



*Thursday's Weekly Newsletter
Volume 42 Issue 26
June 25th 2009.*



Kathryn Ewels Wins Victorian 15k Road race

Pictured right is Kathryn Ewels on Saturday winning the 15k Road Race Ballarat. Interview with Kathryn and more on the 15k road race on page 2 - 4.



"Stop before you run"

- 1. Have you paid your season 2009/2010 registration?**
- 2. "Are you wearing white or reflective clothing"**

We hate to have to stop people from running with us but if individuals continue to ignore the above conditions of participation then we will have to.



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Round 4 - Lake Wendouree, Ballarat 15km Road Race

On Saturday 25 Harriers travelled to Ballarat for round 4 of the XCR 09 series. The race was 15km which included 2 and a bit laps around the dry Lake Wendouree. Our only junior competing for the day Yani Cornthwaite was the first to run in the under 20 women's 5km. She continued her improvement this season with a great time of 22.08. At 2pm the 15km race started with a 3km out/back loop then continued with 2 x 6km laps of the lake. There was a fairly strong wind which seemed to cover about two thirds of the lap so made it very difficult if you weren't running in a pack. In the Mens race invitation runner Ben Ashkettle was outright winner and it was a local affair with Steve Monaggetti first Victorian with fellow Ballarat runners Duer Yoa in 2nd and Nathan Hartigan 3rd. The Harriers first finisher was Peter Evans in 52.41 who narrowly edged out John Makenzie (52.44). Not far behind were Darrel Cross (54.35) and Kathryn Ewels (55.00) who ran together for most of the race. Kathryn moved into 1st place at around the 9km mark of the race overtaking 2nd place Kristy McCarthy and continued on to her first XCR 09 series victory. The other victory for the day was the Men's division 7 team who won their division and with another win already up their sleeve we may see another season premiership by the end of the year. The Women's Division team continued their consistent performances finishing 5th place, and the mens division 2 team also fared well finishing 6th.

Other outstanding results of the day were Nicola Glover (who will also be running the Gold Coast marathon next week) running a PB of 66.14, Liz Kenney on her first 15km race in 73.50, John Jervis with a great time of 78.59 and Morgan Tucker who made his return to AV racing.

All results are below.



Peter Evans finishes the 15km



Ballarat 15km Results:

(placings and team placings not available at time of issue)

| Name | Time | Name | Time |
|------------------|-------|-------------------|-------|
| Peter Evans | 52.41 | Kathryn Ewels | 55.00 |
| John MacKenzie | 52.44 | Melissa Jones | 63.09 |
| Darrel Cross | 54.35 | Nicola Glover | 66.14 |
| Ben Bailey | 58.18 | Sue Elsdon | 70.34 |
| Daniel Rake | 58.36 | Anna Orr | 71.11 |
| Richard Comber | 59.08 | Kim Essex | 73.33 |
| Shane Pettingill | 59.36 | Liz Kenney | 73.50 |
| Morgan Tucker | 60.21 | Kahlee Galea | 77.03 |
| Kaine Ransom | 61.00 | | |
| Greg Semmler | 61.24 | Yani Cornthwaite | 22.08 |
| Matthew Franke | 61.30 | | |
| Ian Cornthwaite | 62.21 | Sam Quirk | 16.48 |
| Ian Twite | 62.30 | Ben Quirk | 17.36 |
| Bruce Salisbury | 72.09 | Tyson Popplestone | 51.47 |
| John Jervis | 78.59 | Steve Quirk | 54.05 |

Interview with Kathryn Ewels

Firstly congratulation on your state title! Is this the first state title that you have won? I have won state title when I was a junior for athletics and cross country and have won several as a senior for orienteering. This is my first for cross country.

How did you rate yourself before the race? Like many of the AV races I knew I was in good form but not sure what I could do. I had more confidence after running a fast time at Sandown. I had been feeling tired in training from competing in 48hr an adventure race over the Queens birthday weekend My goal was to run faster than than the Great Australia Run which I achieved.

How did you find the conditions on race day? It was freezing when we got out of the car but once we actually started running the condition were not that bad. I did make a conscious effort to try and keep warm before the race. There was section courses were windy and made running difficult but overall not as bad as I first thought.

Which part of the race did you find most difficult? The most difficult part of the race was at about the 10km mark. I was running fairly well and had just



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turned into the headwind again and my legs started to hurt quite bad. Darrell Cross caught up to me and could see that I was struggling. Without any word being communicated Darrell slowed a tad and I was able to stick behind him through the winder sections of the course. It was great that he was able to help in such a way. The change of focus from the pain in my legs to concentrating on staying with Darrell let me continue to run fast.

How does this win compare with some of your other titles? Being the first for cross country it makes it very exciting.

What are your plans for the rest of the season? In July I head to the World Games in Taiwan. Then I am back for a short period before I go to the World Orienteering Championships in Hungary then the World Mountain Running Championships in Italy .

For more info on the World Games, visit the website
<http://www.worldgames2009.tw/wg2009/eng/index.php>

World Orienteering champs - www.woc2009.hu/

World Mountain running champs - www.wmrc2009.org



Pictured (left to right): Kathryn Ewels 1st Victorian, outright winner from south Australia Tara Palm and 3rd place Victorian Tali Bird.



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Next race - Coliban Ekiden Relays

Saturday 4th July

Harcourt to Bendigo



The long road relay from Harcourt to Bendigo through spectacular countryside. Legs vary from flat and short to undulating and challenging. Mens division 1 &

2 have teams of 6, all other divisions have teams of 5. Competitors wear the traditional Japanese Tasuki sash which is passed from runner to runner as the relay progresses. Distances are between 5 and 10km.

Please let either Mel or Shane know this Thursday if you can run. There will be a bus going up on the day.

Mel 0439389980 or E-mail melgrel@hotmail.com

Shane 0407843509:

ATHLETICS VICTORIA COUNTRY CONFERENCE

BALLARAT 20th - 21st JUNE 2009

On Saturday after the run Anna Orr and Greg Semmler represented the Traralgon Harriers at the first annual country conference. Each Victorian country club from around the state sent representatives to discuss future development of athletics in country regions. With the Victorian Country Track and Field Championships coming to Gippsland in January 2010 this was a great opportunity for Traralgon Harriers to get to know some of our fellow country clubs. To know more about the conference, just speak to Anna or Greg.

Pictured right are Anna and Greg and Maireke and Cheryl from Gippsland Athletics at the Country Conference in Ballarat.





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Race Report - Clubrooms StGeorge's Rd 5km

Thursday 18th June 2009

53 runners took part in this weeks St Georges Rd 5k course. You could expect runners taking part in this week's race to be slower than usual following the Traralgon Marathon on the weekend. It wouldn't seem so for all.

First across the line was Jesse Lagreca (17:16) followed by Darrel Cross (17:56), Ian Cornthwaite (18:01) and Mark Edgar (18:44).

First female across the line was Sandra Timmer-Arends (21:23) followed by Deb Piercy (21:35), Leanne Keating (21:54) and Rachel Massaro (22:24).

Jesse won the quarter marathon on the weekend and Sandra won the marathon. It looks like they have both recovered well from their races.

In the handicap race Jade Howell (30:45) took out the 100 points, Noel Fenn (26:16) 99 points, Trevor Preston (31:45) 98 and Tahlia Taifer (31:50) got 97 points.

Next week's run is the Tennis Courts course, starting in Franklin St at 5:50. This course tends to be a fast one and with an extra week of recovery we can expect to see some fast times recorded. All welcome.

Lisa Luckie

Race Results St George's Rd 18th June 2009.

| Place | Name | Age Group | Handicap | Running Time | Handicap Time | Series Points |
|-------|-----------------|-----------|----------|--------------|---------------|---------------|
| 1 | Jesse Lagreca | | 00:15:30 | 00:17:16 | 00:32:46 | 93 |
| 2 | Darrel Cross | 40-44 | 00:15:30 | 00:17:56 | 00:33:26 | 74 |
| 3 | Ian Cornthwaite | 45-49 | 00:15:30 | 00:18:01 | 00:33:31 | 70 |
| 4 | Mark Edgar | 25-29 | 00:14:00 | 00:18:44 | 00:32:44 | 94 |
| 5 | Joe Makowski | | 00:14:30 | 00:18:46 | 00:33:16 | 80 |
| 6 | John MacKenzie | 35-39 | 00:16:30 | 00:18:47 | 00:35:17 | 55 |
| 7 | Peter Evans | | 00:16:00 | 00:18:48 | 00:34:48 | 59 |
| 8 | Darren Wilkins | 30-34 | 00:13:30 | 00:19:29 | 00:32:59 | 89 |



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|----|----------------------|-------|----------|----------|----------|----|
| 9 | Ben McLean | 40-44 | 00:13:30 | 00:19:42 | 00:33:12 | 85 |
| 10 | Kevin Piercy | 45-49 | 00:15:00 | 00:19:52 | 00:34:52 | 58 |
| 11 | Steve McLeod | 35-39 | 00:13:30 | 00:19:57 | 00:33:27 | 73 |
| 12 | Sam Frankland | 25-29 | 00:14:30 | 00:19:59 | 00:34:29 | 60 |
| 13 | Neil Griffiths | 40-44 | 00:13:00 | 00:20:16 | 00:33:16 | 81 |
| 14 | Richard Comber | 40-44 | 00:14:30 | 00:20:34 | 00:35:04 | 57 |
| 15 | Biasi Silvestro | | 00:12:00 | 00:20:50 | 00:32:50 | 92 |
| 16 | Jason Mulvogue | 40-44 | 00:12:00 | 00:21:08 | 00:33:08 | 86 |
| 17 | Garry Cross | | 00:12:30 | 00:21:20 | 00:33:50 | 67 |
| 18 | Sandra Timmer-Arends | 45-49 | 00:12:00 | 00:21:23 | 00:33:23 | 78 |
| 19 | Brian Burleigh | 60-64 | 00:12:00 | 00:21:29 | 00:33:29 | 72 |
| 20 | Matthew Mullens | | 00:10:30 | 00:21:33 | 00:32:03 | 96 |
| 21 | Lance Thomas | 50-54 | 00:11:30 | 00:21:34 | 00:33:04 | 87 |
| 22 | Deb Piercy | 45-49 | 00:12:00 | 00:21:35 | 00:33:35 | 69 |
| 23 | Allen Timmer-Arends | 40-44 | 00:12:30 | 00:21:42 | 00:34:12 | 62 |
| 24 | Leanne Keating | 40-44 | 00:11:30 | 00:21:54 | 00:33:24 | 76 |
| 25 | Ryan Incoll | 35-39 | 00:11:00 | 00:21:55 | 00:32:55 | 90 |
| 26 | Russel Northe | 40-44 | 00:11:30 | 00:22:20 | 00:33:50 | 66 |
| 27 | Rachel Massaro | 30-34 | 00:10:30 | 00:22:24 | 00:32:54 | 91 |
| 28 | Michael Beeck | 45-49 | 00:11:30 | 00:22:35 | 00:34:05 | 64 |
| 29 | Max Lane | | 00:13:00 | 00:22:57 | 00:35:57 | 53 |
| 30 | Yani Cornthwaite | | 00:10:00 | 00:22:59 | 00:32:59 | 88 |
| 31 | Sue Elsdon | 45-49 | 00:11:00 | 00:23:00 | 00:34:00 | 65 |
| 32 | Matthew Palm | | 00:12:00 | 00:23:16 | 00:35:16 | 56 |
| 33 | Tanya Whitehead | 35-39 | 00:10:00 | 00:23:20 | 00:33:20 | 79 |
| 34 | Kim Essex | 40-44 | 00:08:00 | 00:24:17 | 00:32:17 | 95 |
| 35 | Bruce Salisbury | 55-59 | 00:11:00 | 00:24:18 | 00:35:18 | 54 |
| 36 | Keith Tomholt | 50-54 | 00:13:30 | 00:24:21 | 00:37:51 | 49 |
| 37 | Penny Lagreca | | 00:09:00 | 00:24:31 | 00:33:31 | 71 |



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|----|----------------|----------|----------|----------|----------|-----|
| 38 | Ashley Lucas | | 00:11:30 | 00:24:34 | 00:36:04 | 51 |
| 39 | Duncan Orr | 25-29 | 00:12:30 | 00:25:00 | 00:37:30 | 50 |
| 40 | Kahlee Galea | Under 20 | 00:10:30 | 00:25:31 | 00:36:01 | 52 |
| 41 | John Jervis | 70-74 | 00:07:30 | 00:25:42 | 00:33:12 | 84 |
| 42 | Simon Maselli | 30-34 | 00:08:00 | 00:26:05 | 00:34:05 | 63 |
| 43 | Noel Fenn | 30-34 | 00:05:00 | 00:26:16 | 00:31:16 | 99 |
| 44 | Trevor Preston | 45-49 | 00:04:30 | 00:27:15 | 00:31:45 | 98 |
| 45 | Ian Heafield | 60-64 | 00:06:00 | 00:27:43 | 00:33:43 | 68 |
| 46 | Lynda Jones | | 00:04:00 | 00:29:14 | 00:33:14 | 83 |
| 47 | Ross Jones | | 00:04:00 | 00:29:15 | 00:33:15 | 82 |
| 48 | Tahlia Taifer | Under 12 | 00:02:30 | 00:29:20 | 00:31:50 | 97 |
| 49 | Simone Gye | 40-44 | 00:04:00 | 00:29:24 | 00:33:24 | 77 |
| 50 | Fay Tomholt | 55-59 | 00:04:00 | 00:29:26 | 00:33:26 | 75 |
| 51 | Madelon Lane | 50-54 | 00:04:30 | 00:29:56 | 00:34:26 | 61 |
| 52 | Anna Orr | 25-29 | 00:11:00 | 00:30:44 | 00:41:44 | 48 |
| 53 | Jade Howell | | 00:00:00 | 00:30:45 | 00:30:45 | 100 |

Winter Championship races and duty rosters:

Each week three members out of our list of about 150 members will be assigned to be on duty that evening. Their responsibilities although not time consuming will help make the club run better and take the work load of the same individuals each week.

Winter Championship races and duty rosters:

- **Important-** Look for any strangers or new runners and make sure they are made to feel welcome. Introduce them to other runners and make sure they are given a handicap and are familiar with the club racing procedures. Make sure they fill out a Club Membership form before running and understand they have two free runs before deciding to join the club.



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They don't have to pay the first night but they must sign a membership form before running. Give them a Club Membership flier to take home and read. All forms are available at the race start with the newsletters.

- **Timekeeping**- Check that there are enough people around to time keep. Usually there are enough spectators around to time keep but check first before deciding whether to run or not.

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Clubroom Maintenance- The one thing that really needs to be done is when on duty make sure you are available to help clean up after everyone has finished their cuppa etc. Wash dishes, clean kitchen and clubroom floors if necessary. (It appears a lot are not doing the clubroom maintenance which includes some cleaning. It has been reported that the toilets are getting very dirty but as this is something that should be shared between us and the umpires at the moment we need to look into it more. During the summer we are definitely responsible for the toilets as well).

It would be good to let the Darrel Cross or the duty race committee member that you are not available to do your duty on that particular night. Darrel Cross 03 51761371.

June 25th 2009 -Tennis Courts 5km Course:

Location: Traralgon Tennis Center Franklin Street Traralgon.

Course Marker- Sandra Timmer-Arends,

Timekeeping and Clubrooms- Mark Edgar, Kev Piercy and Neil Griffiths (Rick Mann)

July 2nd 2009 -St Pauls School 6km Course:

Location: Meet at clubrooms Traralgon West Sports complex cnr of Douglas Parade and Grubb Ave. Run will start and finish in Cross's Road near the intersection with Grubb Ave.

Course Marker- Peter Evans

Timekeeping and Clubrooms- Tina MacKenzie, Bianca Craddock and Karen Graham (Darrel Cross)

Winter Championship races and duty rosters:



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July 9th 2009 - Rangeview Drive 5km Course:

Location: St Gabriels P.S. Rangeview Drive Traralgon.

Course Marker- Richard Comber

Timekeeping and Clubrooms- Steve McLeod, Ryan Incoll and Daniel Hahn (Sandra T/A)

July 16th 2009 Flinders College 6km Course:

Location: Corner of Liddiard Road and Lansdowne Road Traralgon.

Course Marker- Ian Heafield.

Timekeeping and Clubrooms- Simon Maselli, John Jervis and Noel Fenn (Richard Comber)

July 23rd 2009 - Newborough Track 5,000m (12.5 Laps)

Location: Newborough Athletic Track Newborough.

Timekeeping and Clubrooms- Simone Gye, Cheryl Thomas and Sue Elsdon (Ian Heafield)



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Sunday 12th July 2009.

Traralgon Harriers 25km Championships:

Traralgon Harriers 10km Championships:

9:00 A.M Start.

All runners are invited to enter on the day.

The race committee bring you a new and exciting course. Starts at the Mirboo North side of the Boolarra-Mirboo North Rail trail:

Just past the entrance to the football ground before you enter the town you will see a sign rail trail there is plenty of parking and toilets at the start. Like many events especially in NSW which includes Marathons etc these races have been moved of the road to a safer location. Like most races which are moved of public roads I expect theses two runs to boom. The 10km event offers a fast first 5km slightly downhill along the rail trail towards Boolarra and then 5km back uphill. Although the fires have damaged the surrounding forest they are recovering quickly. The fire trail hasn't lost any of its beauty or lovely soft surface to run on. There is no traffic or camber to worry about so the course should be an absolute pleasure to run on. The 25km event is a little more interesting following the rail trail for the first 6km downhill towards Boolarra then turning around and heading back uphill before quickly veering left then right onto a side road. I really enjoyed this concept as a loop course is always better than an out and back course. This part of the course adds a challenge to the event and certainly beats the long flat stretches of boring bitumen road the last course offered. It is physically challenging and will make this race and exciting 4 stage event. You will fly down the first 6km then work the next 6km before enjoying another easy 6km downhill again before again tackling the interesting and challenging return loop to the finish. These are the type of course runners like easy on the feet, safe, close to nature and challenging. If we follow the boom of NSW runners this will be another gem of an event.



Race History

| 25km Championship event. | | |
|---------------------------------|---------------------------------|---------------------------------|
| Year | Male | Female |
| 1997 | Paul Wilson 1:31:37 | Birget Wilson 1:48:00 |
| 1998 | Ian Twite 1:35:08 | Sandra Timmer-Arends |
| 1999 | Bruce Salisbury 1:44:51 | Sandra Timmer-Arends 1:58:25 |
| 2000 | Simon Royal 1:32:47 | No Female Runner. |
| 2001 | John MacKenzie | |
| 2002 | Darrel Cross 1:33:21 | Jodie Healey 1:58:24 |
| 2003 | Steve Quirk 1:35:19 | Sandra Timmer-Arends 1:48:40 |
| 2004 | Nenet Susa 1:34:34 | Ros Nicolson 2:26:43 |
| 2005 | Darrel Cross 1:42:08 | Lee Grham 2:12:18 |
| 2006 | Greg Semmler 1:47:46 | Sandra Timmer-Arends 1:55:22 |
| 2007 | Darrel Cross 1:37:39 | Lynda McRae 1:49:44 |
| 2008 | John MacKenzie 1:35:25 | Sandra Timmer-Arends 2:02:09 |
| 10km Championship event. | | |
| Year | Male | Female |
| 1997 | Brett Franklin 35:41 | Belinda Issell 50:22 |
| 1998 | | |
| 1999 | Luke Yeatman 38:56 | Melissa Jones 49:42 |
| 2000 | Neil Griffiths 38:22 | Sue Huels 49:07 |
| 2001 | | |
| 2002 | Steve Quirk 36:21 | Melissa Jones 41:36 |
| 2003 | Daniel Rake 38:22 | Melissa Jones 44:04 |
| 2004 | Adrian Masterman-Smith 41:59 | Kim Essex 56:21 |
| 2005 | Matthew Mullens 39:07 | Courtney French 47:28 |
| 2006 | Darrel Cross 41:55 | Courtney French 44:11 |
| 2007 | John MacKenzie 36:08 | Karen Tsebelis 46:31 |
| 2008 | Adam Conway 36:42 | Lynda McRae 39:51 |

South Coast Cross-Country Championship Outtrim Recreation Reserve



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Sunday 12th July 2009

12:00 A.M. Start.

Swaggy Wilson 12km and 6km Championships

Sunday 26th July 2009

Fitzgibbons Road Tyres:

For all the race information and entry form details on all these races visit
www.traralgonharriers.org

2009 Race Calender

| | | |
|------------|---|--|
| 7/06/2009 | Australian Mountain Running Championships | www.athsvic.org.au |
| 14/06/2009 | Traralgon 42nd Marathon | roselea@wideband.net.au |
| 20/06/2009 | A.V. Ballarat 15km Road Race | www.athsvic.org.au |
| 4/07/2009 | A.V. Coliban Road Relays | www.athsvic.org.au |
| 5/07/2009 | Gold Coast Marathon | www.goldcoastairport.com.au |
| 12/07/2009 | TRH 25km & 10km Road Championships | Harriers Newsletter. |
| 18/07/2009 | A.V. Bundoora 12km X/C | www.athsvic.org.au |
| 25/07/2009 | Lap of the Lake - Lake Wendouree | www.athsvic.org.au |
| 26/07/2009 | TRH Swaggy Wilson 12km Road Race | Harriers Newsletter. |
| 1/08/2009 | A.V. Geelong 16km X/C | www.athsvic.org.au |
| 8/08/2009 | A.V. Sandown 6km Road Relays | www.athsvic.org.au |
| 16/08/2009 | Keith Huddle Eaglehawk - Bendigo | www.athsvic.org.au |
| 16/08/2009 | Prom Country Challenge | Harriers Newsletter. |
| 29/08/2009 | Australian Cross-Country Championships | www.athsvic.org.au |
| 30/08/2009 | Geoff Watt Half Marathon | www.gippslandathletics.com.au |
| 6/09/2009 | A.V. Burnley Half Marathon | www.athsvic.org.au |
| 13/09/2009 | TRH King & Queen of the Mountain | Harriers Newsletter. |
| 19/09/2009 | A.V. Tan Track Relay | www.athsvic.org.au |
| 29/09/2009 | Traralgon Harriers 10,000m Track Ch | Harriers Newsletter. |
| 11/10/2009 | Melbourne Marathon | www.melbournemarathon.com.au |
| 31/10/2009 | 4- Day | |
| 3/11/2009 | Bright Alpine Four Peaks Climb | |

Please note Ian will be away for 3 weeks so any results or articles for the newsletter please email them to



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melgrel@hotmail.com as I will be doing the newsletter while Twitey is away.

Melissa Jones

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0439389980

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traralgonharriers.org

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after 7:00 P.M

ABN 52 867 093 654



Club Established
October 1968.

Harriers Weekly Newsletter June 25

Individual Honour Roll.

Australian Titles:

- 2000- Melissa Jones under 20
2,000m steeplechase.
- 2002- Peta Mullens under18
female mountain running
- 2002- Derek Evans Special
Olympics Long Jump and Javelin.
- 2003- Roger Maximiw
Australian 100km Champion.
- 2006- Charlotte McShane
under18 female mountain
running Champion.
- 2008- Steven McSahne uder 18
Mountain Running Champion.

Australian Records:

- 1998- Sandra Timmer-Arends
50km Track Record 3:38:18.
- 1999- Sandra Timmer-Arends
Road Record 3:22:23.

Athletic Victoria Individual Winter Champions.

- 2005- Steven Quirk
Men's 45-49 Age Group:
- 2006- Sam Quirk Men's U 14.

Winter Premierships.

- 2000- Men's Division 6.
- 2001- Men's Division 4.
- 2001- Men's Division 7.
- 2002- Men's Division 3.
- 2002- Men's Division 6.
- 2002- Men's Division 7.
- 2005-Women 40+ Age Group:
- 2008- Women's Division 2.



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Club Motto:
"Omnia Abiecta Faciit"