

## **COBURG HARRIERS FUN RUN AND WINTER RESULTS 2004**

### **2004 FUN RUN RESULTS (usually posted no later than 24 hours after event)**

#### Coburg Harriers Fun Run

It was on for young and old at the first Coburg Harriers Fun Run for the year, held last Sunday 18 January 2004. With over forty people braving the sunny conditions, competition was hot.

The course twisted it's way for three kilometres to the turnaround point. From there runners doubled back to the starting line before either finishing for the six kilometre or repeating the circuit for the twelve kilometre event.

Runners in the twelve kilometre event went out hard early and the battle for places was fierce. After the first three kilometre turnaround point, Carl Kennedy was in the lead followed by Jeremy Grey and Carl Nicolaidis. This remained the case until the finish, although a lot of pressure was coming from Darren Smith and Geoff Wheeler.

Nicolaidis made up a lot of ground, as he was late in arriving and missed the start. With the finishing line in sight, he caught up to the race leaders. From there it was a battle for placings. Grey sprinted the last 400 metres and crossed in first place, while the battle between Nicolaidis and Kennedy was close. Nicolaidis crossed the line ahead of Kennedy who had to settle for third.

Julie Hardy was the first female across the line with Debra Nash coming in second.

The winner in the six kilometre event used the race as a training run for the Victorian Country Track & Field Championships. Jason and Nick Shilling travelled from Morwell to take part in what was the ideal preparation for the championships and all at Coburg Harriers wish them luck.

Not far behind the two Schillings was Donny Martin in third place, while the the first three females all finished close together. Coming in first was club favourite Wendy Grace-Williams, with a veteran of Coburg runs in Coral Cara came second and Vivienne O'Donnell third.

The first walker across the line was the popular Shayne Dean, with Coburg Harrier stalwart Ken Carter coming in second.

The next Coburg Harriers Fun Run will be a twelve and six kilometre event on Sunday, 8 February 2004 from 9:00 am with morning tea provided afterwards. Entry is open to the public and at just \$8.00 it is one of the cheapest fun runs in Melbourne.

For more information visit [www.coburgharriers.org.au](http://www.coburgharriers.org.au) or ring the Club President on 03 9465 0898.

**FUN RUN RESULTS**
**DATE: JAN 18 2004**

	NAME	MINUTES	SECONDS	
6 kms	Nick Schilling (from Morwell)	20		36 1st Male
	Jason Schilling (from Morwell)	23		32 2nd Male
	Donny Martin	25		8 3rd Male
	Tony Sacco	26		34
	Shaun Monagle	27		17
	Jay Blake	27		30
	Doug Wheeler	27		50
	Steve Jordan	28		41
	Ken Smith	28		57
	Wendy Grace-Williams	29		15 1st Female
	Coral Cara	30		26 2nd Female
	Adrian Daniels	30		50
	Vivienne O'Donnell	31		49 3rd Female
	Greg Martin	34		2
	Michael Grech	34		47
	Neil Purvis	36		17
	Kathryn Muir	38		4
	Don Hampshire	41		22
	Lou Cara	45		20
Shayne Dean	61		42 1st Walker	
Ken Carter	67		55 2nd Walker	
12km	Jeremy Grey	46		41 1st Male
	Carl Nicolaidis	46		54 2nd Male
	Carl Kennedy	46		55 3rd Male
	Darren Smith	47		56
	Geoff Wheeler	48		42
	Loung Dao	51		0
	Neil Sproat	56		30
	Nick Iliopoulos	56		47
	Gary Blake	57		44
	Kevin O'Laughlin	57		58
	Kevin Horrigan	62		3
	Bruce Ohlenrott	62		3
	Dennis Vance	63		10
	Kevin Fowler	64		17
	Danny Norris	66		29
	Julia Hardy	67		14 1st Female
	Murray Hanna	67		19
	John Beecroft	75		0
	Debra Nash	75		3 2nd Female
	John Zeleznikon	91		32

**FUN RUN RESULTS**

EVENT: Coburg - Feb 8 2004

	NAME	MINUTES	SECONDS
6 kms	Oakey Boydag	20	43 1st Male
	Trevor Marsh	25	0 2nd Male
	Jason Stalker	25	55 3rd Male
	Jay Blake	26	57
	Christian Day	27	23
	Wendy Grace-Williams	28	8 1st Female
	Doug Wheeler	28	49
	Ken Smith	29	28
	David Dodson	29	46
	Daniel Langley	30	27
	Douglas Langley	30	57
	Michael Grech	31	29
	Faye Johnson	32	18 2nd Female
	Greg Martin	33	41
	Ron Hayes	34	11
	Don Hampshire	41	23
	Steve Jordan	45	30 1st Walker
	Kate Bossance	45	41 2nd Walker
	Amy Hennessy	46	12 3rd Walker
	Patrica Vance	50	49 Walker
	Enza Menolascina	58	54 Walker
	Rose Lipari	58	59 Walker
	Toni Liali	59	6 Walker
	Ken Carter	69	12 Walker
12km	Andrew Walters	42	52 1st Male
	Carl Kennedy	46	8 2nd Male
	Darren Smith	50	0 3rd Male
	Colin Mc Burney	52	38
	Gary Blake	57	12
	Pam Martin	57	57 1st Female
	Bruce Ohlenrott	60	40
	Graham Jenkins	61	53
	John Vance	62	7
	Kevin Fowler	68	28
	Debra Nash	81	18 2nd Female

**FUN RUN RESULTS March 7th 2004**

	NAME		MINUTES	SECONDS
6 kms	Nick Schilling		20	19 1st Male
	Jay Blake	Coburg Harrier	25	0 2nd Male
	Warren Burke	Coburg Harrier	25	36 3rd Male
	Ken Roberts		26	39
	Christian Day		26	44
	Nick Iliopoulos	Coburg Harrier	27	38
	Caitlin Buman		28	8 1st Female
	Wendy Grace-Williams		28	35 2nd Female
	Doug Wheeler		29	1
	Ken Smith		29	6
	Mark Kelly	Coburg Harrier	29	20
	Doug Langley		29	41
	Eve Formula		29	52 3rd Female
	Coral Cara		30	47
	John Peacock	Coburg Harrier	30	59
	Neil Johnson		33	37
	Shannon Stewart		34	5
	Ron Hayes		34	50
	Daniel Stewart		38	7
	Amy Hennessy		39	9
	Sheila Meyer		40	32 1st Walker
	Don Hampshire		41	48
	Steve Jordan		45	39 2nd Walker
	Kate Bossence		47	19 3rd Walker
	Rose Lipari		55	55 Walker
	Enza Menolascina		55	55 Walker
	Gerardo Riviello		65	54

12km			
	Paul Beauvais		43 51 1st Male
	Victor Potter		46 57 2nd Male
	Scott Malpass		47 3 3rd Male
	Kevin Marshall		49 26
	Colin McBurney		50 47
	Gary Blake	Coburg Harrier	56 4
	Andrew Talbot		57 18
	Graham Jenkins		58 27
	Gavin Sullivan		60 14
	Jacqui Hawkes		60 15 1st Female
	David Dodson		63 26
	Kevin Horrigan		63 31
	John Manning		63 48
	Michael Grech	Coburg Harrier	68 3
	Wendy Psaila		69 0 2nd Female
	John Beecroft		72 20
	John Zeleznikon		85 19

Coburg Harriers Club  
Merri Creek 6.5 K 27th March 04

Place	Full Name	Actual Time	Actual Min/K's
	1 Kennedy, Carl	24.3	3.36
	2 Dao, Luong	25.42	3.47
	3 King, Rohan	26.55	3.58
	4 Van Dueren, Stacey	27.35	4.03
	5 Pawsey, Brendan	27.36	4.04
	6 Burke, Warren	28.37	4.13
	7 Blake, Jay	29.47	4.23
	8 Blake, Gary	30.02	4.25
	9 Cassidy, Kevin	30.26	4.29
	10 Kelly, Mark	30.37	4.3
	11 Longley, Daniel	33.14	4.53
	12 Owens, Kim	34.17	5.03
	13 Norris, Daniel	34.18	5.03
	14 Longley, Doug	34.58	5.09
	15 Staunton, John	35.55	5.17
	16 Hallett, Len	36.22	5.21
	17 Peacock, John	36.28	5.22
	18 Grech, Michael	36.36	5.23
	19 Moylan, Leigh	37.04	5.27
	20 Canal, Debbie	37.2	5.29
	21 Curtain, Phil	38.58	5.44
	22 Goggin, Bernie	41.08	6.03
	23 Carter, Ken	50	7.21

Club 5.4K Road Handicap

**Greenvale Fun Run**

The Coburg Harriers Athletic Club travelled to Greenvale Reservoir Park last Saturday for what is generally the club's first handicap run of the winter season.

Over twenty club members took part in the 5.4 kilometre, three-lap event, which mostly consisted of two long stretches, an uphill and downhill section.

The winner of the race was Jay Blake, who repeated his 2003 triumph in the event. In fact, his 2004 time for the race was almost four minutes quicker, testimony to his continued improvement over the last twelve months.

New club junior, Daniel Langley, was second, followed by Jay Blake's father, Gary, in third place. Brendan Pawsey, the club's 2003 cross-country champion, was the best of the backmarkers, missing out on third place by just under ten seconds.

**Greenvale 03rd April 04**

Place	Name	Finish Time	Actual Time	Actual Min/K's
	1 Blake, Jay		29.14	20.57 3.53
	2 Langley, Daniel		29.26	24.02 4.27
	3 Blake, Gary		29.56	22.06 4.06
	4 Pawsey, Brendan		30.05	19.17 3.34
	5 Burke, Warren		30.12	21.23 3.58
	6 Staunton, John		30.25	27.16 5.03
	7 Grech, Michael		30.33	26.03 4.49
	8 Canal, Debbie		30.34	26.47 4.58
	9 Van Dueren, Stacey		30.36	20.31 3.48
	10 Langley, Doug		30.5	25.53 4.48
	11 Fettes, Heidi		30.53	23.14 4.18
	12 Kelly, Mark		30.58	23.57 4.26
	13 Goggin, Bernie		31.08	30.14 5.36
	14 Langley, Luke		31.16	23.1 4.17
	15 Owens, Kim		31.21	26.4 4.56
	16 Norris, Daniel		31.21	26.4 4.56
	17 Dao, Luong		31.25	19.43 3.39
	18 Harrap, Chris		32.24	24.29 4.32
	19 Proudfoot, Gordon		33.02	26.01 4.49
	20 Muscat, Mario		33.28	28.31 5.17
	21 Carter, Ken		34.19	34.19 6.21

**AV Cross Country Relays - Werribee Park C. C. Relays 6.2k 24th April 2004**

Div	Order	Name	Time	Min/Km
	Men's Division 5			
	5	1 Dao, Luong	23.03	3.43
	5	2 Pawsey, Brendan	23.11	3.44
	5	3 Erwin, Warrick	22.4	3.39
	5	4 Fettes, Paul	21.51	3.31
		TOTAL	90.45	
	Men's Division 6			
	6.1	1 Burke, Warren	25.19	4.05
	6.1	2 Blake, Gary	26.5	4.2
	6.1	3 Wimphey, Michael	25.07	4.03
	6.1	4 Van Dueren, Phil	25.21	4.05
		TOTAL Min / Sec	102.37	
	Men's Division 7			
	7.1	1 Norris, Daniel	32.12	5.12
	7.1	2 Grech, Michael	35.39	5.45
	7.1	3 Reese, Mohammed	28.35	4.37
	7.1	4 Kelly, Mark	27.3	4.26
		TOTAL Min / Sec	123.56	
	7.2	1 Harrap, Chris	28.43	4.38
	7.2	2 Carter, Ken	41.22	6.4
	7.2	3 Curtain, Phil	33.47	5.27
	7.2	4 Delaney, Brian	29.37	4.47
		TOTAL Min / Sec	133.29	
	Women's Division 3			
	3	1 Van Dueren, Stacey	24.18	3.55
	3	2 Fettes, Heidi	27.25	4.25
	3	3 Brimacombe, Dianne	37.46	6.05
		TOTAL Min / Sec	89.29	
		Also available to run ( Full Dr Marshall Points )		
		Canal, Debbie		
		Goggin, Bernie		
		Staunton, John		
		Time Keeper / Recorder		
		Delaney, Joanne		
		Goggin, Bernie		
		Staunton, John		





#### Club Road Handicap - Yarra Flats 8 K 1st May 04

The third Coburg Harriers club run for the year took place last Saturday in the picturesque Yarra Flats course in Heidelberg. Another great turn out for this challenging handicap race ensured a classic battle and this was to be the case with barely two minutes separating second from tenth.

On a cold, wet and windy day, it was John Staunton who handled the conditions best, winning in a canter with forty seconds to spare on second placed Warren Burke. Best of the back markers, Burke was closely followed by John Peacock who finished third.

Best for the women was Dianne Brimacombe, who was fourth overall. Brimacombe continued her good form from last week when she competed for the Harriers in round one of Athletics Victoria competition. Second for the women and in overall fifth place, was Stacey Van Dueren. With the third toughest handicap of the day, Van Dueren's effort was remarkable, giving up sixteen minutes to the woman in front of her.

The quickest run for the day was Warwick Erwin. Consistently one of the clubs strongest performers in the Athletics Victoria winter season competition, Erwin did not disappoint here by easily breaking through the half hour over the eight kilometres. Second quickest time for the day was Stacey Van Dueren, who ran well under four minutes to the kilometre and the third fastest time was recorded by second place getter Burke.

With three of the top four places filled by those with the most generous handicaps, the handicapper has some work to do before the next race. Thank you to Brian and Joanne Delaney for their assistance as recorders and timekeepers.

Place	Name	Finish Time	Actual Time	Actual K Rate	
1	Staunton, John		48.29	39.09	4.54
2	Burke, Warren		49.1	31.5	3.59
3	Peacock, John		49.35	41.43	5.13
4	Brimacombe, Dianne		50.05	48.05	6.01
5	Van Dueren, Stacey		50.19	31.23	3.55
6	Erwin, Warrick		50.28	29.24	3.41
7	Kelly, Mark		50.35	35.55	4.29
8	Van Dueren, Phil		50.41	33.05	4.08
9	Grech, Michael		51.15	40.35	5.04
10	Harrap, Chris		51.18	37.58	4.45
11	Canal, Debbie		52.01	42.57	5.22
12	Williams, Wendy-Grace		53.12	41.12	5.09
13	Norris, Daniel		53.16	43.56	5.3
14	Fettes, Heidi		53.17	38.05	4.46
15	Blake, Gary		53.3	36.34	4.34
16	Carter, Ken		54.05	54.05	6.46
17	Blake, Jay		57.36	39.2	4.55
18	Reese, Mohammed (late start)		75.17	39.07	4.53



**Time Keeper / Recorder**  
Delaney, Joanne

Delaney, Brian

**Club Cross Country Handicap Fairfield 9.6K / 5k 8th May 04**

Place	Name	Finish Time	Actual Time	Actual K Rate
	1 KING, Rohan		60.4	40.4
	2 FETTES, Paul		61.23	36.38
	3 BURKE, Warren		61.35	41.35
	4 CALAHAN, Chris (Inv)		61.4	44.55
	5 BLAKE, Gary		62.12	45.17
	6 VAN DUEREN, Phil		62.14	42.14
	7 FETTES, Heidi		62.31	45.46
	8 PROUDFOOT, Gordon		63.12	51.32
	9 DAO, Luong		63.12	40.02
	10 KELLY, Mark		63.35	48.45
	11 HARRAP, Chris		63.4	46.55
	12 WILLIAMS, Wendy-Grace		64.01	51.26
	13 NORRIS, Daniel		64.03	53.58
	14 REESE, Mohammed		64.29	52.49
	15 STAUNTON, John		64.29	49.39
	16 PEACOCK, John		64.45	56
	17 GOGGIN, Bernie		65.28	61.48
	18 CARTER, Ken		72.39	72.39
	19 BLAKE, Jay		73.59	53.24
	20 GRECH, Michael		78.28	66.48
	21 COLLYER, Steve		81.55	71.5
	22 VAN DUEREN, Stacey		99.26	78.01
	23 DELANEY, Brian		101.27	87.07
	24 BRIMACOMBE, Dianne		105.45	104.1
	MOYLAN, Leigh 5K	DNF		
	Time Keeper / Recorder			
	Harold Stevens			
	Mal Owen			

**A V Warragul 4K / 8K CC Championship 15th May 04**

AV Place	Full Name	Time	Min/K
Junior 4K	Jay BLAKE	17.37	4.24
	Liegh MOYLAN (Inv)	19.02	4.46
Women Open 6K	Stacey VAN DUEREN	25.06	4.11
	Heidi FETTES	28	4.4
	Debbie CANAL	34.3	5.45
	Diane BRIMACOMBE	40	6.4
Men Open 8K	Paul FETTES	29.18	3.4
	Carl KENNEDY	29.21	3.4
	Jeremy GREY	30.12	3.47
	Brendan PAWSEY	31.35	3.57
	Warrick ERWIN	32.02	4
	Warren BURKE	34.37	4.2
	Michael WHIMPEY	34.39	4.2
	Philip VAN DUEREN	34.46	4.21
	Gary BLAKE	37.17	4.4
	Mark KELLY	38.13	4.47
	Brian DELANEY	39.11	4.54
	Chris HARRAP	39.36	4.57
	Mohammed REESE	40.58	5.07
	John STAUNTON	42	5.15
	Gordon PROUDFOOT	42.37	5.2
	Daniel NORRIS	43.44	5.28
	Michael GRECH	46.28	5.49
	Tony BOWMAN (Inv)	46.32	5.49
	Phil CURTAIN	47.16	5.55
	Bernard GOGGIN	50.51	6.21
	Ken CARTER	53.52	6.44
	Time Keeper / Recorder		
	Joanne DELANEY		

**COBURG HARRIERS FUN RUN RESULTS 16 May 2004 Merri Creek**

	NAME		MINUTES	SECONDS
6 kms	Tony White		22	52 1st Male
	Doug Wheeler		26	28 2nd Male
	Don Baker		26	41 3rd Male
	John Custo		27	6
	Christian Day		27	23
	Ken Smith		28	56
	Steve Jordan		29	17
	Corrado Blanco		30	30
	Daniel Langley		30	43
	Doug Langley		30	44
	Eve Formica		30	49 1st Female
	Anthony Farinacci		31	56
	Cath Bowtell		23	23 2nd Female
	Denise Garner		33	53 3rd Female
	Amy Hennessy		47	17 1st Female Walker
	Mary Kalaitzis		57	42 2nd Female Walker
	Shayne Dean		59	31 3rd Female Walker
Ken Carter		66	44 1st Male Walker	
12km	Long Dao	Coburg Harriers	47	8 1st Male
	Geoff Wheeler		49	24 2nd Male
	Warren Burke	Coburg Harriers	50	13 3rd Male
	Colin Fenwick	Coburg Harriers	54	12
	Nick Iliopoulos	Coburg Harriers	56	17
	Eliose Taylor		57	5 1st Female
	Allan Lee		57	30
	Kevin Horrigan		61	9
	Tony Bowman	Coburg Harriers	65	17
	Pat O'Mealley		66	10
	Simone O'Mealley		66	10 2nd Female
	Cameron Taylor		70	5
	Wendy Psaila		71	10 3rd Female
	Martin Van Run		71	45
	Karryn Bollen		88	16 Walker

**Road Handicap - Collingwood, Coburg and Richmond Harriers. Collingwood 11.2K 22nd May 04**

Overall Place	Coburg Placing	Name	Finish Time	Actual Time	Actual K Rate	
	1	1 BRIMACOMBE, Diane		71.38	68.48	6.08
	2	2 BLAKE, Gary		72.14	49.5	4.26
	4	3 BURKE, Warren		73.07	45.27	4.03
		4 VAN DUEREN, Stacey		73.15	44.55	4
		5 FETTES, Heidi		73.36	50.27	4.3
		6 VAN DUEREN, Philip		73.59	46.19	4.08
		7 GRECH, Michael		74.1	58.2	5.12
		8 ERWIN, Warrick		74.19	42.44	3.48
		9 NORRIS, Daniel		74.44	59.24	5.18
		10 DAO, Luong		75.42	42.51	3.49
		11 STAUNTON, John		75.46	58.02	5.1
		12 CARTER, Ken		75.55	75.55	6.46
		13 PEACOCK, John		76.14	60.54	5.26
		14 CASSIDY, Kevin		76.36	52.2	4.4
		15 GOGGIN, Bernie		76.48	65.38	5.51
		16 BLAKE, Jay		78.13	54.19	4.51
		17 DELANEY, Brian		78.22	55.58	4.59
		18 KELLY, Mark		79.3	56.1	5
		19 COLLYER, Steve		82.54	67.34	6.02

Time Keeper / Recorder  
Charlotte Morgans

**A V Sandown 10K Road Championship 29th May 2004**

<b>AV Place</b>	<b>Full Name</b>	<b>Time</b>	<b>K Rating</b>
Women's 10K			
Div 3	VAN DUEREN, Stacey	39.01	3.54
Div 3	FETTES, Heidi	44.24	4.26
Div 3	CANAL, Debbie	52.45	5.17
Men's 10K			
Div 5	FETTES, Paul	34.53	3.29
Div 5	DAO, Luong	36.31	3.39
Div 5	ERWIN, Warrick	36.57	3.42
Div 5	KING, Rohan	38.54	3.53
Div 6	BURKE, Warren	39.38	3.58
Div 6	VAN DUEREN, Philip	39.46	3.59
Div 6	WHIMPEY, Michael	40.04	4
Div 6	DELANEY, Brian	45.48	4.35
Div 7	HARRAP, Chris	47.3	4.45
Div 7	REESE, Mohammed	48.39	4.52
Div 7	PROUDFOOT, Gordon	48.56	4.54
Div 7	GRECH, Michael	49.09	4.55
Div 7	MOYLAN, Leigh	51.1	5.07
Div 7	NORRIS, Daniel	51.23	5.08
Div 7	CURTAIN, Phil	54.58	5.3
Div 7	GOGGIN, Bernie	57	5.42
Div 7	CARTER, Ken	62.58	6.18
	Time Keeper / Recorder Joanne DELANEY		

**Coburg Harriers Club Barb Dagleish Memorial Club 16k / 8k Road Handicap**

**Heidelberg 12th June 2004**

Place	Dist	Name	Finish Time	Actual Time	Actual Min/K's
1	8	COLLYER, Steve	95.42	40.22	5.03
2	8	MOYLAN, Leigh	101.07	39.31	4.56
3	8	LONGLEY, Luke	101.29	34.25	4.18
4	8	PEACOCK, John	101.4	41.56	5.15
5	8	LONGLEY, Doug	102.03	42.03	5.15
6	8	RYAN, Bill (Inv)	102.2	46.04	5.46
7	8	BRIMACOMBE, Diane	102.58	49.38	6.12
8	8	BOWMAN, Tony	103.03	43.43	5.28
9	8	BLAKE, Gary	103.04	35.04	4.23
10	16	WHIMPEY, Michael	103.48	67.32	4.13
11	8	KELLY, Mark	103.55	37.15	4.39
12	16	PROUDFOOT, Gordon	104.09	82.17	5.09
13	8	HARRAP, Chris	104.3	39.5	4.59
14	16	FETTES, Heidi	104.49	76.01	4.45
15	16	BURKE, Warren	105.22	68.18	4.16
16	8	MUSCAT, Mario	105.24	42.44	5.21
17	8	BLAKE, Jay	105.27	35.27	4.26
18	16	KENNEDY, Carl	105.4	61.53	3.52
19	16	NORRIS, Daniel	106.57	88.49	5.33
20	16	FETTES, Paul	107.2	62.48	3.56
21	16	DAO, Luong	109.41	68.05	4.15
22	16	CANAL, Debbie	110.55	94.55	5.56
23	16	LAFFEY, Nick (Inv)	113.24	84.04	5.15
24	16	GOGGIN, Bernie	114.57	105.53	6.37
25	8	GRIFFITHS, Christine (Inv)	118.56	75.2	9.25
26	16	CARTER, Ken	120	120	7.3
27	16	REESE, Mohammed	124.23	89.27	5.35
28	16	GRECH, Michael	133.18	112.46	7.03
	8	BRAIN Glenyse 8k Walk	76.25		
	8	BEALE, Lorraine 8k Walk	76.25		
	8	ROWBOTHAM, Kate 8k Walk	76.25		
	8	JOHNSTONE, Peter 8k Walk	76.25		
		Time Keeper / Recorder			
		Joanne DELANEY			
		Brian DELANEY			



**Coburg Harriers Club Bluestone Classic 19th June 2004**  
**15K (3k Track, 4k Road & 8k Cross Country) or 7K (3k Track & 4k Road)**

15K Event

Place	Name	Time	K Rating	
	1 Luke Whitmore 1st Male		58.14	3.53
	2 Nick Schilling 2nd Male		60.2	4.01
	3 Paul Fettes 3rd Male		61.49	4.07
	4 Carl Kennedy		62.25	4.1
	5 Kelvin Marshall		67.44	4.31
	6 Warren Burke		68.44	4.35
	7 Chris Boylen		69.23	4.38
	8 Stacey Van Dueren 1st Female		69.28	4.38
	9 Murray Jones		73.19	4.53
	10 Tony Grasso		73.36	4.54
	11 Kevin Cassidy		74.07	4.56
	12 Gary Blake		75.03	5
	13 Ruth Butter 2nd Female		75.06	5
	14 Trevor Marsh		76.1	5.05
	15 Tarryn Gooding 3rd Female		77.12	5.09
	16 Elise Taylor		78.24	5.14
	17 Neil Polglaze		80.14	5.21
	18 Carlos Duarte		80.24	5.22
	19 Mark Kelly		81.51	5.27
	20 Dennis Ardley		82.25	5.3
	21 Nick Iliopoulos		82.46	5.31
	22 Antonio Giuliani		83	5.32
	23 Coral Monk		85.46	5.43
	24 Nick Laffey		85.48	5.43
	25 Kevin Horrigan		86.33	5.46
	26 David Dodson		86.33	5.46
	27 Daniel Norris		91.26	6.06
	28 Michael Grech		98.06	6.32
	29 Helen Simmons		103.21	6.53
	30 John Zeleznikow		103.5	6.55
	31 Kenneth Carter		122.03	8.08

7K Event Place	Name	Time	K Rating
	1 Tony White 1st Male	26.44	3.49
	2 Jay Blake 2nd Male	31.2	4.29
	3 Christian Day 3rd Male	32.53	4.42
	4 Chris Rabl	32.57	4.42
	5 Michael Murrell	34.23	4.55
	6 Doug Wheeler	34.26	4.55
	7 Margaret Lawrence 1st Female	35.07	5.01
	8 Wendy Stevens 2nd Female	36.35	5.14
	9 Steve Collyer	36.49	5.16
	10 Douglas Longley	37.04	5.18
	11 Steve Jordan	39.57	5.42
	12 Eran Tomholt 3rd Female	48.52	6.59
	13 Bill McGlaulin	48.52	6.59
	14 Leigh Moylan 11k	58.14	5.18
	Time Keeper / Recorder Joanne DELANEY		

This event along with our other regular fun runs significantly contributes to make our club financially viable and can only be conducted with the assistance of club members who volunteer their time to flag the course, register entries, act as marshals, time keeper / recorder, prepare afternoon tea and pack up after the event. A big thanks to those that assisted on Saturday Bernie Goggin, Chris Harrap, Gordon Proudfoot, Harold Stevens, Steve Collyer, Brendan Pawsey, Brian Delaney, Joanne Delaney, Dianne Brimacombe, Debbie Canal and Daniel Norris.

**A V Albert Park 15K Open 5K Junior Road Championship 27th June 2004**

AV Place	Name	Time	K Rating
Junior U18	18 BLAKE, Jay	20.46	4.09
Open Female	18 VAN DUEREN, Stacey	61.28	4.06
	51 FETTES, Heidi	69.11	4.37
	78 CANAL, Debbie	85.4	5.43
	81 BRIMACOMBE, Diane	90.18	6.01
Open Male	86 KENNEDY, Carl	55.45	3.43
	93 FETTES, Paul	56.09	3.45
	95 GREY, Jeremy	56.12	3.45
	119 ERWIN, Warrick	57.31	3.5
	153 PAWSEY, Brendan	60	4
	154 WHIMPEY, Michael	60.12	4.01
	174 BURKE, Warren	61.56	4.08
	181 KING, Rohan	62.18	4.09
	206 VAN DUEREN, Philip	64.05	4.16
	236 BLAKE, Gary	67.09	4.29
	273 PROUDFOOT, Gordon	76.47	5.07
	279 NORRIS, Daniel	80.08	5.21
	284 GRECH, Michael	85.39	5.43
	288 GOGGIN, Bernie	89.14	5.57
	292 CARTER, Ken	99.15	6.37
	Time Keeper / Recorder		
	Joanne DELANEY		
	Brian DELANEY		

**Club 10K Road Handicap Westerfolds Park 3rd July 2004**

Place	Name	Finish Time	Actual Time	Actual Min/K's	
1	LANGLEY, Doug		61.54	53.54	5.23
2	BURKE, Warren		62.16	40.16	4.02
3	LANGLEY, Luke		62.35	43.35	4.22
4	LAFFEY, Nick		62.37	50.47	5.05
5	KELLY, Mark		62.55	47.05	4.43
6	ARDLEY, Dennis		63.05	48.45	4.53
7	PROUDFOOT, Gordon		63.11	50.41	5.04
8	FETTES, Heidi		63.21	46.01	4.36
9	FETTES, John		63.46	45.06	4.31
10	PEACOCK, John		63.47	55.47	5.35
11	PAWSEY, Brendan		63.48	39.28	3.57
12	VAN DUEREN, Stacey		63.5	41.2	4.08
13	VAN DUEREN, Philip		64	42.1	4.13
14	GOGGIN, Bernie		64.1	59.3	5.57
15	HARRAP, Chris		64.1	49.1	4.55
16	NORRIS, Daniel		64.32	54.12	5.25
17	BLAKE, Jay		64.49	46.09	4.37
18	CANAL, Debbie		64.58	55.48	5.35
19	MOYLAN, Leigh		65.2	53.4	5.22
20	NASH, Richard		66.38	43.48	4.23
21	MURRELL, Michael		67.16	49.46	4.59
22	ERWIN, Warrick		67.16	42.36	4.16
23	BRIMACOMBE, Diane		68.15	64.25	6.27
24	CARTER, Ken		74.36	74.36	7.28
25	GRECH, Michael		94.13	81.43	8.1
	Time Keeper / Recorder				
	Joanne Delaney				

**AV Road Relays Sandown Park 6.4k 10th July 2004**

Fastest to Slowest						
	Name	1st Lap	2nd Lap	Actual Time	Actual Min/K's	
Women's Division 3 Team 1						
	VAN DUEREN, Stacey		12.19	12.26	24.45	3.52
	FETTES, Heidi		13.15	14.06	27.21	4.16
	CANAL, Debbie		16.19	17.15	33.24	5.13
	Place 4th TOTAL				85.3	
Men's Division 5 Team 1						
	KENNEDY, Carl		10.44	11.12	21.56	3.26
	FETTES, Paul		11.03	10.58	22.01	3.26
	GREY, Jeremy		10.45	11.05	21.5	3.25
	ERWIN, Warrick		11.21	11.42	23.03	3.36
	Place 1st TOTAL				88.5	
Men's Division 6 Team 2						
	PAWSEY, Brendan		11.39	11.51	23.3	3.4
	DAO, Luong		11.16	12	23.24	3.39
	BURKE, Warren		11.45	12.45	24.3	3.5
	VAN DUEREN, Philip		12.32	12.21	24.53	3.53
	Place 3rd TOTAL				96.17	
Men's Division 7 Team 3						
	KELLY, Mark		13.01	13.47	26.48	4.11
	BLAKE, Jay		12.39	14.42	27.21	4.16
	BLAKE, Gary		12.57	13.54	26.51	4.12
	MURRELL, Micheal		13.38	13.58	27.36	4.19
	Place 6th TOTAL				108.36	
Men's Division 7 Team 4						
	NORRIS, Daniel		15.07	16.17	31.24	4.54
	PROUDFOOT, Gordon		15.08	15.56	31.04	4.51
	GRECH, Michael		15.13	16.09	31.22	4.54
	REESE, Mohammed		14.38	15.35	30.13	4.43
	Place 10th TOTAL				124.03	
Men's Division 7 Team 5						
	BRIMACOMBE, Diane		17.37	17.49	35.26	5.32
	GOGGIN, Bernie		17.48	16.58	34.46	5.26
	CARTER, Ken		20.29	21.08	41.37	6.3
	CURTAIN, Phil		15.55	16.27	32.22	5.03
	Place 12th TOTAL				144.11	

**A V Bundoora Park 12K Cross Country Championship 17th July 04**

	Full Name	Actual Time	Actual Min/K's
Junior 6K	BLAKE, Jay	26.06	4.21
	MOYLAN, Leigh	29.08	4.51
Women's 8K	VAN DUEREN, Stacey	31.3	3.56
	FETTES, Heidi	34.48	4.21
	CANAL, Debbie	40.54	5.07
	PERRY, Vicki	40.55	5.07
Men 12K	KENNEDY, Carl	44.2	3.42
	GREY, Jeremy	44.44	3.44
	FETTES, Paul	45.42	3.49
	DAO, Luong	47.03	3.55
	PAWSEY, Brendan	47.1	3.56
	ERWIN, Warrick	48.49	4.04
	KING, Rohan	49.14	4.06
	BURKE, Warren	50.42	4.14
	VAN DUEREN, Philip	51.1	4.16
	BLAKE, Gary	55.21	4.37
	KELLY, Mark	55.22	4.37
	HARRAP, Chris	62.23	5.12
	NORRIS, Daniel	63.57	5.2
	PROUDFOOT, Gordon	65.23	5.27
	CURTAIN, Phil	67.16	5.36
	GOGGIN, Bernie	73.57	6.1
	CARTER, Ken	82.06	6.51
	Timekeeper /Recorder		
	DELANEY, Joanne		
	PARISS, Kylie		

**Coburg Harriers Athletic Club Half Marathon/6k 18th July 2004**

Place	Name	Time	K Rating
1	Tristan Boyle 1st Male	76.53	3.4
2	Andrew Carey 2nd Male	78.08	3.43
3	Ian Burton 3rd Male	80.48	3.51
4	Paul Garbett	82.04	3.54
5	Peter Allen	87.39	4.1
6	John Riley	88.07	4.12
7	Patrick Ashkettle	89.12	4.15
8	Michael Kanizay	89.16	4.15
9	Rohan King	93.34	4.27
10	Gary Whalley	94.18	4.29
11	Bruce Paterson	94.26	4.3
12	Quentin Grey	95.24	4.33
13	Shane Ellard	96.24	4.35
14	Thieu Deda	96.45	4.36
15	Mark Maloney	97.54	4.4
16	Tim Rice	98.25	4.41
17	Paul Gansford	98.55	4.43
18	Lawrence Glover	99.35	4.45
19	Colin Marshall	99.5	4.45
20	Peter Neville	100.26	4.47
21	Eric Heine	100.55	4.48
22	Michale Murrell	101.04	4.49
23	Owen Taylor	101.04	4.49
24	Robert O'Donohue	102.22	4.52
25	Louise Ellard 1st Female	103.27	4.56
26	Kevin Horrigan	103.44	4.56
27	Frank Furlan	104.09	4.58
28	Graham Jenkins	104.52	4.6
29	Kevin Cassidy	108.17	5.09
30	Noel Cranswick	108.35	5.1
31	Ken Smith	110.31	5.16
32	Carla Lawson 2nd Female	112.14	5.21
33	Stephen Nutter	113.54	5.25
34	Craig Rodney	116.58	5.34
35	Bruce Ohrenrott	119.51	5.42
36	Cath Bombardieri 3rd Female	120.25	5.44
37	Michael Grech	121.13	5.46
38	Coral Monk	122.57	5.51
39	Tony Bowman	124.06	5.55
40	Arthur O'Keefe	125.18	5.58
41	Steve Jordan	126.14	6.01
42	Daniel Norris	137.24	6.33
43	Karyn Bollen	139.3	6.39
44	Brian Glover	145.08	6.55

45 Graeme Hewitt

DNF



6K Event  
Place

1 Darrell Smith	23.05	3.18
2 Geoff Wheeler	23.33	3.22
3 Jeremy Barber	25.27	3.38
4 David Allen	28.3	4.04
5 Doug Wheeler	28.52	4.07
6 Michael Hurse	31.15	4.28
7 Sonja Stellas	38.24	5.29
8 Shayne Dean	65.38	9.23
Time Keeper / Recorder		
Brian Delaney		
Warren Burke/Charlotte Morgans		

**Club Handicap Lalor 10 K Road 24th July 04**

Distance	Name	Finish Time	Actual Time	Actual K Rate	
	10 BURKE, Warren		64	40.3	4.03
	10 GRECH, Michael		64.51	52.51	5.171
	10 ARDLEY, Dennis		65.23	50.03	5.003
	10 PROUDFOOT, Gordon		65.39	51.39	5.099
	10 NASH, Richard		66	46	4.36
	10 NORRIS, Daniel		66.18	54.58	5.298
	10 VAN DUEREN, Stacey		66.23	42.43	4.163
	10 VAN DUEREN, Philip		66.24	43.14	4.194
	10 GOGGIN, Bernie		67.46	61.56	6.116
	10 MOYLAN, Leigh		69.1	55.3	5.33
	10 CARTER, Ken		89.33	89.33	8.573
	Recorder / Timekeeper				
	DELANEY, Joanne				

**AV Coliban Long Road Relays Harcourt To Bendigo 31st July 2004**

Leg	Location	Dist	Name	Time	K Rating
<b>Women's Division 3</b>					
	1 The Orchards		6.3 FETTES, Heidi	31.01	4.55
	2 Water Race		5 BRIMACOMBE, Diane	26.3	5.18
	3 Sedgwick		7.5 CANAL, Debbie	37.29	4.59
	4 Hogan's Road		8.6 VAN DUEREN, Stacey	33.11	3.52
	5 One Tree Hill		4.9 PERRY, Vicki	23.35	4.49
			Place 5th Total	151.46	
<b>Men's Division 5</b>					
	1 The Orchards		6.3 FETTES, Paul	24.37	3.54
	2 Water Race		5 ERWIN, Warrick	20.05	4.01
	3 Sedgwick		7.5 GREY, Jeremy	25.19	4.59
	4 Hogan's Road		8.6 KENNEDY, Carl	29.28	3.26
	5 One Tree Hill		4.9 PAWSEY, Brendan	18.24	3.45
			Place 2nd Total	117.53	
<b>Men's Division 6</b>					
	1 The Orchards		6.3 BURKE, Warren	26.55	4.16
	2 Water Race		5 KELLY, Mark	23.24	4.41
	3 Sedgwick		7.5 VAN DUEREN, Philip	28.25	4.59
	4 Hogan's Road		8.6 WHIMPEY, Michael	33.47	3.56
	5 One Tree Hill		4.9 BLAKE, Jay	19.46	4.02
			Place 2nd Total	132.17	
<b>Men's Division 7.1</b>					
	1 The Orchards		6.3 HARRAP, Chris	33.02	5.15
	2 Water Race		5 NORRIS, Daniel	26.47	5.21
	3 Sedgwick		7.5 REESE, Mohammed	36.23	4.59
	4 Hogan's Road		8.6 BLAKE, Gary	36.42	4.16
	5 One Tree Hill		4.9 PROUDFOOT, Gordon	23.32	4.48
			Place 5th Total	156.26	
<b>Men's Division 7.2</b>					
	1 The Orchards		6.3 CURTAIN, Phil	37.51	6
	2 Water Race		5 DELANEY, Brian	24.41	4.56
	3 Sedgwick		7.5 MOYLAN, Leigh	35.45	4.59
	4 Hogan's Road		8.6 GOGGIN, Bernie	47.59	5.35
	5 One Tree Hill		4.9 CARTER, Ken	30.11	6.1
			Place 5th Total	176.27	

**Club Cross Country Handicap - Collingwood 8K 7th August 04**

Dist	Place	Name	Sealed Hcp Time	Actual Time	Actual Min/K's
	8	1 Blake, Gary	47.38	36.23	4.33
	8	2 Fettes, Heidi	48.1	37.35	4.42
	8	3 Murrell, Michael	48.19	38.04	4.46
	8	4 Pawsey, Brendan	48.36	32.56	4.07
	8	5 Bowman, Tony	48.59	46.19	5.47
	8	6 Harrap, Chris	49.44	40.49	5.06
	8	7 Goggin, Bernie	49.44	48.39	6.05
	8	8 Brimacombe, Dianne	51.45	51.45	6.28
	3	9 Blake, Jay		10.33	3.31
	3	10 Collyer, Steven		12.12	4.04

## **A V Coburg - Cross Country Championship 14th August 2004**

### **Race Report:**

**The coldest August day in six years** greeted athletes for round eight action in the penultimate race of the Athletics Victoria winter cross country season. Held on the grassy hills surrounding the Harold Stevens Athletics Track in Coburg, conditions were terrible with several muddy tracks making things very slippery.

The Coburg Harriers were out in force on their home turf with 25 runners making this the best turn out for the year. The women's team was out to increase their lead at the top of their grade, while the Division Five men were out for a win to go two points ahead of their nearest rival Melbourne University.

In the shorter women's event, **Stacey Van Dueren was once again solid**, being the club's first runner home and finishing second in her age group. Van Dueren had great support from Heidi Fettes who was close behind and this would have been Fettes best run for the year given the conditions. Vicki Perry came in next with Deborah Canal just behind her. Diane Brimacombe completed the team that missed out on first place by just five points. The team that beat them – Melbourne University – hadn't been seen all year, so the girls were unlucky to miss out on first place.

The stage was set for the running of the men's event. With rain pouring, runners were sizing each other up in the large pack at the start. By race end, only one Coburg runner had handled the conditions well with some slow times recorded, which was the same for all competitors in the race.

Carl Kennedy proved he is starting to hit peak form with a sleek 64.59 minutes and his placing of 40th overall was the highest a Coburg runner has achieved for some years. Further back was Jeremy Grey, who fought a great battle with Paul Fettes and Brendan Pawsey – all three finished within ten seconds of each other. Grey was a late entry for the race and the team was bolstered by his inclusion.

**While the pace was slow, the guys did enough to record a decisive victory over Melbourne University and the club's first win at Coburg for eleven years.** The victory showed the win by the University boys at Bendigo was an aberration with four of the last five races now going to the Harriers, who are running hot.

The division six men were ably led by Warwick Erwin, with Warren Burke just edging out Rohan King near the finish. Phil Van Dueren was again solid and performed well to complement the other runners in this team. Such an even team performance led to the boys achieving second place for the day.

In a surprise result, Michael Whimpey found himself at the head of the club's Division Seven team. Gary Blake managed to edge out Mark Kelly while Daniel Norris was able to bring the team home in second place. Given the way the team currently placed first in this division has dominated this grade, perhaps Athletics Victoria need to have a serious look at teams placing their second and third sides too low.

And in a great quinella, the second Division Seven team finished third with Phil Curtain, Gordon Proudfoot, Bernie Goggin and Ken Carter all contributing.

Making his return to competition was Nick Illiopoulos who ran as an invitational athlete and finished the course in a creditable 93.12 minutes, a result that would have placed him in the club's second team. Also putting in a cameo performance was Tony Bowman, who last effort was at the tough Warragul course in round two. This glutton for punishment put in a gutsy 114.15 minutes.

The next race will be the final competition for the winter season with the Burnley Half Marathon Championships on 12 September 2004. **The women's team have already sewn up this year's pennant but Stacey Van Dueren will be looking to clinch the best 45 and over female athlete award with a strong performance.**

The Division Five team find themselves in the same position as last year, in that they need to win at Burnley in order to secure the premiership. Second might be good enough depending on placings, but this team wants to go for gold.

AV Place	Name	Time	K Rating	
Junior U18 / 8k Championship				
	15 BLAKE, Jay		37.14	4.39
	17 MOYLAN, Leigh		40.5	5.06

<b>Open Female 4k Championship</b>			
	Division 3 / 2nd Place		
	40 VAN DUEREN, Stacey	17.46	4.27
	51 FETTES, Heidi	18.29	4.37
	83 PERRY, Vicki	21.54	5.29
	78 CANAL, Debbie	22.5	5.43
	81 BRIMACOMBE, Diane	25.4	6.25
<b>Open Male 16k Championship</b>			
	Division 5 / 1st Place		
	40 KENNEDY, Carl	64.59	4.04
	73 GREY, Jeremy	68.28	4.17
	74 FETTES, Paul	68.32	4.17
	76 PAWSEY, Brendan	68.35	4.17
<b>Division 6 / 2nd Place</b>			
	116 ERWIN, Warrick	72.41	4.33
	135 BURKE, Warren	74.31	4.39
	138 KING, Rohan	75.02	4.41
	152 VAN DUEREN, Philip	76.37	4.47
<b>Division 7.1 / 2nd Place</b>			
	159 WHIMPEY, Michael	77.12	4.5
	201 BLAKE, Gary	87.45	5.29
	205 KELLY, Mark	89.2	5.35
	228 NORRIS, Daniel	97.26	6.05
<b>Division 7.2 / 3rd Place</b>			
	232 CURTAIN, Phil	103.06	6.27
	233 PROUDFOOT, Gordon	103.17	6.27
	239 GOGGIN, Bernie	119.39	7.29
	240 CARTER, Ken	127.23	7.58
Inv	ILIOPOULOS, Nick	93.12	5.5
Inv	BOWMAN, Tony	114.15	7.08
	Time Keeper / Recorder		
	Joanne DELANEY		
	Brian DELANEY		

**King And Queen Of The Mountain 8k Road Race Humevale 21st August 2004**

Place	Full Name	Actual Time	Actual Min/K's
1	BURKE, Warren	35.39	4.27
2	VAN DUEREN, Philip	36.21	4.33
3	VAN DUEREN, Stacey (1st Queen)	36.4	4.35
4	BLAKE, Jay	39.37	4.57
5	BLAKE, Gary	41.04	5.08
6	DELANEY, Brian	41.42	5.13
7	KELLY, Mark	42.04	5.16
8	MURRELL, Michael	44	5.3
9	KELLY, Bryan	45.16	5.4
10	PROUDFOOT, Gordon	45.19	5.4
11	NORRIS, Daniel	50.33	6.19
12	CANAL, Debbie (2nd Queen)	52	6.3
13	BRIMACOMBE, Diane (3rd Queen)	58.32	7.19
14	CARTER, Ken	103.52	12.59
	Time Keeper / Recorder		
	Joanne DELANEY		
	Chris HARRAP		



**Club Handicap - Parkville 10 K Road 28th August 04**

Place	Name	Finish Time	Actual Time	Actual K Rate
	1 KELLY, Mark		61.51	45.31 4.33
	2 NORRIS, Daniel		62.56	52.56 5.18
	3 PERRY, Vicki		62.59	50.49 5.05
	4 PAWSEY, Brendan		63.1	38.3 3.51
	5 BRIMACOMBE, Diane		63.44	60.44 6.04
	6 FETTES, Heidi		63.47	46.37 4.4
	7 PEACOCK, John		64.02	54.22 5.26
	8 WHIMPEY, Michael		64.17	41.27 4.09
	9 SOUYAVE, Ken		64.4	40 4
	10 KENNEDY, Carl		65.25	37.05 3.43
	11 BURKE, Warren		66.16	42.36 4.16
	12 HARRAP, Chris		66.42	51.12 5.07
	13 CANAL, Debbie		67.34	57.34 5.45
	14 REESE, Mohammed		68.27	53.47 5.23
	15 VAN DUEREN, Stacey		68.33	45.13 4.31
	16 VAN DUEREN, Philip		68.36	45.36 4.34
	17 BOWMAN, Tony		72.1	62.3 6.15
	18 CARTER, Ken		76.59	76.59 7.42
Inv	WILLIAMS, Wendy-Grace		29.32	
Inv	ILIOPOULOS, Nick		63.22	31.52 5.03
	Time Keeper / Recorder			
	Joanne DELANEY			
	Brian DELANEY			

**Mercy Hospital Tanzania Dispensary Fun Run Sunday 29th August 2004 at Coburg**

Race Number	Place		Time
<b>Men's 12k Run</b>			
	6	1 Schroeder, Ray	49.59
	1	2 Wheeler, Geoff	50.05
	3	3 Brazzale, Danny	52.35
	9	4 Steenberg, Henrik	52.36
	10	5 Loring, Joshua	54.07
	7	6 Whimpey, Michael	54.26
	4	7 Gillanders, Steve	54.33
	8	8 Horrigan, Kevin	55.32
	2	9 Ohlenrott, Bruce	60.49
	11	10 Hanna, Murray	72.52
	12	11 Grech, Michael	76.43
	5	12 Becroft, John	82.41
<b>Women 12K Run</b>			
	300	1 Taylor, Carmel	54.33
	302	2 Pretto, Su	54.39
	301	3 Lawrence, Margaret	63.13
	303	4 McGougan, Tracy	65.03
	306	5 Young, Jacqui	67.2
	307	6 Parikn, Bharti	71.5
	308	7 Hardy, Julia	72.46
	304	8 Billi, Rosa	83.41
	305	9 Murphy, Sharrin	84.22

<b>Men 6k Run</b>			
	600	1 White, Tony	22.48
	606	2 Souyave, Ken	23.45
	603	3 Langley, Luke	24.11
	607	4 Day, Christian	26.23
	609	5 Harber, Nick	27.47
	608	6 Joiner, Michael	27.54
	610	7 Nuttall, Duncan	28.14
	605	8 Wheeler, Doug	28.39
	611	9 Ketsakidis, Isak	28.48
	602	10 Amery, Kevin	29.06
	604	11 Langley, Doug	30.33
	601	12 Hampshire, Don	48.17
<b>Women 6K Run</b>			
	705	1 Flott, Fleur	27.47
	701	2 Field, Nina	28.5
	702	3 Stewart, Miranda	36.35
	700	4 Miller, Julia	36.42
	706	5 Nuttall, Rosemary	37
	704	6 Stellas, Sonja	37.23
	703	7 Joiner, Natalie	37.45
<b>Men 4K Run</b>			
	402	1 Mpota, Rashid	18.36
	401	2 Lyimo, Ary	19.03
	400	3 Jordan, Steve	20.24
<b>Women 4K Run</b>			
	460	1 McMahon, Jane	20.1
	464	2 Mount, Christine	25.23
	463	3 Vaughan, Bethany	25.34
	461	4 Becroft, Candice	26.34
	462	5 Morabito, Cathy	26.34
<b>Junior Men 4K Run</b>			
	504	1 Parikh, Vinay	17.52
	500	2 Langley, Daniel	18.48
	505	3 Lyimo, Lyombe	19.02
	501	4 Nuttall, David	24.31
	503	5 Parikh, Shaneel	25.18
	502	6 Nuttall, angus	28.14

<b>Junior Women 4K Run</b>			
	520	1 Bonnie	32.35
	521	2 Unknown	54.08
	522	3 Unknown	60.3
<b>Men 4K Walk</b>			
	540	1 Burke, Warren	27.34
	548	2 Mwakaendo, Yona	33.14
	547	3 Mwakasendo, Atu	36.21
	546	4 Mwakasendo, Samuel	38.3
	543	5 Spearing, David	38.46
	544	6 Moses, Michael	39.18
	541	7 Peacock, John	41.45
	542	8 Damon	41.46
	549	9 Unknown	43.24
	545	10 Tobin, John	50.06
	550	11 Unknown	53.31
	551	12 Unknown	60.32
	552	13 Unknown	60.33
<b>Women 4K Walk</b>			
	555	1 Walker, Kris	37.07
	556	2 Knight, Ngare	41.11
	557	3 Kenealy, Kim	42.1
	559	4 Tobin, Catherine	51.32
	560	5 Connell, Lorraine	50.06
	561	6 Grace	50.06
	562	7 Bekkers, Carina	37.5
	563	8 McDowell, Renee	38.46
	564	9 Blakeney	58.18
	565	10 Harman, Margot	60.35
	566	11 Antonetti, Julia	52.38
	567	12 Antonetti, Anthony	60.34

#### **Coburg Harriers Club Cross Country Championships 4th Sept 2004**

**A fine afternoon greeted runners**, but a wet week meant a wet and muddy course for the Coburg Cross Country Championships on Saturday 4 September 2004.

It was a day of upsets. In the junior 6.6 kilometre event, **Jay Blake defeated the more fancied Luke Langley**, who would be glad to see a return to the track season. Despite a strong start, Leigh Moylan came in third.

These young men are the future of the Coburg Harriers and while not as talented a runner as Langley, Jay Blake has raced his heart out of this long cross country season with valuable support from Moylan. Their respective runs at the Coliban relay run in Bendigo were a particular highlight.

The open ten kilometre race was a battle between three worthy opponents. In an inspirational display of cross country running, invitational athlete Chris Howley recorded the fastest time of 37.05, which was all the more remarkable given the conditions.

The club champions race was a tight one, with the in form Carl Kennedy at very short odds to take out the title. In a tight race, both Kennedy and Paul Fettes – in his “lucky spikes” – were neck and neck when a sprint finish found Fettes home by the barest margin of just five seconds.

**Stacey Van Dueren warmed up for her half marathon next week with 47.17 to beat the ever popular Wendy Grace-Williams by eleven minutes.** With the impending Athletics Victoria premierships coming to our women's team, **Grace-Williams may consider a transfer from the Melbourne University** side she runs for. Club stalwart Debbie Canal was third.

The next race for the Coburg Harriers is the last Athletics Victoria event for the season – the Burnley Half Marathon. The women's team have already sewn up the premiership, while in a repeat of last year the club's top men's team need to win this final race to secure the pennant.

Event Place	Category Place	Full Name	Actual Time	Actual Min/K's
	Junior 6.6k			
1	1st Junior	BLAKE, Jay	28.55	4.2
2	2nd Junior	LANGLEY, Luke	29.53	4.29
3	3rd Junior	MOYLAN, Leigh	33.33	5.02
	Open 10k			
1	Inv	HOWLEY, Chris	37.05	3.43
2	1st Open Men	FETTES, Paul	38.05	3.49
3	2nd Open Men	KENNEDY, Carl	38.1	3.49
4	3rd Open Men	DAO, Luong	43.24	4.2
5		VAN DUEREN, Philip	43.55	4.24
6		BURKE, Warren	45.55	4.36
7	1st Open Women	VAN DUEREN, Stacey	47.17	4.44
8		HARRAP, Chris	56.01	5.36
9	1st 50+ Men	ARDLEY, Dennis	56.15	5.38
10		REESE, Mohammed	56.26	5.39
11		DELANEY, Brian	56.28	5.39
12	2nd Open Women	WILLIAMS, Wendy-Grace	58.03	5.48
13		NORRIS, Daniel	59.48	5.59
14		GRECH, Michael	62	6.12
15	3rd Open Women	CANAL, Debbie	63.33	6.21
16		BOWMAN, Tony	63.56	6.24
17	1st 60+ Men	GOGGIN, Bernie	65.54	6.35
18	1st 60+ Women	BRIMACOMBE, Diane	66.23	6.38
19		ARDLEY, Lorraine	68.36	6.52
20		CARTER, Ken	80.52	8.05
		Timekeeper/Recorder		
		Joanne DELANEY		
		Mark KELLY		

### **Burnley Half Marathon - Triple Gold for Coburg**

The Athletics Victoria winter season concluded on Sunday, 12 September with the staging of the 2004 Victorian Half Marathon Championships at Burnley. The Coburg Harriers entered the race in great shape with the club's top two teams a chance to win the premiership and the women's side already assured of a title with an unassailable points lead going into the event.

With a light week on the track, the Harriers were in peak condition to tackle the relatively flat 21.1 kilometre course. The team was boosted by the fact that Mentone did not field a side in Division Six, where the Harrier's second team were trailing by only five points. In Division Five, the club's top team were out to beat a very talented Melbourne University outfit that boasted a number of quality marathon runners.

The pace was fast from the outset, with **Carl Kennedy taking his customary position at the lead of the Coburg pack**. Warwick Erwin went with Kennedy, followed by Paul Fettes and Jeremy Grey. In touch with this bunch was Luong Dao and Brendan Pawsey in his first race since the birth of his son, Finn.

The pace set at the start was maintained well through to the halfway mark when a shock calf injury forced the exit from the race of club cross country champion Paul Fettes. With Kennedy well ahead, the onus fell on Grey, Erwin, Dao and Pawsey to make up for this big loss. This they did establishing a big gap on their rivals.

**Realising their grip on the premiership was slipping the Melbourne University runners made a concerted challenge through the middle stages of the race.** This was just fended off and by race end Coburg had pulled off an upset victory, a win that will go down as the best of the year and one that **secured the Division Five flag**.

Kennedy and Grey both finished in the top fifty overall, with Kennedy placing 41st. Rounding out the quartet was Warwick Erwin in a fantastic return to form and Luong Dao, who courageously went outside his comfort zone to compete at this distance.

The second team, fighting it out for Division Six honours also had an outstanding day. There was much excitement amongst the boys, who felt that if they ran well they could be a chance to take out the race. This they did convincingly, notching up their second victory for the year, and more importantly **bringing the Division Six pennant home to Coburg**.

Brendan Pawsey led the way with an impressive time. Phil Van Dueren just edged out Michael Whimpey and Warren Burke completed the quartet.

The Division Seven men did a great job, with Rohan King leading Gary Blake, Michael Murrell and Daniel Norris. Blake's effort in particular was notable as he ran well inside his target of 100 minutes. Murrell's run was important to the team as was the display by Gordon Proudfoot and Ken Carter who just edged out his fast finishing Glenhuntly opponent.

In the women's race **Stacey Van Dueren erased any doubts about the quality of her running with eighth place overall.** The top ten finish and first place in her age group secured Van Dueren the best Athletics Victoria cross country athlete in the 45 – 49 age class.

Great support was given by **Heidi Fettes and by Vicki Perry**, who both ran excellent times. Fettes in particular is running into some great form. Debbie Canal crossed the line to a raucous Coburg welcome as did Diane Brimacombe who was the last Coburg female home.

A fantastic race, and even better season with the Division Five men winning their fifth race of the season and the premiership. Significantly, this team only ever finished a race in first or second place.

More unexpected was the Division Six men winning their second race of the year and also the premiership. While other clubs may have had more talented runners, this team fought out every race, as is evidenced by just the one event where they failed to finish better than third.

**But the Coburg Harrier's women's team has been outstanding all year and with three victories along the way, their pennant was safe three races out from the end.**

Well done to all Coburg runners and best of luck for the summer season.



**Burnley Half Marathon 12th September 2004****Women**

Place	Name	Time
	136 STACEY VAN DUEREN	01:24.6
	296 HEIDI FETTES	01:41.1
	346 VICTORIA PERRY	01:50.4
	373 DEBBIE CANAL	02:04.5
	377 DIANE BRIMACOMBE	02:10.5

**Men**

	41 CARL KENNEDY	01:17.2
	49 JEREMY GREY	01:18.1
	74 WARRICK ERWIN	01:20.0
	91 LUONG DAO	01:21.5
	98 BRENDAN PAWSEY	01:22.2
	137 PHILIP VAN DUEREN	01:25.1
	155 MICHAEL WHIMPEY	01:26.5
	157 WARREN BURKE	01:26.5
	187 ROHAN KING	01:29.0
	238 GARY BLAKE	01:34.6
	289 MICHAEL MURRELL	01:40.2
	355 DANIEL NORRIS	01:53.4
	359 GORDON PROUDFOOT	01:55.1
	381 KENNETH CARTER	02:20.0

**Club Handicap Albert Park 9.6K Road 18th September 04**

Place	Name	Finish Time	Actual Time	Actual K Rate	
	1 NORRIS, Daniel		54.33	47.31	4.57
	2 BRIMACOMBE, Diane		54.51	54.03	5.38
	3 PEACOCK, John		55.04	49.28	5.09
	4 PERRY, Vicki		55.37	46.39	4.52
	5 MURRELL, Michael		55.55	41.5	4.21
	6 KELLY, Mark		55.57	41.52	4.22
	7 FETTES, Heidi		56.03	43.15	4.3
	8 SOUYAVE, Ken		56.03	36.41	3.49
	9 GOGGIN, Bernie		56.4	54.06	5.38
	10 HARRAP, Chris		56.55	45.43	4.46
	11 VAN DUEREN, Philip		57.11	36.33	3.48
	12 BURKE, Warren		57.14	37.14	3.53
	13 GRECH, Michael		57.18	49.28	5.09
	14 MUSCAT, Mario		57.25	49.44	5.11
	15 BLAKE, Gary		57.49	41.2	4.18
	16 VAN DUEREN, Stacey		58.07	37.19	3.53
	17 CANIZALES, Rene		58.56	38.56	4.03
	18 DAO, Luong		59.04	36.5	3.5
	19 ERWIN, Warrick		60.31	37.38	3.55
	20 CARTER, Ken		61.02	61.02	6.21
1 Lap	BLAKE, Jay		37.55	19.5	4.08

Time Keeper / Recorder  
Brian Delaney  
Harold Stevens

**FUN RUN RESULTS DATE: 26 September 2004**

EVENT:	FUN RUN NAME		MINUTES	SECONDS
<b>6 km</b>	Paul Riseley		20	27 1st Male
	Warren Burke	Coburg Harriers	23	29 2nd Male
	Jay Blake	Coburg Harriers	25	31 3rd Male
	Christian Day		25	55
	Ely Reynolds		26	54
	Wendy Grace Williams	Coburg Harriers	28	25 1st Female
	Mathew Hardy		28	57
	Michael Horn		29	3
	Kate Taylor		30	28 2nd Female
	Jane McMahon		31	11 3rd Female
	Michele Hurse		32	5
	Steve Jordan		32	56
	Jonathan Taylor		37	3
	Ken Carter	Coburg Harriers	62	21 1st Male Walker
<b>12km</b>	Dhanbir Tamang		45	55 1st Male
	Ken Souyave		49	39 2nd Male
	Trevor Marsh		52	53 3rd Male
	Ian Cook		54	22
	Gary Blake	Coburg Harriers	55	58
	Noel Cranswick		57	29
	Nick Iliopoulos	Coburg Harriers	59	13
	Bruce Ohlenrott		60	10
	Rachael Murphy		60	26 1st Female
	Cameron Taylor		61	2
	Doug Wheeler		61	53
	Ken Smith		62	20
	Julia Hardy		65	38 2nd Female
	Elise Taylor		69	56 3rd Female
	Debra Robb		75	47