

TRARALGON HARRIERS NEWSLETTER

(21 February 1984) 7/84

PRESIDENT: Colin Inglis (741482)
SECRETARY: Geoff Duffel (222871)
TREASURER: Linda Thompson (745768)

RESULTS - MELROSSA ROAD RACE (16 FEBRUARY 1984):

Table with 4 columns: Rank, Name, Time, Rank, Name, Time. Lists 37 runners and their respective times for the Melrossa Road Race.

Features of the race were the number of new faces, the consistent good form of Geoff Wilson, the emergence of a new star in Tony Cooney, the improvement of Matt Alexander, ten female runners and the staging of a dead heat between David Laws and Ian Cornthwaite.

THIRTY club members ran the Trafalgar Fun Run last Sunday 19 February 1984. The support for this race and the turn out in club colours was a good advertisement for the Harriers. Linda Thompson placed 1st in the womens section, David Laws placed second outright, while Georgann Peterson placed third in the womens section. Harriers filled seven of the first ten places.

Club membership fees for the next 12 months are now due and payable to Julie Duffel (Registrar). Two different forms of membership operate -

\$25.00 .. entitles you to enjoy all privileges etc. of the club and compete in any athletic/running race in Australia. A portion is paid to the State governing body for athletics (VAA) to secure registration as an amateur athlete. You receive a registration number to be worn on uniform as proof of VAA registration.

OR

\$15.00 entitles you to compete in all Traralgon Harrier conducted events and as a Traralgon Harrier in fun runs. This membership does not entitle you to compete in athletic events organised and in conjunction with other athletic clubs, ie VAA events (road/cross country races), Latrobe Valley events. Please note that the Harriers will be entering teams in VAA events this year.



TRARALGON HARRIERS NEWSLETTER

(1st March, 1984)

8/84

You are reminded that there is a General Meeting this evening at 8.00 p.m. in the clubrooms. This is your opportunity to voice an opinion on club matters, future directions etc. Please bring a plate.

A meeting is scheduled for Thursday evening at 8.00 p.m. 8th March at the clubrooms to discuss organisation of the 1984 Traralgon Marathon to be conducted on Sunday - Queens Birthday weekend (June). The race is sponsored by Nubrik and Geoff Duffell is Race Director. Agenda for the meeting includes allocation of areas of responsibility, detailing of tasks and labour requirements, budgets etc. The club needs ALL members to contribute their energies for this event. Be there 8.00 p.m. 8/3/84.

Please note that the new start time of 5.45 p.m. will operate next week onwards. Please be prompt.

Entry forms for a 10K road race at Euroa 15/4/84 are posted in the clubrooms.

Through Milan Dundek the club collects used newspapers which are a good source of revenue. Collect your daily newspapers and bring them along on thursday next.

RESULTS - 4 mile Triangle 23/2/84

1.	Rob Bethune	27.36	17.	Linda Thompson	22.11
2.	Mick Flahavin	23.42	18.	Ian Bray	23.46
3.	Don Hamilton	24.09	19.	Geoff Wilson	20.39
4.	Margot Busch	28.38	20.	Craig Veneman	25.30
5.	Gary Ladson	26.45	21.	Dave Robinson	23.52
6.	Kelly Burkenshaw	39.00	22.	Bob Rickard	26.33
7.	Christine Mele	39.00	23.	Craig Beeching	21.54
8.	Mal Shirren	24.43	24.	Georgann Peterson	23.59
9.	Keith Tomholt	20.33	25.	Richard Jeffery	24.03
10.	David Oliver	25.00	26.	Jane McLaughlin	36.05
11.	Mike Dunstan	22.36	27.	Julie Giedrojic	28.11
12.	Dominic Evans	26.02	28.	Jim Timmer-Arends	22.54
13.	David Laws	20.23	29.	Jan Pearson	26.10
14.	Gerard Giedrojic	25.14	30.	Julie Duffell	28.35
15.	Ann Wilson	26.18	31.	Martin Thompson	24.56
16.	Bruce Chessman	23.39	32.	Cherry Truscott	31.37

A most successful social event was held at Maurice Marshall's place last Sunday. Thanks to Maurice and Rae for an event that gained a 5 star rating from the 40 plus people who attended.

4/3/84 (Sunday) 11.00 a.m. Corner Mattingley Hill/Clarkes Road
16 kilometres race with a get together at the clubrooms afterwards.

8/3/84 (Thursday) 5.45 p.m. Showgrounds (race 4 laps around the outside perimeter area) 5K.

10-11/3/84 Mt. Bogong Conquestation
Bairnsdale Fun Run

15/3/84 (Thursday) 5.45 p.m. Corner Rose Ave/Hickox St. 8K.

Traralgon Harriers Omnia Abiecta Faecet

NEWSLETTER

9/84

8/3/84

End of daylight saving sale: Traralgon Marathon 'T' shirts at a never to be repeated low give-away price of \$3.50. Excellent quality with green or red trim. Only 18 left - on sale tonight.

Rob Bethune, Ian Bray, Bruce Chessman, Tony Cooney, Milan Dundek, David Oliver, Daphne Thompson, Leigh Thompson, Linda Thompson and Martin Thompson are the only paid up financial members of the club for 1984-85. Julie Duffell would like all membership fees no later than next Thursday 15/3/84. Check notice board in clubrooms for details of fees etc.

There will be a short meeting at the clubrooms immediately following tonight's race for all those intending to go to Mt. Bogong this weekend.

Bairnsdale Fun Run (approx. 8.5K) this coming Monday 12/3/84 - 10.00 am at Port of Bairnsdale (behind Post Office). The Harriers have won mens, womens and teams event in the past. Check the notice board for details.

The first 1984 Traralgon Marathon meeting will be held at the Clubrooms tonight - 8.00 pm. Anyone interested in the organisation and conduct of this excellent club promotion are invited to attend.

Secretary's report - General Meeting of 1st March, 1984.

Wonthaggi Road Runners have been invited to compete with us in our Sunday points competition race on 18th March (10km, Blacks Lane). Barbeque, etc is to follow.

The Traralgon City Council has sought to involve a third club (Angling Club) as a co-tenant in our Clubrooms. Jointly with the Small-Bore Club we have written to Council opposing the move, and have withdrawn our delegates from the Council's four-party (3 clubs plus Council) Steering Committee for a Committee of Management.

At the Annual General Meeting next month I will not be standing for re-election to the Secretary position, so I propose that people cast around for a replacement. The Secretary's job is to handle correspondence, maintain the clerical records of the Club, take General Meeting minutes and follow up action on them where necessary. Some relevant statistics are: In the last 12 months I wrote 19 letters, I use about half of a filing cabinet drawer for records, there are eleven General Meetings held each year; I receive mail on average of about 10 times each month and my habit has been to display race entry forms and posters on notice boards, with everything else being tabled at Meetings. Occasionally, some people (eg. President, Competitions Committee) need to be advised of some of the information before the General Meetings. It's not really difficult any takers?

RESULT - 16K race (Mattingley Hill/Clarkes Rd) 4/3/84

1. John Mitchell	76.10	7. Laurie Edmondstone	68.17
2. Anne Wilson	81.48	8. Bruce Chessman	69.56
3. Geoff Wilson	63.23	9. Fay Tomholt	90.58
4. Donald Hamilton	74.01	10. Julie Duffell	89.13
5. David Oliver	73.41	11. Gary Ladson	84.35
6. Richard Jeffrey	69.49	12. Colin Inglis	79.10

Officials - Milan Dundek - Daphne Thompson - Linda Thompson
- Keith Tomholt - Martin Thompson

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER 10/84 15/3/84

Time is running out - registration/membership fees are now due and should be paid to the club registrar :- Julie Duffell. Don't wait to be asked. Check the club notice board for details concerning monies due/outstanding.

There are only 7 Traralgon Marathon 'T' shirts left at the bargain price of \$3.50 each.

All Thursday night runners are being asked to work on the organisation/conduct of the 1984 Traralgon Marathon. Craig Beeching and Geoff Duffell are in charge of man/woman-power management for the race and will be approaching everyone with jobs in mind.

Good attendances in recent weeks - If you know of anyone interested in running - invite them along and swell the ranks to 50 plus.

Next month - April (5/4/84) will see the election and appointment of office-bearers for the club's 1984/85 year (April to April). Geoff Duffell (Club Secretary) has made it known that he will not be standing for re-election.

RESULTS - 8/3/84 5k (4 laps - Showground)

1.	Brendan Carlin	20.39	20.	David Laws	15.52
2.	Christine Mele	28.07	21.	Wayne Kelb	16.43
3.	Mike Flavin	18.30	22.	Linda Thompson	17.44
4.	Dominic Cooney	18.34	23.	Jim Timmer-Arends	17.45
5.	Dean Poke	25.14	24.	Rob Popplestone	18.33
6.	Deanne Braz	25.14	25.	Ian Bray	18.34
7.	Julie Duffell	21.58	26.	Sandy Drummond	19.25
8.	David Oliver	19.32	27.	Rob Bethune	21.47
9.	Cherry Truscott	21.15	28.	Ian Cornthwaite	16.12
10.	Bruce Chessman	18.06	29.	Gerhard Giedrojc	19.42
11.	Dave Robinson	18.07	30.	Martin McLaughlin	22.03
12.	John Mitchell	19.38	31.	Goeff Wilson	17.13
13.	Anne Wilson	21.19	32.	Richard Jeffrey	20.09
14.	Tony Cooney	16.30	33.	Peter McCulloch	22.52
15.	Julie Giedrojc	21.21	34.	Rod Buckley	24.34
16.	Margot Busch	23.12	35.	Mal Sherren	19.32
17.	Penny Andrews	22.13	36.	Bruce Stevenson	21.38
18.	Mike Dunstan	17.37	37.	Jane McLachlan	27.18
19.	Laurie Edmonstone	17.39			

Congratulations to the handicapper - David Laws. 26 runners in a field of 37 finished within 60 seconds.

RESULTS - 10/3/84 Mt. Bogong Conquestathon

The club was once again represented at this unusual event with 4 car loads camping at the foot of Victoria's highest mountain (6509 feet). All will attest that this "go-as-you-please" (volkslauf) event should be on your calendar in 1985 - Labour Day Weekend. Although 'only' 426 took part this year - numbers have exceeded 800 in the past. A unique medal is presented to all that successfully make the ascent/descent, running, walking or crawling.

Mt. Bogong Cont.

The following members added to their collection:- Ian Cornthwaite, Richard Jeffrey, Cherry Truscott, John Mitchell, Linda, Martin and Danny Thompson, Milan Dundek and Gaye, Leigh and Ellie Thompson.

Leigh Thompson is one of only 3 people who have completed this event on 10 occasions. Ian Cornthwaite was easily the fastest of the runners in this year's event with 2hrs.09. The weight for age section was a dead head between Millan Dundek and Danny Thompson, 5 1/2 years old and 5 1/2 hours for the conquestathon (plus a spot prize).

RESULTS - 11/3/84 Bairnsdale Fun Run 8.5k (approx).

1.	David Laws	28.52	27.	John Mitchell	35.41
2.	Ian Cornthwaite	29.07	29.	Bruce Barrett	35.54
4.	Wayne Kelb	29.39	36.	Leigh Thompson	37.41
5.	Geoff Wilson	30.42	2 - 38.	Anne Wilson	37.53
7.	Mike Dunstan	32.01	7 - 76.	Cherry Truscott	43.41
1 - 11.	Linda Thompson	32.41	80.	Glen Drummond	44.30
17.	Ian Bray	33.54	9 - 83.	Margot Busch	45.10
20.	Dave Robinson	34.26	10 - 109.	Gaye Thompson	54.50
21.	Richard Jeffrey	34.34	111.	Jane McLachlan	55.06
26.	Sandy Drummond	35.29			

The club uniform was conspicuous in support for this event and the talent up front. 19 members completed the course along the banks of the Mitchell river and outskirts of Bairnsdale in warm conditions. First male, First female, First veteran, First Team plus second male and second female. The club is \$60 richer - thanks to David, Ian, Wayne and Geoff. This was Wayne's third race for the weekend having won the Phillip Island Fun Run the day before after running the Koo-Wee Rup Spud Fun Run a few hours earlier in his fastest 10k time to date.

COMING EVENTS

- 18/3 Sunday 11.00 a.m. 10k race - end of Blacks lane (off Hazelwood Rd)
- 22/3 Thursday 5.45 p.m. 2 mile - corner Hazelwood/Clarkes Rds.
- Be on time - Scratch Start.
- 25/3 Sunday 11.00 a.m. Group training run, traffic free, good dirt surface roads over undulating to hilly terrain. Starting at Maurice Marshall's place (Purvis Road, Tanjil Sth) Everyone invited - a distance and speed to suit you - short/long, fast/slow. More info next week.
- 29/3 Thursday 5.45 p.m. 5 mile - corner Hickox/Rose Ave.
- 31/3 Saturday Moe Fun Run
- 1/4 Sunday 11.00 a.m. 12 mile - Thomson Rd/Hazelwood Nth.
Geoff and Anne Wilson's place.



**BARINGA SCHOOL
COMPASS
FUN RUN**

Pick up an entry form from 3UL Morwell, any Compass Savings Office or Baringa School. 8 kilometre run starts 10 am at the Moe Race Course, Saturday, March 31. Entries close 9.45 am on the day. Other details on entry forms or send stamped self addressed envelope to P.O. Box 308, Moe.
Join in the fun - All runners taking part in the run have a chance to win a Portable Colored TV. Many other prizes. Many other sections including Handicapped Section - 27 1744.

Traralgon Harriers

Omnia Abiecta Faecei

22/3/84

NEWSLETTER 11/84

Final Reminder - All Registration/Membership Fees are now due and should be paid to the Club Registrar: Julie Duffell. The following members are financial for the 1984 - 85 season (April to April): Brett Irving, Robert Bethume, Dave Robinson, Bruce Chessman, Tony Cooney, Ian Bray, Milan Dundek, Daphne, Leigh, Linda and Martin Thompson, Colin Inglis, Cherry Truscott, David Laws, Geoff & Anne Wilson, Mike Dunston, Sandy Drummond, Keith & Pave Tomholt, Gary Ladson, John Mithcell and David Oliver.

There are only 4 Traralgon Marathon 'T' shirts left at \$3.50.

For New and Old Members - Club Uniform is all Black (no white piping) ie. black shorts and black top with club 'T' monogram. The monogram is given to all financial members on request. Purchase of appropriate shorts/top is your responsibility. This uniform is recognised as Traralgon Harriers by athletic authorities throughout Australia.

A reminder that the club's annual general meeting is next month - April 5th.

The club is rightly proud of conducting the best marathon race in Australia. The Traralgon Marathon is on the Sunday of Queens Birthday weekend in June. To retain the reputation this race has, all members are needed to assist prior to and on the day of the marathon. - See Geoff Duffell (Race Director) or Craig Beeching for your job on the marathon.

Linda and Martin Thompson, Keith Tomholt, Wayne Kelb, Ian Cornthwaite, Bruce Inglis and Mike Dunstan are competing in the Nike/Avon Olympic Marathon Trial on April, 8th in Canberra. At last count there were 5 carrying injuries.

Latest information has it that the Maffra Fun Run will not be held this year.

The club will be selecting teams soon for the Sandown Road Relays to be conducted 5th May.

RESULTS - 7.5k (approx) Rose Ave, Mullet, Hobson Pk. 15/3/84

1. Mal Sherrin	29.42	18. Craig Venerman	31.25
2. Bruce Chessman	28.56	19. Jim Timmer-Arends	28.36
3. Sandy Drummond	30.09	20. Dean Poke	39.40
4. Dave Robinson	29.15	21. Julie Duffell	34.48
5. Paul McEwan	27.16	22. Dominic Evans	32.51
6. Donald Hamilton	30.42	23. Mike Dunstan	29.12
7. David Oliver	30.43	24. Anne Wilson	33.05
8. Geoff Wilson	26.34	25. John Mitchell	32.58
9. Ian Bray	29.19	26. Gary Ladson	34.50
10. Georgann Peterson	29.24	27. Margot Busch	37.04
11. Rod Buckley	36.58	28. Kelly Burkinshaw	46.30
12. Justin Stephensen	34.01	29. Christine Mele	46.30
13. Gerhard Giedrojc	31.01	30. Julie Giedrojc	36.05
14. Ian Cornthwaite	25.32	31. Cherry Truscott	36.08
15. David Laws	24.39	32. Jane McLachlan	42.06
16. Bruce Stephenson	32.02	33. Mike Flavin	35.13
17. Richard Jeffery	30.18	34. G. Drummond	42.16
		35. C. Beeching	D.N.F.

RESULTS - 10k Pines (Blacks Lane) 18/3/84

1. David Laws	33.12	14. Sandy Drummond	41.42
2. Richard Jeffery	39.58	15. Laurie Edmondstone	39.47
3. Ian Cornthwaite	33.54	16. Geoff Wilson	37.14
4. Martin Thompson	37.08	17. Anne Wilson	46.11
5. Kevin Onley (Warragul)	39.57	18. Bruce Stephenson	44.29
6. Robert Timmer-Arends	44.35	19. Bruce Chessman	41.38
7. Ian Dobson (Wonthaggi)	38.53	20. Jimmie Timmer-Arends	41.17
8. Wayne Kelb	35.29	21. Mike Dunstan	41.32
9. Ian Bray	39.54	22. Patricia Wilkinson (Wonth)	45.00
10. Brian O'Halloran (Wonth)	42.27	23. Jan Pearson	47.36
11. Linda Thompson	38.58	24. Cherry Truscott	51.11
12. Gary Ladson	46.33	25. Rod Buckley	56.17
13. Julie Duffell	46.40	26. Justin Stephenson	57.01

Officials: Colin Inglis, Milan Dundek and Daphne Thompson.

This was the third round in the points race competition. Check the notice board for current rankings. Note: Points are lost for ANY infringement of club uniform.

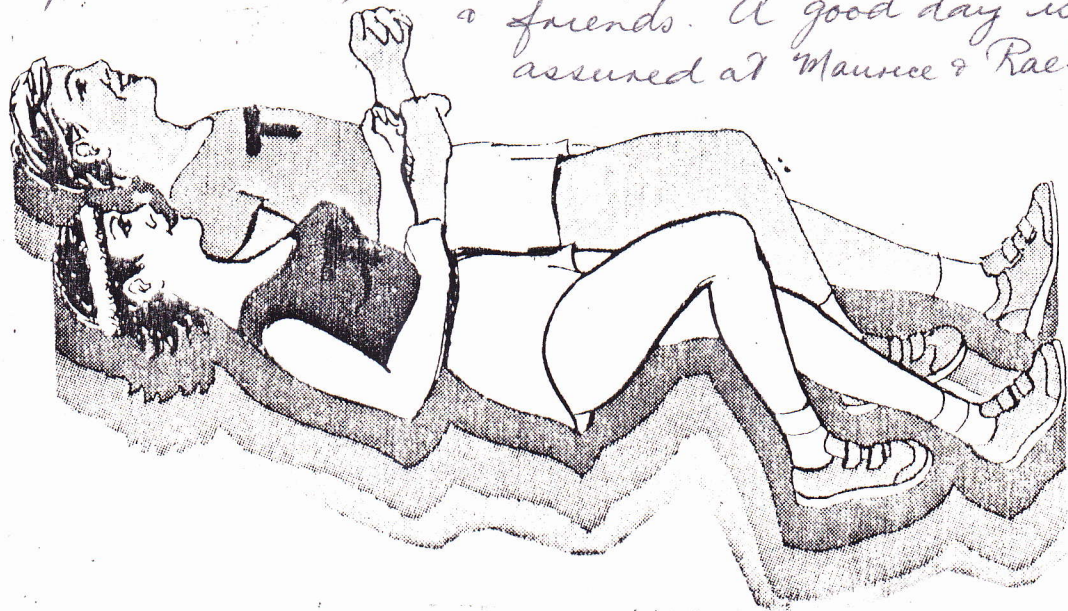
Coming Events:

T on roadside

- * 25/3 SUNDAY 11.00a.m. Maurice Marshall's Purvis Rd, Tanjil South.
- 26/3 Thursday 5.45p.m. 5 mile race corner Hickox/Rose Ave.
- 31/3 Saturday 10.00a.m. 8k Moe Fun Run (late entries - additional \$1)
- 1/4 Sunday 9.30a.m. 12 mile race - Thomson Rd/Hazelwood Nth at Geoff & Anne Wilson's place.
- 5/4 Thursday 5.45p.m. 5k race from the clubrooms.
- 8/4 Sunday 11.00a.m. Training run, B.B.Q Cherry Truscott's place Tyers/Wirilda Park.
- 12/4 Thursday 5.30p.m. 10k race Pines/Blacks lane.

All events will be starting promptly at the above mentioned times - Don't be Late.

* Go via Tyers, through Yallowan Nth. Traffic free run - several distances and speed to suit you. Bring your bathers, lunch (BBQ) salad, wife, husband children & friends. A good day is assured at Maurice & Rae's place.



Traralgon Harriers Omnia Abiecta Faecet

29/3/84

NEWSLETTER 12/84

Club membership/registration fees are overdue. 27 people have paid their membership fee for the 1984/85 year - BUT - 23 unfinancial people ran last Thursday night. Membership fees should be paid to the Registrar - Julie Duffell - don't wait to be asked.

Next week is the Annual General Meeting - 8.00 pm. Thursday, April 5th at the clubrooms. Election of all office-bearers and committees (social, competition, promotion) will take place. Please bring a plate and make the administration of the club a social occasion.

A Traralgon Marathon committee meeting is scheduled for 12th April - 8.00 pm. at the clubrooms.

If you have photographs (and/or negs) of runners in any of the recent Traralgon Marathon races ('79 - '83) - please contact Ian Bray. It is proposed to use suitable photographs as part of the promotion of the 1984 Traralgon Marathon.

RESULTS: 2 mile Clarkes/Hazelwood Rd. to Rose Ave. 22/3

1. David Laws	9.23	20. Bruce Stephenson	12.08
2. Ian Cornthwaite	9.36	21. Gary Ladson	12.22
3. Wayne Kelb	9.55	22. Heather McKinnon	12.23
4. Geoff Wilson	9.56	23. Cherry Truscott	12.36
5. Matt Alexander	10.20	24. Julie Giedrojc	12.43
6. Jim Timmer-Arends	10.25	25. Julie Duffell	12.46
7. Craig Beeching	10.31	26. Peter McCulloch	13.04
8. Bruce Chessman	10.45	27. Margot Busch	13.06
9. Linda Thompson	10.46	28. Kevin Love	13.16
10. Laurie Edmonstone	10.49	29. Dean Poke	13.27
11. Ian Bray	10.58	30. Rod Buckley	13.39
12. Geogann Peterson	11.00	31. Penny Andrews	14.01
13. Dave Robinson	11.08	32. Glen Drummond	14.16
14. Mick Flahavin	11.11	33. Kelly Burkinshaw	15.41
15. Gerhard Giedrojc	11.12	34. Lyall McEwin	15.44
16. David Oliver	11.17	35. Jane McLachlan	16.22
17. John Mitchell	11.25	36. Christine Mele	16.55
18. Richard Jeffrey	11.57	37. Lisa Cowper	16.55
19. Justin Stephenson	12.01	38. Danny Thompson	19.27

TRARALGON MARATHON, Sunday, 10 June, 12 noon. Queen's Birthday weekend in Victoria. As the oldest marathon organised by a single club in Australia, this marathon has a solid reputation and some impressive records behind it. First held in 1968. The historic race record was set in 1970 by Derek Clayton in a time of 2:13:39. In 1982 the course changed from the original Traralgon High School start to Koronnella and back, to the new start at Tyers Recreational Reserve. A flat out and back course passing through the small township of Glengarry before the turnaround at Toongabbie. Possible headwinds for about 10km on the return journey. Usually mild conditions, with temperatures between eight and 15 degrees for this afternoon event. Box Hill's David Potts hold the new course record of 2:30:28 with Linda Thompson the women's record holder at 3:09:36. Time splits at 1km, 1 mile and regular intervals after that. Runners times are recorded at 10, 20 and 30km. Aid stations are every 6km. In 1983 there were 200 starters and 190 finishers. Organised by one of Victoria's strongest distance running clubs, so nothing should be overlooked. Race contact: Sandy Drummond, 18 Fernlea Street, Traralgon, 3844. PH: (051) 74365.

An article from the "Australian Runner"

Traralgon Harriers

Omnia Abiecta Faecei

5/4/84

NEWSLETTER 13/84

Colin Inglis (Club President) reminds us that tonight's Annual General Meeting starts at 8 pm. The proposed agenda is:

Annual Meeting

Apologies

Minutes of 7/4/83

Reports - President, Secretary, Treasurer.

Reports - Competitions, Media, Social Committees.

Election of Office Bearers - President, Secretary, Treasurer, Vice-Presidents (2), Assistant Secretary, Registrar, Handicapper, Club Captain, Committee Convenors and Committee Members (Competitions, Media, Social).

General Meeting

Minutes of 1/3/84

A Traralgon Marathon committee meeting is scheduled for 12/4/84 at 8 pm. at the clubrooms. All interested members are invited to attend.

RESULTS - 8K 29/3/84 4 laps "Mullet"

1. Kevin Love	33.41	20. Geoff Wilson	26.18
2. Penny Andrews	35.09	21. Julie Duffell	37.25
3. Margot Busch	35.53	22. Paul McEwan	26.26
4. Dave Robinson	29.32	23. Cherry Truscott	33.47
5. Craig Beeching	27.15	24. Linda Thompson	28.30
6. Richard Jeffery	29.39	25. Ian Bray	29.34
7. Kelly Burkenshaw	46.37	26. Ian Cornthwaite	25.19
8. Sandy Drummond	29.51	27. Laurie Edmondstone	28.48
9. Dean Poke	36.48	28. Rod Buckley	37.53
10. Mick Flahvin	30.01	29. Wayne Kelb	26.32
11. Anne Wilson	33.12	30. Gary Ladson	34.55
12. Jim Timmer-Arends	27.57	31. Jane McLachlan	48.45
13. Glen Drummond	40.59	32. Tony Cooney	27.05
14. Craig Veneman	32.00	33. Dominic Evans	34.04
15. Mal Sherren	30.10	34. Jan Pearson	34.05
16. David Oliver	30.10	35. Lyal McEwan	43.22
17. Bruce Chessman	29.08	36. Martin McLachlan	35.44
18. John Mitchell	30.26	37. Cheryl Kelb	52.42
18. David Laws	24.18		

RESULTS - 11.7 mile 1/4/84 - Blowfly Road.

1. David Laws	91.28	65.58	10. Craig Veneman	95.45	89.15
2. Craig Beeching	91.37	72.37	11. Kevin Onley	96.16	79.46
3. Jim Timmer-Arends	93.21	75.51	12. Gary Ladson	97.40	97.40
4. Anne Wilson	93.26	87.56	13. Ian Bray	98.26	82.56
5. Geoff Wilson	93.36	72.06	14. Julie Duffell	99.33	97.33
6. Sandy Drummond	93.40	81.40	15. Georgeann Peterson	100.13	88.13
7. Richard Jeffrey	93.51	78.21	16. Bruce Chessman	104.18	88.18
8. Mike Dunstan	94.14	77.44	17. Jan Pearson	111.48	108.18
9. Dave Robinson	95.04	79.04	18. Paul McEwan		77.00

Leading runners in the points competition based on the Sunday races are:-

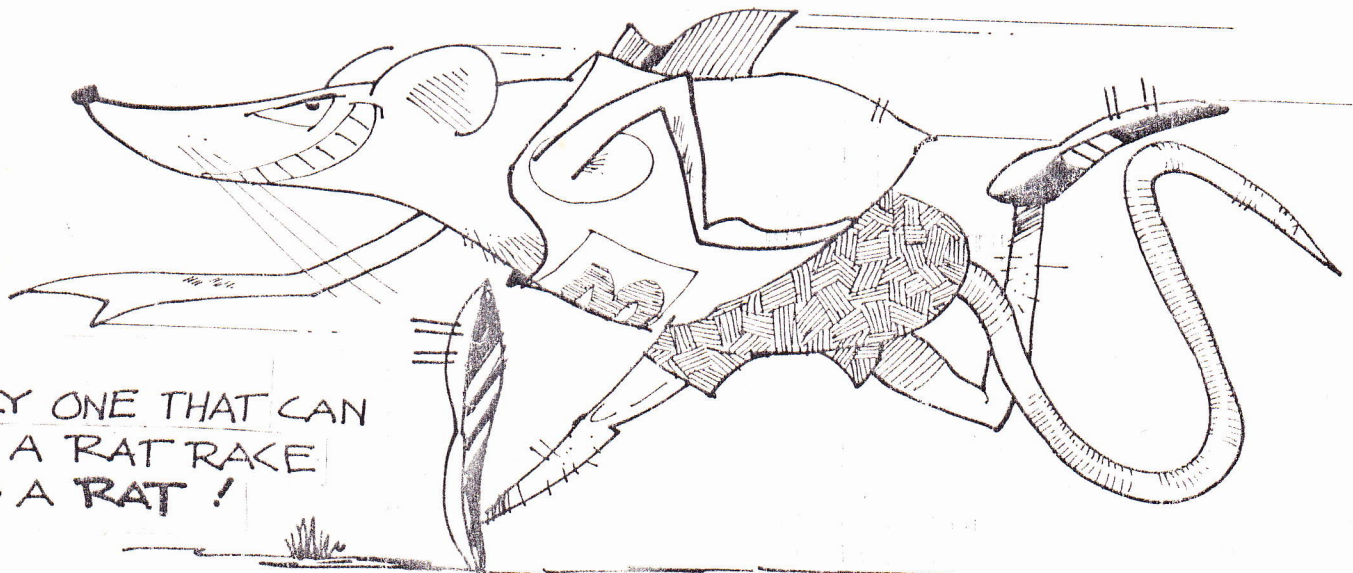
R. Jeffery	20	D. Laws	14
G. Wilson	17	J. Duffell	12
A. Wilson	16	C. Beeching	10
B. Chessman	15	M. Thompson	10

A full listing of this competition is posted on the notice board in the clubrooms.

Coming Events

- Sunday 8/4 Training/Social Run at Cherry Truscott's place - Wirilda Park/Tyers River Gorge, starting at 11.00 am. Directions:- (Approx. 3K from Tyers heading towards Yallourn Nth, cross the Tyers River Bridge and turn right on gravel road, 1K to crest of hill - Cherry's place is on the right).
- Thursday 12/4 10k race, Blacks Lane Pines Course 5.30 pm.
- Sunday 15/4 7 mile and 14 mile Scales Rd. off Gormandale Rd., starting 11.00 am.
- Thursday 19/4 Crn. McNairn Rd. and Melrossa Rd. - 6½K 5.30 pm.

Note: It is suggested that all proposed training runs involving an arrangement of more than two people be advertised through the Newsletter so that all club members have the opportunity to join in. It is understood that no training runs are organised on days of club events.



THE ONLY ONE THAT CAN
WIN IN A RAT RACE
IS A RAT !

12/4/84

Traralgon Harriers Omnia Abiecta Faecel

NEWSLETTER: 14/84

ANNUAL GENERAL MEETING: 5/4/84

Newly elected office bearers:

President:	Colin Inglis	Vice Presidents:	Maurice Marshall Ian Bray
Secretary:	Jim Timmer-Arerands	Ass. Secretary:	Daphne Thompson
Club Captain:	Keith Tomholt		
Treasurer:	Linda Thompson		
Race Committee:	Daphne Thompson (Convener)		
Social Committee:	Margot Busch (Convener)		
Media Committee:	Ian Bray (Convener)		
Handicapper:	David Laws		
Registrar:	Cherry Truscott		
V.A.A. Race Registrar:	Bruce Chessman		
Council Delegates:	Daphne Thompson & Ian Bray		

- * Daphne is now to collect Thursday night race money and Harrier race money.
- * Any people interested in the Race, Social & Media Committees to contact Committee Conveners.

Fay Tomholt is now typing the weekly newsletter and she would appreciate any relevant news to be passed on before Wednesday evenings.

RESULTS: 5 k, 5/4/84

1. K.Love	17:40	14. I.Bray	17:49	27. G.Ladson	20:22
2. G.Dunlop	19:03	15. A.Wilson	19:51	28. I.Gibson	19:59
3. L.McEwan	24:02	16. T.Cooney	16:16	29. J.Giedrojc	21:16
4. R.Jeffery	18:48	17. D.Robinson	17:56	30. J.McLachlen	27:01
5. K.Tomholt	15:52	18. C.Truscott	20:37	31. D.Evans	20:16
6. C.Veneman	18:56	19. K.Burkinshaw	25:10	32. P.Andrews	22:07
7. C.Beeching	16:41	20. G.Geidrojc	18:31	33. G.Drummond	24:12
8. D.Poke	21:32	21. D.Oliver	18:33	34. D.Hamilton	20:55
9. M.Dunstan	16:47	22. B.Chessman	17:34	35. J.Duffell	22:26
10. M.Flahvin	18:08	23. R.Buckley	22:09	36. S.Drummond	18:34
11. G.Wilson	16:04	24. G.Peterson	18:07	37. J.Pearson	21:24
12. D.Laws	15:04	25. J.Mitchell	18:44		
13. J.Timmer-Arerands	16:57	26. C.Mele	27:31		

COMING EVENTS:

Sunday, 15/4: 7 mile and 14 mile Scales Rd; off Gormandale Rd, Starting 11.00 a.m.
 Thursday, 19/4: Cnr. McNairn Rd. and Melrossa Rd. - 6½ k, 5.30 p.m.
 Saturday, 5/5: Ex Sandown - Now Monash Uni Relay. Entries close 19/4.
 Contact Bruce Chessman.
 Sunday, 20/5: Australian & Victorian 25 k Road Championships. Venue to be decided.

- * Everyday at 5.55 a.m. from Richard Jeffery's place (73 Kay St) 20 km run.
- * Any organised training runs to go through Newsletter so all athletes are aware of schedules!
- * Special thanks to the Wilsons for the recent 12 mile race.
- * The four fastest runners from tonights run will be selected for the Monash Uni relays. Please note:- Only those athletes who have paid their membership fee are eligible!

19/4/84

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER: 15/'84

RESULTS:

1. G. Ladson	45:32	13. D. Poke	48:03	26. D. Hamilton	45:45
2. T. Cooney	35:14	14. J. Giedjc	48:39	27. J. Duffell	50:32
3. D. Robinson	38:24	15. G. Giedjc	48:39	28. K. Burkinshaw	60:03
4. G. Peterson	38:47	16. A. Wilson	43:52	29. C. Mele	61:33
5. J. Timmer-Arerands	37:10	17. J. Stephenson	48:37	30. T. Marcus	48:02
6. C. Veneman	40:51	18. K. Tomholt	35:11	31. D. Thomas	49:19
7. S. Drummond	39:14	19. W. Kelb	36:14	32. D. Evans	46:28
8. G. Dunlop	41:41	20. I. Cornthwaite	35:45	33. S. Hahn	64:31
9. B. Chessman	39:11	21. D. Oliver	42:39	34. Sharon Hahn	64:47
10. R. Jeffery	40:10	22. R. Buckley	49:30		
11. L. McEwan	52:40	23. C. Truscott	46:06		
12. G. Wilson	35:28	24. D. Cooney	41:29		
		25. B. Carlin	42:14		

1st Fastest-K. Tomholt, 35:11. 2nd Fastest-T. Cooney, 35:14. 3rd Fastest-G. Wilson, 35:28

RESULTS: Scales Road, 15/4/'84

1/4 Miles

1. I. Cornthwaite	1:21:26	9. G. Wilson	1:31:23
2. W. Kelb	1:27:05	10. J. Duffell	2:01:54
3. C. Veneman	1:48:32	11. B. Ritchie	1:46:39
4. K. Onley	1:38:25	12. G. Peterson	1:44:54
5. R., Jeffery	1:37:42	13. A. Wilson	1:53:35
6. B. Chessman	1:39:48	14. G. Ladson	2:06:29
7. K. Tomholt	1:31:00	15. C. Truscott	2:03:58
8. J. Timmer-Arends	1:38:00	16. L. Edmonstone	1:48:47

7 Miles

1. R. Buckley	62:41
2. D. Oliver	53:16
3. J. Mitchell	53:30
4. D. Cooney	52:09
5. T. Cooney	45:20
6. C. Inglis	52:29
7. I. Bray	52:38

14 Miles - 1st Fastest-I. Cornthwaite, 1:21:26. 2nd Fastest-W. Kelb, 1:27:05.
3rd Fastest-K. Tomholt, 1:31:00.

7 Miles - 1st Fastest-T. Cooney, 45:25. 2nd Fastest-D. Cooney, 52:09. 3rd Fastest-C. Inglis, 52:29.

COMING EVENTS:

Saturday, 5/4/'84 Lat. Uni Relay. 3Mens & 1 Womens team have been entered.

Sunday, 20/5/'84 Mens Aust. & Vic. 25K. Road Championship. Womens 10K. Aust. Road. Champ.
Venue: Albert Park Lake.

Thursday, 26/4/'84 4K. 6 Laps T'gon Sth Rd., & Shakespeare St. Starts 5:30 P.M.

" 3/5/'84 5K. 10 Laps Showgrounds Cycle Track. Starts 5:30 P.M.

Friday 20/4/'84 21 Mile Training run at Koornalla. Starts 8 A.M. See R. Jeffery for details.

* PLEASE NOTE THAT STARTING TIME FOR THURSDAY NIGHT RUNS IS 5:30 P.M. SHARP!

* ALL RUNNERS PLEASE PAY PARTICULAR ATTENTION TO THEIR NIGHT ATTIRE WHEN TRAINING OR RACING AT NIGHT. IE: WEAR LIGHT COLOURED CLOTHING!

* Training every day at 5:55 A.M. from R. Jeffery's place (73 Kay St.,) 20 K. & every Sat., at 5 P.M.

* Runners interested in competing at Albert Park Lake for the 25K. or 10K. Rd. Championship contact B. Chessman.

At the moment the Harriers is quite a strong club. We should show this strength by racing as often as possible in V.A.A. events. We certainly have the talent available, so let's show people what the Harriers can do.

Traralgon Harriers

Omnia Abiecta Faecel

NEWSLETTER: 26/4/'84

RESULTS: 6½ K, McNairn Road & Melrossa Road, 19/4/'84.

1. S. Hahn	33:29	16. D. Robinson	24:19
2. K. Burkinshaw	33:33	17. J. Duffell	28:22
3. D. Cooney	26:56	18. R. Buckley	29:25
4. B. Carlin	26:59	19. G. Wilson	22:01
5. A. Marcus	38:00	20. A Wilson	26:55
6. H. Langengberg	26:20	21. I. Cornthwaite	21:11
7. C. Veneman	24:50	22. C. Truscott	27:47
8. G. Ladson	26:50	23. Sharon Hahn	36:54
9. D. Laws	20:22	24. D. Oliver	25:28
10. I. Bray	23:53	25. K. Tomholt	21:43
11. G. Peterson	23:54	26. G. Giedroijc	25:16
12. B. Chessman	23:32	27. M. Alexander	22:11
13. T. Cooney	21:33	28. J. McLachlan	38:28
14. J. Timmer - Arends	22:59	29. L. Thompson	26:31
15. D. Poke	28:19	30. P Andrews	30:01

1st Fastest - D. Laws, 20:22. 2nd Fastest - I. Cornthwaite, 21:11. 3rd Fastest - T. Cooney, 21:33.

- * Runners are asked to make sure that they receive a numbered ticket as they pass the finish line and when they have recovered, please present to the recorder!
- * Bring a friend or workmate along on Thursday night - we still haven't made 50 yet which is our objective!
- * Helpers are URGENTLY required for the Traralgon Marathon (10/6/'84), could all interested people contact Anne Wilson.
- * A working bee will be held soon to build shelves in the storage shed and check all equipment in preparation for the Marathon. Contact J. Timmer - Arends for details.
- * The 5 K. race on 3/5/'84 will be used to determine the 2nd and 3rd teams to race in the Latrobe uni Relays. The 1st team of D. Laws, K. Tomholt, W. Kelb and I. Cornthwaite will race in E grade and the two other teams will race in F grade.

COMING EVENTS:

Sunday,	29/4/'84	Stawell Marathon, Hall's Gap.
Thursday,	3/5/'84	Showgrounds Cycle track, 5 K. 10 laps, <u>starts 5:30 p.m.</u>
Saturday,	5/5/'84	Latrobe Uni Relays.
Sunday,	6/5/'84	<u>Race</u> , 20 K. Cherry Truscott's place, Tyres. Starts 9:30 a.m. Barbeque afterwards.
Thursday,	10/5/'84	Kay St., opposite Swimming Pool. 5 K. 6 Laps. <u>Starts 5:30 p.m.</u>
Thursday,	17/5/'84	Cross's Road lap course. 4 Miles, 4 laps. Starts <u>5:30 p.m.</u>

Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER: 16/184

RESULTS: (5 k, 6 Laps Kay Street) 10/5/84

1.	S. Hahn	26:28	15.	B. Chessman	19:05
2.	B. Stevenson	20:39	16.	Lyle McEwan	24:36
3.	D. Cooney	18:39	17.	Paul McEwan	18:07
4.	B. Carlin	20:11	18.	D. Robinson	19:22
5.	C. Beeching	18:45	19.	Sharon Hahn	31:23
6.	B. Inglis	17:46	20.	J. Timmer-Arends	18:24
7.	C. Veneman	19:48	21.	G. Dunlop	20:51
8.	T. Cooney	17:21	22.	J. Giedrouc	23:08
9.	S. Drummond	19:53	23.	J. McLachlan	31:59
10.	M. Dunstan	18:54	24.	D. Brett	20:04
11.	R. Needham	19:01	25.	I. Bray	20:05
12.	G. Drummond	24:32	26.	I. Cornthwaite	17:30
13.	G. Wilson	18:03	27.	G. Simpson	26:40
14.	D. Laws	16:34	28.	D. Hahn	35:43

FASTEST TIMES:

1st	D. Laws	16:34
2nd	T. Cooney	17:21
3rd	I. Cornthwaite	17:30

There are no weekend race results due to the fact that no-one could be troubled to get them to Fay.

COMING EVENTS:

- 20/5/84 Social Run Boolarra South
From Boolarra, follow Foster Road (Penaluna Street) to Boolarra South Reserve. B.B.Q. 11.00 a.m.
- 21/5/84 V.M.C. Marathon Crib Point
Training & Social Run Kornalla, 15 + 21 miles
Starts 9.30 a.m. 5 mile run start 11.00 a.m. B.B.Q.
- 2/6/84 Vic. Cross Country Championship
Warragul Lardner Park. 8 k Men & Women
- 24/5/84 6a Rose Ave, Mullett extension, Hobson Park
2 laps, 7 k, 5.30 sharp!

Note: Please wear light coloured clothing when running or racing in the dark.

Ps. ALL PEOPLE INTERESTED IN THE TABLE
TENNIS NIGHT (22/5 TUES) Please give your
names to Dave Robinson tonight. The more
the merrier.

Traralgon Harriers Omnia Abiecta Faeciei

NEWSLETTER: . 17/'84

RESULTS:

1. A. Marcus	18:43	15. D. Laws	13:44
2. G. Drummond	20:19	16. Sharon Hahn	21:35
3. L. McEwan	20:26	17. D. Cooney	16:24
4. B. Stephenson	17:41	18. S. Hahn	24:13
5. P. Andrews	19:07	19. K. Burkinshaw	22:27
6. J. Duffell	19:09	20. J. McLachlan	24:19
7. J. Timmer - Arends	15:28	21. I. Cornthwaite	14:36
8. R. Buckley	19:31	22. J. Geidroijs	19:29
9. G. Geidroijs	16:32	23. K. Tomholt	14:17
10. D. Robinson	15:57	24. G. Wilson	15:21
11. S Drummond	16:38	25. M. Dunstan	16:01
12. J. Stephenson	17:55	26. T. Cooney	14:45
13. C. Veneman	16:52	27. B. Carlin	17:20
14. M. Busch	20:01	28. R. Jeffery	18:20

1st Fastest - D. Laws, 13:44. 2nd Fastest - K. Tomholt, 14:17. 3rd Fastest - I. Cornthwaite, 14:36.

STAWELL MARATHON RESULTS:

Congratulations to I. Cornthwaite for winning the Marathon in a P.B. of 2:26:49. Wayne Kelb also ran a P.B. of 2:35:43 coming home 6th. Richard Jeffery was the 3rd member of the Harriers in a good time of 2:56:33, giving the team second place behind Malvern Harriers with Sth. Melbourne third.

* Helpers are URGENTLY needed for the T'gon Marathon (10/6/'84), could all interested people contact Anne Wilson.

* A working bee will be held soon to build shelves in the storage shed and check all equipment in preparation for the marathon. Contact J. Timmer - Arends for details.

* The 5 K race on 3/5/'84 will be used to determine the 2nd & 3rd teams to race in the Latrobe Uni relays. the 1st team of D. Laws, K. Tomholt, T. Cooney and I. Cornthwaite will race in "E" Grade and the two other teams will race in "F" Grade.

* Training every day at 5:55A.M. from R. Jeffery's place (73 Kay St.,) 20 K.

COMING EVENTS:

Saturday, 5/5/'84 Latrobe Uni Relays.
 Sunday, 6/5/'84 Race. 20 K. Cherry Truscott's place, Tyres, starts 9:30 a.m.
 Thursday, 10/5/'84 Kay St. opposite swimming pool. 5 K, 6 laps. Starts 5:30 p.m.
 Thursday, 17/5/'84 Cross's Rd. lap course. 4 miles, 4 laps. Starts 5:30 p.m.
 Thursday, 24/5/'84 6A Rose Avenue - Mullet ext., Hobson Park. 2 Laps, 7 K. Starts "

P.S. FROM SOCIAL COMMITTEE. TABLE TENNIS NIGHT.
 ON TUESDAY 22-5-84 AT 7PM (TABLE TENNIS STADIUM)
 TAKE A PLATE \$15 for HALL HIRE TRARALGON
 See D. ROBINSON for Details.

Dragon Runners

Omnia Abiecto ei

NEWSLETTER: 18/'84

RESULTS: 5 K. Showgrounds, 3/5/'84

1. D. Laws	15:17	14. L. Edmonstone	17:59	27. M. Marshall	20:46
2. I. Cornthwaite	15:39	15. I. Bray	18:03	28. J. Stephenson	21:09
3. T. Cooney	16:18	16. R. Needham	18:07	29. R. Buckley	21:26
4. G. Wilson	16:46	17. C. Veneman	18:43	30. J. Geidroijs	21:29
5. J. Timmer - Arends	16:48	18. G. Geidroijs	18:48	31. D. Poke	22:29
6. W. Kelb	16:50	19. S Drummond	18:50	32. T. O'Brien	22:37
7. M. Alexander	17:30	20. D Oliver	19:04	33. J. McLachlan	9 lap
8. M. Dunstan	17:41	21. G. Dunlop	19:10	34. G. Drummond	23:31
9. C. Beeching	17:42	22. R. Jeffery	19:14	35. F. Tomholt	23:48
10. M. Thompson	17:43	23. B. Carlin	19:17	36. R. Bethune	25:49
11. D. Cooney	17:44	24. B. Stephenson	19:57	37. S. Hahn	26:28
12. D. Robinson	17:45	25. A. Marcus	20:15	38. C. Mele	6 lap
13. B. Chessman	17:49	26. C. Truscott	20:28	39. Sharon Hahn	"
				40. D. Hahn	4 lap

1st Fastest - D. Laws, 15:17. 2nd Fastest - I. Cornthwaite, 15:39. 3rd Fastest - T. Cooney, 16:18.

RESULTS: Latrobe Uni Relays, 5/5/'84

" D " Grade:	D. Laws	9:44	9:54	19:38
	T. Cooney	10:27	10:27	20:54
	K. Tomholt	9:54	10:59	20:53
	I. Cornthwaite	9:55	9:54	19:49
" E " Grade	J. Timmer - Arends	10:47	11:09	21:56
	S. Drummond	11:52	12:33	24:25
	B. Chessman	10:57	11:46	22:43
	R. Collins	10:04	10:20	20:24

RESULTS: 20 K. C. Truscott's place, Tyres, 6/5/'84

1. R. Needham	1:26:29	10. J Duffell	1:44:16	19. K. Onley	1:27:43
2. I. Cornthwaite	1:12:43	11. C. Veneman	1:32:45	20. B. Chessman	1:30:34
3. M. Thompson	1:25:40	12. D. Laws	1:14:27	21. J. Geidroijs	1:51:07
4. C. Truscott	1:43:11	13. C. Inglis	1:31:22	22. M. Dunstan	1:31:31
5. C. Beeching	1:27:20	14. D. Robinson	1:28:12	23. I. Bray	1:33:14
6. K. Tomholt	1:18:57	15. G. Wilson	1:22:16	24. A. Wilson	1:46:53
7. G. Geidroijs	1:32:01	16. J. Mitchell	1:35:55	25. I. Needham	1:48:50
8. J. Timmer-Arends	1:23:36	17. S. Drummond	1:30:47	26. R. Jeffery	1:39:04
9. M. Alexander	1:23:40	18. W. Kelb	1:20:53		
13 K. J. McLachlan	1:44:30				

1st Fastest - I. Cornthwaite, 1:12:43. 2nd Fastest - D. Laws, 1:14:27. 3rd Fastest - K. Tomholt, 1:18:57.

- * Special thanks to Cherry Truscott for inviting everyone to her place for the scenic and " undulating course on Sunday.
- * All those people who have raced more than once on Thursday night are reminded that their registration fees are now due. After all the Harriers do provide service.
- * Don't forget, the social committee has organised a Table Tennis night on Tuesday, 22/5/'84 at 7 p.m. at the Table Tennis Stadium. See D. Robinson for details.
- * Warragul 8 K. Cross Country Championships to be held 2/6/'84 at Lardner Park, for men & women. See B. Chessman for Details.

COMING EVENTS:

Sunday,	13/5/'84	Race. Koornalla - 18 Miles to start at <u>9:30 a.m.</u> , 7 Miles to start at <u>10:30 a.m.</u> BBQ afterwards. BYO.
Thursday,	17/5/'84	Cross's Road lap course, 4 Miles, starts <u>5:30 p.m.</u>
Sunday,	20/5/'84	Aust. & Vic. Mens 25K Road Champ. Women's 10 K, 8 a.m. Start at Sth Melbourne Cricket Ground.
Thursday,	24/5/'84	6 A Rose Ave. - Mullet Extension Hobson Park 7 K, <u>5:30 p.m.</u> start
Thursday,	31/5/'84	Showgrounds perimeter, grassed area, 4 laps 5 K, "

RESULTS: Cross's Road lap course, (4 miles).

RESULTS 17/5/84

1. R. Buckley	27:58	16. G. Wilson	22:19
2. G. Ladson	27:27	17. M. Alexander	22:54
3. G. Giedroijc	24:28	18. B. Carlin	24:47
4. C. Veneman	24:34	19. G. Dunlop	24:56
5. J. Duffell	27:47	20. D. Brett	24:25
6. D. Oliver	24:59	21. G. Drummond	30:32
7. J. Timmer - Arends	22:08	22. I. Bray	24:33
8. K. Tomholt	21:47	23. S. Hahn	37:35
9. M. Dunstan	22:20	24. G. Peterson	24:36
10. D. Laws	20:01	25. B. Chessman	24:09
11. J. McLaclan	38:25	26. Sharon Hahn	31:14
12. D. Robinson	23:29	27. G. Simpson	35:30
13. C. Beeching	22:32	28. A. Wilson	28:40
14. I. Cornthwaite	21:14	29. B. Ford	27:20
15. J. Giedroijc	28:37	30. S. Wright	29:53

1st Fastest - D. Laws, 20:01. 2nd Fastest - I. Cornthwaite, 21:14. 3rd Fastest - K. Tomholt, 21:47.

RESULTS: 25 K. Road Championship, 20/5/'84.

1. D. Laws	1:24:27	4. C. Beeching	1:40:08
2. I. Cornthwaite	1:26:30	5. B. Chessman	1:40:53
3. W. Kelb	1:31:05	6. S. Drummond	1:43:00 ?

WEEKEND POINTS COMPETITION, ROUND 7.

1. M. Alexander	3	13. M. Dunstan	9	25. I. Needham	2	37. G. Thompson
2. C. Beeching	14	14. L. Edmonston	10	26. R. Needham	7	38. Leigh "
3. I. Bray	14	15. G. Giedroijc	8	27. D. Oliver	9	39. Linda "
4. R. Buckley	4	16. J. Giedroijc	5	28. J. Pearson	4	40. M. Thompson
5. B. Chessman	25	17. D. Hamilton	7	29. G. Peterson	4	41. J. Timmer-Arends
6. D. Cooney	1	18. C. Inglis	8	30. L. Rawlings	7	42. F. Tomholt
7. T. Cooney	1	19. R. Jeffery	28	31. B. Ritchie	2	43. K. Tomholt
8. I. Cornthwaite	20	20. W. Kelb	14	32. D. Robinson	9	44. C. Truscott
9. S. Drummond	12	21. G. Ladson	9	33. G. Sim	2	45. C. Veneman
10. G. Duffell	5	22. D. Laws	16	34. B. Stephenson	2	46. A. Wilson
11. J. Duffell	25	23. J. McLaclan	3	35. J. Stephenson	2	47. G. Wilson
12. M. Dundek	5	24. J. Mitchell	10	36. D. Thompson	6	

COMING EVENTS:

SUNDAY,	17/6/'84	Victorian 10 K. Road Championships, (men & women) Venue - Middle Brighton Baths, The Esplanade, <u>10:30 a.m. start.</u>
SUNDAY,	27/5/'84	V.M.C. Marathon, Crib Point. Uniforms to be worn! <u>12 Noon start.</u>
SUNDAY,	27/5/'84	Narre Warren Scenic Stampede. Starts from Civic Centre at <u>9:30 a</u>
SUNDAY,	27/5/'84	Budget Team Trot.
SATURDAY,	2/6/'84	Victorian Cross Country Championships, Warragul. 8 K. Men, 4 K, women & juniors. Venue - Lardner Park, Burnt Store Rd, 8K south of Princes Highway via Lardner's track. <u>2:30 p.m. start.</u>
SUNDAY,	3/6/'84	Training & Social run, Koornalla. 15 & 21 Miles, <u>9:30 a.m. start</u> 5 Miles and other distances to <u>start at 11 a.m.</u> BBQ, BYO.
THURSDAY,	31/5/'84	Showgrounds - perimeter grassed area. 4 Laps, 5 K. <u>5:30 p.m. start</u>
THURSDAY,	7/6/'84	Clubrooms - Shakespeare St., Mullet & return. 5 K. <u>5:30 p.m. start</u>

* MEMBERS WISHING TO JOIN FINANCIAL COMMITTEE PLEASE SEE COLIN INGLIS FOR DETAILS.

* ENTRIES FOR VIC. 10 K. ROAD CHAMP. CLOSE 31/5/'84. ALL INTERESTED PEOPLE SEE B. CHESSMAN

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER: 21/'84

RESULTS: 5 K. Showgrounds, 31/5 '84

1. S. Hahn	25:35	18. C. Marshall	24:59
2. G. Simpson	26:28	19. G. Dunlop	19:36
3. Stephen Hahn	22:23	20. K. Tomholt	16:09
4. G. Drummond	21:53	21. D. Evans	20:40
5. S. Wright	21:10	22. C. Veneman	19:45
6. B. Ford	18:56	23. D. Oliver	20:50
7. D. Thain	20:34	24. D. Hahn	32:51
8. C. Inglis	17:40	25. D. Brett	19:03
9. R. Buckley	20:26	26. S. Drummond	18:35
10. L. McEwan	21:34	27. M. Dunstan	17:52
11. D. Laws	15:38	28. J. Giedrojc	22:00
12. A. Wilson	20:39	29. M. Marshall	20:40
13. G. Wilson	16:42	30. P. Fitzgerald	23:17
14. D. Robinson	17:43	31. D. Poke	22:38
15. I. Cornthwaite	15:49	32. P. Thain	27:17
16. B. Chessman	17:54	33. C. Truscott	DNF.
17. J. Rimmer - Arends	16:56		

1st Fastest: D. Laws 15:38
 2nd Fastest: I. Cornthwaite 15:49
 3rd Fastest: K. Tomholt 16:09

* UNFINANCIAL.

D. Cooney	J. McLachlan	S. Wright
B. Carlin	D. Evans	B. Ford
D. Poke	D. Brett	H. Langenberg
T. O'Brien	G. Simpson	G. Drummond

* WANTED! Plastic spoons for the Marathon. Also, could everyone please donate a cake for the afternoon tea on the day of the Marathon. See Daphne Thompson for details.

* All non - competitors please note that a working bee will be held at the clubrooms at 1 p.m. Saturday 9th June, to take Marathon equipment out to Tyres.

* Post - Marathon B.B.Q. lunch to be held Saturday 16th June, 12 Noon at Margot Busch's place, Jeffery Drive, Tyres. Map to follow more details to follow in next newsletter.

* All interested athletes please note that entries for V.A.A. men's 25 K road race, V.M.C. 25 K & 10 K runs close 7/6/'84. See B. Chessman for details. Venue: Price Reserve, Werribee South, 1:30 p.m. start.

COMING EVENTS:

Sunday,	10/6/'84	Traralgon Marathon. 12 Noon start from Tyres.
Monday,	11/6/'84	Lake Wendoree Relays.
Thursday,	14/6/'84	4 Laps Mullet - 5 Miles. 5:30 p.m. start.
Sunday,	17/6/'84	V.A.A. 10 K, Middle Brighton Municipal Baths, 10:30 a.m. start.
Thursday,	21/6/'84	Clubrooms. Shakespeare St., Mullet & return. 5 K., 5:30 p.m. start.
Thursday,	28/6/'84	Corner McNairn St., & Melrossa Rd. 6½ K., 5:30 p.m. start.

Traralgon Harriers

NEWSLETTER

22/'84

Omnia Abiecta Faeciei

RESULTS: 7/6/'84

1. R. Poppléstone	17:35	16. R. Buckley	20:34
2. G. Ladson	20:33	17. G. Peterson	18:35
3. D. Poke	21:05	18. P. McEwan	16:45
4. G. Dunlop	18:39	19. I. Cornthwaite	16:12
5. C. Truscott	20:44	20. S. Drummond	19:04
6. L. McEwan	20:49	21. G. Simpson	26:51
7. B. Ford	18:22	22. M. Sherrin	19:54
8. M. Dunstan	17:04	23. B. Rutherford	21:35
9. L. Edmonstone	17:54	24. K. Burkinshaw	27:13
10. D. Thain	20:02	25. S. Hahn	26:48
11. A. Marcus	20:05	26. D. Laws	20:50
12. G. Drummond	21:43	27. M. Busch	24:13
13. P. Thain	25:51	28. J. McLachlan	28:37
14. D. Brett	19:02	29. R. Jeffery	21:38
15. D. Robinson	17:44		

1st Fastest, I. Cornthwaite - 16:12. 2nd Fastest, P. McEwan - 16:45
3rd Fastest, M. Dunstan - 17:04.

RESULTS: Traralgon Marathon 10/6/'84.

1st Traralgon Harrier - D. Laws, 2:30:04 (P. B.).

1st Team - Traralgon Harriers, Consisting of D. Laws, B. Inglis, W. Kelb. 1st Woman & Vic. Woman's Country Title - G. Peterson 3:09:16 (her first Marathon). Other Harriers who ran - J. Timmer - Arends, G. Wilson, M. Alexander, T. Cooney, R. Jeffery, S. Drummond, B. Chessman, D. Robinson, G. Dunlop, B. Stephenson, D. Oliver, J. Duffell (1st Marathon), A. Wilson.

* Special thanks to all those who helped on the Marathon to make the event an outstanding show of organisation and P.R. for the club. Many compliments were received from numerous runners. Hope we can do the same next year.

* HELP WANTED! Volanteers to dry out the sponges & squeeze bottles from the Marathon. See G. Duffell for details.

* The Traralgon Harriers would like to congratulate I. Cornthwaite on his P.B. Marathon time of 2:25:22 in the Sydney " Wang " Title.

* All Harriers please note the imminent departure of Rod Buckley, who is leaving us to live in a warmer climate (lucky man!). We hope his new ventures prove successful and also would like to hear that he keeps running in sunny QLD.

* Please note that Thursday night fees are now 50c for members and \$1 for non - members after their 1st club run.

COMING EVENTS:

Saturday,	16/6/'84	Post Marathon BBQ. 12Noon, Lot 5 Jeffery Drive, Tyres. Enquiries, M. Busch, 918435.
Sunday,	17/6/'84	Victorian 10 K. Road Champs.
Sunday,	24/6/'84	Social Relay. Meet at 6A Rose Ave., 11 a.m. BBQ at Clubrooms.
Sunday,	24/6/'84	Vic. Women's 25 K. Road Champs.
Thursday,	21/6/'84	Clubrooms. Shakespeare St., T'gon Sth., Rd., 3 K.
Thursday,	28/6/'84	Corner McNairn Rd., & Melrossa Rd., 6½ K.

Traralgon Harriers Omnia Abiecta Faeciei

NEWSLETTER: 23/'84

RESULTS: 14/6/'84 4:8 K.

1. J. Pearson	21:24	11. L. McEwan	19:58	21. C. Mele	27:
2. D. Thain	18:32	12. C. Veneman	17:30	22. J. McLachlan	27:
3. R. Jeffery	18:46	13. C. Marshall	23:34	23. I. Bray	19:
4. A. Marcus	19:06	14. C. Truscott	20:05	24. G. Peterson	19:
5. R. Buckley	19:17	15. L. Edmonstone	17:07	25. C. Beeching	19:
6. M. Marshall	19:21	16. T. Rose	17:37	26. I. C/thwaite	18:
7. J. Timmer - Arends	15:55	17. D. Cooney	17:16	27. P. Thain	25:
8. G. Wilson	16:00	18. D. Robinson	17:31	28. T. Cooney	23:
9. A. Wilson	19:48	19. M. Sherrin	19:06		
10. R. Needham	16:53	20. G. Drummond	22:04		

1st Fastest: J. Timmer - Arends, 15:55. 2nd Fastest: G. Wilson, 16:00.

3rd Fastest: R. Needham, 16:53.

RESULTS: 21/6/'84 3 K.

1. D. Laws	9:41	13. C. Veneman	11:22	25. A. Wilson	13:
2. P. McEwan	10:12	14. G. Peterson	11:24	26. C. Marshall	13:
3. J. Timmer - Arends	10:20	15. S. Drummond	11:27	27. E. O'Brien	14:
4. G. Wilson	10:25	16. D. Thain	12:06	28. G. Drummond	14:1
5. K. Tomholt	10:32	17. I. Cornthwaite	12:14	29. G. Smithson	16:1
6. M. Dunstan	10:35	18. D. Evans	12:14	30. P. Thain	16:2
7. D. Collins	10:36	19. D. Oliver	12:15	31. Stephen Hahn	17:0
8. T. Cooney	10:47	20. A. Marcus	12:28	32. C. Mele	17:1
9. D. Robinson	10:51	21. T. Rose	12:28	33. J. Duffell	13:2
10. C. Beeching	10:52	22. L. McEwan	12:36	34.	
11. B. Chessman	11:03	23. R. Jeffery	12:41	35.	
12. D. Cooney	11:15	24. C. Truscott	12:53		

1st Fastest: D. Laws, 9:41. 2nd Fastest, P. McEwan, 10:12. 3rd Fastest, J. Timmer - Arends, 10:20.

RESULTS: 24/6/'84 12 Laps of the Mullet Relay. 4 laps each person.

Team 1.		Team 2.		Team 3.	
A. Tomholt	26:27	J. Duffell	34:37	L. Edmonstone	29:0
C. Truscott	33:20	J. Timmer - Arends	26:52	A. Wilson	33:2
G. Dunlop	29:56	D. Robinson	28:02	L. Thompson	29:0

D. Laws ran all 12 laps as his own team and was the outright winner!

* Don't forget the 12 K. Race this Sunday at 11 a.m. Sunday Road, off Mt. Tassie Road. The ANZ Bank runners will be our guests and a BBQ will be held at the Clubrooms afterwards BYO.

* South Melbourne Athletic Club have invited the Harriers to stay to weekend 4 - 5/8/'84 with a social night on Saturday. See J. Timmer - Arends for more information, NOW!

* Duty people to empty urn, turn upside down, wipe benches, tables & sweep floors. Take home & wash tea towels & dish cloths.

* Everyone please remember that Thursday night fees are now 50¢ for members and \$1 for non - members after their 1st run.

COMING EVENTS: Thursday, 5/7/'84 Showgrounds - Cycle track. 4 team relay
 Thursday, 12/7/'84 Showgrounds - Cycle track. 3 K. scratch.
 Thursday, 19/7/'84 From Harold Preston Park. 5 Miles approx.
 Sunday, 8/7/'84 Race. 7 Miles. 11 a.m. start, corners Clarkes Rd. & Sanders' Lane.

Traralgon Harriers Omnia Abiecta Faecet

NEWSLETTER: 24/'84

RESULTS: 23/6/'84. 6.5 K, Melrossa Road.

1. L. McEwan	27:40	15. L. Edmonstone	23:58
2. A. Wilson	27:41	16. C. Beeching	24:10
3. R. Jeffery	26:23	17. P. McEwan	21:54
4. T. Rose	26:24	18. Sharon Hahn	35:22
5. G. Ladson	28:10	19. K. Tomholt	22:04
6. D. Evans	26:48	20. J. Timmer - Arends	22:14
7. G. Dunlop	25:47	21. D. Laws	20:38
8. D. Collins	23:05	22. G. Wilson	22:39
9. L. Thompson	26:12	23. I. Cornthwaite	21:24
10. C. Truscott	29:03	24. S. Hahn	32:39
11. S. Drummond	24:34	25. D. Robinson	35:55
12. J. Luffell	29:20	26. G. Simpson	48:55
13. D. Brett	25:46	27. J. McLachlan	54:15
14. B. Chessman	23:54		

1st Fastest: D. Laws, 20:38. 2nd Fastest: I. Cornthwaite, 21:24.
3rd Fastest: P. McEwan, 21:54.

RESULTS: 12 K, Sunday Road, 1/7/'84.

1. B. Schofield	54:06	13. D. Ingles	53:27
2. C. Truscott	57:29	14. G. Wilson	43:42
3. G. Giedroijc	54:42	15. L. Thompson	50:15
4. J. Duffell	54:47	16. D. Laws	40:24
5. A. Wilson	56:03	17. B. Chessman	48:28
6. T. Rose	52:03	18. S. Drummond	48:30
7. M. Black	47:49	19. J. Timmer - Arends	44:35
8. D. Robinson	46:35	20. P. Little	52:48
9. K. Tomholt	42:42	21. T. Crosby	46:51
10. C. Beeching	46:42	22. I. Cornthwaite	41:02
11. R. Sloane	52:57	23. G. Dunlop	52:26
12. R. Jeffery	50:09		

1st Fastest: D. Laws, 40:24. 2nd Fastest: I. Cornthwaite, 41:02.
3rd Fastest: K. Tomholt, 42:42.

- * Only 4 people have bothered to let Jim Timmer - Arends know of their intention to avail themselves of the Sth, Melbourne Athletic Clubs' invitation on 4 - 5/8/'84, so won't it be nice to have to tell them that the Harriers are not interested?
- * REMEMBER! Tonight's General Meeting includes the usual exciting Marathon Post Mortem. PLUS important discussion towards sound planning of your club's financial future & development - whether or not you have some novel (& preferably legal) fund raising ideas, please attend!
- * WANTED! New blood on the media subcommittee! If you are interested, please see R. Jeffery or Ian Bray.

COMING EVENTS:

Thursday,	12/7/'84	Showgrounds - Cycle track, 3 K. scratch.	5:30 pm.
"	19/7/'84	From Harold Preston Park - 6 K.	5:30 p.m.
"	26/7/'84	Cnr., Shakespeare St., & T'gon Sth. Rd., 4 Miles "	
Sunday,	3/7/'84	RACE. 7 Miles. 11 a.m. start, Cnr, Clarkes' Rd., &	
"	8/7/'84	Sanders' Lane.	
		Vic. 20 K & 10 K Albert Park, 9:a.m. start.	

Traralgon Harriers

Omnia Abiecta Faciei

NEWSLETTER: 24/'84

RESULTS: 5/7/'84 Showground Cycle track, lap team event.

Winning team with 18:6 laps - J. Timmer - Arends, T. Cooney, Stephen Hahn, G. Peterson.

2nd Team with 18:2 laps - I. Cornthwaite, G. Wilson, C. Truscott, J. McLachlan, C. Veneman.

3rd Team with 18 laps - K. Tomholt, A. Marcus, B. Chessman, G. Drummond.

This was a most unusual event aimed at putting abit of fun into the Thursday night runs, and from most areas favourable reports were received. Due to the lack of daylight at present the club is forced to run comparatively short events, hoping that the faster of our members will use these as sharpening up for some weekend races and the rest of us can look forward to actually being able to have a cup of tea afterwards.

RESULTS: V.A.A. Cross Country Relay - Westerfold Park.
5 K legs.

Harriers 2nd in Grade D 2, 10 seconds behind winner.

Team consisting of - S. Drummond, I. Cornthwaite, T. Cooney & W. Kelb.

RESULTS: 7 Mile race. Sunday, 8/7/'84.

1. T. Rose	45:40
2. D. Evans	43:43
3. P. McEwan	38:02
4. G. Wilson	39:11
5. A. Wilson	49:54
6. K. Tomholt	38:27
7. S. Drummond	43:13
8. J. Timmer - Arends	40:06
9. J. Duffell	52:47
10. B. Chessman	43:38
11. G. Peterson)	45:09
12. C. Beeching)	43:09

1st Fastest - P. McEwan, 38:02. 2nd Fastest - K. Tomholt, 38:27.
3rd Fastest - G. Wilson, 39:11.

* Just another reminder about the South Melbourne Athletic Club's invitation on 4 - 5/8/'84. At the moment we only have FOUR members going. We hope to hear from some more Harriers soon. PLEASE, see J. Timmer - Arends for details!

* All runners please take note and wear LIGHT CLOTHING on Thursday nights (& when running at night), those who do not comply will NOT run!

COMING EVENTS: Thursday, 19/7/'84 From Harold Preston Park, 5 Miles.
Thursday, 26/7/'84 Corner Shakespeare St, & T'gon Sth, Rd., 4 Miles.
Thursday, 2/8/'84 Corner Shakespeare St, & McNairn Rd, ^{A.}
Sunday, 15/7/'84 Training run, koornalla - 9:30 a.m. start.
" " VAC Championship (Marathon), Melbourne - 7:30 a.m

Traralgon Harriers

Omnia Abiecta Faciei

NEWSLETTER: 26/'84

RESULTS: 3 K, scratch, Cycle Track - Showgrounds. 12/7/'84.

1. D. Laws (1st.)	8:54	14. D. Evans	11:07
2. K. Tomholt (2nd.)	9:08	15. A. Marcus	11:42
3. I. Cornthwaite (3rd.)	9:13	16. C. Truscott	12:00
4. J. Timmer - Arends	9:31	17. B. Rutherford	12:09
5. T. Cooney	9:32	18. A. Wilson	12:10
6. G. Wilson	9:47	19. E. O'Brien	12:23
7. M. Dunstan	10:05	20. J. Duffell	12:38
8. D. Robinson	10:05	21. G. Drummond	12:57
9. C. Beeching	10:11	22. S. Dundek	13:03
10. I. Bray	10:53	23. M. Busch	13:15
11. T. Rose	10:59	24. S. Hahn	13:51
12. M. Flahavin	11:00	25. J. Fairbairn	15:10
13. D. Brett	11:07		

RESULTS: V.M.C. Marathon Championship 15/7/'84.

G. Laws	2:30:00	(13th)
R. Jeffery	2:51:00	(70th)
S. Drummond	3:20:00	

* Bruce Inglis has also just completed the Bathurst Marathon in 2:47:00

Points Score, Round 9 8/7/'84.

G. Wilson	36
A. Wilson	33
R. Jeffery	31
B. Chessman	31
J. Duffell	31

R. Jeffery has been ousted from 1st position and G. Wilson now sits in the lead. However, A. Wilson may take the lead in the next 2 rounds and the remaining 3 have to take bonus points in these rounds, so it will be very exciting to see who comes out the actual winner of the points score.

YET ANOTHER REMINDER ABOUT THE SOUTH MELBOURNE ATHLETIC CLUB'S INVITATION ON 4/8/'84. WHAT A DISMAL RESPONSE !

* ALL RUNNERS PLEASE WEAR LIGHT CLOTHING ON OUR THURSDAY NIGHT RACES.

COMING EVENTS:

Thursday,	26/7/'84	Corner Shakespeare St, & T'gon South Rd, Bike track to Liddiard Rd, turn right to tip & return. 4 Miles.
Thursday,	2 /8/'84	Corner Shakespeare ST, & McNairn Rd, to Princes Highway (service road), Liddiard Rd, Shakespeare St, to McNairn Rd. 7 K.
Thursday,	9 /8/'84	End of Walsh's Rd, (Black's Lane), down centre, up diagonal.
Saturday,	21/7/'84	Women's 6 K & Mens 16 K Cross Country Champs. Venue - Brimbank Park, Keilor. 1:30 & 2:30 p.m.
Sunday,	22/7/'84	*RACE. 15 K. Clubrooms T'gon Sth. Rd, Mattingley Hill Hazelwood rd, Rose Ave. to Clubrooms. 11 a.m.
Sunday,	29/7/'84	*RACE. 14 Miles at Leroy. 11 a.m. start.

~~.....~~ **Omnia Vincit Fortis**

NEWSLETTER: 27/'84

RESULTS: 19/7/'84 5 Miles from Harold Preston Park.

1. J. Duffell	32:31	12. A. Marcus	29:09
2. G. Ledson	30:05	13. T. Cooney	24:26
3. T. Rose	27:47	14. D. Robinson	26:05
4. C. Truscott	30:28	15. J. Timmer - Arends	24:41
5. M. Flahavin	28:14	16. G. Wilson	24:45
6. S. Drummond	26:51	17. I. Bray	27:59
7. D. Laws	28:44	18. M. Dunstan	25:57
8. R. Jeffery	28:46	19. B. Chessman	27:18
9. L. Edmonstone	25:27	20. L. McEwan	30:54
10. B. Rutherford	31:29	21. I. Cornthwaite	25:17
11. C. Beeching	25:33	22. J. Fairbairn	37:59

1st Fastest - T. Cooney, 24:26
 2nd Fastest - J. Timmer - Arends, 24:41
 3rd Fastest - G. Wilson, 24:45

RESULTS: 22/7/'84 15 K. From Clubrooms.

1. D. Evans	63:23
2. M. Marshall	70:20
3. A. Lawson	64:33
4. G. Ledson	75:07
5. J. Duffell	72:49
6. B. Chessman	65:27
7. K. Tomholt	57:46
8. G. Wilson	58:43
9. D. Laws	58:54
10. A. Wilson	72:49

1st Fastest - K. Tomholt, 57:46
 2nd Fastest - G. Wilson, 58:43
 3rd Fastest - D. Laws, 58:54

- * All runners please remember to wear light coloured clothing on Thursday night races. Those who do not comply will NOT start!
- * Any more names to add to the large list (4) for the Sth Melb. invitation

POINTS SCORE, ROUND 10, 22/7/'84

G. Wilson now takes the lead with 39 points, followed by J. Duffell with 37 points. B. Chessman & A. Wilson are equal third with 36 points, R. Jeffery is in fourth place with 31 points & C. Truscott takes fifth place with 27 points.

COMING EVENTS:

- Thursday, 2/8/'84 7 K, Corner Shakespeare St. & McNairn St. to Princes Highway (service road), Liddiard Rd, Shakespeare St, to McNairn St. 5:30 p.m. start.
- Thursday, 9/8/'84 End of Walsh's Rd. (Black's Lane) down centre, up diagonal. 5 K. 5:30 p.m. start.
- Thursday, 16/8/'84 7 K. Bank St, opposite Golf Course. Pines & H/Bank St
- Saturday, 29/7/'84 *Race. 14 Miles at Leroy. 11 a.m. start. BBQ

Traralgon Harriers

Omnia Abiecta Faciei

NEWSLETTER: 28/'84

RESULTS: 26/7/'84 4 Miles.

1. J. Fairbairn	32:35	10. J. Timmer - Arends	20:39
2. C. Beeching	20:47	11. G. Wilson	20:30
3. P. McEwan	19:56	12. B. Chessman	22:35
4. R. Jeffery	24:02	13. C. Truscott	25:39
5. D. Laws	19:02	14. L. McEwan	26:02
6. T. Rose	24:02	15. B. Rutherford	26:38
7. I. Cornthwaite	19:05	16. G. Simpson	33:02
8. S. Drummond	22:24	17. J. Duffell	Longer run.
9. D. Robinson	21:27		

* The race on Sunday 29/7/'84 turned into a " Mud Run " which was met with colourful adjectives and great joy. Consequently no results are available and another race will be held later this month.

* EVERYONE PLEASE NOTE THAT A GENERAL MEETING WILL BE HELD TONIGHT AT 8 P.M. IN THE CLUBROOMS!

* Anyone interested in the position of Treasurer please let the club know at tonight's meeting. Linda Thompson will no longer be the Treasurer due to her departure for England later this month.

COMING EVENTS:

Sunday,	5/8/'84	Malvern Mini - Marathon.
Saturday,	11/8/'84	12 CC. VAA, Bundoora Park. 2:00P.M. start.
Sunday,	12/8/'84	P.RR 30 K. "Devilbend New Balance " 11 A.M. Moorooduc.
Sunday,	5/8/'84	Social & Training run, 9 Miles Koornalla. 11 A.M. start.
Thursday,	19/8/'84	5 K, End of Walsh's Rd, (Blacks' lane) 5:30 P.M. "
Thursday,	16/8/'84	7 K, Bank St, opposite golf course. Start at blue metal, stock route, pines, Walsh's Rd, Hazelwood Rd, Hazelbank Estate, Bank St.

* A MEETING OF THE RACE COMMITTEE WILL HAVE TO BE ORGANISED AS SOON AS POSSIBLE AS THERE ARE NO MORE THURSDAY NIGHT RUNS LEFT ON THE PROGRAMME.

* ALSO, JUST A REMINDER THAT ALL THOSE WHO ARE RUNNING REGULARLY & WHO ARE NOT MEMBERS SHOULD PAY THEIR FEES NOW!

Traralgon Harriers

Omnia Abiecta Faecei

NEWSLETTER: 30/'84

RESULTS: 4 K. Scratch race, End of Walsh's Road, 9/8/'84

1. D. Laws	12:26	13. I. Bray	15:20
2. R. Collins	13:07	14. A. Marcus	16:15
3. G. Wilson	13:22	15. G. Ladson	16:20
4. C. Beeching	13:23	16. C. Truscott	16:31
5. J. Timmer - Arends	13:58	17. A. Wilson	16:50
6. D. Robinson	14:06	18. R. Jeffery	17:19
7. I. Cornthwaite	13:22	19. T. Rose	17:20
8. M. Flahavin	14:21	20. K. Tomholt	14:48
9. D. Santamaria	14:35	21. J. Duffell	18:18
10. B. Chessman	14:41	22. J. Fairbairn	20:25
11. G. Peterson	15:00	23. M. Ryan	15:45
12. D. Thain	15:17	24. G. Simpson	22:14

1st Fastest - D. Laws, 12:26. 2nd Fastest - R. Collins, 13:07.
3rd Fastest - G. Wilson & I. Cornthwaite, 13:22.

- * NO RESULTS FOR VAA 12 K CC AT BUNDOORA SAT. 11/8/'84 DUE TO THE FACT THAT ONE TEAM MEMBER CHOSE TO LET THE CLUB DOWN DESPITE THE FACT THAT THE TEAM HAD BEEN ENTERED FOR APPROX. 5 WEEKS!
- * IT HAS BEEN BROUGHT TO THE ATTENTION OF THE RACE COMMITTEE AND TIME - KEEPERS THAT A LOT OF RUNNERS ARE NOT WEARING LIGHT CLOTHING WHEN TRAINING IN SEMI - DARKNESS & PARTICULARLY ON THURSDAY NIGHT RACES. SINCE THE CLUB CANNOT STOP THESE PEOPLE PARTICIPATING, IT HAS BEEN DECIDED NOT TO RECORD THEIR TIMES.
- * AT THE LAST GENERAL MEETING B. CHESSMAN WAS ELECTED THE NEW TREASURER. THE MEDIA COMMITTEE ALSO ASK FOR ASSISTANCE. ALL INTERESTED PEOPLE CONTACT I. BRAY OR R. JEFFERY.
- * A VIDEO NGHT WILL BE HELD AT J. TIMMER - ARENDS PLACE (2 Erica Crt.) 6 P.M. TUESDAY 21st AUGUST, SUBJECTS TO BE MEN'S & WOMENS OLYMPIC MARATHON. ALL INTERESTED PEOPLE BRING A CASSEROLE, SALAD, SWEET ETC. BYO DRINKS CONTACT M. BUSCH 918435 OR D. ROBINSON 746360.
- * A SNOW DAY HAS ALSO BEEN ORGANISED FOR SAT. 25/8/'84 AT MT. ST. GWINEAR CAR PARK 10 A.M. CONTACT THE ABOVE MENTIONED.
- * G. WILSON HAS WON THE POINTS SCORE WITH THE FASTEST TIMES BEING AWARDED TO L. THOMPSON, D. LAWS & I. CORNTHWAITE.
- * ALL HARRIERS WISHING TO RUN THE KING OF THE MOUNTAINS 23/9/'84 MUST ENTER BY 16/9/'84. ENTRY FEE \$2 OR \$4 FOR LATE ENTRIES. HELP IS REQUIRED ON THE DAY - INTERESTED PEOPLE TO CONTACT K. TOMHOLT (749146).

COMING EVENTS:

THURSDAY,	23/8/'84	5 K. Bike track, Showgrounds. 5:30 p.m.
THURSDAY,	30/8/'84	6 K, Gormandale & Miniedale Rds, "
THURSDAY,	6/9/'84	6 K, Out & back, old T'gon Sth Rd. "
SATURDAY,	25/8/'84	Vic. 15 K. men's & women's Rd. Champ. Fishermans Bend, 2P.M. start.
SUNDAY,	26/8/'84	Central Highlands Marathon, Ballarat.
SUNDAY,	2/9/'84	13 Miles from Clubrooms.

Tratalgon Hatters

NEWSLETTER: 31/184

RESULTS: 7 K, Bank St. 16/3/184.

1. F. Rose	27:07
2. D. Santamaria	27:09
3. D. Robinson	26:16
4. M. Flahavin	27:23
5. H. Ryan	25:34
6. D. Lewis	22:54
7. G. Wilson	25:00
8. C. Inglis	27:40
9. M. Dunstan	25:56
10. B. Chapman	26:54
11. C. Beeching	26:12
12. J. Fairbairn	37:12
13. B. Rutherford	32:19
14. I. Bray	28:52
15. R. Jeffery	30:06
16. G. Ledson	31:42
17. P. McEwan	26:26
18. A. Marcus	31:07
19. G. Peterson	30:26
20. G. Triggott	33:07
21. P. Rigall	34:20
22. J. Duffell	33:23
23. B. Carlin	31:59
24. M. Boetcher	36:01
25. R. Bethune	41:29

1st Pastest - D. Lewis, 22:54
 2nd Pastest - G. Wilson, 25:00
 3rd Pastest - H. Ryan, 25:34

*AT THE LAST GENERAL MEETING OF THE BUND RAISING COMMITTEE, A MOTION WAS MOVED WITH THE INTENTION THAT THE ABOVE COMMITTEE BE DISSOLVED & THAT ANY FUTURE COMMITTEE BE FOR A SPECIFIC PURPOSE. COPIES OF REPORT MAY BE OBTAINED FROM OFFICE BRANCH ON W. BUSCH.

* THE VIDEO NIGHT AT J. JIMMER - FRIENDS PLACE ON TUESDAY NIGHT WAS QUITE SUCCESSFUL WITH A LARGE NUMBER OF HATTERS IN ATTENDANCE. THE FOOD WAS OBVIOUSLY GUILT FREE AS THERE WERE NO LEFT-OVERS.

* DON'T FORGET THE SNOW DAY THIS SAT. 25/3/184 MEETING AT ST. GWINNBAR GAR PARK, 10 A.M. SEE M. BUSCH OR D. ROBINSON FOR MORE DETAILS.

COMING EVENTS:

THURSDAY	30/3/184	6 K. Gormandale & Milledale Rgs. 5:30 P.M. start
THURSDAY	6/9/184	6 K. Out & back course - Old Lion Stn, Rd. "
THURSDAY	13/9/184	4 M. End of Walsh's Rd. (Black's Lane) "
Sunday	2/9/184	13 M. RAGB. From Clabrooms. 9:30 A.M. start.
Sunday	26/3/184	I.V. 10 Miles, 1 P.M. start. Lyres.
Sunday	16/9/184	G.I.V.G. RUN RUN.
Sunday	16/9/184	Memorial + Marathon. 1 P.M. start.

Traralgon Harriers Omnia Abiecta Faeciei

NEWSLETTER: 32/'84

RESULTS: 23/8/'84 5 K. Snowgrounds.

1. D. Laws	15:28
2. W. Kelb	16:57
3. G. Wilson	16:59
4. M. Dunstan	17:09
5. B. Chesson	17:36
6. P. McQueen	17:42
7. D. Robinson	17:43
8. D. Santamaria	18:15
9. T. Rose	19:13
10. I. Bray	19:21
11. A. Boetcher	20:25
12. B. Rutherford	21:31
13. A. Wilson	21:47
14. J. Duffell	22:25
15. R. Bethune	24:08
16. C. Kelb	30:11

1st Fastest, D. Laws - 15:28. 2nd Fastest, W. Kelb - 16:57. 3rd Fastest, G. Wilson - 16:59.

RESULTS: L.V. 10 Miles, Tyres. 26/8/'84

1. D. Laws	54:27
2. W. Kelb	59:58
3. M. Dunstan	61:29
9. T. Rose	69:36

David Laws' time was a course record by 11 seconds, so congratulations are extended on behalf of the club. Not forgetting our other members who participated in this event to make it an overwhelming Harrier's race (as usual). Please note that the record was previously held by M. Thompson.

*** A NOTE HAS BEEN PLACED ON THE NOTICE BOARD FOR PEOPLE WHO ARE WILLING TO HELP AT THE KING OF THE MOUNTAIN RACE, 23rd SEPTEMBER, 12 NOON. PLEASE PLACE YOUR NAME ON THE LIST IF YOU CAN HELP. ALSO, EVERYONE IS REQUESTED TO BRING A CAKE, OR A PLATE OF SANDWICHES TO THE CLUBROOMS AFTER THE RACE. MANY THANKS. ALL HARRIERS WHO ARE RUNNING MUST ENTER BEFORE 16th SEPTEMBER. ENTRY FORMS AVAILABLE FROM KEITH TOMHOLT.

COMING EVENTS:

THURSDAY,	6/9/'84	6 K, out & back course - old T'gon Sth. Road. 5:30 p.m.
THURSDAY,	13/9/'84	4 Miles, end of Walsh's Road (Black's Lane.) "
THURSDAY,	20/9/'84	5 Miles, 4 laps of the Mullet. "
SUNDAY,	2/9/'84	* <u>Race</u> . 13 Miles from Clubrooms.....9:30 am
SUNDAY,	9/9/'84	Training run from clubrooms. 20 Miles. "
SUNDAY,	16/9/'84	G.I.A.E. FUN RUN & Warragul ½ Marathon.....1 p.m.
SUNDAY,		SUN SUPER RUN.

Traralgon Harriers Omnia Abiecta Faciei

NEWSLETTER: 33/'84

RESULTS: 6 K, Gormandale & miniedale Rds. 30/8/'84.

1. B. Rutherford	
2. R. Bethune	25:26
3. G. Ladson	29:27
4. J. Duffell	25:44
5. I. Bray	26:35
6. A. Wilson	24:21
7. T. Rose	26:19
8. D. Robinson	22:49
9. M. Dunstan	21:51
10. C. Beeching	21:02
11. D. Laws.	21:45
12. G. Wilson	19:09
13. B. Chessman	21:16
14. J. Timmer - Arends	22:26
15. D. Little	24:30
16. M. Flahavin	25:33
	23:04

1st Fastest - D. Laws, 19:09. 2nd Fastest - M. Dunstan, 21:02. 3rd Fastest - G. Wilson, 21:16.

RESULTS: 21 K, Sunday, 2/9/'84

1. M. Ryan	
2. K. Tomholt	83:59
3. W. Kelb	78:06
4. T. Rose	78:16
5. M. Flahavin	88:41
6. G. Peterson	91:26
7. B. Chessman	93:21
8. J. Duffell	93:21
9. A. Wilson	103:40
10. G. Ladson	107:55
	116:15

1st Fastest - K. Tomholt, 78:06. 2nd Fastest - W. Kelb, 78:16. 3rd Fastest - M. Ryan, 83:59.

* A special request from Tom Rose. He left a red/white rugby style Adidas jumper at the Thursday night run 26/7/'84 (4 Mile tip run). If anybody has seen it could they please let Tom know.

* Assistance is still needed for the King of the Mountain Race 23 rd Sept. Don't forget to bring a cake or plate of sandwiches after the race. Also, 16th Sept. is the deadline for entries, otherwise a late entry fee of \$4 will be charged. Entry forms can be obtained from Keith Tomholt.

COMING EVENTS:

THURSDAY,	13/9/'84	4 Miles, End of Walsh's Rd., (Black's Lane) 5:30 p.m.
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., to High School..... 5:30 p.m.
Sunday,	9/9/'84	20 Mile training run from Clubrooms..... 9:30 a.m.
Sunday,	16/9/'84	Warragul 1/2 Marathon..... 1:00 p.m.
Sunday,	16/9/'84	APEX G.I.A.E. Fun Run. Register by 11:30 a.m.
Sunday,	16/9/'84	SUN SUPERRUN..... 9:45 a.m.

DONT FORGET THE MEETING TONIGHT 8:00 PM

Traralgon Harriers Omnia Abiecta Faecei

NEWSLETTER: 47/'84

RESULTS: 2 Laps Cochranes' Lane. 7 K, 6/12/'84.

1.	S. Hunt.....	27:29
2.	B. Smith.....	27:21
3.	G. Ladson.....	33:00
4.	A. Wilson.....	33:15
5.	B. Chessman.....	28:03
6.	C. Truscott.....	38:25
7.	G. Giedroijc.....	38:25
8.	B. Stephenson.....	31:07
9.	R. Smith.....	37:44
10.	R. Gilfilan.....	24:05
11.	W. Kelb.....	25:30
12.	J. Stephenson.....	34:49
13.	S. Reavly.....	33:03
14.	J. Timmer - Arends.....	29:54
15.	A. Stewart.....	30:08
16.	P. Lee.....	28:29
17.	R. Jeffery.....	32:48
18.	D. Coney.....	30:23
19.	P. Morgan.....	31:19
20.	R. Bethune.....	42:08
21.	M. McLachlan.....	36:48
22.	L. DeBruyn.....	46: B
23.	H. Langenberg.....	1 lap
24.	T. Rose.....	1 lap
25.	I. Cornthwaite.....	(.no.time)

1st Fastest: R. Gilfilan 24:05.
 2nd Fastest: W. Kelb 25:30.
 3rd Fastest: B. Smith 27:21.

***Unfortunately the race at Leroy on Sunday was very poorly attended (only four runners turned up), let us hope a mor determined effort will be made at hte next one which is to be held on 20/1/'85.

COMING EVENTS:

Thursday, 20/12/'84 2 Miles from power lines on Clarkes Rd, through Hobson Park along Hyde Park Rd., and into Rose Ave, finishing at no. 6A. Starts at 6 P.M.
 Sunday, 16/12/'84 Training run from Clubrooms..... 9:30 A.M.