherman's Bend, 2.00 PM.**
22 LV-12k Road Champs., Moe Pool, 2.00 PM.
28 VAAA-Schoolboys/Schoolgirls CCC., Jells Park, 2.00 PM.
29 LV-25k, Traralgon.
29 VMC-20k/10k, Albert Park, 10.30 AM.
- July 5 VAAA-16k CCC., Jells Park, 2.00 PM.*
6 LV-9k, Thorpdale, 2.00 PM.
12 VMC-25k/10k, Werribee Ath., 2.00 PM.
13 TH-15 mile hcp., Koornalla, 2.00 PM. (Meet at clubrooms 1.30)
19 VAAA-10k Road Champs., Werribee, 2.00 PM.**
20 LV-8k, Moe Pool, 2.00 PM.
26 AAU-Schools CCC., Bundoora.
27 AAU-Australian Marathon Championship, Adelaide.
27 TH-10 mile hcp., Mattingly Hill, 2.00 PM. (Clubrooms 1.30)
- Aug 2 VAAA-25k Road Champs., Lara, 2.00 PM.**
3 LV-10mile, Tyers, 2.00 PM.
10 VAAA-Victorian Country Marathon, Benalla.
10 LV-10 mile, Morwell.
17 LV-8k, Warragul, 2.00 PM.,
23 Veteran's Marathon.
24 TH-10k hcp., Blacks Lane, 2.00 PM. (Clubrooms 1.30)
30 VAAA-Cross Country Relay Championships, Collingwood, 2.00 PM.*
31 LV-king of the Mountains, 25k, Churchill.
- Sept 6 AAU-Australian CCC., Melbourne.
7 Westgate Superun.
13 TH- Traralgon Marathon.
14 LV- Warragul Marathon.
20 VMC-king of the Mountains, 20 mile, Ft. Leo, 1.30 PM.
21 TH-9 mile hcp., Koornalla, 2.00 PM. (Clubrooms 1.30)
28 TH- Ft. Tassie 20 mile Mountain Race, Post Office, 2.00 PM.
- Oct 12 Big K Marathon, Frankton, 8.00 AM.
19 TH- 6 mile hcp., Clubrooms, 2.00 PM.
- Nov 9 TH-13 mile hcp., Clubrooms, 2.00 PM.
23 Olympic Tyres Marathon, Prince's Park, 8.00 AM.

* VAAA Cross Country Championships.

** VAAA Road Championships.

Entries to these championships have to be given to
Jim Tinner - Trends 3 weeks before the events.

Traralgon Harriers Omnia Abiecta Faciei

ROSTER

24/7	Jim Timmer-Arends
27/7	Keith Tomholt- 10 Mile, Mattingly Hill
31/7	Garry Henry
7/8	Martin Thompson
14/8	Rayphe Collins
21/8	Sandy Drummond
24/8	Peter Shone- 10k, End of Black's Lane
28/8	John Ward
4/9	Peter Laws
11/9	Geoff Wilson
13/9	Everyone will be required to assist on the Marathon.
18/9	David Laws
21/9	Milan Dundek- 9 mile, Koornalla
25/9	Stefan Dundek
2/10	Russell Drury
9/10	Jim Haylock
16/10	Jim Timmer-Arends
19/10	Keith Tomholt- 10k, Clubrooms
23/10	Rayphe Collins
30/10	Sandy Drummond
6/11	Peter Shone
9/11	Peter Laws- 13 mile, Clubrooms

If the course distance is not known the rostered person will be required to measure the course with the wheel. Most courses are already measured so only a small number require measuring.

Roster duties also include marking the course with "Limil" arrows or signs where necessary.

If the roster causes problems for anyone let Bruce Inglis know or make arrangements for another person to take your place. If your name is not on the roster and you are willing to help let Bruce know.

All of our races require people to officiate and it is usually the same ones each week. If you are not running one of the races, don't stay home, come along and hold a stopwatch or make the tea.

Keys to the clubrooms are available from Bruce Inglis, Mrs Thompson, or Keith Tomholt.

Traralgon Harriers Omnia Abiecta Faecei

Newsletter 30/80

Race Results: 2.5 mile-2 laps of the mullet. 17/7/80

1. Robert Edgar	17.42	16. Lebbie Tactor	20.02
2. Linda Fitzmaurice	13.12	17. Jim Timmer-Arends	13.20
3. Micheal Fitzmaurice	13.16	18. Peter Laws	14.07
4. Fay Tomholt	16.31	19. Peter Limbrick Snr	13.38
5. Dale Thompson	16.23	20. Geoff Wilson	13.28
6. Barry Smith	14.05	21. Keith Tomholt	12.45
7. Garry Henry	11.13	22. Jim Haylock	14.24
8. David Laws	12.03	23. Ashley Franklin	16.59
9. Colleen Moore	19.45	24. Debbie Walsh	20.33
10. Malcolm Sherrin	15.18	25. Peter Shone	14.54
11. Russell Drury	13.50	26. Paul Farmer	15.54
12. Rayphe Collins	12.53	27. Peter Limbrick Jnr	16.08
13. Tim Limbrick	14.59	28. John Ward	14.15
14. Geoff Smith	14.59	29. Craig Beeching	16.16
15. Ian Eray	13.59	30. Stefan Dundek	16.51
		31. Bruce Inglis	12.50

V.A.A.A. 10 000 metres Road Championships, Werribee. 10/7/80

Garry Henry won the race narrowly from Garry Bentley of SSH. His time was 29.18, only 13 seconds outside the course record. Other Harriers to compete were:- David Laws, Keith Tomholt, Rayphe Collins, Leigh Thompson, Bruce Inglis, Ian Cornthwaite, Dale Thompson and Fay Tomholt, finishing in that order.

The 25k (August 2) is the last of the Road Premiership races. There is a good chance of winning the E-Grade pennant if the club performs well in that race.

There has been enough entries for the 25k to enable us to hire a mini-bus, the cost around \$6.00 per person. The bus has been tentatively booked so an indication of those willing to use it will be needed tonight.

Coming Events:

- 27/7 T.H. 10 mile hcp. Mattingly Hill 2.00PM (Meet at Clubrooms 1.30)
- 31/7 5k inside Snowgrounds
- 2/8 V.A.A.A 25k, Lara.
- 7/8 Lap Course, Victory Park
- 10/7 Victorian Country Marathon, Benalla.
- 14/8 5k, Bike Track.
- 21/8 - laps of the mullet.

This coming Sunday: Another brilliantly organised handicap race of the weekend series. The distance is 10 mile with a shorter race for those interested. There will be a few hamburgers on sale after the race at the clubrooms. The race starts at 2.00 PM. meet at the Clubrooms at 1.30 PM.

Jeffery's now have stocks of black cotton "Puma" running shorts as well as black singlets. Remember the club uniform does not have white or coloured trim. It is all black.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 31/80

Race Results: 6 laps Kay Street, 3 mile. 24/7/80

1. Craig Beeching	21.24	19. Peter Limbrick Jnr	21.47
2. Geoff Smith	20.33	20. Julie McKessor	22.54
3. Rob Moore	21.43	21. Peter Laws	19.40
4. Bill Ford	21.04	22. John Ward	19.05
5. Tim Limbrick	21.12	23. Geoff Wilson	18.44
6. Jim Timmer-Arends	18.06	24. Robert Edgar	25.08
7. Andrej Despot	19.06	25. Sandy Drummond	22.09
8. Keith Tomholt	17.11	26. Debbie Tactor	27.18
9. Ross Bolter	20.27	27. Jim Haylock	20.08
10. Garry Henry	15.28	28. Rayphe Collins	18.49
11. Rob Tiplady	21.04	29. Glenn Drummond	27.56
12. David Laws	16.31	30. Bruce Inglis	18.08
13. Ashley Franklin	22.39	31. Peter Shone	21.20
14. Peter Limbrick Snr	18.56	32. Linda Fitzmaurice	27.01
15. Ian Bray	19.27	33. Stefan Dundek	25.02
16. Ross Nelson	20.44	34. Debbie Walsh	31.25
17. Barry Smith	19.30	35. Anne Vivian	32.04
18. Dale Thompson	22.47		

Race Results: 16k Hcp., Mattingly Hill, 27/7/80

1. Stephan Wigg	71.24	11. Geoff Wilson	63.19
2. Martin Thompson	60.03	12. Bruce Inglis	61.36
3. Laurie Edmondson	66.25	13. Keith Tomholt	59.58
4. Pay Tomholt	81.32	14. Ian Bray	70.23
5. David Laws	56.37	15. Robert Edgar	85.51
6. Richard Jeffery	68.59	16. Rayphe Collins	63.31
7. Craig Beeching	78.14	17. Peter Shone	73.37
8. Peter Laws	69.28	18. Sandy Drummond	73.44
9. Jim Timmer-Arends	63.01	19. Jim Haylock	
10. Garry Henry	54.14	(12 mile)	88.28

Coming Events

- 2/8 25k, VAAA Championship, Lara.
- 3/8 LV- 10 mile, Tyers, 2.00 PM.
- 7/8 Lap Course, Victory Park-Starts opposite railway bridge.
- 10/7 Vic Country Marathon, Benalla.
- 14/8 5k, Bike Track.
- 21/8 2 laps of the Mullet
- 28/8 Lap Course, Kay Street.

Social Night:

Martin and Linda Thompson (plus kids) are moving to Adelaide next week. Martin is to take a research job relating to funding of sporting research. (Ask Martin to explain!) Garry Henry will also be going to Adelaide before returning to America.

To farewell them there will be a film night next Sunday (3/8) at Mrs Thompson's place starting at 8.00 PM. Mrs T. lives at 6a Rose Avenue.

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER 32/80

Race Results: 5k., Showgrounds lap course. 31/7/80

1. Paul Farmer	20.10	18. Malcolm Sherrin	20.40
2. Robert Edgar	24.15	19. Peter Shone	19.41
3. Shane Tactor	24.27	20. Peter Limbrick Jnr	21.42
4. Garry Henry	15.25	21. Ashley Franklin	22.46
5. Andrej Despot	17.51	22. Jim Timmer-Arends	18.49
6. Craig Beeching	20.55	23. Peter Laws	19.51
7. Linda Fitzmaurice	24.56	24. Peter Limbrick	18.55
8. Rayphe Collins	17.58	25. Fay Tomholt	22.59
9. David Laws	16.32	26. Jim Haylock	20.05
10. John Ward	19.08	27. Malcolm Johnston	23.13
11. Micheal Fitzmaurice	25.12	28. Geoff Wilson	19.20
12. Steve McCauley	18.15	29. Ron Nelson	22.38
13. Keith Tomholt	17.17	30. Coleen Moore	26.41
14. Sandy Brummond	21.20	31. Gabrielle Bainbridge	27.27
15. Geoff Smith	20.30	32. Debbie Tactor	27.30
16. Tim Limbrick	21.37	33. Glenn Drummond	28.11
17. Bill Ford	21.38	34. Debbie Walsh	29.57

25k., VAAA Road Championship, Lara 2/8/80

1. Garry Henry	80.14	137. Jim Timmer-Arends	99.03
31. David Laws	88.23	178. Leigh Thompson	102.15
70. Martin Thompson	93.47	183. Ian Cornthwaite	102.28
81. Rayphe Collins	94.31	232. John Ward	109.33
84. Geoff Wilson	94.54	281. Dale Thompson	127.34
97. Keith Tomholt	96.01	282. Fay Tomholt	127.34

Our first team of four won the E-Grade division and Garry's win gave him the "Road Athlete of the Year". We also won the E-Grade road pennant by one point from Werribee- We won the road relay, the 10k and the 25k. We only managed ninth in the 15k at Fisherman's Bend.

Coming Events:

- 10/8 Country Marathon, Benalla
- Mal Hill 10 mile, Morwell
- 14/8 5k, Bike Track
- 21/8 2 laps of Mullet
- 28/8 Lap Course, Kay Street

Bruce has entry forms for the Morwell Police Blue Light Disco Fun Run to be held on 2/11/80. Travelling to Lara on Saturday by mini-bus proved very successful. We will endeavour to arrange other trips away in the future using a mini-bus. Thanks go to John Ward for arranging a bus at the last minute after the original bus became unavailable.

General Meeting: Next Thursday at 8.00 PM. at the Clubrooms.

Traralgon Harriers Omnia Abiecta Faecei

Newsletter 33/80

Race Results: 4 laps Victory Park

1. David Laws	17.48	13. Craig Beeching	22.13
2. Andrej Despot	18.48	14. Ron Nelson	22.14
3. Rayphe Collins	18.51	15. Gerry Perczyk	22.23
4. Ian Cornthwaite	19.36	16. Des Morse	22.31
5. Leigh Thompson	20.01	17. Ashley Franklin	22.32
6. Gabrielle Bainbridge*	20.03	18. Peter Limbrick	24.15
7. Geoff Wilson	20.10	19. Sandy Drummond	24.53
8. Russell Drurey	20.34	20. Robert Edgar	25.54
9. Peter Shone	20.43	21. Tim Limbrick	26.07
10. Debbie Tactor*	20.44	22. Shane Tactor	26.37
11. Jim Haylock	20.49	23. Colleen Moore	27.43
12. Geoff Smith	22.01	24. Bruce Inglis	19.07

*3 laps only

Country Marathon-Bemalla

Martin Thompson finished in 6th place (3rd Country) in an approximately 2.38. Others to finish and approximate times were:-

Richard Jeffery	2.57
Jim Timmer-Arends	2.58
Leigh Thompson	3.00
Susan Walker	3.27

Coming Events

- 21/8 2 laps of Mullet
- 24/8 10k handicap, Blacks Lane. 2.00 PM (Clubrooms: 1.30)
- 28/8 Lap Course, Kay Street.
- 30/8 VAAA Cross-Country Championships, Collingwood.
- 31/8 LV King of the Mountain, Churchill.
- 4/9 Lap Course inside Showgrounds.
- 7/9 Sun Superun

Nike Shoes

Mrs Thompson is looking after Martin's shoe sales so if you want Nike shoes at unbeatable prices see Mrs T.

General Meeting

Tonight at 8.00 PM at the Clubrooms.

Traralgon Harriers

Omnia Abiecta Faecet

Newsletter 34/80

Race Results: 5000 metres, Bike Track.

1. Gabrielle Bainbridge (3k)	11.47	18. Jim Haylock	18.51
2. Debby Tactor(3k)	12.07	19. Geoff Smith	19.05
3. David Laws	15.40	20. Peter Laws	19.05
4. Keith Tomholt	16.19	21. Ross Boulter	19.19
5. Rayphe Collins	17.00	22. Julian Webber	19.30
6. Geoff Wilson	17.18	23. Tim Limbrick	19.31
7. Andrej Despot	17.23	24. Malcolm Sherrin	19.32
8. Jim Timmer-Arends	17.28	25. Bruce Inglis	16.48
9. Paul Farmer	17.30	26. Brian Inglis	19.58
10. Ian Cornthwaite	17.41	27. M. Fitzmaurice	20.23
11. Laurie Edmondson	17.48	28. Peter Limbrick	20.48
12. Linda Fitzmaurice (3.5k)	16.18	29. Ron Nelson	20.51
13. Peter Limbrick Snr	18.27	30. Fay Tomholt	21.01
14. Barry Smith	18.28	31. Ashley Franklin	21.46
15. Russel Drury	18.36	32. George McKessor	23.15
16. Peter Shone	18.37	33. Colleen Moore	24.44
17. Julie McKessor	18.50	34. Rhys Smith	29.16
		35. Dale Thompson	21.04

News from our Adelaide Branch of Traralgon Harriers:- Garry Henry won the S.A. 12 Kilometre Cross-country Championships the weekend before last. He was invited to run in the Whyalla Fun Run which he also won.

Coming Events:

- 24/8 10k handicap, Blacks Lane. 2.00 PM. (Meet at Clubrooms 1.30)
- 28/8 6 laps Kay Street.
- 31/8 LV King of the Mountain, 25k. G.I.A.E., Churchill.
- 4/9 Lap Course inside Showgrounds.
- 7/9 Sun Superun, Melbourne.
- 13/9 TRARALGON MARATHON

Dont forget the 10 kilometre handicap race this coming Sunday!

Newspapers Newspaper collection is earning the club money. So far over \$100 has been made through people bringing their papers to the clubrooms. Milan Dundek can be thanked for his effort, keeping the papers at his place and making deliveries to the A.P.M.

Traralgon Marathon

Most people are aware of the amount of work necessary on the day. We require everybody who is not running in the marathon to be available to help. We will need people for time-keeping, on refreshment stations, marshalling, stopping traffic etc. Please keep Saturday 13th of September free. As well as helping its a spectacular event to watch.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 35/80

Race Results: 2.5 mile, 2 laps of the Mullet, 21/8/80

1. Colleen Moore	18.28	15. Geoff Smith	14.25
2. Rob Moore	14.58	16. Rayphe Collins	12.56
3. Tim Limbrick	14.21	17. Gabrielle Bainbridge	18.17
4. Dale Bainbridge	15.41	18. Des Morse	15.16
5. Russell Drury	13.43	19. John Ward	14.12
6. Malcolm Sherrin	14.21	20. Linda Fitzmaurice	17.53
7. Peter Shone	13.47	21. Micheal Fitzmaurice	17.01
8. Fay Tomholt	15.48	22. Bruce Inglis	13.28
9. Peter Laws	14.06	23. Shane Tactor	17.23
10. Geoff Wilson	13.10	24. Debbie Tactor	19.31
11. Peter Limbrick Snr	13.56	25. Stefan Dundek	17.36
12. Peter Limbrick Jnr	16.02	26. Ian Cornthwaite	14.07
13. Paul Farmer	14.20	27. Bill Ford	16.05
14. Craig Beeching	14.23		

10k, End of Black's Lane, 24/8/80

1. Peter Laws	38.39	9. Brian Inglis	40.44
2. Russell Drury	38.49	10. Craig Beeching	43.07
3. Keith Tomholt	34.02	11. Fay Tomholt	45.43
4. Ian Cornthwaite	37.03	12. Bruce Inglis	38.00
5. Jim Haylock	39.22	13. Tim Limbrick	44.32
6. Jim Timmer-Arends	36.55	14. Peter Limbrick Jnr	44.42
7. Peter Shone	38.25	15. Robert Edgar	49.12

Coming Events

- 31/8 LV King of the Mountains, Churchill. (Starts 1.00 PM- I think)
- 4/9 5k- Inside Showgrounds.
- 7/9 Sun Superun, Melbourne.
- 11/9 4 laps Victory Park.
- 13/9 Traralgon Marathon.

Traralgon Marathon

People who are not running in the Marathon have been delegated tasks to carry out on the marathon. Lists of jobs will be detailed in next week's newsletter. If you are unable to attend, wish to make yourself available or know someone who could help let it be known.

Nike Shoes

Nike shoes can be purchased or ordered from Mrs Thompson at prices well under shop prices.

Club Windcheaters

We are going to purchase a number of windcheaters and have them printed with a Traralgon Harriers motif. Estimated cost will be in the region of \$10-12 and orders will have to be taken before the garments are bought. More on that later when the motif is designed and details finalised.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 36/80

Race Results: 2 Mile: 4 Laps of Kay Street Gardens.

1. Rayphe Collins	11.39	14. Ross Boulter	13.09
2. Jim Timmer-Arends	11.51	15. Craig Beeching	13.11
3. Ian Cornthwaite	12.00	16. Malcolm Sherrin	13.17
4. Steve McCauley	12.23	17. Tim Limbrick	13.54
5. Peter Shone	12.23	18. Bill Oldham	14.07
6. Russell Drury	12.34	19. Peter Limbrick Jnr	14.28
7. Alan Bowman	12.46	20. Rob Tiplady	14.46
8. John Ward	12.48	21. Fay Tomholt	14.47
9. Gabrielle Bainbridge(3)	12.50	22. Stefan Dundek	15.17
10. Jim Haylock	12.50	23. Shane Tactor	16.12
11. Peter Limbrick Snr	12.53	24. Meegan Beeching	16.43
12. Geoff Smith	13.03	25. Gillian Beeching	16.44
13. Greg Wigg	13.07		

Coming Events:

7/9 Sun Superrun, Melbourne. 9.45 AM.
11/9 4 laps Victory Park.
13/9 Traralgon Marathon.
13/9 5 Kilometres, Bike Track
21/9 TH- 9 mile handicap race, Koornalla(Clubrooms 1.30)
25/9 4 mile, end of Blacks Lane in the pines.

Entries:

Any entries for the Big M Marathon should be given to Jim Timmer-Arends by Thursday 11th, September. Bruce Inglis has entry forms for the Track & Field Meeting at Stawall on 5/10/80.

Traralgon Marathon

Lists of Jobs will not be available until next week. Whatever your job is, please be at the Traralgon High School by 12.00 AM to receive instructions and prevent somebody getting ulcers over your late arrival!

If you have nothing to do this Saturday come down to the clubrooms at 11.00 AM and help out with a number of last minute jobs.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 37/80

Race Results: 5K, Inside Showgrounds.

1. Steve McCauley	17.57	13. Stefan Dundek	22.49
2. Alan Bowman	19.29	14. Bill Ford	21.14
3. Craig Beeching	19.34	15. Bill Oldham	21.28
4. Jim Timmer-Arends	18.15	16. Rob Tiplady	21.28
5. Ian Cornthwaite	18.20	17. Tim Limbrick	21.38
6. Keith Tomholt	16.52	18. Sandy Drummond	22.26
7. Geoff Smith	20.15	19. Russell Neyland	23.17
8. Greg Wigg	20.19	20. Colleen Moore	25.26
9. Geoff Wilson	18.51	21. Gillian Beeching	28.30
10. Geoff Duffell	22.22	22. Megan Beeching	28.30
11. Rob Moore	20.32	A. Beeching(3laps)	21.56
12. Fay Tomholt	22.40		

Garry Henry finished second in the Montreal Marathon last Sunday. He was beaten by Dave Cannon of England by a mere 10 seconds. Dave Cannon: 2.11.22, Garry, 2.11.32. This time would place him in the top 10-15 fastest times in the world this year.

Coming Events:

13/9 Traralgon Marathon
18/9 5K, Bike Track.
21/9 9 mile Handicap, Koornalla. (meet at Clubrooms - 1.30 PM.)
25/9 4 mile, Pines at the end of Black's Lane.
28/9 20 mile MT. Tassie Race.

Big M:

If you wish to have your entries sent by the club they must be given to Jim Timmer-Arends tonight.

Traralgon Maratnon:

If you are not sure what you will be required to do on Saturday ask at the Clubrooms tonight. There will be a list of jobs circulated there.

Please be at the Traralgon High School before 11.00 AM if you are with time-keeping, marshalling or feeding stations. A few people will be needed to come earlier to put up banners, prepare facilities etc.

Good luck to all those who are running the marathon.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 38/80

Race Results: 5K, inside Showgrounds-4 laps. 11/9/80

1. Steve McCauley	18.44	17. Des Morse	22.03
2. Stewart McCallum	19.42	18. Peter Limbrick Jnr.	23.14
3. Peter Limbrick Snr.	20.00	19. Rob Tiplady	22.30
4. Geoff Wilson	20.08	20. Bill Ford	23.11
5. Craig Beeching	20.14	21. Russell Neyland	23.15
6. Jim Haylock	20.22	22. Ashley Franklin	24.22
7. Barry Smith	20.23	23. Shane Tactor	26.20
8. Alan Bowman	20.24	24. Linda Fitzmaurice	26.39
9. Gerry Perczyk	20.54	25. Greg Wigg	27.02
10. Geoff Donaldson	20.08	26. Colleen Moore	27.16
11. Geoff Smith	21.18	27. Micheal Fitzmaurice	27.25
12. Gabrielle Bainbridge(3)	21.22	28. Debbie Tactor	27.31
13. Russell Drury	20.27	29. John Ward	29.37
14. Peter Laws	21.49	30. Tim Limbrick	29.18
15. Robert Moore	21.54	31. Debbie Walsh	31.25

Coming Events:

21/9 9 mile handicap, Koornalla. (Meet at Clubrooms at 1.30 PM.)
25/9 4 mile, Pines at the end of Black's Lane. 5.30 PM.
28/9 20 mile King of the Mountain Race. Traralgon P.O. 1.00 PM.
2/10 The Mullet from the Clubrooms.

Next Sunday:

Dont forget the 9 mile handicap race starting at 2.00 PM at the picnic ground at Koornalla. Meet at the Clubrooms at 1.30 if you require a ride or directions. Bring your BBQ and food for after the race.

Entry Forms:

Entry forms are available for Olympic Tyres Marathon (only the first 200 entries accepted) and for the Benalla Rose Festival Track & Field Meeting on November 16th.

Traralgon Marathon:

The race was very successful with only a few minor hitches. Many thanks go to all those people who contributed to the organisation of the race. Special thanks to people who landed the less glamorous jobs such as marshalling and timekeeping at the end of the race. No doubt many suggestions, solutions to problems have been thought of since the marathon. A meeting will be held tonight at 8.00 PM at the clubrooms to discuss the marathon, those ideas you have and where we can make improvements.

Important Meeting:

The Executive Director of the VAAA has called a meeting on October 1st. to discuss the future of athletics in Gippsland. It is essential that we have a big attendance to defend our approach to the sport. More details next week.

T SHIRTS (SIZES 16/19) ARE LEFT FROM THE MARATHON \$4. PLEASE BUY THEM UP.

Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 39/80

Race Results 4.1 mile, end of Black's Lane, 18/9/80

1. Craig Beeching	24.25	20. Greg Wigg	26.29
2. Geoff Duffell	23.52	21. Rayphe Collins	22.48
3. Peter Shone	23.55	22. Jerry Percyzk	26.34
4. Steve Mc Cauley	22.28	23. Geoff Wilson	24.10
5. Geoff Smith	25.33	24. Peter Limbrick Jnr	28.19
6. Julian Webber	25.37	25. Sandy Drummond	27.22
7. Leigh Thompson	24.13	26. Colleen Moore	35.38
8. John Ward	24.18	27. Ashley Franklin	30.55
9. Malcolm Sherrin	25.56	28. Paul Farmer	27.57
10. Jim Haylock	24.41	29. Peter Laws	27.55
11. Ian Cornthwaite	23.12	30. Russell Neyland	29.51
12. Jim Timmer-Arends	23.18	31. Bill Ford	29.07
13. Barry Smith	24.57	32. Richard Jeffery	29.45
14. Laurie Edmondston	23.35	33. Gaye Thompson	40.16
15. Rob Moore	26.36	34. Shane Tactor	35.45
16. Des Morse	26.36	35. Dale Bainbridge	36.23
17. Bruce Inglis	22.57	36. Dale Thompson	31.23
18. Ross Bolter	26.46	37. Brian Inglis	31.23
19. Rob Tiplady	29.57		

9 mile, Koornalla Park, 21/9/80

1. Linda Thompson	70.18	9. Steve McCauley	60.19
2. Craig Beeching	62.29	10. Bruce Inglis	61.42
3. Martin Thompson	56.39	11. Jim Haylock	67.21
4. Ian Cornthwaite	60.35	12. Greg Wigg	77.01
5. Peter Laws	63.42	13. Steve Wigg	77.02
6. Jim Timmer-Arends	60.46	14. Stefan Dundek	91.47
7. Geoff Duffell	60.57	15. Leigh Thompson	2.08.22
8. Laurie Edmondston	61.00	16. Gaye Thompson	2.08.22

Coming Events

- 28/9 King of the Mountain, Traralgon P.O. 1.00 PM.
(Please bring a plate for afternoon tea.)
2/10 The Mullet from the Clubrooms 5.30 PM.
5/10 The 10K on the 19th may be moved to this date.
9/10 4 mile loop off Gormandale Road Hill.
12/10 Big M marathon.
16/10 4 mile Triangle, Top of Mattingly Hill.
19/10 Maffra $\frac{1}{2}$ marathon.

For Sale: Jeffery's Mens Store has complete stocks of black singlets and shorts. Mrs Thompson has Nike shoes for sale.

Training: We are hoping to establish, at least one night a week, training on a track so that those wishing to compete in track events and young members wanting coaching are catered for. More details will be available after tonight's meeting.

General Meeting: TONIGHT To discuss the meeting called by the VAAA next Wednesday and to deal with general business. The meeting next Wednesday at Moe Pool at 8.00 PM has been called for a discussion of the future of the sport in Gippsland. We want a big attendance from our club to show our strength and defend the clubs policies. tails next week.

T-SHIRTS (SIZES 16, 18) ARE LEFT FROM THE MARATHON \$4. PLEASE BUY THEM UP.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 40/80

Race Results: 5K, Bike Track, 25/9/80

1. Steve McCauley	16.42	20. Mal Sherrin	18.54
2. Rayphe Collins	17.04	21. Jerry Percyzk	19.19
3. Andrej Despot	17.16	22. Paul Farmer	19.37
4. Ian Cornthwaite	17.17	23. Des Morse	19.48
5. Leigh Thompson	17.18	24. Phil Barling	19.48
6. Geoff Duffell	17.36	25. Rob Moore	19.57
7. Peter Shone	17.36	26. Bill Ford	20.43
8. Jim Timmer-Arends	17.37	27. Tim Limbrick	20.49
9. Frank	17.52	28. Bill Oldham	21.00
10. Craig Beeching	18.02	29. Sandy Drummond	21.04
11. Geoff Wilson	18.06	30. Stefan Dundek	21.58
12. Peter Limbrick Snr	18.10	31. Ashley Franklin	22.04
13. Russell Drury	18.18	32. Robert Edgar	22.06
14. John Ward	18.19	33. Shane Tactor	23.27
15. Jim Haylock	18.30	34. Colleen Moore	24.18
16. Barry Smith	18.30	35. Laurie Edmondstone	17.58
17. Ian Bray	18.40	36. Bruce Inglis	17.46
18. Peter Laws	18.42	37. Dale Thompson	22.03
19. Geoff Smith			

Mt. Tassie King of the Mountain 28/9/80

1. Glen Ford	2.03.50	13. Russell Drury	2.39.50
2. Ray Brown	2.15.20	14. Bill Ford	2.43.55
3. Jim Timmer-Arends	2.19.27	15. Leigh Thompson	2.46.31
4. Richard Jeffery	2.19.56	16. Craig Beeching	2.46.38
5. Kevin Onley	2.21.19	17. Peter Laws	2.47.44
6. Laurie Edmondstone	2.23.05	18. Sandy Drummond	2.51.43
7. Geoff Wilson	2.23.53	19. D. Skerry	2.57.12
8. Gordon Skerry	2.24.53	20. Brett Irving	3.05.18
9. Peter Shone	2.25.05	21. John Cromwell	3.06.21
10. Ian Cornthwaite	2.25.10	22. David Biggs	3.23.17
11. David Birks	2.26.40	23. Michael Gumpold	3.50.12
12. Colin Ward	2.30.00	24. Gaye Thompson	4.28.46

Coming Events

- 5/10 10k. From Duke Street, Boolarra. 2 pm. (meet at Clubrooms at 1 pm.).
- 9/10 4 mile loop off Gormandale Road Hill. 5.30 pm..
- 12/10 Big 'M' Marathon, Melbourne.
- 16/10 4 mile Triangle, top Mattingley Hill.
- 19/10 Maffra $\frac{1}{2}$ Marathon.

Track Training: Track training will start next Monday at 5 pm. at Harold Preston Park. All interested people come and get together for one night a week to begin with.

Joggers: Are there any people interested in forming a 'jogger group' one night a week to attract those street joggers who shy away from any form of competition. It would involve a few people getting together on one night with interested joggers and going for an easy jog. (from these people may come runners to our Thursday night races.)

VAAA Meeting: The most significant outcome was that John Bruce (Exec. Director) recommended what we have argued for some time; restructuring L.V. Competition to cater for

Traralgon Harriers Omnia Abiecta Faciei

Newsletter 41/80

Race Results: The Mullet from the Clubrooms 2/10/80

1. Colleen Moore	24.25	16. Rob Tiplady	18.46
2. Judy Cornthwaite	25.03	17. Ian Bray	16.46
3. Brian Inglis	17.47	18. Stefan Dundek	20.18
4. Debbie Tactor	22.36	19. Peter Laws	16.49
5. Sandy Drummond	18.30	20. Peter Limbrick Jnr	19.23
6. Robert Edgar	19.32	21. Bill Ford	18.54
7. Des Morse	17.43	22. Peter Shone	15.58
8. Ashley Franklin	19.45	23. Craig Beeching	16.30
9. Christine McGown	27.56	24. Malcolm Sherrin	17.53
10. Geoff Wilson	16.01	25. Leigh Thompson	16.30
11. Jim Timmer-Arends	15.36	26. Frank Allen	16.30
12. Russell Drury	16.38	27. Shane Tactor	21.25
13. Geoff Duffell	15.40	28. Paul Farmer	20.21
14. Jim Haylock	16.40	29. Robbie Tactor	20.07
15. Ian Cornthwaite	15.45	30. Ricky Bruce	21.31

10K handicap, Boolarra, 5/10/80

1. Leigh Thompson	38.44	11. Keith Tomholt	37.18
2. Geoff Duffell	37.18	12. Des Morse	45.46
3. Paul Farmer	43.20	13. Craig Beeching	41.38
4. Brian Inglis	43.46	14. Rayphe Collins	39.18
5. Jim Timmer-Arends	38.11	15. Bruce Inglis	40.43
6. Fay Tomholt	46.34	16. Peter Laws	44.04
7. Sandy Drummond	44.36	17. Martin Thompson	39.19
8. Geoff Wilson	38.43	18. Bill Oldham	51.09
9. Ian Cornthwaite	39.51	19. Stefan Dundek	52.40
10. Russell Drury	41.27	20. Robert Edgar	54.50

Coming Events:

- 12/10 Big M Marathon.
- 16/10 4 mile Triangle. Top of Mattingley Hill 5.30 PM.
- 19/10 Maffra $\frac{1}{2}$ marathon & 6K Fun Run.
LV Pre-Season Track & Field Trials, Warragul 1.00 PM.
- 23/10 5k, Starts end of Bank St. at rail crossing opp. Golf Course.
- 26/10 Pre-Season Track & Field Trials, Sale 1.00 PM.
- 2/11 End of Road Season Wind Up, Koornalla Picnic Ground 11.00 AM.
Will begin with an informal relay from T'gon Creek Rd to the Picnic Ground. A BBQ will follow the relay.

Track Season:

At the last General Meeting it was decided that Thursday races would be organised as follows:- Every second Thursday a road race will be conducted. On the alternate Thursday track and field events will be held followed by a pack run for any one interested. The events will consist of a sprint, one field game and a longer race up to a maximum distance of 3000 metres. (Hence the pack run for those who find the races to short). These track events will be held at Harold Preston Park.

Track Training:

Dont forget! Monday nights, 5.00 PM. Lets give it a chance to work by giving it a lot of support.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 42/80

Race Results: 7k, Gormandale Road Hill Course. 9/10/80

1. Paul Mc Ewan	23.47	19. Ian Cornthwaite	23.59
2. Gabrielle Bainbridge	35.42	20. Jim Haylock	25.29
3. Fay Tomholt	27.48	21. Peter Shone	24.07
4. Debbie Tactor	34.18	22. Laurie Edmondstone	24.10
5. Ashley Franklin	28.34	23. Dale Thompson	30.16
6. Brian Inglis	25.34	24. Geoff Wilson	24.17
7. Peter Limbrick Jnr	28.49	25. Geoff Smith	27.21
8. Andrej Despot	23.21	26. Peter Laws	26.46
9. Jerry Percyzk	26.29	27. Frank Allen	24.31
10. Russell Drury	25.01	28. Stefan Dundek	30.31
11. Ian Bray	25.04	29. Peter Limbrick Snr	25.01
12. Rob Tiplady	28.05	30. Tim Limbrick	31.51
13. Jim Timmer-Arends	23.39	31. Shane Tactor	33.43
14. Barry Smith	25.10	32. Garry Aitkin	41.03
15. Craig Beeching	25.13	33. Dale Bainbridge	35.08
16. Geoff Duffell	23.43	34. Tony Stewart	35.46
17. Keith Tomholt	23.00	35. Jacki Holdsworth	46.19
18. Robert Edgar	29.59	36. Scott Holdsworth	43.19
		37. Debbie Aitkin	47.45

Coming Events

- 19/10 Moe Fun Run
Maffra $\frac{1}{2}$ Marathon & 6K Fun Run. Lions Club Park. 1.30 PM.
- 23/10 5K, Stock Route at the end of Banks St., 5.30 PM.
- 26/10 LV Track & Field Trials, Sale. 1.00 PM.
Relay and BBQ. 11.00 AM, Clubrooms. BBQ at Koornalla Park.
This date has been brought forward to avoid clashing with Police Fun Run.
- 30/10 Track & field events, Harold Preston Park, 5.30 PM.
- 2/11 Police Blue Light Disco Fun Run.
(Entries close soon for this event.)
LV Interclub, Warragul, 1.00 PM.

Track Season: Last week the format for Thursday Night runs during the Track season was outlined. The policy adopted by the club for weekend competition^{as} follows. The LV events will be published on the new letter for those interested in Track and Field. Hopefully we can arrange for everyone to compete at some of the meetings rather than a few at all meetings. There will be a number of special meetings in Melbourne for all runners of any standard during the season. We will organise to travel to some of these events. For those interested in longer runs, Koornalla pack runs will be continued through the season.

General Meeting: Next Thursday at the Clubrooms 8.00 PM.

BBQ and Relay: Please note the change of date. Relay teams will be picked when people arrive. It will start at 11.00 AM outside the clubrooms and finish at the Koornalla Monument. The club will buy sausages, bread and sauce. Members will have to supply their own chops, steaks, coleslaw, etc.

Track Training: Monday nights, 5.00 PM. Harold Preston Park.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 43/80

Race Results: 4 mile Triangle 16/10/80

1. Colleen Moore	30.24	25. Peter Shone	22.59
2. Rob Moore	26.07	26. Mal Sherrin	25.06
3. Geoff Duffell	21.42	27. Rob Tiplady	26.08
4. Paul Mc Ewan	21.55	28. Gabrielle Bainbridge	33.11
5. Andrej Despot	21.30	29. Frank Allen	23.15
6. Keith Tomholt	21.03	30. Debbie Tactor	33.18
7. Steve Mc Cauley	21.03	31. Sandy Drummond	26.20
8. Peter Laws	23.04	32. Jim Haylock	23.31
9. Jim Timmer-Arends	22.05	33. Ray Tomholt	26.09
10. Paul Farmer	25.05	34. Eddie Drava	26.18
11. Geoff Wilson	22.06	35. Scott Hadsworth	34.31
12. Craig Beeching	23.08	36. Ashley Franklin	27.37
13. Ian Bray	23.13	37. Rob Tactor	29.34
14. Laurie Edmonstone	22.18	38. Harry Langenberg	28.24
15. John Ward	23.26	39. Adrian Bonnaci	30.30
16. Des Morse	25.28	40. John Chmiel	30.45
17. Barry Smith	23.29	41. Debbie Walsh	38.06
18. Linda Ritzmaurice	32.30	42. Stefan Dundek	31.10
19. Peter Limbrick Snr	23.32	43. Richard Jeffery	26.39
20. Kayphe Collins	22.35	44. Cameron Cuthbertson	33.31
21. Tim Limbrick	25.37	45. Katrina Limbrick	39.42
22. Peter Limbrick Jnr	25.39	46. Debbie Aitkin	45.23
23. Gerry Percyzk	24.43	47. Jacki Holdsworth	45.36
24. Ross Bolter	24.54		

Coming Events

- 26/10 This Sunday. Relay and BBQ. 11.00 AM, Clubrooms. BBQ at Koornalla Park. Club will supply sausages, bread and sauce. Members will have to supply any additional food. If you have a BBQ could you please bring it along.
Track & Field Trials, Sale. 1.00 PM.
- 30/10 Track and field Events, Harold Preston Park, 5.30 PM.
- 2/11 Police Blue Light Disco Run Run
LV Interclub Track & Field, Warragul 1.00 PM.
- 6/11 4 mile, End of Black's Lane.

General Meeting

Tonight at 8.00 PM at the Clubrooms.

For Sale

- T-shirts: There are plenty of Traralgon Marathon T-Shirts for sale at \$4.00. We would like to sell all of them if possible so buy another one.
- Shoes: Mrs Thompson has Nike shoes for sale at very low prices.
- Uniforms: Many runners are still running, out of uniform. Jeffery's have black singlets and shorts for sale.

Race Entries: If you have been entered in races by the club during the year you may owe the club those entry fees. Check with Keith to see how much you owe.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 44/80

Race Results: 4K, End of Bank Street. 23/10/80

1. G. Aitkin	20.29	23. P. Farmer	16.11
2. R. Smith	20.46	24. D. Moorse	17.02
3. S. Holdsworth	20.28	25. M. Sherrin	16.27
4. G. Bainbridge	19.53	26. S. Drummond	17.16
5. K. Limbrick	21.53	27. R. Bolter	16.32
6. P. Allen	22.10	28. D. Thompson	18.50
7. D. Tactor	20.49	29. G. Smith	16.35
8. D. Aitkin	22.23	30. C. Moore	20.22
9. L. Thompson	16.28	31. F. Allen	15.12
10. R. Tactor	18.09	32. K. Tomholt	13.44
11. J. Chmeel	19.02	33. P. Limbrick snr	15.16
12. J. Alhuizen	17.38	34. J. Haylock	15.22
13. J. Cornthwaite	20.35	35. J. Timmer-Arends	14.33
14. R. Edgar	17.58	36. G. Wilson	14.48
15. B. Ford	17.16	37. R. Collins	14.46
16. R. Moore	16.34	38. C. Smith	24.55
17. F. Tomholt	18.13	39. P. Limbrick Jnr	17.35
18. H. Langenberg	18.14	40. G. Perczyk	15.55
19. I. Cornthwaite	14.31	41. P. Laws	18.16
20. B. Smith	15.17	42. T. Limbrick	23.15
21. A. Bowman	15.17	43. S. Mc Cauley	33.04
22. P. Shone	14.41	(2 laps)	

Coming Events

- 2/11 Blue Light Disco Fun Run, 10.30 AM, Norman Brookes Park, M'well.
Latrobe Valley Track & Field Meeting, Warragul, 1.00 PM.
- 6/11 4 mile, End of Black's Lane.
- 9/11 13 mile Handicap, Clubrooms. Starts 2.00 PM.
L.V. Interclub, Morwell.
- 13/11 Track Events, Harold Preston Park, 5.30 PM.
- 16/11 L.V. Interclub, Warragul.
- 20/11 4.5 mile, Corner of Banks St. and Hazelwood Rd.
- 23/11 Olympic Tyres Marathon.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 45/80

Results: Harold Preston Park, 30/10/80

3000m.

1. Geoff Duffell	10.07	12. Russell Drury	11.24
2. Geoff Wilson	10.18	13. Mal Sherrin	11.25
3. Peter Shone	10.19	14. Phil Barling	11.43
4. Laurie Edmondstone	10.20	15. Geoff Smith	11.51
5. Frank Allen	10.28	16. Colin Inglis	12.10
6. Ian Cornthwaite	10.30	17. Peter Limbrick Jnr	12.12
7. John Ward	10.55	18. Harry Langenberg	12.54
8. Brian Inglis	10.58	19. Ashley Franklin	13.03
9. Peter Laws	11.00	20. Colleen Moore	14.15
10. Craig Beeching	11.03	21. Tim Limbrick	16.30
11. Jim Haylock	11.24		

400m Heat 1.

1. Russell Drury	60.1
2. Peter Shone	62.2
3. Mal Sherrin	63.4
4. Jim Haylock	64.4
5. Phil Barling	64.7
6. Laurie Edmondstone	65.4
7. Peter Laws	67.0
8. Sandy Drummond	69.7

Heat 2.

1. Linda Fitzmaurice	75.8
2. Gabrielle Bainbridge	75.9
3. Micheal Fitzmaurice	79.0
4. Garry Aitkin	79.0
5. Scott Holdsworth	93.3
6. Debbie Aitkin	95.0
7. Glenn Drummond	97.0
8. Katrina Limbrick	102.2

Heat 3.

1. Paul Farmer	65.0
2. Craig Beeching	68.2
3. Shane Tactor	74.0
4. Ashley Franklin	76.0
5. Debbie Tactor	77.0
6. Tim Limbrick	81.0
7. Peter Limbrick Jnr	87.0

Heat 4.

1. Ian Cornthwaite	60.2
2. John Ward	63.2
3. Geoff Smith	69.0
4. Dale Thompson	70.0
5. Rob Tactor	79.0
6. John Chmiel	81.0
7. Colleen Moore	85.0

Coming Events

- 9/11 13 mile Handicap, Clubrooms. Race starts at 2.00 PM.
LV Interclub, Morwell.
- 13/11 Track Events, Harold Preston Park, 5.30 PM.
- 16/11 LV Interclub, Warragul, 1.00 PM.
- 20/11 4.5 mile, End of Black's Lane.
- 23/11 Olympic Tyres Marathon.
LV Interclub, Morwell.

Country Championships

The Country Track & Field Championships are on Australia Day Weekend in January. They have been transferred from Bendigo to Geelong. Entry forms are now available. The events are conducted over 2 days and if there are enough people interested we travel and camp there in a group.

Track Training

Track training is still being conducted on Monday nights from 5.00 PM. onwards. There is usually people there who can assist those needing training advice or coaching.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 46/80

Race Results: 4 mile, End of Black's Lane, 6/11/80

1. Ian Bray	24.53	20. Phil Barling	25.30
2. Geoff Duffell	22.18	21. Paul Farmer	25.34
3. Laurie Edmondstone	22.21	22. Craig Beeching	24.36
4. Keith Tomholt	21.58	23. Ross Bolter	25.38
5. Gary Aitken	30.35	24. Bill Ford	26.57
6. Peter Limbrick Jnr	26.06	25. Fay Tomholt	27.57
7. Dale Marsh	26.07	26. Ashley Franklin	28.34
8. Peter Shone	23.07	27. Jim Haylock	25.06
9. Barry Smith	23.47	28. John Ward	24.38
10. Rob Tactor*	27.24	29. Debbie Tactor	33.48
11. Rayphe Collins	23.00	30. Linda Fitzmaurice	34.38
12. Colleen Moore	32.03	31. Malcolm Sherrin	27.01
13. Geoff Wilson	23.05	32. Anne Vivian*	37.21
14. Ian Cornthwaite	23.09	33. Debbie Walsh	39.51
15. Peter Laws	24.23	34. Katrina Limbrick	40.16
16. Peter Limbrick Snr	23.54	35. Carol Smith	40.35
17. Eddie Drava	26.54	36. Tim Limbrick	34.17
18. Stefan Dundek	29.37	37. Reece Smith	38.40
19. Des Morse	26.29	38. Debbie Aitken	45.11

* Ran shorter courses.

23.5 Kilometres, from the Clubrooms, 9/11/80

1. Rayphe Collins	1.28.31	6. Laurie Edmondstone	1.30.05
2. Jim Timmer-Arends	1.29.22	7. Keith Tomholt	1.28.13
3. Peter Shone	1.29.28	8. Bill Ford	1.52.32
4. Geoff Wilson	1.53.53	9. Fay Tomholt	2.05.29
5. Peter Laws	1.37.52	10. Ian Cornthwaite	1.43.28

Coming Events:

- 16/11 LV Interclub, warragul, 1.00 PM.
20/11 4.5 mile, End of Black's Lane, 5.30 PM.
23/11 Olympic Tyres Marathon
LV Interclub, Morwell, 1.00 PM.
Fun Run, Leongatha.
27/11 Track events, Harold Preston park

Weekend Handicap Races:

Following the completion of the handicap races held through the road season, the winners of the points competition were Martin Thompson and Peter Laws with equal points. The races were well attended with many close finishes thanks to the handicapping of Jim Timmer-Arends.

After the race:

The same people are cleaning and drying cups after club runs. If everyone took a turn occasionally this problem would be alleviated.

Traralgon Harriers Omnia Abiecta Faecel

Newsletter 47/80

Race Results: 13/11/80

1500 metres

1. Andrej Despot	4.35	11. Tim Limbrick	5.27
2. Jim Timmer-Arends	4.35	12. Bill Ford	5.49
3. Geoff Wilson	4.41	13. Sandy Drummond	5.53
4. Rayphe Collins	4.41	14. Dale Thompson	6.15
5. Peter Shone	4.48	15. Rob Tactor	6.19
6. Ian Cornthwaite	4.51	16. Fay Tomholt	6.27
7. Geoff Duffell	4.55	17. Colin Inglis	6.32
8. John Ward	5.01	18. Peter Limbrick Jnr	6.33
9. Peter Limbrick snr	5.11	19. Rob Moore	6.38
10. Barry Smith	5.24		

200 metres, Heat 1.

1. Ian Cornthwaite	27.40
2. Gerry Percyzk	27.63
3. Barry Smith	28.13

Heat 2.

1. Stefan Dundek	25.24
2. Leigh Thompson	26.97
3. Dale Thompson	28.08

Heat 3.

1. Paul Farmer	26.20
2. D. Bainbridge	29.95
3. L. Fitzmaurice	31.47

Coming Events

- 23/11 Olympic Ryres Marathon
LV Interclub, Morwell 1.00 P.M.
Fun Run, Leongatha.
- 27/11 Track Events, Harold Preston Park. 6.00 PM.
- 4/12 4 mile, Gormandale Rd. 6.00 PM.
- 7/12 LV Interclub, Warragul.
- 11/12 Track Events, Harold Preston Park.

General meeting

There will be a general meeting of all members next Thursday at 8.00 PM. There are a number of important items to discuss including the date for next years marathon and whether we organise a fun run next year.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 48/80

Race Results: 4.2 mile, End of Cochranes Rd., 20/11/80

1. Peter Laws	27.09	15. Peter Limbrick snr	27.35
2. Keith Tomholt	24.47	16. Sandy Drummond	31.31
3. Geoff Duffell	28.09	17. Andrej Despot	27.37
4. Ian Bray	28.09	18. Ashley Franklin	33.34
5. Jim Timmer-Arends	25.48	19. Katrina Limbrick	37.42
6. Ian Cornthwaite	26.19	20. Colleen Moore	37.49
7. Russell Drury	29.06	21. Paul Farmer	32.16
8. Rayphe Collins	26.11	22. Peter Limbrick Jnr	33.01
9. Craig Beeching	28.14	23. Harry Langenberg	34.20
10. Tim Limbrick	33.52	24. John Ward	34.20
11. Rob Moore	30.53	25. Debbie Tactor	42.23
12. Jim Haylock	29.02	26. Gabriel Bainbridge	42.33
13. Des Morse	30.51	27. Stefan Dundek	40.05
14. Peter Shone	27.33	28. Bill Oldham	37.54

Olympic Tyres Marathon

A number of Harriers ran in the marathon on Sunday with some excellent performances. Jim Timmer-Arends ran a PB of 2.46 and Peter Shone finished in 2.52. That is also a PB for Peter. Laurie Edmondstone dipped under 3 hours for the first time and Sandy Drummond improved his time to 3.17. These times are only approximate. Others to run were Martin Thompson, Linda Thompson, Richard Jeffery and Ian Cornthwaite.

Coming Events

4/12 4 mile, Gormandale Road Hill, 6.00 PM.
7/12 LV Interclub, Warragul, 1.00 PM.
11/12 Track Events, Harold Preston Park, 6.00 PM.
14/12 LV Interclub B, Sale, 1.00 PM.
18/12 4.5 mile, End of Black's Lane, 6.00 PM.

General Meeting

TONIGHT-TONIGHT- TONIGHT- TONIGHT.
8.00 P.M., Clubrooms.

Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 49/50

Race Results: Harold Preston Park, 27/11/80

3000 metres

1. Keith Tomholt	9.37	12. Phil Barling	11.48
2. Geoff Duffell	9.54	13. Tim Limbrick	11.59
3. Laurie Edmondstone	9.56	14. M. Cameron	12.07
4. Rayphe Collins	10.01	15. Sandy Drummond	12.16
5. Jim Timmer-Arends	10.06	16. Peter Limbrick Snr	12.48
6. Geoff Wilson	10.12	17. Ashley Franklin	12.59
7. Ian Cornthwaite	11.01	18. Bill Oldham	13.09
8. Linda Thompson	11.05	19. Rob Tactor	13.32
9. B. Fullerton	11.15	20. Debbie Tactor	14.30
10. Russell Drury	11.35	21. Colleen Moore	15.06
11. Bill Ford	11.50		

100 metres

Heat 1.

1. Sandy Drummond	12.91
2. Rob Tactor	15.19
3. Ashley Franklin	15.43

heat 2.

1. Linda Fitzmaurice	14.99
2. Gabriel Bainbridge	15.39
3. Debbie Tactor	15.88

Heat 3.

1. Stefan Dundek	12.01
2. Des Morse	12.36
3. Phil Barling	12.41

400 metres

Heat 1.

1. Ashley Franklin	1.12
2. Rob Tactor	1.15
3. Linda Thompson	1.17

Heat 2.

1. Ian Cornthwaite	59.0
2. Russel Drury	60.0
3. Paul Farmer	61.0

Coming Events:

7/12 LV Interclub, Warragul, 1.00 PM.

11/12 Track Events, Harold Preston Park. 5.30, 200 metres
5.40 Field Event
6.00 1500 metres

14/12 LV Interclub B, Sale, 1.00 PM.

18/12 4.5 mile, End of Black's Lane. 5.30.

26/12 Boxing Day-Perhaps a set of Relay races?

Traralgon Harriers Omnia Abiecta Faecei

Newsletter 50/80

Race Results: 4.3 mile, Gormandale Rd. Hill.

1. Peter Laws	24.56	9. Des Morse	28.14
2. Ian Bray	25.35	10. Roger Chase	28.17
3. Russell Drury	25.55	11. Linda Fitzmaurice	33.33
4. Keith Tomholt	26.03	12. John Althuzian	30.00
5. Leigh Thompson	26.15	13. Harry Langenberg	30.00
6. Peter Shone	26.16	14. Colin Inglis	30.35
7. Geoff Duffell	23.18	15. Colleen Moore	33.29
8. Jim Timmer-Arends	23.24	16. Stefan Dundek	34.43

Coming Events:

14/12 LV Interclub B, Sale, 1.00 PM.
18/12 4.5 mile, End of Black's Lane, 5.30 PM.
26/12 Boxing Day (Friday) Relay Races, Harold Preston Pk., 5.30 PM.
1/1/81 Power Lines (Clarkes Rd) to 6A, Rose Ave. 2 mile, 5.30 PM.
8/1/81 Track Events, Harold Preston Park.
5.30 400m
5.40 Discus
6.00 5000m/1000m

Exacto Team Trot

The V.A.A.A. is calling for officials for this event. Each member who officiates will receive a free T-Shirt and the club will receive \$5 for every official provided. Please let Bruce know very soon if interested.

FUN RUN

A committee has been formed to organise the 1981 Traralgon Fun Run probably conducted on April 4th. If you wish to help run this event please join the organising committee. The committee so far is:- Jim Timmer-Arends
Laurie Edmondstone
Daphne Thompson
Peter Laws

Registrations

We currently have 45 registered athletes. If you are not yet a member and would like to be, the fees are \$14, seniors, \$12, Under 20, \$10, under 16. The new registration year starts in April. Membership of the club gives you insurance coverage and enables you to run in VAAA races and championships.

Garry Henry

If you haven't already heard Garry Henry finished 4th in the Fukuoka Marathon in 2.10.09. This makes Garry the second fastest Australian ever. He was the first international to finish beating the Olympic Gold, Bronze, and 4th place runners, 3 time Boston and New York winner, Bill Rodgers and a host of other first class marathoners. His time puts him in the top 10 times of 1980.

Traralgon Harriers Omnia Abiecta Faecel

Newsletter 51/80

Race Results: Track Events, 11/12/80

200m	1. S. Dundek	24.54s		
	2. P. Barling	26.75		
	3. P. Laws	27.00		
Javelin	1. K. Tomholt	37.85m		
	2. S. Dundek	34.90		
	3. Brian Inglis	32.85		
1500m	1. Jim Timmer-Arends	4.35	9. Mal Sherrin	4.59
	2. Laurie Edmondstone	4.36	10. Tim Limbrick	5.20
	3. Brian Inglis	4.42	11. Rob Moore	5.23
	4. Rayphe Collins	4.44	12. David Laws	5.30
	5. Geoff Duffell	4.47	13. Peter Laws	5.51
	6. Ian Cornthwaite	4.47	14. Peter Limbrick	6.06
	7. Peter Shone	4.50	15. Linda Fitzmaurice	6.14
	8. Phil Barling	4.57	16. Sandy Drummond	9.33??????

Coming Events:

26/12 Boxing Day (Friday) Relay Races, Harold Preston PK. 5.30PM.
1/1 Power Lines (Clarkes Rd) to 6A Rose Avenue, 2 mile.
8/1 Harold Preston Park, 5.30, 400m
5.40, Discus
6.00, 5000m/1000m
15/1 10K, End of Black's Lane.

Alcoa Challenge, Melbourne

There are 12 free passes for the Alcoa meeting at Olympic Park at the Clubrooms. The event is on Thursday January 15th. starting at 6.30 PM.

High Jump bags:

The club owns a number of High Jump Bags which are stored at the home of an old member of the harriers. His parents will be shifting soon and have asked if they can be moved. If someone has space to store the bags please let Bruce know soon as it is important that they be collected in the near future.

The bags are not complete. When the old covers became worn they were replaced with a light nylon material as a temporary cover. Outside bags need to be made from a strong nylon mesh or heavy cloth. Can anyone place their hands on any suitable material/.

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NEWSLETTER 52/80

Race Results: 4.5 mile, Black's Lane/Hazelwood Rd., 18/12/80/

1. Katrina Limbrick	36.52	13. Dale Thompson	35.53
2. Tim Limbrick	29.39	14. Ian Bray	27.28
3. Ashley Franklin	31.46	15. Russell Drury	28.10
4. Rob Tactor	31.57	16. Jim Timmer-arends	25.43
5. Brian Inglis	26.23	17. Peter Laws	27.14
6. Sandy Drummond	30.37	18. Craig Beeching	28.17
7. Peter Shone	26.19	19. Ian Cornthwaite	25.50
8. Peter Limbrick Snr.	26.53	20. Rayphe Collins	26.10
9. Geoff Duffell	25.09	21. Colin Inglis	32.28
10. Peter Limbrick Jnr.	31.47	22. Bill Ford	32.52
11. Laurie Edmonstone	25.19	23. Peter Cameron	33.22
12. Fay Tomholt	35.53		

Coming Events:

- 1/1/81 2 mile, Power Lines to 6A. Rose Avenue, 5.30 PM.
8/1/81 track events, Harold Preston Park, 5.30 400m
5.40 Discus
6.00 5000m/1000m
13/1/81 (Tuesday) One Hour race, Newborough, 7.30 PM.
15/1/81 10K, End of Black's Lane. 5.30 PM.

Thursdays Programme

A programme with all Thursday's events up until the start of April has been produced. It is available at the Clubroom's.

