



Traralgon Harriers

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Victorian 6 Hour & 50 Km Track Championships 12th November 2011.

This exciting event will be held at the Moe athletics track at Newborough approximately 138km east of Melbourne.

The track has a synthetic surface. Changing rooms and toilet facilities are close to the track. Both championship races will be held together with a single entry fee covering entry into both races. Food will be provided after the event along with refreshments. A 6 hour relay will be held simultaneously consisting of teams of five. All events are conducted by Traralgon Harriers Inc. The entry fee is \$30, which covers entry into both championship races.

*Relay team entry is \$50, all entries close at 1.30pm race day. **Lap scoring:** runners must supply their own lap scorers. A lap scorer **MAY** be provided on the day but not guaranteed. **Billeting:** athletes can be provided with accommodation please notify race director at least a week prior to the event if billeting is required. Start time is 2.00pm sharp through to 8.00pm, runners and relay captains to report in by 1.30pm. Presentations will commence at 8.40pm sharp. Any inquiries, please feel free to contact the race director Greg Semmler at any time on 0400742806 or email*

gregsemmler@hotmail.com



ENTRY FORM :

Individuals

Surname _____ **First name** _____
(Block letters)

Address

Date of Birth / / Age on 12/11/11

Telephone No. _____

E-Mail Address-----

Event Entered:

6 Hour & 50km Championship \$30:00 for both

6 Hour Walk \$30:00

Are you a member of any running clubs Yes/no?

Club-

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

Relay Teams 5 Members per Team.

6-Hour Relay team \$50:00 per team.

Team Category Open.

Mixed (5 members at least two females and
two over 40).

Junior (Under 18) \$30:00.

Name of Relay Team

.....
Team Captain.....

Rules and conditions:

1. I / we, my crew, and fellow team members agree to the race conditions stated and shall obey all instructions from race officials. I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.
2. I / we understand and recognise the difficulties in participating in the event and attest that I am physically fit to compete safely, having trained sufficiently and have not been advised by a qualified medical practitioner not to compete in the event.

I/ we have read the above declaration and agree to abide by all race rules and directions as stated in the declaration.

Signature of entrants (All Relay Team Members to sign where entry is a relay team)

.....
.....
.....
.....

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

Name _____

Signature _____

All entries:

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

Relay team 6-hour records:

Open team: 98.362 km “Team Cheezels” 2009, Greg Semmler, Ian Cornthwaite, Morgan Tucker, Des Paynter and Peter Evans.

Junior Team: 83.189kms “Young Guns”, 2001 (Adrian Masterman-Smith, Jade Masterman-Smith, Jay Masterman-Smith, Matthew Mullens and David Embelton) **Mixed Team:** 82.626kms “Trafalgar” 2001 (Penny Burgess, Neil Burgess, Jacques Coetzee, Elaine Coetzee and James Brown).

Victorian 6-Hour Track Title at Newborough Track:

1996- Ian Cornthwaite 79.499km (Male), Dawn Parris 58.019km (Female):
1997- Kelvin Marshall 73.555km (Male), Linda Meadows 75.958km (Female):
1998- Peter Grixti 61.502km (Male), Dawn Parris 59.817km (Female):
1999- Bruce Salisbury 63.580km (Male), Shirley Young 50.800km (Female):
2000- Kelvin Marshall 67.068km (Male):
2001- Warren Holst 75.769km (Male), Shirley Young 59.304km (Female):
2002- Jevvan McPhee 71.440km (Male), Lee Graham 60.495km (Female):
2003- Roger Maximiw 75.700km (Male), Sandra Howorth 48.989km (Female):
2004- Mal Grimmett 69.902km (Male), Dawn Parry 47.658km (Female):
2005- Mal Grimmett 70.041km (Male), Julie Hooper-Childs 64.421km (Female):
2006- Kelvin Marshall 69.300km (Male), Shirley Young 47.510km (Female):
2007- Mal Grimmett 64.75km (Male), Sarah Drummond 55.24km (Female):
2008- Malcolm Gamble 67.943km (Male), Michelle Thompson 55.323km (Female):
2009- Malcolm Gamble 73:035km (Male), Michelle Thompson 44.292km (Female):
2010- Malcolm Gamble 67.250km (Male), Bernadette Benson 70.406km (Female):

Victorian 50km Track Titles at Newborough Track:

1996- Ian Cornthwaite 3hrs 28:50 (Male), Sandra Timmer-Arends 3hrs 59:13 (Female):
1997- Kelvin Marshall 3hrs 39:33 (Male), Sandra Timmer-Arends 3hrs 38:18 (Female):
1998- Ian Twite 3hrs 41:58 (Male), Sandra Timmer-Arends 3hrs 42:23 (Female):
1999- Kelvin Marshall 3hrs 37:30 (Male), June Petrie 4hrs 16:53 (Female):
2000- Ian Twite 3hrs 51:37 (Male):
2001- John MacKenzie 3hrs 27:01 (Male), Shirley Young 4hrs 55:20 (Female):
2002- Roger Maximiw 3hrs 55:16 (Male), Peta Mullens 4hrs 30:42 (Female):
2003- Roger Maximiw 3hrs 35:20 (Male):
2004- Shannon Barr 3hrs 44:06 (Male):
2005- Mal Grimmett 3:56:14 (Male), Sandra Timmer-Arends 4:06:48 (Female):
2006- David Criniti 3:07:13 (Male) (Australian Record), Sandra Timmer-Arends 4:32:45 (Female):
2007- Ron Schwebel 4:06:14 (Male), Sarah Drummond 5:20 (Female):
2008- John MacKenzie 3:39:47 (Male), Michelle Thompson 5:21:20 (Female):
2009- Ron Schwebel 3:43:59 (Male):
2010- Ian Cornthwaite 3:55:23 (Male), Bernadette Benson 4:12:09 (Female):