



Traralgon Harriers

Traralgon Harriers Athletic Club Inc

Traralgon Harriers 14th Annual

**Ray and Doris Ellis 16km and 8km Hill
Runs Wirilda Park Sunday 6th August
2017 9:00 A.M.**



**Honouring our oldest Life Member Ray Ellis and
In memory of Doris Ellis pictured above in the
centre**

**Enter on the day at the Wirilda Park Picnic
Ground Tyers from 8:00 A.M**

8km Entry cost \$10:00 Traralgon Harrier Club members and all other A.V. club members. \$15:00 Non-Club members. \$5:00 all juniors under 16
16km Entry cost \$15:00 Traralgon Harrier Club members and all other A.V. club members. \$20:00 Non-Club members.

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FILL IN USING BLOCK LETTERS PLEASE.

SURNAME.....

CALL NAME.....

CIRCLE -GENDER MALE / FEMALE

16km Male Open/ 16km Male Vet 40+

16km Female Open/ Female 16km Vet 40+

8km Male Open/ 8km Male Vet 40+

8km Female Open/ Female 8km Vet 40

DATE OF BIRTH...../...../.....

POSTAL ADDRESS.....

.....POSTCODE..

TELEPHONE HOME.....

Emergency Contact Details

BUSINESS HOURS.....

Name _____

MOBILE.....

Contact Number _____

EMAIL.....

FOR U 18 A SIGNATURE OF GUARDIAN IS REQUIRED

Indemnity

I acknowledge that I have read and understood the above and in consideration of the Traralgon Harriers Athletic Club Inc. accepting my entry. I hereby indemnify the club and its officers from all claims arising out of any act or omission of the club and its officers. This indemnity extends to but is not limited to claims for negligence and/or breach of contract. It extends to but is not limited to participation in training and racing.

Signature:

Date.....

For Under 18

Print name of Guardian _____

Signature:

Date.....

Race History

The Ray and Doris Ellis 16km and 8km Hill Runs were established in 2004 to replace the Mal Hill 16km & 8km runs conducted by the Gippsland Athletics Association. The Gippsland Athletics Association was the governing body over the Yallourn Newborough, Warragul, Morwell and Traralgon Harriers Athletic Clubs. The association ran a number of Local Championship races and it was each clubs responsibility to conduct several of these events each season.

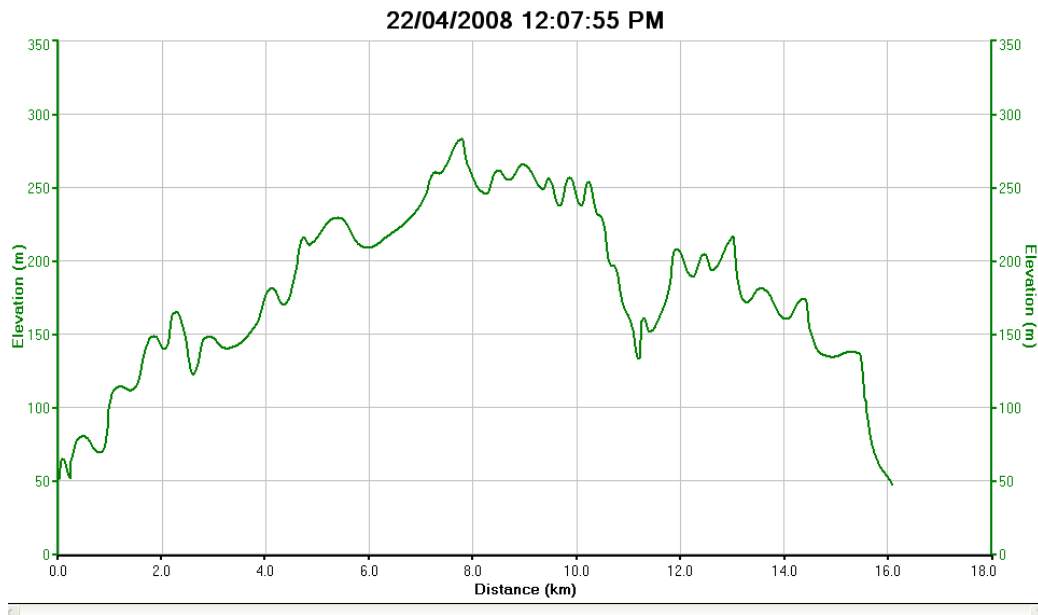
The event was originally just a 16km Road Championship with an 8km support event and was organised by the Morwell Athletic Club.

When Malcolm Hill a young runner with the Morwell Athletic club was tragically killed in a car accident the event was renamed. In 1976 a perpetual trophy for this event was established to carry the memory of this young Athlete. The event ran for 27 years until the Gippsland Athletic Association disbanded. The event was originally run close to the Morwell Township. In 1993 it was changed to the Tyers course in Fitzgibbons Lane. This made it a fairly tough race with a long hill climb included in the 16km. The times ran since 1992 were a lot slower because of this.

Below is a list of the 27 winners of the Mal Hill 16km Championships.

Previous winners 1976- G. Henry TRH 55:47, 1977- J. Duck YN 53:55, 1978- J. Duck YN 51:48, 1979- P. O'Hare WGL 50:50, 1980- G. Kipp MOR 53:33, 1981- K. Green MOR 54:42, 1982- J. Duck YN 51:28, 1983- J. Duck YN 52:01, 1984- K. Green MOR 51:36, 1985- J. Duck YN 51:38, 1986- R. Gilifillan GHY 50:55, 1987- R. Gilifillan GHY 52:04, 1988- R. Gilifillan GHY 53:37, 1989- R. Gilifillan GHY 54:42, 1990- K. Matheson TRH 52:41, 1991- B. Sandrers RAAF 54:10, 1992- J. Duck TRAF 52:57, 1993- M. Tucker TRH 55:42, 1994- I. Cornthwaite TRH 56:36, 1995- I. Twite TRH 60:09, 1996- D. Cross TRH 59:20, 1997- D. Cross TRH 58:15, 1998- I. Twite TRH 60:28, 1999- P. Wilson TRH 55:33, 2000- J. MacKenzie TRH 60:02, 2001- J. MacKenzie TRH 58:10, 2002- Steve Quirk TRH 57:25

In 2004 the Morwell Athletic club amalgamated with the Warragul Athletic club forming the Gippsland Athletic Club. Little interest was shown in continuing this event so Bruce Salisbury from the Traralgon Harriers came to the rescue. He decided to rename the event after two of our oldest life members Ray and Doris Ellis. Because they were a couple tough competitors in their day he decided to find a tougher course than the Mal Hill course and give the race a complete makeover.



Course Profile

The 8km goes halfway up the hill then turns around for a fast 4km downhill finish.

Ray and Doris Ellis 16km Race history

16km Male Winners

2004- Roger Maximiw 1:09:07
 2005- Darrel Cross 1:04:11
 2006- Steve Quirk 1:08:40
 2007- Nenet Suza 1:04:09
 2008- John MacKenzie 1:01:53 (CR)
 2009- Steve McShane 1:07:29
 2010- John MacKenzie 1:03:44
 2011- Nick Schilling 1:05:23
 2012- Nick Schilling 1:10:32
 2013- Nick Schilling 1:07:26
 2014- Ryan Wissmer 1:02:10
 2015- Glen Graham 1:14:20
 2016 - Ian Cornthwaite 1:08:33

16km Female Winners

2004- Kathryn Ewels 1:18:11
 2005- Leanne Keating 1:33:15
 2006- Lauren Isles 1:23:41
 2007- Kathryn Ewels 1:18:14
 2008- Anna Orr 1:25:18
 2009- Charlotte McShane 1:16:24
 2010- Kathryn Ewels 1:11:07
 2011- Kylie Murray 1:10:52
 2012- Kylie Murray 1:11:19
 2013- Kylie Murray 1:08:51 (CR)
 2014- Liz Kenney 1:27:41
 2015 - Molly Irvine 1:15:53
 2016 - Lynda McRae 1:20:48