

# Traralgon Harriers Omnia Abiecta Faecei

Newsletter No.1/81.

Results; Track Meeting, 22/1/81.

## 100 metres.

1. Stefan Dundek	12.12
2. Martin Cameron	14.41
3. Ashley Franklin	15.00
4. Robbie Tactor	15.10
5. Linda Fitzmaurice	15.42
6. Tony Edmonstone	16.50

## Javelin

1. Stefan Dundek	39.80
2. Keith Tomholt	36.00
3. Jim Bannon	31.60
4. Jim Timmer-Arends	20.37
5. Ron Potter	19.89
6. Dale Thompson	13.17
7. Robbie Tactor	11.60
8. Tony Edmonstone	11.30
9. Martin Cameron	10.40
10. Ashley Franklin	7.00

## 3000 metres

1. Steve McCawley	9.33
2. Geoff Duffell	9.59
3. Ian Cornthwaite	10.01
4. Keith Tomholt	10.07
5. Peter Shone	10.11
6. Laurie Edmonstone	10.11
7. Jim Timmer-Arends	10.14
8. Rayphe Collins	10.17
9. Geoff Wilson	10.28
10. Russell Drury	10.42

11. Ron Potter	10.53
12. Craig Beeching	10.57
13. Jim Bannon	11.04
14. Ian Bray	11.07
15. Bill Ford	12.11
16. Martin Cameron	13.01
17. Ashley Franklin	13.06
18. Dale Thompson	13.07
19. Robbie Tactor	13.17
20. Anne Wilson	14.03
21. Stefan Dundek	14.03

This is the first newsletter for 1981. Please excuse the break in publishing but the editor-in-chief needed a holiday after 63 weeks without missing an addition.

To ensure that as much information as possible is included in the newsletter, please let Bruce Inglis know of any race results, coming Fun Runs etc. Publishing deadline is Wednesday night.

## Coming Events:

2/2/81 L.V. vs City Track Meeting, Warragul, 1.00PM.  
5/2/81 200m, Discus (or shotput), 1500m.

There is a programme for Thursday nights available at the clubrooms. It has Thursday night events up till the end of March.

Garry Henry was nominated as a candidate for the Caltex Sportstar Award for his marathon performances. See notice board for "Age" article. Garry also features in an article in this weeks National Times.

## Tonight:

There is a General Meeting of the club tonight at 8.00 PM in the clubrooms. There are a number of important items to discuss including a winter programme, Fun Run, Traralgon Marathon etc.

# Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER 2/81

Race Results: Mullet from Clubrooms: 4.5K. 29/1/81

1. Ron Potter	16.38	12. Geoff Wilson	16.03
2. Jim Bannan	15.55	13. Peter Limbrick Jnr	19.04
3. Tim Limbrick	18.02	14. Peter Shone	15.34
4. Russell Drury	16.23	15. Geoff Duffell	15.05
5. Stefan Dundek	20.28	16. Dale Thompson	20.24
6. Ashley Franklin	19.31	17. Keith Tomholt	15.33
7. Craig Beeching	16.31	18. Peter Limbrick Snr	17.18
8. Ian Cornthwaite	15.05	19. Gabrielle Bainbridge	23.28
9. Steve McCauly	14.15	20. Katrina Limbrick	23.08
10. Rayphe Collins	15.17	21. Linda Glover	24.24
11. Anne Wilson	20.48	22. Marcia Rutter	34.17

## Coming Events

8/2/81 LV Track & Field, Warragul.

Traralgon 10000- Harriers Race: Between 4.00 & 4.30.

12/2/81 4 mile, Triangle: Meet Cnr Clarke's Rd & Mattingly Hill.

## Traralgon Fun Run

Last year's sponsor has declined to assist this year so we are without a sponsor to date. We will be able to cope without financial support if we cant find another benevolent firm. If you have any suggestions please let Mrs T., Laurie or Jimmy know.

## Traralgon 10000

Our handicapped race is scheduled for between 4.00 and 4.30. Please be at the ground well before this time. Fay has passes for the competitors( or possibly Richard Jeffery). This event is an excellent promotion for the club. It will be conducted before a large crowd and broadcast throughout country Victoria. Please wear club uniform and make sure you turnup. We want a large field competing including the girls and boys who run on a Thursday. Other runners have been invited to competereand hopefully a few people at the ground will join in the race.

## General Meeting Report

We are going to approach Council for land for our use and removal of the old Traralgon Tennis Clubrooms to that land. A proposal for a new format of cross-country events for LV was accepted. The proposal will be put to the LV Management Committee. The idea is for each club to organise one race in a 7 race team competition plus the usual special races many of the clubs put on.

# Traralgon Harriers Omnia Abiecta Faecet

NEWSLETTER 3/81

## Race Results 5/2/81.

### 400 metres.

1. Stefan Dundek	12.70
2. Peter Laws	13.87
3. Brian Inglis	14.10
4. Rayphe Collins	14.59
5. Martin Cameron	14.59
6. Sandy Drummond	15.00

### Discus

1. Stefan Dundek	27.30
2. Gabriel Bainbridge	23.40
3. Dale Thompson	22.30
4. Craig Beeching	17.14
5. Jim Timmer-Arends	17.08
6. David Laws	16.26
7. Martin Cameron	13.70
8. Tim Limbrick	12.64
9. Peter Limbrick Jnr.	7.00
10. Katrina Limbrick	5.07

### 1600 metres.

1. Keith Tomholt	4.49	14. Des Morse	5.50
2. Ian Cornthwaite	4.52	15. Bill Ford	5.50
3. Paul McEwan	4.57	16. Peter Cameron	6.06
4. Jim Timmer-Arends	5.00	17. Peter Limbrick Jnr.	6.15
5. Laurie Edmonstone	5.02	18. Martin Cameron	6.21
6. Rayphe Collins	5.02	19. Dale Thompson	6.32
7. Geoff Duffell	5.13	20. Stefan Dundek	6.35
8. Geoff Wilson	5.14	21. Sandy Drummond	6.36
9. Brian Inglis	5.16	22. Fay Tomholt	6.50
10. Craig Beeching	5.24	23. Katrina Limbrick	7.26
11. Peter Laws	5.29	24. Colleen Moore	7.29
12. Tim Limbrick	5.31	25. Linda Glover	7.41
13. Peter Limbrick Snr.	5.46		

## Traralgon 10000- 1 mile Handicap, 8/2/80

1. Sandy Drummond	5.59	13. Katrina Limbrick	7.09
2. Ian Cornthwaite	4.44	14. Tim Limbrick	5.41
3. Russell Drury	5.18	15. Peter Limbrick Jnr.	6.01
4. Laurie Edmondstone	4.55	16. Jim Bannan	5.12
5. Rayphe Collins	4.58	17. Bill Ford	5.55
6. Keith Tomholt	4.50	18. Dale Thompson	6.35
7. Linda Thompson	5.51	19. Fay Tomholt	6.47
8. Peter Laws	5.32		
9. Peter Limbrick Snr	5.23		
10. John Duck	4.28		
11. Brian Inglis	5.14		
12. Jim Timmer-Arends	5.08		

## Coming Events

- 15/2 LV Interclub, Traralgon, 1.00 PM
- 19/2 Track Events: 800m, Javelin, 3000m., Harold Preston Pk.
- 8/3 Berwick Fun Run.
- 14/3 Yinnar Country Fair Fun Run.

Garry Henry has been selected in the Australian Cross Country team to compete in the World Championships in Spain at the end of March.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 4/81

Race Results: 4 mile Triangle, 12/2/81.

1. Jim Haylock	24.28	17. Ron Potter	24.07
2. Bill Ford	26.06	18. Craig Beeching	24.11
3. Glen Ross	28.36	19. Tim Limbrick	26.41
4. Colin Inglis	27.02	20. Laurie Edmondstone	21.59
5. Sandy Drummond	25.39	21. Keith Tomholt	22.05
6. Fay Tomholt	29.14	22. Ian Bray	24.21
7. Dale Thompson	29.14	23. Peter Limbrick Snr	24.22
8. John Cleary	27.17	24. Anne Wilson	31.17
9. Rayphe Collins	21.33	25. Geoff Wilson	23.06
10. Katrina Limbrick	31.20	26. Nick Court	32.54
11. Peter Cameron	27.44	27. Peter Limbrick Jnr	28.44
12. Peter Laws	23.46	28. Harry Langenberg	29.31
13. Russel Drury	23.55	29. Stefan Dundek	31.44
14. Des Morse	27.59	30. Linda Fitzmaurice	36.07
15. Rob Moore	28.00	31. Colleen Moore	36.30
16. Geoff Duffell	21.49		

## Coming Events

22/2/81 LV Interclub, Rd 9, Sale. (This is change from programme)  
26/2/81 4 mile, End of Black's Lane.  
LV 10000m track race, 7.00 PM.

## Cross Country

L.V. Centre has accepted our proposal for a 7 race Interclub premiership with each club organising one of the races. A complete programme for the Cross-country season will be published as soon as full details are obtained.

## Club Singlets

We are researching the possibilities of purchasing all black string singlets for the club. They will probably cost \$8 to \$12. There are two possible makes so far, Le coq sportif and Ron Hill brand. The difficulty at the moment is obtaining all black singlets.

## Nike Shoes

Mrs Thompson has a number of Nike shoes available at prices substantially lower than retail shop prices. Orders can be taken for shoes not in stock which will be picked up in Melbourne at regular intervals.

# Traralgon Harriers Omnia Abiecia Foecei

Newsletter 5/81

Exacto Team Trot: ( Next Sunday)

We have promised to provide 8 officials for this event. At an earlier Thursday night race a show of hands indicated that we could willingly supply 8 people. It is essential that those people are organised tonight. Each person receives a free T-shirt and the club is paid \$5 per official. Mrs T. or Dale have details of tasks, starting times etc.

Traralgon Fun Run

organisation is well under way for this event. It is to be held on April 5th. at 10.00 A.M. We have been unsuccessful in obtaining a single sponsor although a number of smaller donations have been promised.

Many officials will be required to assist in the running of the race so it is hoped that all senior members of the club are willing to officiate and not run.

Coming events

1/3/81 IV "B" Championships, Morwell. 1.00 P.M.  
( This is a change from their printed programme)  
5/3/81 400m, Shotput, 2000m. Harold Preston Park.

Race Results: 19/2/81

3000m	1. K. Tomholt	9.35	15. P. Entwistle	11.14
	2. R. Collins	9.43	16. S. Drummond	11.41
	3. G. Duffell	9.49	17. P. Limbrick Jnr	11.51
	4. P. McEwan	9.50	18. R. Moore	11.51
	5. I. Cornthwaite	9.54	19. B. Ford	11.53
	6. G. Wilson	10.08	20. G. Ross	12.02
	7. R. Drury	10.28	21. B. Inglis	12.10*
	8. T. Limbrick	10.31	22. N. Court	12.41*
	9. P. Laws	10.42	23. P. Tomholt	12.48
	10. C. Beeching	10.47	24. D. Thompson	12.48
	11. R. Potter	10.55	25. A. Wilson	13.48
	12. J. Timmer-Arends	10.57	26. L. Glover	14.43
	13. I. Membrey	10.59	27. C. Moore	15.11
	14. P. Limbrick Snr	11.13	28. J. Bannan	15.11
			* One lap short.	
800m	1. P. Leitner	2.07		
	2. J. Bannan	2.10		
	3. B. Inglis	2.19		

Javelin	1. K. Tomholt	36.54m
	2. I. Membrey	35.00m
	3. J. Bannan	33.26m

# Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 6/81

Race Results: 4.2 mile, End of Black's Lane. 26/2/81

1. Paul Farmer	26.49	14. Rob Moore	28.32
2. Leigh Thompson	27.10	15. Jacki Hallam	35.34
3. Bill Ford	26.11	16. Dale Thompson	29.53
4. Geoff Duffell	26.44	17. Geoff Wilson	24.10
5. Bill Oldham	28.46	18. Colleen Moore	36.17
6. Jim Timmer-Arends	26.59	19. Ian Bray	25.20
7. Rayphe Collins	22.02	20. Craig Beeching	25.27
8. Barry Hallam	35.07	21. Jim Haylock	25.46
9. Fay Tomholt	29.10	22. Steve McCauley	22.53
10. Ron Potter	24.23	23. Colin Inglis	29.38
11. Anne Wilson	31.28	24. Jim Bannan	25.49
12. Keith Tomholt	22.29	25. Stefan Dundek	32.52
13. Russell Drury	24.32	26. Brian Inglis	32.52
		Linda Glover(2 mile)	19.27

## Coming Events:

- 8/3/81 Conquestathon-Mt. Bogong  
12/3/81 4.5k. End of Bank St. ( Opposite Golf Course).  
15/3/81 Trarafalgarar Funar Runar. 11.00 AM.

## Conquestathon

The Conquestathon is a run, walk, crawl up Victoria's highest mountain, Mt. Bogong. It is organised by Mt. Beauty Lions Club and has about 300-400 starters taking from 2 hours to 9 hours. Many of our members have travelled up to this event. It is not really a race, everyone receives a medal for finishing and the scenery is magnificent. The total distance is 12 mile. Rayphe Collins is going so if any others wish to make the trip get together and arrange it.

## T-Shirts

Now that it is getting darker everyone should be running in white. Bruce has a number of T-shirts from the Traralgon Marathon that are white and ideal for running in the dark. ( Well I've got to try a new pitch to sell some more shirts.)

## General Meeting

There will be a General Meeting of the club next Thursday at 8.00 PM. at the clubrooms.

# Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 8/80

Race Results: 4.7K, End of Banks St., 12/3/81

1. Sandy Drummond	16.09	17. Geoff Duffell	14.24
2. Anne Wilson	19.21	18. Peter Limbrick Snr	15.19
3. Jacki Hallam	20.40	19. Colleen Moore	21.38
4. Ron Potter	15.15	20. Rob Moore	17.01
5. Nicholas Court	20.47	21. Colin McIntosh	18.45
6. Fay Tomholt	17.51	22. Peter Cameron	17.06
7. Stephen McIntosh	17.55	23. Bill Oldham	17.33
8. Peter Limbrick Jnr	16.17	24. Tim Limbrick	15.35
9. Ian Membrey	16.32	25. Craig Beeching	15.37
10. Katrina Limbrick	20.14	26. Bill Ford	16.45
11. Geoff Wilson	14.45	27. Paul Farmer	17.38
12. Russell Drury	15.03	28. Des Morse	18.09
13. Dale Thompson	18.22	29. Ian Cornthwaite	14.36
14. Rayphe Collins	14.08	30. Paul McEwan	15.02
15. Stefan Dundek	18.27	31. Joanne Bugeja	29.28
16. Ian Bray	16.00	32. Linda Glover	21.24

## Coming Events

22/3 Korumburra Fun Run.

26/3 4.5 mile, 2 laps, End of Cochranes Rd.,

## Membership Fees

Fees are now due for the season 1981/82. The season is from the start of April. Registrations will only be submitted for those people who have paid their subs. i.e. no credit! Fees are for seniors: \$14.00; Under 20, \$12.00, Under 16, \$10.00 and second claim members, \$4.00.

## Conquestathon

About 10 Harriers completed the Conquestathon held at Mt. Bogong on the Labour Day Weekend. Ian Cornthwaite was the first Harrier to finish in 2.hours20-minutes.

## Garry Henry

Garry has been forced to withdraw from the World Cross-country team due to an injury of the Achilles tendon.

## Annual Meeting

Will be held on Thursday April 9th. at 8.00 PM. at the Clubrooms.

## Fun Run

A small number of people are putting a lot of work into the organisation of the Fun Run. They would like the support of as many people as possible to organise the event on the day. It is expected that no Harriers run in the Fun Run apart from the kids, but no prizes will be awarded to any Harrier competing.

# Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 10/81

Race Results: 4.5 mile, Cochrane's Lane, 26/3/81.

1. Stephen Hallam	35.41	11. Rayphe Collins	24.48
2. Anne Wilson	35.46	12. Peter Limbrick Jnr	29.54
3. Geoff Smith	31.37	13. Geoff Wilson	26.27
4. Jacki Hallam	37.18	14. Ian Bray	28.34
5. Stefan Dundek	32.55	15. Jim Bannan	27.09
6. Tim Limbrick	29.08	16. Bill Ford	30.18
7. Steve McCauley	24.14	17. Russell Drury	27.38
8. Ron Potter	27.18	18. Peter Limbrick Snr	28.17
9. Leigh Thompson	29.33	19. Peter Cameron	32.30
10. Craig Beeching	28.13		

## Coming Events:

- 5/4/81 Traralgon Fun Run, 10.00 A.M., Traralgon Showgrounds.  
L.V.- Moe to Yallourn Relay, 1.00 PM.  
9/4/81 4 mile Triangle, Cnr Clarke's Rd/Mattingley Hill Rd.  
12/4/81 L.V. PENNANT Race, 5K, Morwell, 1.00 PM.  
16/4/81 4 mile, Gormandale Rd Hill (reverse direction)

## Fun Run

The Fun Run is on this coming Sunday. If you are unaware of your task on the Fun Run please see Mrs Thompson tonight.

## Membership fees:

Next week is the deadline for the first batch of registrations to be forwarded to Melbourne. Please ensure that your fees are paid to Keith Tomholt by next Thursday. No registrations will be submitted without prior payment. The fees are:- Seniors, \$14.00, Under 20, \$12.00, Under 15, \$10.00 and 2nd. claim members, \$4.00

## Umpiring Junior Football

The Junior Football League require people to umpire games on Saturdays. Umpires are paid \$4.00 permatch and train on Tuesday nights at Apex Park. If anyone is interested see Laurie Edmondstone.

## Annual General Meeting

Don't forget! It is on Thursday April 9th. i.e. next week, in the Clubrooms at 8.00 P.M.

# Traralgon Harriers Omnia Abiecta Faciei

Newsletter 11/81

Race Results: 10K, End of Black's Lane, 2/4/81.

1. Jim Haylock	40.23	11. Richard Jeffery	42.45
2. Geoff Smith	44.02	12. Dale Thompson	48.37
3. Rayphe Collins	34.31	13. Peter Laws	39.32
4. Jim Timmer-Arends	39.09	14. Bill Ford	43.33
5. Craig Beeching	39.20	15. Peter Cameron	46.17
6. Fay Tomholt	46.34	16. Anne Wilson	50.27
7. Sandy Drummond	41.34	17. Rob Tiplady	51.04
8. Geoff Wilson	36.59	18. Mal Sherrin*	51.04
9. Ian Bray	40.20	19. Peter Limbrick Jnr*	49.57
10. Peter Limbrick Snr	38.39	* Ran extra	

2.5K

1. Jackie Hallam	12.21	4. Paul Farmer	9.45
2. Steven Hallam	10.50	5. Tim Limbrick	10.03
3. Katrina Limbrick	11.12		

## Coming Events:

- 12/4/81 L.V. PENNANT RACE, 5K, Morwell, 1.00 P.M.
- 16/4/81 4 mile, Gormandale Rd. Hill. (run in reverse)
- 23/4/81 The Mullet from the Clubrooms.
- 25/4/81 Stawell Marathon
- 26/4/81 VMC Fallen Comrades race, Domain. 12K,4K, 10.30 A.M.  
L.V. Allschools, Morwell.

## Annual Meeting:

Tonight in the Clubrooms at 8.00 PM. This is a very important meeting and all members should attend.

## Fees:

Don't forget those annual subscription fees. Tonight is the deadline for the first batch to be sent off to Melbourne.

## L.V. Pennant:

On Sunday the first of the seven races in the Latrobe Valley Winter Pennant will be conducted. Each club in the valley organises one race. The new format was suggested by us and it is in our interest to support it.

# Traralgon Harriers

Omnia Abiecta Faciei

NEWSLETTER 12/81

## Race Results: 4 mile Triangle, 9/4/81

1. Steve Hallam	27.43	18. Craig Beeching	23.39
2. Geoff Smith	24.46	19. Bill Ford	25.10
3. Katrina Limbrick	28.58	20. Sandy Drummond	24.40
4. Anne Wilson	29.06	21. Kevin Turner	22.10
5. Andrej Despot	22.16	22. Peter Limbrick Snr	23.49
6. Keith Tomholt	22.27	23. Steve McCauley	20.52
7. Russell Drury	22.33	24. Peter Limbrick Jnr	26.09
8. Jim Timmer-Arends	22.50	25. Jackie Hallam	31.05
9. Ian Bray	23.55	26. Malcolm Sherrin	28.08
10. Jim Haylock	24.00	27. Bill Oldham	28.08
11. Des Morse	27.05	28. Rayphe Collins	21.08
12. Tim Limbrick	24.08	29. Ian Cornthwaite	21.12
13. Dale Thompson	30.10	30. Stefan Dundek	29.20
14. Fay Tomholt	28.10	31. Colleen Moore	31.30
15. Peter Laws	23.11	32. Laurie Edmondstone	21.54
16. Clive Richards	24.25	33. Peter Cameron	26.04
17. Geoff Wilson	21.58	34. Rob Tiplady	29.38
		35. Richard Jeffery	28.05

## Coming Events:

- 18/4/81 Foster Fun Run, Foster Showgrounds, ( Be there by 9.a.m.)  
23/4/81 The Mullet from the Clubrooms, 5K.  
25/4/81 Stawell Marathon.  
26/4/81 L.V. All Schools X-country Championships, Morwell.  
30/4/81 4.5 mile-Black's Lane/Stock Rte/Bank St. Course.

## New Officebearers:

At the Annual General Meeting held last Thursday the following people were elected as officebearers for the 81/82 season:-

President: Sandy Drummond  
Secretary: Bruce Inglis  
Treasurer: Colleen Moore  
Assistant Secretary: Keith Tomholt  
Vice Presidents: Bill Ford, Laurie Edmondstone  
Race Entries Sec: Jim Timmer-Arends

## Shoes:

Mrs Thompson will be going to Melbourne next week and if anyone wants to order shoes would they give her an impressinn of their foot along with the money. She will not be going down again for several months.

## Mt Beauty Marathon/1/2 Marathon:

Jim Timmer-Arends will send entries for all people, who let him know by next Thursday, wishing to go to Mt. Beauty. The date of this race is May 23rd., the same day as the V.A.A.A. marathon.

16/4/81

# Traralgon Harriers Omnia Abiecta Faecei

Newsletter 13/81

## Race Results:

Well it's unlucky Newsletter Number 13! The results for last week's race have gone astray so there is no race results this week.

## Thredbo Trip

A number of people travelled to Thredbo for two races held there every Easter. It produced success for two Harriers, Rayphe Collins and Ian Cornthwaite. Rayphe won the 10K cross country at Perisher Valley on the Saturday and placed 4th in the Uphill race at Thredbo the following day. Ian won the U19 5K cross country at Perisher Valley. Traralgon Harriers won the teams event in the Uphill race at Thredbo.

## Foster Fun Run

Further success for Traralgon Harriers this time closer to home. Jim Timmer-Arends won his first Fun Run by hoding of Linda Thompson in the Foster Fun Run on Saturday. There about 80 starters in the race.

## Coming Events

25/4 Stawell Marathon  
26/4 L.V. All Schools Cross Country Champs., Morwell.  
30/4. 4.5 mile, Black's Lane/stock route course (starts at end of Black's Lane)

## Mt Beauty Marathon

If anyone wishes to have their entry sent by Jim Timmer-Arends please let him know tonight. The marathon is on May 23.

## Registrations

You are reminded that fees are now overdue and no members will be registered until they have payed their money.

## Winter Program

A program of weekend events has been printed. It has all Traralgon Harriers & Latrobe Valley events and some other race of interest. There are other events not included such as races in other country areas, some VMC races and there are no Fun Runs. As events are publicised that may be of interest to members they willbe included on the weekly newsletters.

# Traralgon Harriers

Omnia Abiecta Foecei

NEWSLETTER 14/81

## Race Results: The Mullet (from the Clubrooms), 23/4/81

1. Stefan Dundek	19.36	15. Tim Limbrick	16.50
2. Anne Wilson	19.47	16. Rayphe Collins	14.37
3. Colleen Moore	21.21	17. Peter Limbrick Snr	16.37
4. Faye Tomholt	18.46	18. Malcolm Sherrin	17.25
5. Peter Cameron	17.48	19. Keith Tomholt	14.40
6. Roger Sagar	16.00	20. Jim Bannan	16.12
7. Peter Laws	16.01	21. Rob Moore	17.31
8. Jacki Hallam	22.05	22. Bill Ford	18.17
9. Rob Tiplady	18.10	23. Ian Cornthwaite	14.53
10. Clive Richards	16.58	24. Ian Bray	17.10
11. Russell Drury	15.45	25. Geoff Smith	18.03
12. Craig Beeching	16.36	26. Peter Limbrick Jnr	19.10
13. Jim Timmer-Arends	16.02	27. Bill Oldham	20.08
14. Katrina Limbrick	21.03		

## Coming Events:

- 3/5/81 LV-Monash Relay (@ legs), Newborough Hotel, 1.30  
Maffra Squash Club Fun Run, 10000m, Maffra Showgrounds.  
7/5/81 Power Lines, Clarkes Rd. to 6A Rose Ave., 2 mile.  
10/5/81 8K Cross Country Champs, Warragul, 1.00 PM. PENNANT RACE  
14/5/81 6 laps of Kay St., Gardens.

## Stawell Marathon

Congratulations to Rayphe Collins for an excellent 3rd place in the marathon on Saturday. He knocked 7 minutes off his PB to record a time of 2.37.09. Ian Cornthwaite clipped a massive 20 minutes of his PB with a time of 2.42.(approx). Others to run were:- Bruce Inglis 2.49.09, Peter Shone, 2.52, Geoff Wilson, 2.58, Laurie Edmondstone, 3.02, Sandy Drummond, 3.10, Craig Beeching, 3.20. These times are only approximate. Others to run were Martin Thompson, Bill Ford, Nigel Royce and Leigh Thompson. Traralgon Harriers were again beaten by South Melb. by the narrow margin of 70 seconds.

## Windcheaters

Details have been finalised for Traralgon Harriers windcheaters. they will cost \$14 each and will be printed with a small motif printed below the left shoulder. The tops are of polyester/cotton with round necks and will be black with white printing. If you wish to purchase a Traralgon Harrier Windcheater please place your name on the list in the clubrooms.

# Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER 15/81

Race Results: 4.5 mile, Black's Lane/Stock Route, 30/4/81

1. Steven Hallam	29.10	17. Tim Limbrick	26.45
2. Fay Tomholt	29.50	18. Jim Haylock	26.48
3. Colleen Moore	34.07	19. Ron Potter	26.49
4. Stefan Dundeck	31.31	20. Sandy Drummond	27.51
5. Dale Thompson	31.11	21. Geoff Wilson	24.58
6. Peter Limbrick Jnr	28.15	22. Clive Richards	28.03
7. Rob Moore	29.54	23. Ian Bray	27.08
8. Jacki Hallam	35.00	24. Geoff Duffell	27.16
9. Malcolm Sherrin	30.09	25. Jim Pannan	26.22
10. Cathy Drane	40.20	26. Jim Timmer-Arends	26.25
11. Rob McGeoch	31.20	27. Craig Beeching	27.32
12. Peter Limbrick Snr	26.26	28. Kevin Turner	25.50
13. Anne Wilson	32.31	29. Bill Ford	30.30
14. Peter Cameron	29.07	30. Russell Brury	26.04
15. Rayphe Collins	23.37	31. Katrina Limbrick	34.14
16. Keith Tomholt	23.39		

## Coming Events

- 10/5 8K OCC, Warragul, 1.00 PM ( PENNANT RACE)
- 14/5 6 laps, Ray St. Gardens. Starts at Breed St. corner.
- 17/5 TH- 13mile handicap, Clubrooms, 1.00 PM. (+3K HCF).
- 21/5 2 laps of the MULLET. 4K.
- 23/5 MT Beauty Marathon/  $\frac{1}{2}$  Marathon.  
VAAA Marathon, Werribee.
- 28/5 5k, Bicycle track, Showgrounds.
- 30/5 Sandown Relays\*

\* Please let Jim Timmer-Arends know tonight if want your name to be entered in this event. It is the first of 4 races for the Road Premiership. Last year we won the E grade title. We will be in D grade this year. It is hoped that the club gives these races strong support. It is good PR for the club and a rewarding experience for those who compete.

## LV Winter Pennant

The 8 kilometre Cross-country Championship at Warragul on Sunday is the 2nd race in the Winter Pennant. It is essential that we support this race and ensure that the club wins the Winter Pennant.

## LV Dinner Dance

The LV Centre has organised a Dinner Dance for May 30th. Tickets are \$25 a double and if anyone is interested Bruce Inglis has been given some tickets.

## Nike Shoes

Mrs Thompson has new supplies of shoes in new styles and a few pairs in old styles:- Magnums (new version of Elites), sizes, 9, 10, 10 $\frac{1}{2}$ . Yankie, 8 $\frac{1}{2}$ , 9, 10, 10 $\frac{1}{2}$ . Elite, 10, 10 $\frac{1}{2}$ , 11. Waffle II, 9, 11, Waffle Trainer, 8, Waffle Racer, 8 $\frac{1}{2}$ , Tailwind, 10.

General Meeting: Next Thursday, 8.00 PM, Clubrooms.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 18/81

## Race Results: 5K, Cycle Track, Showgrounds, 28/5/81

1. I. Barry	16.00	12. S. Drummond	19.01
2. I. Cornthwaite	16.03	13. M. Sherrin	19.15
3. K. Tomholt	16.15	14. D. Morse	19.26
4. G. Wilson	16.41	15. R. Moore	19.30
5. J. Timmer-Arends	16.50	16. B. Ford	19.48
6. P. McEwan	16.54	17. F. Tomholt	20.51
7. A. Despot	17.05	18. S. Lundek	21.57
8. G. Duffell	17.16	19. J. Hallam	24.14
9. I. Bray	18.05	20. C. Moore	25.17
10. C. Richards	18.14	21. C. Drane	25.35
11. C. Beeching	18.52		

## VAAA Road Relays

Our D Grade Team finished 6th, the team members and their times were: Jim Timmer 22.10, Ian Cornthwaite, 21.18, Bruce Inglis, 21.09, Keith Tomholt, 21.02, Leigh Thompson, 23.03, and Rayphe Collins, 21.03. Each leg was 3.8 miles.

## Coming Events

- 7/6 VMC Marathon, Crib Point, 12.00 AM.
- 11/6 4 laps, Kay Street.
- 13/6 VAAA 25K Road Championships, Lara.
- 14/6 TH- 5 mile, handicap race. (points race) Moores Place, G'dale.
- 18/6 2 laps of the Mullet.
- 21/6 LV PENNANT RACE: 12K Road Championship. Moe Pool, 1.00 PM.

## Roster

- 11/6 Laurie Edmondstone
- 14/6 Rob Moore
- 18/6 Peter Laws

People who are rostered are required to measure the course if the distance has not been measured previously. It may also be necessary to mark the course with limil. If there is no marking or measuring rostered people could assist with timekeeping. Where it is impractical for a person to do their rostered task, please make arrangements for another person to do it.

# Traralgon Harriers Omnia Abiecta Faecei

Newsletter 19/81

## Race Results: 5.1 km. Inside Showgrounds, 4/6/81

1. Katrina Limbrick	25.31	13. Kevin Turner	19.08
2. Dale Thompson	24.53	14. Des Morse	22.15
3. Jackie Hallam	26.13	15. Derry Devine	27.51
4. Steven Hallam	22.40	16. Geoff Wilson	19.25
5. Andrej Despot	18.45	17. Peter Limbrick Jnr.	22.02
6. Malcolm Sherrin	20.48	18. Peter Limbrick Snr.	20.06
7. Paul McEwan	18.52	19. K. Davine	30.26
8. Clive Richards	20.26	20. Rob Tiplady	25.24
9. Ian Cornthwaite	18.28	21. Bill Ford	24.28
10. Glen Drummond	28.59	22. Tim Limbrick	25.37
11. Sandy Drummond	21.33	23. Vicki Hallam	33.52
12. Peter Cameron	22.07		

## Coming Events:

- 13/6 VAAA 25K Road Championships, Lara.
- 14/6 TH- 5 mile handicap, Moore's Place, Gormandale.
- 18/6 2 laps of the Mullet. (Roster: Peter Laws)
- 21/6 LV PENNANT RACE: 12 K Road Race, Moe Pool, 1.00 PM.
- 25/6 4K, Bicycle track, Traralgon Showgrounds. ( 8 laps).
- 28/6 LV PENNANT RACE: 10K Road Race, Traralgon Harriers Clubrooms.

## Roster

- 25/6 Ian Cornthwaite
- 28/6 Bruce Inglis
- 2/7 Ian Drury
- 9/7 Craig Beeching
- 12/7 Limbricks
- 16/7 Mal Sherrin

## Sunday's Race

The second of our club championship races is on this Sunday. The first, the 13 mile handicap was very successful. It is hoped that as many people as possible turn up. Remember the winner will be the runner who competes in all the races and runs consistently at his/her best and not necessarily the fastest athlete. Sunday's race starts at Rob and Colleen Moore's place near Gormandale. People should meet at the Clubrooms before 1.00 PM. We will leave there at that time and the race will start at 1.30 PM.

## Singlets

The importer of Ron Hill mesh singlets is willing to supply us with all black mesh singlets. They will cost between \$9 and \$10 which is less than the retail cost - if you could buy black ones that is. We need to have a reasonably large order for the importer to go ahead and order the singlets. There is a list on the notice board for singlets. Please put your name on it if you have not already done so. There are only 2 sizes, medium and large. Although they are stretchy, the medium size is fairly small so most people will need the large size.

# Traralgon Harriers

Omnia Abiecta Faecel

NEWSLETTER 20/81

Race Results: 2 Mile. 4 laps of Kay Street, 11/6/81

1. Ian Barry	11.42	11. Sandy Drummond	13.29
2. Ian Cornthwaite	11.52	12. Malcolm Sherrin	13.44
3. John Wilson	12.12	13. Craig Beeching	13.57
4. Geoff Wilson	12.19	14. Peter Limbrick Jnr.	14.20
5. Laurie Edmonstone	12.39	15. Fay Tomholt	14.28
6. Tim Limbrick	12.39	16. Stefan Dundek	15.45
7. Leigh Thompson	12.49	17. Rob Tiplady	16.17
8. Peter Limbrick Snr.	12.54	18. Jackie Hallam	16.15
9. Peter Laws	12.55	19. Katrina Limbrick	16.47
10. Clive Richards	13.05		

8.5 k. Moore's, Gormandale, 14/6/81

1. Peter Limbrick Jnr.	36.07	9. Rob Moore	37.04
2. Geoff Wilson	30.25	10. Glenn Drummond	51.41
3. Kevin Turner	30.52	11. Dale Thompson	42.09
4. Tim Limbrick	32.23	12. Martin Thompson	42.09
5. Keith Tomholt	34.55	13. Peter Laws	37.49
6. Sandy Drummond	34.55	14. Katrina Limbrick	45.19
7. Clive Richards	33.44	15. Cathy Drane	56.09
8. Ian Bray	33.40		

## Coming Events

- 21/6 LV PENNANT RACE - 12K Road Championship, Moe Pool, 1.30 PM.  
25/6 4K, Bicycle Track, Showgrounds, 5.15 PM.  
27/6 VAAA 16K CCC, Jells Park, 2.00 PM.  
28/6 LV PENNANT RACE, Traralgon Harriers Clubrooms, 10K, 1.00 PM.  
2/7 6 laps, Kay St., Gardens

## Some Bad News

Due to the merger of Gippsland Permanent Building Society with Pyramid B.S., G.F.B.S. are unable to sponsor the Marathon this year. We have printed the entry forms with their name on it.

## The Good News

NUBRIK brick manufacturers have agreed to sponsor the race on a regular basis if the club is prepared to get behind their sponsorship this year and show that it is worthwhile for NUBRIK. For this year they have agreed to supply all the T-shirts and the trophies. The details have not been finalised yet. As a result of the change of sponsorship we have 32 T-shirts from last years race to dispose of and a printing bill of \$130.00 for the entry forms. Therefore the T-shirts are going on sale for the fantastic price of \$3 each. The money from the sales will nearly cover the printing cost. So please support a "needy"???? cause and buy a T-shirt.

## Mesh Singlets

Remember to order your singlet. They will cost approx. \$9.00. They have to be imported from England so if you dont order now you wont have a another chance. In fact you had better order two. The supplier has a number of green/gold mesh singlets for a mere \$8. If you wish to buy one let bruce know tonight.

# Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 21/81

## Race Results: 2.5 mile Handicap, 18/6/81

1. Colleen Moore	17.54	10. Ian Cornthwaite	12.42
2. Jackie Hallam	18.18	11. Paul McBwan	13.14
3. Katrina Limbrick	17.59	12. Rob Moore	15.01
4. Keith Tomholt	12.47	13. Peter Laws	14.10
5. Stefan Dundek	16.35	14. Olive Richards	14.13
6. Dale Thompson	16.44	15. Geoff Buffell	13.47
7. Fay Tomholt	15.52	16. Geoff Wilson	13.27
8. Craig Beeching	14.55	17. Andrej Despot	14.30
9. Peter Limbrick Jnr.	14.56	18. Peter Limbrick Snr.	14.36

## Coming Events;

- 28/6/81 LV Pennant Race 10k. Traralgon Harriers Clubrooms 1pm.
- 2/7/81 6 laps Kay Street, 3 mile 5.30pm.
- 4/7/81 Vic. All School's CCC, Yarra Bend.
- 5/7/81 25k Road C'ship, Tyers. 1.30pm.
- 9/7/81 2 laps Mullett. 5.30pm.
- 12/7/81 T.H. 16k, Clubrooms, 1.00pm.
- 16/7/81 5k Bike Track. 5.30pm.

## Roster;

- 28/6/81 Bruce Inglis
- 2/7/81 Russell Drury
- 9/7/81 Craig Beeching
- 12/7/81 Limbricks Inc.
- 16/7/81 Malcolm Sherrin

## LV Pennant Race;

It is our turn to host a race in the winter pennant. It is hoped that as many as possible participate from our club. We are to provide afternoon tea so all are requested to bring a plate.

## T Shirts & Singlets;

Don't forget the bargain price on T shirts- \$3. each. Please buy them up to help recover the cost of the T'gon Marathon entry forms. Money is payable to Colleen. Tonight is the last night to order the "Ron Hill" mesh singlets. Put your name on the board.

# Traralgon Harriers Omnia Abiecta Faecei

Newsletter 23/81

## Race Results; 25/6/81 4k, Showgrounds.

1. Colleen Moore	18.12	10. Laurie Edmonstone	13.37
2. Peter Laws	14.14	11. Sandy Drummond	15.17
3. Fay Tomholt	16.24	12. Geoff Duffell	14.33
4. Jim Timmer-Arends	16.26	13. Clive Richards	14.45
5. Jackie Hallam	18.38	14. Ian Bray	14.35
6. Craig Beeching	14.47	15. Peter Cameron	15.36
7. Malcolm Sherrin	14.50	16. Peter Limbrick Jnr.	15.52
8. Peter Limbrick Snr.	14.00	17. Katrina Limbrick	19.04
9. Geoff Wilson	13.35	18. Ian Cornthwaite	13.13

## Coming Events

- 5/7 25K Road Championships, Tyers Football Ground, 1.30 PM.  
9/7 2 laps of the Mullet.  
12/7 TH- 16K Road Race, Clubrooms, 1.00 PM.  
16/7 5K, Bicycle Track. 18/7 VAAA 10K Road Champs: Werribee.  
19/7 Ballarat Marathon  
LV PENNANT RACE: 16K Road Race, Tyers. ( This race has been changed from July 26 so as not to clash with the Moe Fun Run).

## VAAA 10K Road Championships

Entries must be notified to Jim Timmer-Arends tonight. Again if we can get enough to go we will hire a mini-bus. The race is over 10 Kilometres with races for juniors.

## Roster

- 9/7 Craig Beeching  
12/7 Limbricks Inc.  
16/7 Mal Sherrin  
23/7 Tomholts Inc.  
30/7 Dale Thompson

## Bairgain T-shirts

There are still a number of Traralgon Marathon T-shirts for sale at \$3 each. We must clear these shirts to cover the cost of the entry forms for the Traralgon Marathon.

## General Meeting

There will be a general meeting held next Thursday in the Clubrooms at 8.00 PM. Main items for discussion are the marathon and next years Fun Run.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 24/81

Race Results: 2.5 mile, The Mullet, 9/7/81

1. S. Hallam	15.17	10. K. Tomholt	12.38
2. L. Thompson	13.55	11. C. Beeching	14.27
3. K. Turner	15.22	12. C. Richards	14.36
4. J. Hallam	18.06	13. G. Wilson	13.28
5. C. Moore	17.45	14. I. Cornthwaite	12.55
6. B. Inglis	12.46	15. A. Despot	13.59
7. B. Ford	16.00	16. G. Duffell	15.52
8. J. Timmer-Arends	16.01	17. S. Drummond	15.19
9. P. McEwan	13.04	18. M. Munro	21.39

16K hcp, Mattingly Hill, 12/7/81

1. M. Thompson	60.36	9. J. Haylock	72.00
2. K. Turner	59.36	10. R. Jeffery	73.50
3. B. Ford	75.42	11. A. Meyer	73.50
4. G. Wilson	61.17	12. I. Cornthwaite	65.08
5. L. Edmondstone	64.00	13. F. Tomholt	81.15
6. C. Beeching	69.26	14. J. Timmer-Arends	81.16
7. A. Wilson	86.36	15. J. Edmiston	68.38

## Coming Events:

- 18/7 VAAA 10K Road Championships, Werribee.  
19/7 LV PENNANT RACE: 16K Road Race, Tyers, 1.00 PM  
( This race has been brought forward from July 26th.)  
Ballarat Marathon.  
23/7 End of Black's Lane 3K.  
26/7 Moe City Fun Run( Fill out and give entry forms to Jim  
Timmer-Arends tonight).  
30/7 2 laps of the Mullet.  
2/8 LV PENNANT RACE 5K Road Race, Sale.

## Roster

23/7 Tomholts, 30/7 Dale Thompson, 6/8 Bill Ford

## Windcheaters

Will probably be available next Thursday. The cost of each is \$14.00. If you ordered a windcheater could you please have the money next week. The windcheaters have already been paid for and the club cannot afford to offer credit.

# Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 27/81

Race Results: 2laps of the mullet, 2.5 mile. 30/7/81.

1. Jim Timmer-Arends	14.42
2. Kevin Turner	13.44
3. Bill Ford	16.10
4. Geoff Wilson	13.12
5. Clive Richards	14.26
6. Geoff Duffell	16.32
7. Ian Cornthwaite	12.48
8. Fay Tomholt	16.04
9. Laurie Edmonstone	13.44

## Coming Events:

- 9/8/81 Mal Hill 10 mile, Morwell, 1.30 PM.
- 13/8/81 2.6 mile, Up and back Black's Lane.
- 15/8/81 Victorian Country Marathon, Ballarat.
- 20/8/81 4 mile, End of Black's Lane.
- 23/8/81 TRARALGON HARRIERS RACE: 10K hcp., End of Black's Lane.

## Shorts:

The importer of the Ron Hill Mesh singlets is having shorts made to the Ron Hill design. They will cost only \$6.00. Made from cotten/polyester they are very light, cause little chapping and wear very well. They will be available in 3 sizes, small, 24"/26", medium 28"/30", large 32"/34". Bruce has a prototype of the shorts. Please let him know tonight if you want any pairs.

# Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 28/81

## Race Results: 4K, Bicycle Track, 6/8/81

1. Keith Tomholt	12.40
2. Ian Cornthwaite	13.03
3. Geoff Wilson	13.20
4. Kevin Turner	14.00
5. Clive Richards	14.30
6. Peter Laws	14.48
7. John Trent	15.20
8. Jim Timmer-Arends	15.50
9. Rob Tiplady	16.12
10. Bill Ford	16.14
11. Colleen Moore	17.33
12. Ann Wilson	17.36
13. Jackie Hallam	18.13

## Coming Events

20/8 4 mile, End of Black's Lane.

23/8 Traralgon Harriers Race: 10K, End of Black's Lane. 1.00 PM.

27/8 3 mile, Loy Yang diversion road, UP and Back.

30/8 LV 25K, King of the Mountain, Churchill.

## Traralgon Marathon

There will be a meeting of those interested regarding the marathon next Monday (17th) at Bruce's place, 148 Princes St., starting at 8.00 PM.

We will need as many people that we can muster to help on the marathon. If you know of anyone who can help rope them in. We need people for timekeeping, feeding stations, course marshalling, kitchen work etc.

Hopefully there will be a list circulated next week for people to indicate their availability and willingness to assist.

## Roster

20/8 Jim Timmer-Arends  
23/8 Bruce Inglis/Rob Moore  
27/8 Laurie Edmondstone

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 30/81

## Race Results; 5k.Showgrounds 3/9/81.

1. Bruce Inglis	16.13	11. Clive Richards	18.34
2. Keith Tomholt	16.15	12. Ian Bray	19.20
3. John Wilson	16.24	13. Craig Beeching	19.30
4. Ian Cornthwaite	16.45	14. Rob Tiplady	20.24
5. Geoff Wilson	16.50	15. Rob Moore	20.26
6. Kevin Turner	17.10	16. Micheal Shanahan	20.40
7. David Laws	17.34	17. Dale Thompson	21.56
8. Jim Timmer-Arends	17.46	18. Ian Membrey	22.44
9. Jim Haylock	18.17	19. Colleen Moore	22.59
10. Peter Laws	18.19	20. Cathy Drane	24.23

## COMING EVENTS:

- 12/9 Traralgon Marathon.
- 13/9 Geoff Watt  $\frac{1}{2}$  Marathon, Warragul. 1.30 pm.
- 17/9 4 Mile end of Blacks Lane, 5.30 pm.
- 19/9 VMC 30k King of the Mountains, Pt.Leo, 1.30 pm.
- 20/9 Bush Run, Koornalla, 11.00 am.
- 24/9 2 laps of the Mullett, 5.30 pm.
- 27/9 Mt. Tassie King of the Mountain, Traralgon P.O., 12.00 pm.
- 4/10 Mirboo North Fun Run.

## TRARALGON MARATHON:

There is a list of people's names with allotted jobs circulating at tonight's run. Please make sure that you know what jobs have been allotted to you. Everyone is expected to be at the Traralgon High School before 12.00 .

## MONDAY TRAINING RUN:

We are trying to establish a regular training night each Monday from the Clubrooms at 5.15 pm. Try to make it to this pack run. It is necessary to have some regular training session if we are to recruit new members.

# Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER 35/81

Race Results: 7k, Cochrane's Lane Course, 8/10/81.

1. Robert Reid	26.01	10. Mal Sherrin	32.21
2. Peter Laws	27.01	11. Bruce Inglis	26.00
3. Keith Tomholt	23.33	12. Ian Bray	30.06
4. Clive Richards	27.52	13. Anne Wilson	35.38
5. Russell Drury	28.56	14. Rex Grant	32.40
6. Jim Timmer-Arends	26.51	15. Bill Ford	33.02
7. John Wilson	25.08	16. Fay Tomholt	33.02
8. Ian Cornthwaite	25.09	17. Dale Thompson	33.02
9. Geoff Wilson	26.12	18. Ian Membrey	36.52

## Coming Events

- 18/10 Big M Marathon
- 22/10 4miles, Clarkes Rd., (At the new dam)
- 25/10 9 mile handicap, Toongabbie, 1.00 PM.
- 29/10 4 mile, End of Black's Lane.

## Bright Alpine Climb

A series of four races will be held on 31/10, 1/11, 2/11 and Tuesday, November 3rd. (Melbourne Cup day) One race is held each day, climbing Victoria's four highest mountains, Bogong, Feathertop, Hotham and Buffalo. A number of Harriers are planning to go and intend to camp up there. Anyone else interested?

## Money Money Money!

Dont forget to pay for your T-shirt, windcheater or backdated race entries. Remember there are still a number of windcheaters left and lots and lots of T-shirts.

## Drinks and chips

There are cans of drink at the clubrooms as well as bags of chips. They were bought for the marathon but were not all sold. Please buy up the chips before they go stale. Chips are 20 cents and drinks, 35cents.

## Monday Training

These training sessions are attracting a reasonable group of runners but many more people would find them of great value. The more experienced runners are very willing to assist anyone with training advice etc. After daylight saving begins it is hoped that a training clinic will be opened to anyone wishing to get fit or obtain advice on jogging and training. It will be advertised and promoted in the local press. This will, hopefully, serve as a recruiting ground for the club.

## Organisers

We are still looking for race organisers, particularly the Fun Run organiser. Planning for that event must be started very soon. This position should suit someone with limited experience of race organising. It is not a difficult task and there are plenty willing to offer advice and assistance.

29/10/81

# Traralgon Harriers

Omnia Ablecto Procel

NEWSLETTER 38/81

## Race Results: 4.1 mile, End of Black's Lane, 29/10/81

1. Ian Membrey	27.56	14. John Wilson	22.26
2. Mal Sheerin	25.18	15. Fay Tomholt	28.04
3. Murray Watson	21.57	16. Julian Webber	25.13
4. Bill Ford	27.40	17. Ashley Franklin	31.17
5. Dale Thompson	27.40	18. Andrew Higgins	31.17
6. Rex Grant	27.04	19. Craig Beeching	25.23
7. Kevin Turner	25.16	20. Sandy Drummond	26.25
8. David Laws	21.49	21. Mike Shanahan	26.39
9. Ian Barry	21.55	22. Jim Timmer-Arends	23.18
10. Jim Ford	25.39	23. Ian Bray	25.54
11. Ian Cornthwaite	22.19	24. Bruce Inglis	22.25
12. Harry Langenberg	27.50	25. Peter Laws	26.15
13. Keith Tomholt	20.52	26. Rob Tiplady	30.37

## Coming Events

- 12/11 4 mile Triangle, Mattingly Rd. Hill.  
 19/11 4.1 mile, Gormandale Rd.  
 26/11 10K/3K, End of Black's Lane.  
 3/12 4.5 mile, Big Dam, Clarkes Road.

## Moe Fun Run

A fun run is on this Sunday starting at the Moe Racecourse at 11.00. Entries will be taken before 10.30.

## Training

A training clinic is held each Monday night at 6.00 P.M. There are people of all levels of fitness to train with. Joggers and slow runners usually run laps of the bike track while the fitter athletes repetition training, i.e. faster paced laps with recovery periods in between. This is excellent training for track races and road races. It also provides for variation from running on the roads. Meet at the Clubrooms or go straight to the Showgrounds.

## End of Season Relay/BBQ

It has been suggested that the relay normally organised for for the end of the season picnic/BBQ should be a fancy dress event. A prize would be awarded for the best ( or silliest ) dressed runner. More details of that later.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 40/81

## Race Results: 4 mile Triangle. 12/11/81

1. Colleen Moore	34.55	9. Sandy Drummond	24.17
2. Dale Thompson	25.53	10. Ian Barry	20.44
3. Jim Ford	23.34	11. Keith Tomholt	19.48
4. Fay Tomnolt	25.41	12. David Laws	20.50
5. Kevin Turner	21.56	13. Ian Cornthwaite	20.54
6. Jacki Hallam	32.03	14. Peter Law	23.03
7. Mike Shanahan	24.06	15. John Wilson	23.51
8. Mal Sherrin	24.10	16. Geoff Wilson	21.56

## Coming Events

- 26/11 10K/3K, End of Black's Lane.  
29/11 LV Track & Field, Morwell, B Programme ( 5000M ).  
3/12 4.5 mile, Big Dam, Clarkes Road.  
10/12 5K, Bike Track.  
13/12 Relay and BBQ, Clubrooms 11.00 AM.

## Relay/BBQ

The relay and BBQ will be held on Sunday December 13th. The relay will start at the Clubrooms at 11.00 a.m. and finish at Koornalla. All runners in fancy dress will be eligible to win the silly athlete award. The club is going to provide some of the meat for the BBQ. All other food is BYO.

## Mesh Singlets

The Ron Hill mesh singlets are due to arrive before next Thursday. Unfortunately the medium size singlets could not be supplied but the large size are not very large(???) so try on one of those.

## Clubrooms

A number of people go to the clubrooms prior to the run to either get a lift or find their way to the race. Therefore it is essential that people call at the clubrooms to pick up these people.

Less and less people are going back to the clubrooms after the race. A feature of our races is the social get-together afterwards and it would be disappointing if after race cuppa's ceased. So try and get back to the clubrooms for a short time after the race.

# Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER 41/81

Race Results: 4.1 mile, Gormandale Rd. Course, 19/11/81

1. Cathy Drane	32.25	13. Jacki Hallam	34.34
2. Russell Drury	25.28	14. John Wilson	24.02
3. David Laws	22.37	15. Sandy Drummond	27.06
4. Rob Tiplady	27.54	16. Dale Thompson	28.31
5. Geoff Wilson	23.56	17. Kevin Turner	26.59
6. Bruce Inglis	23.01	18. Bill Ford	37.03
7. Ian Cornthwaite	23.02	19. Mike Shanahan	30.27
8. Keith Tomholt	25.09	20. Rob Moore	30.31
9. Ian Barry	25.09	21. Mathew Rumro	38.50
10. Fay Tomholt	28.10	22. Rex Grant	27.54
11. Jim Timmer-Arends	24.11	23. Geoff	44.14

## Coming Events

- 29/11 LV Track & Field, Morwell; B Programme (5000m)
- 3/12 4.5 mile, Big Dam, Clarkes Road.
- 10/12 5K, Bike Track.
- 13/12 Relay & BBQ, Clubrooms, 11.00 am.
- 17/12 4.5 mile Black's Lane/ Stock route course.

## Coaching Clinic

The V.A.A.A. is intending to put on a coaching clinic in the Latrobe Valley. The coaching areas are for us to nominate along with other clubs. These could include distance training, field events etc., Anyone interested in this clinic should let Bruce know tonight or at the latest next week.

## General Meeting

A general meeting will be held next Thursday at the clubrooms starting at 8.00 PM.

## Items for sale

The Ron Hill mesh singlets have arrived and are on sale for \$9.50. These have been imported from England especially for the Harriers. This is the only chance of obtaining a black mesh singlet.

Mrs Thompson has many pairs of Nike shoes for sale. The prices are well below normal retail prices. Models include Magnums, Elites, Waffle Trainers, Yankies.

There are a couple of Traralgon Harriers windcheaters left. The cost of these are \$14.00.

T-shirts: Need I say more?

## Race Entry Money

It is important that all race entrants ensure that they pay their money to Colleen Moore each week. It is only 20 cents but it is valuable revenue for the club, paying for rent, etc.

# Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 42/81

26/11/81

Race Results: Due to unforeseen circumstances the results of the race held last week have not been published. Please refer to the Traralgon Journal for details.

## Coming Events

10/12 5K, Bike Track  
13/12 Relay & BBQ, Clubrooms, 11.00 AM.  
17/12 4.5 mile, Black's Lane/Stock Route Course.  
24/12 2.5 mile, 2 laps of the Mullet

## BBQ and Relay

The Relay is a fancy dress relay with an award going to the best dressed runner. The relay starts at 11.00 and will be followed by a BBQ and presentation at Koornalla. It is BYO food and drink and BBQ apparatus. The club will supply the sausages, sauce and bread.

## General Meeting

The general meeting to be held tonight has been postponed to a date.

## Coaching Clinic

The V.A.A.A. is prepared to conduct coaching clinics in the Latrobe Valley if runners are interested. This is an excellent opportunity to find out methods of training and why they are valuable or otherwise. Clinics will be held in events requested. Please let Bruce know tonight if you are interested.

## TRARALGON HARRIERS

### Corrected results:

10 km: J. Dekleva 35.23, J. Wilson 34.54, M. Watson 33.42, M. Shanahan 39.51, G. Wilson 36.01, J. Timmer-Arends 36.02, D. Laws 34.03, R. Jeffery 40.05, B. Inglis 34.08, K. Turner 36.11, I. Bray 40.31, S. Drummond 40.40, I. Cornthwaite 35.07, R. Grant 42.16, J. Ford 40.08, B. Godridge 45.56, F. Tomholt 45.56, D. Thompson 45.56, K. Tomholt 37.17, M. Sherrin 43.53, R. Moore 43.53, B. Ford 49.01.

3 km: W. Veneman 14.28, J. Hallam 14.41, B. Hallam 15.07, G. Drummond 15.07, M. Munroe 15.35, S. Hallam 16.07.

### Coming events.

This week's run will consist of a 4.5 mile handicap beginning near the "Big Dam" on Clark's Road and passing through bushland.

Starting time is 5.45 pm. Those unsure of race whereabouts should be outside the clubrooms in Shakespeare St. near the tennis courts by 5.30 pm.

Monday evening will see a warm up start at 6 pm.

TRARALGON Harrier, Dale Thompson, ran her fastest marathon last Sunday. The marathon held in 31 degrees celsius heat was the annual South Melbourne Olympic Tyres Marathon and consisted of 13 two-mile laps of Albert Park plus the additional 343 metres.

Dale set out strongly with fellow Harrier, Fay Tomholt, in a field of 250 runners. Both Fay and Dale ran very well for several laps before Dale eventually pulled away from Fay and continued to the finish in three hours 36 minutes — 20 minutes faster than her previous best.

Fay ran a little disappointingly but, despite fatigue, uncommon to her, pressed on and finished in a creditable time of three hours, 50 minutes.

Ian Cornthwaite of the Traralgon Harriers team ran a good race and finished in two hours, 43 minutes, 24 seconds — about one minute outside his best marathon time. He was first home in the under 20 category and finished about 10th overall. This was Ian's final marathon for the year. He has now completed seven marathons this year bringing his total to 15 marathons.

Keith Tomholt, another member of the Traralgon team, competed despite some hesitation due to a nagging Achilles tendon. He ran very strongly for about 18 miles but then lost some of his punch. He finished in two hours, 50 minutes.

Richard Jeffery and Peter Shone both ran remarkable races. Richard finished in 3.09 his best for the year. Peter ran a personal best time of 2.45.

Other Harriers to compete were Nigel Royce, Laurie Edmonstone and Mike Shanahan.

Placegetters: 1st C. Donald 2.23.54, B. Whinnen 2.27.02, T. Harrien 2.28.27, D. Telford 2.34.26, R. Sweet 2.35.05, D. Simpson 2.37.00.

First junior (under 20 years) — Ian Cornthwaite (Traralgon Harriers) 2.43.24.

RESULTS 26/11/81

Race Results: 10K/3K End of Black's Lane. 26/11/81.

10 KM :: J Deklva 35.23. J Wilson 34.54 M Watson 33.42. M Shanahan 39.51.  
G Wilson 36.01. J Timmer-Arends 36.02. D Laws 34.03. R Jeffery 40.05. B Inglis  
34.08. K Turner 36.11. I Bray 40.31. S Drummond 40.40. I Cornthwaite 35.07.  
R Grant 42.16. J Ford 40.08. B Godridge 45.56. F Tomholt 45.56. D Thompson  
45.56. K Tomholt 37.17 M Sherrin 45.53. R Moore 45.53. B Ford 49.01.

3 KM :: W Veneman 14.28. J Hallam 14.41. B Hallam 15.07. G Drummond 15.07.

M Munroe 15.35. S Hallam 16.07.

Coming Events.

10/12 5K, Bike Track

13/12 Relay & BBQ, Clubrooms, 11AM.

17/12 4.5 mile, Black's Lane/Stock Route Course.

24/12 2.5 mile, 2 Laps of the Mullet.

General Meeting

The general meeting to be held tonight has been postponed to a later date.

BBQ and Relay.

The relay is a fancy dress relay with an award going to the best dressed runner. The relay starts at 11.00 and will be followed by a BBQ and presentation at koornalla. It is BYO food and drink and BBQ aparatus. The club will supply sausages, sauce and bread.

Coaching Clinic.

The U.A.A.A is prepared to conduct coaching clinics in the Latrobe Valley if runners are interested. This is an excellant oppurtunity to find out methods of training and why they are valuable or otherwise. Clinics will be held in events requested. Please let Bruce Inglis know tonight if you are interested.

Last sunday Dale Thompson ran her fastest marathon at the annual South Melbourne Olympic Tyres Marathon consisting of 13 two-mile laps of Abert Park, plus the additional 343 metres, in 31 degree celsius heat. Dale set out strongly with fellow Harrier, Fay Tomholt, in a field of 250 runners. Both Fay and Dale ran wellwell for several laps before Dale eventually pulled away from Fay and continued to the finish in 3 hours 36 minutes - 20 minutes faster than her previous best. Fay ran a little disappointingly but, dispite fatigue, uncommon to her, pressed on asnd finished in the creditable time of 3 hours 50 minutes. Ian Cornthwaite ran a good race and finished in 2 hours 43 minutes 24 seconds - about 1 minute outside his best marathon time. He was first home in the under 20 catagory and finished about 10th overall. this was Ian's last marathon for the year. He has now completed 7 marathons for the year bringing his total marathons to 15. Keith Tomholt competed despite some hesitation due to a nagging Achilles tendon. Heran strongly for about 18 miles but then lost some of his punch to finish 2 hours 50 moiutes. Richard Jeffery and Peter Shone performed well. Richard finished in 3.09 his best for the year. Peter finished in a personal best time of 2.45. Nigel Royce, Laurie Edmonstone and Mike Shanahan also performed well.

Place getters :: 1st C Donald 2.23.54. 2nd B Whinnen 2.27.02. 3rd T Harrien 2.28.27. 4th D Telford 2.34.26. R Sweet 2.35.05. D Simpson 2.37.00.

First Junior (under 20 years) Ian Cornthwaite 2.43.24.