

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER: 34/'84

RESULTS: 6 K, out & back course, old T'gon Sth., Rd. 6/9/'84.

1. M. Boetcher	26:35	16. D. Laws	19:21
2. G. Dunlop	24:05	17. C. Truscott	25:25
3. T. Rose	21:40	18. G. Wilson	20:38
4. B. Smith	22:45	19. G. Ladson	25:47
5. M. Flahavin	21:52	20. K. Tomholt	19:58
6. G. Peterson	22:53	21. B. Rutherford	26:21
7. B. Chessman	22:04	22. D. Cooney	23:41
8. I. Cornthwaite	20:22	23. B. Carlin	25:56
9. D. Little	24:21	24. G. Percyk	25:06
10. J. Timmer - Arends	22:39	25. E. O'Brien	27:35
11. C. Beeching	21:44	26. A. Line	29:40
12. T. Cooney	21:09	27. R. Coulson	26:50
13. J. Duffell	26:05	28. R. Smith	29:00
14. A. Wilson	26:05	29. K. Smith	36:33
15. L. Edmonstone	23:17		

1st Fastest - D. Laws, 19:21. 2nd Fastest - K. Tomholt, 19:58.
3rd Fastest - I. Cornthwaite, 20:22.

* PLEASE NOTE! The next General Meeting will be October 4th at 8 p.m. in the Clubrooms. Items on the agenda:-

- 1) appoint race director for 1985 Traralgon Marathon.
- 2) Summer Club Uniforms.

PLEASE TURN UP AS SEPTEMBER MEETING WAS CANCELLED DUE TO LACK OF NUMBERS!

* Assistance still required for the King of the Mountain Race, 23rd September. Please put your name on the list provided, which is on the notice board in Clubrooms. Don't forget, everyone is asked to bring afternoon tea. Entries close 16th Sept., fee is \$2 & those who are late will have to pay \$4.

* THE RED CROSS/ERICA FUNRUN IS ON NOVEMBER 18th AT 10 A.M., STARTING AT THE ERICA CRICKET GROUND. DISTANCES ARE 10.8 K, & 4 K. FOR FURTHER INFORMATION SEE W. KELB.

COMING EVENTS:

THURSDAY,	20/9/'84	4 Laps of the Mullet. 5 Miles.....	5:30 p.m.
THURSDAY,	27/9/'84	6 K, (approx.) from High School service Rd. Liddiard Rd. Retreat Rd. Stuart St. Shakespeare St. back to High School	
THURSDAY,	4/10/'84	6 Laps Key St. 3 Miles.....	5:30 p.m.
SUNDAY,	16/9/'84	Warragul ½ Marathon	1:00 p.m.
SUNDAY,	"	APEX/GIAE Fun Run. Register by 11:30 a.m.	
SUNDAY,	"	Sun Super Run.....	9:45 a.m.

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SUNDAY,	16/9/'84	Warragul $\frac{1}{2}$ Marathon	1:00 p.m.
SUNDAY,	"	APEX/GIAE Fun Run. Register by 11:30 a.m.	
SUNDAY,	"	Sun Super Run.....	9:45 a.m.

Traralgon Harriers Omnia Abiecta Faciel

NEWSLETTER: 38/'84

RESULTS: 4/10/'84 6 Laps of Kay St., 3 Miles.

1. G. Dunlop	20:46
2. B. Heslop	21:10
3. P. Riggall	22:41
4. D. Laws	16:42
5. L. McEwan	24:13
6. A. Carroll	26:21
7. A. Line	24:27
8. T. Cooney	17:40
9. P. Lee	20:02
10. G. Peterson	20:04
11. R. Coulson	23:04
12. C. Beeching	18:42
13. P. McEwan	17:57
14. K. Tomholt	18:04
15. B. Rutherford	23:32
16. R. Smith	25:06
17. M. Flahavin	19:10
18. A. Wilson	23:48
19. M. McLaughlin	25:27
20. B. Smith	19:35
21. B. Chessman	19:44
22. D. Oliver	24:07
23. D. Robinson	21:17
24. B. Carroll	27:28
25. T. Rose	22:17
26. K. Smith	35:12

1st Fastest: D. Laws, 16:42. 2nd Fastest: T. Cooney, 17:40. 3rd Fastest: P. McEwan, 17:57.

RESULTS: 21 K, Koornalla, 7/10/'84.

1. W. Kelb	1:21:12	6. G. Ladson	2:12:37
2. K. Tomholt	1:30:05	7. T. Rose	2:14:19
3. G. Beeching	1:30:07	8. Terry Rose	2:14:19
4. S. Drummond	1:35:31	9. B. Heslop (21 miles)	2:52:50
5. A. Wilson	1:56:48	10. B. Rutherford (17 miles)	

* The 1985 Marathon Committee for Management has been formed, consisting of Ian Bray, (convenor) Keith Tomholt, J. Timmer - Arends, Craig Beeching, Geoff Duffell & Colin Inglis. Any people wishing to make suggestions for the Marathon, please contact the Marathon Committee.

* SUNDAY, 28/10/'84 11 Mile bike ride & 6 mile run starting at Cochranes' Lane.
 * Once again the Monthly meeting was poorly attended. If the club is to function properly, more members MUST attend these meetings. So let's have a good attendance next month! There will be an important issue regarding a uniform change & we need at least a 50% financial membership vote to delete the colour of uniform clause from the constitution of the T. H. This meeting will be conducted as soon as everybody meets back at the clubrooms for a cup of tea.

COMING EVENTS: Thursday, 18/10/'84 5 K, Bike track, Showgrounds. 5:30 p.m.
 " 25/10/'84 6 K, Gormandale, Miniedale & Melrossa Rds., 5:30 p.m.

SUNDAY, 14/10/'84 Big "A" Marathon. 8 a.m. at Frankston.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER: 40/'84

RESULTS: 5 K, Showgrounds, 18/10/'84.

1. D. Laws	15:11	17. M. Marshall	20:18
2. I. Cornthwaite	16:14	18. A. Wilson	20:50
3. G. Wilson	17:00	19. J. Stephenson	21:06
4. C. Beeching	17:12	20. T. Rose	19:17
5. M. Flahavin	17:19	21. P. Riggall	21:47
6. B. Smith	18:18	22. D. Oliver	21:54
7. G. Peterson	18:23	23. D. Cooney	22:02
8. P. Lee	18:25	24. T. Cooney	22:02
9. S. Drummond	18:31	25. E. O'Brien	22:05
10. I. Bray	18:51	26. M. McLaughlin	22:25
11. D. Coney	19:16	27. B. Chessman	17:25
12. G. Dunlop	19:19	28. R. Smith	23:15
13. D. Robinson	18:55	29. B. Carroll	23:21
14. B. Stephenson	19:43	30. K. Smith (8 laps)	23:42
15. R. Jeffery	20:12	31. A. Carroll	24:30
16. D. Evans	20:12	32. R. Bethune	24:48
		33. B. Heslop	19:25

1st Fastest, D. Laws - 15:11. 2nd Fastest, I. Cornthwaite - 16:14.
3rd Fastest, G. Wilson - 17:00.

RESULTS: BIG " M " MARATHON (These were not available for last weeks newsletter.)

B. Stephenson	3:26:00
J. Stephenson	3:55:00
D. Cooney	4:30:00 (approx.)
B. Heslop	4:06:00 (including 35 min. " teabreak ")
M. Dunstan	2:51:00

* Latrobe Valley Track & Field Programme is now posted on the notice board at the clubrooms.

* Congratulations to Angela & Bruce Chessman on the safe arrival of their new baby girl - now they have three budding young Harriers !

* PLEASE, PLEASE give all news items & coming events for the newsletter to Fay Tomholt - (she's not a mind reader!) - by Monday night for the following Thursday newsletter. Special note that the club needs a voluntary typist while Fay is on holidays. Newsletters have to be done for 15, 22 & 29/11/'84.

COMING EVENTS:

THURSDAY, 1/11/'84 6 K, out & back, old T'gon Sth, Rd. Starts 5:45 P.M.
 THURSDAY, 8/11/'84 4 Miles, end of Walshs' Rd. (Blacks' Lane.) 6:00 P.M.
 THURSDAY, 15/11/'84 5 Miles. 4 Laps of the Mullet. Starts 6:00 P.M.
 SUNDAY, 28/10/'84 11 Mile bike ride, 6 mile run. Starts at Cochranes' Lane 9:30 a.m.
 Bike ride from Cochranes' Lane, old T'gon Sth Rd., Shakespeare St., Bank St., Hazelwood Rd., Sanders' Lane & Mattinglay Hill back to C.L. 6 Mile run From C.L. around lap course & back to C.L.
 BYO B.B.Q. AT CLUBROOMS AFTER BIATHLON.
 3 - 6/11/'84 BRIGHT ALPINE CLIMBS.

Traralgon Harriers Omnia Abiecta Faeciei

NEWSLETTER: 42/'84

RESULTS: Out & back course, old T'gon Sth, Rd., 1/11/'84.

1. R. Bethune	29:39	21. H. Langenberg	26:07
2. A. Line	26:50	22. D. Oliver	27:44
3. A. Wilson	25:59	23. T. Cooney	21:27
4. D. Collins	21:34	24. R. Jeffery	26:20
5. A. Marcus	26:15	25. W. Kelb	20:21
6. D. Laws	18:46	26. J. Timmer - Arends	22:52
7. I. Cornthwaite	20:02	27. G. Wilson	21:37
8. I. Bray	24:02	28. M. McLaughlin	29:27
9. J. Horman	20:20	29. C. Richards	26:04
10. M. Marshall	25:12	30. J. Brennan	22:32
11. D. Robinsen	22:15	31. K. Tomholt	22:32
12. B. Smith	22:17	32. J. Stephenson	30:06
13. G. Wigg	24:32	33. B. Heslop	25:42
14. G. Dunlop	23:33	34. A. Carroll	33:14
15. J. Eyre	22:08	35. B. Carlin	31:17
16. D. Cooney	23:44	36. T. Rose	27:40
17. P. Lee	22:49	37. C. Beeching	27:10
18. G. Peterson	22:51	38. R. Smith	33:55
19. M. Flahavin	21:58	39. B. Carroll	34:55
20. M. Dunstan	21:10	40. K. Smith	41:05

1st Fastest - D. Laws, 18:46. 2nd Fastest - I. Cornthwaite, 20:02.

3rd Fastest - J. Horman, 20:20.

* Last weeks' meeting drew an excellent attendance which adopted interim warm weather colours of white vest with black "T" and black shorts. A sub-committee was formed comprising M. Marshall, J. Duffell, G. Peterson, G. Dunlop & M. Thompson (if available), to examine further aspects and to make final recommendations. The sub-committee requests all members to express opinions and submit them in writing.

* R. Bethune also has volunteered to assist on the media committee .

* Please note the change of date for the Marathon sub-committee will now be 27/11/'84 and NOT 29/11/'84. If any members have ideas regarding Marathon budget aims please forward in writing to I. Bray prior to meeting.

* PLEASE TAKE NOTE THAT THE THURSDAY NIGHT RUN 6/12/'84 STARTS AT 5:30 P.M. DUE TO GENERAL MEETING.

COMING EVENTS:

THURSDAY,	15/11/'84	5Miles, 4 laps of the mullet.....starts..6P.M....
THURSDAY,	22/11/'84	6 K, Retreat Rd. etc. to High School " "
THURSDAY,	29/11/'84	3 Miles, 6 laps of Kay St....." "
SUNDAY,	18/11/'84	ERICA FUN RUN 9:45 A.M. start.
SUNDAY,	11/11/'84	Training run at Koornalla. Distances to be decided , 9:30 A.M. start.
SUNDAY,	25/11/'84	South Melbourne Marathon.

**** EVERYONE PLEASE NOTE - LEANNE LAWS WILL BE TYPING THE NEWSLETTERS FOR ARTICLES DATED 22 & 29/11/'84. ALL RELEVANT DETAILS MUST BE PASSED ON IF CURRENT STANDARDS ARE TO BE MAINTAINED!

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER: 43/'84.

RESULTS: 4 Miles, end of Walsh's Rd, 8/11/'84.

1. D. Evans	26:13	18. B. Smith	23:58
2. J. Stephenson	29:21	19. P. Lee	24:37
3. F. Tomholt	36:48	20. I. Bray	26:11
4. L. Thompson	26:22	21. J. Eyre	24:13
5. P. Riggall	26:31	22. M. Marshall	27:39
6. R. Jeffery	27:21	23. D. Robinson	24:33
7. B. Berry	23:56	24. A. Line	33:46
8. D. Collins	23:11	25. R. Smith	33:46
9. H. Langenberg	28:19	26. B. Heslop	28:19
10. W. Kelb	21:35	27. G. Dunlop	26:24
11. G. Peterson	23:57	28. J. Timmer-Arends	25:40
12. M. McLaughlin	32:27	29. S. Drummond	25:14
13. P. Morgan	26:51	30. C. Beeching	28:53
14. P. McEwan	22:42	31. B. Chessman	25:37
15. I. Cornthwaite	21:43	32. M. Dunstan	25:20
16. D. Laws	20:27	33. C. Truscott	36:21
17. D. Coney	25:03	34. K. Smith	45:14

1st Fastest - D. Laws, 20:27. 2nd Fastest - W. Kelb - 21:35. 3rd Fastest - I. Cornthwaite, 21:43.

* Everyone remember that Daphne Thompson will be collecting the entry fees on Thursday nights instead of Cherry Truscott.

* PLEASE TAKE NOTE THAT LEANNE LAWS WILL BE TYPING THE NEWSLETTER FOR THE NEXT TWO WEEKS AND ALL RELEVANT MATERIAL MUST BE PASSED ON AS EARLY AS POSSIBLE (924480).

* Marathon s/c meeting will meet at 8 p.m. 27/11/'84 at I. Brays' place. 7:15 29

COMING EVENTS:

SUNDAY,	18/11/'84	Erica Fun Run. 9:45 A.M. start. (see W. Kelb)
"	25/11/'84	South Melbourne Marathon.
"	2/12/'84	TRARALGON HARRIER'S BREAK - UP. (see M. Busch).
"	9/12/'84	RACE*** 14 Miles at Leroy. 9:30 A.M. start.
"	16/12/'84	Training Run from Clubrooms. 9:30 A.M. start. (Distances to be decided).
"	13/1/'85	Training Run From Clubrooms. 9:30 A.M. start. (Distances to be decided).
"	20/1/'85	RACE*** 7.8 extension 10 miles 9:30 A.M. start cnr, Clarkes' RD. & Mattingley Hill Rd. (Sanders' Lane)
"	27/1/'85	Training Run at Koornalla. 9:30 A.M. start.
"	3/2/'85	TO BE DECIDED BY RACE COMMITTEE!
"	10/2/'85	RACE*** Also to be decided. Possibly at Cherrys'
"	17/2/'85	Training run to be decided by race committee.
THURSDAY,	22/11/'84	8 K, Retreat Rd, etc. back to High School. 6 P.M.
"	29/11/'84	3 Miles 6 Laps of Kay St..... 6 P.M.
"	6/12/'84	7 K, 2laps of Cochranes Lane.... NOW 5:30 P.M. start.
"	13/12/'84	7 Miles Hazelwood Rd, Church Rd, Sanders' Lane. 6 P.M
"	20/12/'84	From Powerlines on H/wood rd, to 6 A Rose Avenue "

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER: 44/'84

RESULTS: 4 Laps of Mullet - 8k.

1. Bruce Chessman	28.45	15. Matt Alexander	28.14
2. Keith Tomholt	28.47	16. Wayne Kelb	26.29
3. Justin Stephenson	33.56	17. Jim Horman	26.31
4. Bruce Stephenson	32.43	18. Gary Ladson	34.35
5. Ann Wilson	34.25	19. Mike Dunstan	27.46
6. Geoff Wilson	28.14	20. Dominic Evans	31.56
7. Jim Timmer-Arends	29.03	21. Peter Rigall	32.29
8. Paul McEwan	26.36	22. Clive Richards	33.03
9. Peter Lee	29.07	23. Anthony Marcus	37.53
10. Ian Bray	30.38	24. Richard Jeffery	35.47
11. Craig Venerman	31.19	25. Cherry Truscott	43.04
12. Georgann Peterson	28.54	26. Linda De Bruyn	D.N.F. (2 laps)
13. David Collins	28.57	27. Martin McLaughlin	D.N.F. (2 laps)
14. Ian Cornthwaite	26.00		

1st Fastest - Ian Cornthwaite, 26.00. 2nd Fastest - Wayne Kelb, 26.29.
3rd Fastest - Jim Horman, 26.31.

RESULTS: Erica Fun Run - 10.8K

1. David Laws	35.24	S. Drummond	
2. Ian Cornthwaite	37.03	I. Bray	
3. Wayne Kelb	37.05	R. Jeffrey	
D. Collins		A. Wilson	1st Over 35
T. Cooney		P. Riggall	
J. Eyre	1st Over 40	R. Bethune	
G. Peterson	41.28		
M. Dunstan			

Erica Fun Run - 4K

G. Drummond	2nd	A. Chessman	
Bruce Chessman		B. Heslop	
Carl Chessman	Under 7	B. Heslop's - 2 daughters	
M. Kelb			
D. Chessman			

*CORRECTION - Marathon s/c meeting now Wednesday 28/11/84 at 7.30p.m. at Ian Bray's (15 Ambrose Av, Traralgon).

*Please note race start time on 6/12/84 is 5.30p.m. NOT 6p.m. Monthly meeting will commence 7.15p.m. after the usual cuppa at the Clubrooms. Please B.Y.O snack and a plate for later on.

*Guest Speaker Podiatrist Mark Gilheany will now speak in February/March '85.

COMING EVENTS:

THURSDAY	29/11/84	3 Miles 6 Laps of Kay St.	6 p.m.
"	6/12/84	7k, 2 laps of Cochranes Lane	NOW 5.30 p.m.
Sunday	25/11/84	South Melbourne Marathon	
"	2/12/84	Traralgon Harriers Break-up - (see M. Busch).	

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER: 45/'84

RESULTS: High School - Approx 7.6K

1. Richard Jeffery	31.49	15. Wayne Kelb	28.02
2. Greg Dunlop	29.20	16. Martin McLaughlin	36.34
3. Justin Stephenson	31.38	17. Dave Robinson	29.54
4. Anne Wilson	32.45	18. Brian Heslop	31.43
5. Cherry Truscott	36.53	19. Darryl Coney	29.30
6. Rob Popplestone	29.01	20. Pearse Morgan	29.38
7. Rob Gilfillan	24.52	21. John Eyre	29.15
8. Bruce Stephenson	31.12	22. Ian Bray	31.21
9. Mike Dunstan	26.48	23. Sandy Drummond	30.05
10. David Laws	27.21	24. Rob Bethune	39.52
11. Ian Cornthwaite	25.14	25. Bret Carol	43.48
12. Bill Rutherford	33.49	26. Sue Davidson	one lap
13. Jim Timmer-Arends	28.23	27. Geoff White	one lap
14. Peter Lee	28.28	28. Arren Carol	one lap

1st Fastest - Rob Gilfillan, 24.52. 2nd Fastest - Ian Cornthwaite, 25.14
3rd Fastest - Mike Dunstan, 26.48.

RESULTS: South Melbourne Marathon.

Men		Women	
1. Jeff Crawley	2.25.23 PB	1. Barbara Byrnes	2.51.18
2. David Laws	2.25.48 PB	2. Georgann Peterson	2.53.22 PB
6. Wayne Kelb	2.31.58 PB		

Traralgon Harriers also won the Teams event again this year with 2nd, 6th & 38th place.

** The next General Meeting is on 6/12/84 following the Thursday night's race which starts at 5.30p.m.

Main item on the agenda will be to find out the reason why there is always a lack of numbers at General Meetings, - so all you members who never turn up please tell us why so we can change the format or the time or the frequency of meetings. - This will be an early finishing meeting - Please B.Y.O snack and a plate for later on.

COMING EVENTS:

Sunday	2/12/84	Traralgon Harriers Break-up (see M. Busch)
"	9/12/84	Race - 14 miles at Leroy - 9.30a.m. start
"	16/12/84	Training run from Clubrooms - 9.30a.m. start
Thursday	6/12/84	7 K, 2 laps of Cochranes Lane - 5.30p.m. start
"	13/12/84	7 miles Hazelwood Rd, Church Rd, Sanders' Lane - 6 p.m.
"	20/12/84	From Powerlines on Hazelwood Rd to 6A Rose Av. - 6 p.m.

AGENDA FOR BREAK-UP ON SUNDAY 2/12/84

Koornalla Park	10.00
Relay	10.30

BBQ lunch BYO food and drinks. Bread and sauce supplied. Novelty event in afternoon.

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 46/'84

RESULTS: 3 Miles, 6 laps of Kay St., 29/11/'84.

1. M. McLaughlin	24:30	12. B Stephenson	21:04
2. D. Evans	20:27	13. R. Jeffery	21:14
3. A. Wilson	22:29	14. G. Wilson	18:22
4. W. Kelb	18:01	15. D. Robinson	20:08
5. M. Flahavin	19:33	16. A. Marcus	23:25
6. B. Smith	19:04	17. I. Cornthwaite	17:45
7. J. Stephenson	22:15	18. J. Timmer - Arends	19:42
8. D. Laws	18:12	19. T. Rose	21:15
9. R. Gilfillan	16:42	20. D. Coney	19:46
10. I. Bray	20:16	21. P. Morgan	19:54
11. K. Tomholt	18:21		

1st Fastest - R. Gilfillan 16:42. 2nd Fastest - W. Kelb 18:01. 3rd Fastest - D. Laws 18:12.

*** SPECIAL THANKS MUST GO TO LEANNE LAWS FOR TYPING THE NEWSLETTERS WHILE FAY TOMHOLT WAS ABSENT!

*** EVERYONE PLEASE REMEMBER THAT THERE IS A GENERAL MEETING AFTER TONIGHTS' RUN, SO BRING SOMETHING TO EAT TO TIDE YOU OVER.

*** RUMOUR HAS IT THAT THE ANNUAL BREAK-UP WILL NOW BE HELD THURSDAY NIGHT 13/12/'84 AFTER THE RUN. PLEASE BRING YOUR MEAT FOR A BBQ, BREAD & SAUCE WILL BE SUPPLIED.

*** A HEARTY WELCOME IS EXTENDED TO MARTIN THOMPSON ON BEHALF OF THE CLUB. WE HOPE TO SEE HIM POUNDING THE ROAD AS SOON AS HE RECOVERS FROM JET - LAG.

COMING EVENTS:

SUNDAY,	9/12/'84	RACE*** 14 Miles at Leroy, 9:30 A.M. start.....
"	16/12/'84	Training run from Clubrooms. 9:30 A.M. start.....
"	20/1/'85	RACE*** 7.8 Extension, 10 miles starting at Clarkes' Rd., & Mattinglay Hill Rd (Sanders' Lane) 9:30 A.M.
THURSDAY,	13/12/'84	7 Miles around Clarkes' Rd, Church Rd, Hazelwood Rd, & back along Sanders' Lane. 6 P.M. start.....
THURSDAY,	20/12/'84	2 Miles from power lines on Clarkes' Rd, into Hobson Park & Hyde Park Rd, finishing at 6 a Rose Avenue. 6 P.M....