



Sunday 23RD July 2017

"21st Annual Swaggy

Wilson Memorial 12km

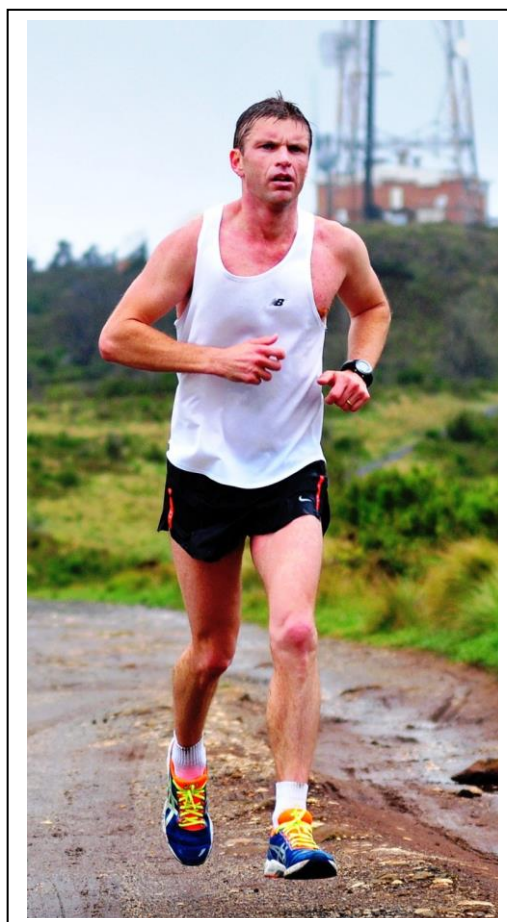
**Road Championship and the
2nd Nick Schilling Memorial 6km**

Road Championship

Maryvale Recreation reserve Henry St Morwell



**In Memory of a
couple great Harriers**



**Enter on the day 12km \$15:00 TRH Members and
\$20:00 non-members. 6km \$10:00 TRH members and
\$15:00 non-members**

Age Groups:

Open Female 12km
Veteran Female 12km 40+
Open Male 12km
Veteran Male 12km 40+
Under 18 Female 6km
Under 18 Male 12km

Open Female 6km
Veteran Female 6km 40+
Open Male 6km
Veteran Male 6km 40+
Under 16 Female 6km
Under 16 Male 6km

(Please Circle one)

.....
FILL IN USING BLOCK LETTERS PLEASE.

SURNAME.....

CALL NAME.....

CIRCLE -GENDER MALE / FEMALE

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

POSTAL ADDRESS.....

.....POSTCODE...

TELEPHONE HOME.....

BUSINESS HOURS.....

MOBILE.....

EMAIL.....

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 U 18 A SIGNATURE OF GUARDIAN IS REQUIRED
SIGNATURE**

Course Details and information

The 6K runners will start from the corner of Henry Street and Holmes Road. The 12K runners will start in Holmes Road opposite the Winifred Street Corner. This is because course is a 6.3K loop. They all start at same time. Entrants will proceed along Holmes Road and turn right into English Street. They will follow English Street and into John Street. At end of John Street they will turn right into Andrew Street. At end of Andrew Street they will turn right into Maryvale Road/McDonald Street. They continue on and turn right into Horsfall Street and left into Grant Street. Upon reaching the corner of Grant and Henry Street 6K people will finish and 12K people will perform another lap until they reach the Grant and Henry Street corner for the second time where they will finish.

Race Conditions:

Championship Medallions will be presented in both Open and Vets 40+ categories where numbers are sufficient. There must be a minimum of five runners in a category for 1st, 2nd and 3rd Medallions to be presented. Where there are 4 runners only 1st and 2nd will be presented and 3 runners only 1st will be presented. Medallions will be presented to juniors regardless of numbers. Junior age group will be under 16 & 18 on the day of race.

"Swaggy Wilson race History"

Year	12km Male Winner	12km Female Winner
1997	Paul Wilson - 40:12	Birget Wilson - 50:21
1998	Michael Lancaster - 42:59	Kylie Fox - 48:08
1999	Michael Lancaster - 43:33	Sandra Timmer-Arends - 44:40
2000	John MacKenzie - 42:30	Corey Harle - 54:29
2001	John MacKenzie - 39:40	Peta Mullens - 52:54
2002	Nenet Susa - 41:04	Penny Burgess - 54:34
2003	Steve Quirk - 42:59	Sandra Timmer-Arends - 49:27
2004	Steve Quirk - 42:07	Penny Burgess - 54:04
2005	Steve Quirk - 42:19	Leanne Keating - 1:02:31
2006	Steve Quirk - 44:23	Sandra Timmer-Arends - 49:41
2007	John MacKenzie - 43:10	Lynda McRae - 48:31
2008	John MacKenzie - 42:01	Delwyn Hewitt - 51:37
2009	Nick Schilling - 44:40	Kathryn Ewels - 51:36
2010	Nick Schilling - 46:06	Kylie Murray - 52:23
2011	Ryan Wissmer - 44:04	Lynda McRae - 53:25
2012	Ryan Wissmer - 39:25	Kylie Murray - 46:55
2013	Flynn Boyle - 45:45	Liz Kenney - 56:07
2014	Nick Schilling - 44:33	Kylie Murray - 47:30
2015	Ian Cornthwaite - 45:34	Karen Graham - 50:57
2016	Bryan Cake - 49:40	Liz Kenney 59:15
Year	6km Male Winner	6km Female Winner
2012	Justin Barnes - 26:16	Chloe Trickett - 31:20
2013	Warren Shileds - 24:39	Kate Mayer - 29:58
2014	Phil Mayer - 28:56	Molly Irvine 25:29
2015	Des Paynter - 22:27	Kathryn Preston 26:14

Nick Schilling 6km Memorial

Year	6km Male Winner	6km Female Winner
2016	Kristian Vallak	Molly Irvine 23:56

Courses: 1997 - 2009 the event was ran from the Harrier clubrooms Traralgon and was an out and back course along the Tyers Road. For safety reason's it was ran from Fitzgibbon's Lane in 2010 and 2011 along the forest trails and hills in that area. Because of the limited facilities there it has since been moved to Morwell and the Maryvale Recreation reserve in 2012 where we have a course that is safe, fast and also has good facilities.