



Launceston Running Club

**2018
Race Program**

NINTH ISLAND
TASMANIA

**THE
LAUNCESTON
RUNNING CLUB**
WE RUN FOR FUN...



Find us on
Facebook

launcestonrunningclub.com.au

2018 LRC Committee

President - Michelle Frost
Vice President - Peter Davies
Secretary - Anne Davies
Treasurer - Scott Greaves

General and Honorary Committee: Robyn Beattie, Felicity Cooper, Peter Daniel, Mick Flaherty Mark Fyfe, Scott Jones, Peter Johnson, Ricky Markham, Corran McHugh, Tracey McHugh, Joseph Rogers Snr, Peter Wierenga, Sam Wierenga, Paige Wierenga.

Runners Advocate : Ricky Markham.

Patron : Andrew Flanagan

Auditor : Greg Harper, Cameron's
Chartered Accountants

LRC Life Members

Neville Abell (Dec)	Don Flanagan (Dec)
David Brasher	Bevan Hutton
Wayne Byron	Hank Matthews
Nick Edmunds	Les MacDonald (Dec)
Pauline Edmunds	Jeff O'Byrne
Andrew Flanagan	Wes Jones (Dec)

For all club information, registration on-line, results, contact details, etc. visit www.launcestonrunningclub.com.au
Race entry fee will entitle the runner an entry in our weekly raffle. A raffle ticket will be issued when you enter your race, and you must be present to claim the prize, otherwise redrawn until won.

Weekly raffle prizes donated by Heather and David Anderson

About the LRC

The Launceston Running Club holds races every weekend from April to August. There are three divisions for senior and junior runners. All runners, fast and slow are welcome. Races are handicapped. Senior runners can win cash prizes and trophies. Junior runners can win trophies.

PO Box 885 Launceston 7250
www.launcestonrunningclub.com.au

Annual Registration and Fees 2018

Registration includes a race tee or singlet for div1 members and a cap for juniors.

Try before you buy - Bring a friend

New runners can run in one regular scheduled race (race fee and a \$10 refundable chip fee applies) before they must pay full registration (Try before you buy excludes Half Marathon and Lilydale Lope).

Returning runners must be registered before running their first race for the season.

Division 1

Online Registration: \$55 early bird, \$65 from 23/3/2018

Race Day Registration: \$75

Timing chip: \$10.00

Division 2 and 3

Registration: \$12 early bird, \$15 from 23/3/2018

Timing chip: \$10.00

Family (based on standard costs for 2 adults and 1 child)

Registration Online: \$122 early bird, \$145 from 23/3/2018

Race Day Registration: \$165

Timing chip: \$10 for each family member

Social Membership: \$12 (non-runners)

Full race Sponsors may run in the race they sponsor without being registered but race day fees apply.



About the LRC

Division age groups:

(at discretion of committee and on request of parents)

Division 1

Runners are generally 15 or over.

Race distances are 5 km to 21.1 km (half marathon).

Runners who have competed in this division cannot return to Division 2

Division 2

Runners typically will be 11 at the start of the season

Boys under 17

Girls under 18

Races are 2 km to 3 km

Division 3

Runners typically will be 6 at the start of the season

Races are 1 to 2km

Important Note: All junior runners must be accompanied by an adult. They cannot be dropped off and left. Images of runners may be used for promotional purposes on the Club website, Facebook page and other social media. Please let a member of the Club's Committee know if you don't want images published.

**“Haymes” are the sponsors for the
Hoo Hoo Hut Fancy Dress run for the Children's Charity
“Give me Five for Kids Charity”**



THE GREAT AUSTRALIAN PAINT

Race Program information.

Early Race Day Registration Online.

Where runners have registered online for the coming Race by the 6:00pm on the Thursday before race day Handicaps will be posted online (Facebook and Web site) to allow runners who have pre-registered for the race to schedule their arrival :- Runners must contact the race director for an update on race briefing details before they start.

Club Champions and Consistency Awards:

Division 1

Club Champions and Consistency awards are recognised and announced at the annual dinner.

Consistency Points are awarded for Division 1 on the basis of consistency of pace on the day:

1st. Rank receives 30 points reducing 1point each rank place for the next 19 runners. All remaining runners receive 10 points. DNF's do not accumulate points.

Junior Divisions 2 & 3:

Trophy medalions awarded on race day to winners in junior divisions. Weekly race prizes for 2nd and 3rd place.

Club champion and consistency trophies will be awarded at the Ninth Island Feature Ten on Saturday, 25th August.

Consistency Points are awarded for Divisions 2 and 3 on the basis of pace consistency on the day:

1st 14, 2nd 13, 3rd 12, 4th 11, 5th 10, 6th 9, 7th 8, 8th 7, 9th 6, 10th 5, all other place getters receive 4 points providing they complete the race.



2018 Prizemoney and Trophies

Division 1

Club Handicapped Races - \$275 - \$300

1st \$35 + *Voucher, 2nd \$30, 3rd \$25, 4th \$20, 5th \$15,
Fastest male/female \$/Voucher, plus 4 x random draw vouchers for
non-race-place finishers. Random prize winners must be present at race
presentation.

* Voucher prize values may vary from race to race

NLAC Lilydale Lope

Cash, Vouchers and Trophies + \$300 Race Record Bonuses
Race Prize Sponsor - Tania Rattray - MLC for M^cIntyre

1st \$35, 2nd \$30, 3rd \$25
4th \$20, 5th 15, plus vouchers.

Glass embossed trophy for winner.

Fastest Times—Male and Female

Prize Sponsor - NLAC Patron, Ivan Dean - MLC for Windermere
Fastest Male & Female \$20, 2nd Fastest Male & Female \$15,
3rd Fastest Male & Female \$10

1st Laser embossed glass trophy

Random Prize draw sponsored by Nicholas Lee –Tim Foley Funerals
- \$50.

All finishers eligible, winner must be present or redrawn until won!

Special prizes and vouchers
sponsored by Sandra at Bolands– IGA Newnham

Race record bonuses: Sponsored by NLAC Lotto - Rob Pfundt
\$150 each male & female for breaking current race record.

Male - David Thomas 52:59
Female - Kate Pedley 61:06

Presentations at “The Lilydale”.



Memorial and Charity Races

Don Flanagan memorial race at Hillwood
21st April.

The Give Me 5 for Kids, Charity Fancy Dress event at the Hoo
Hoo Hut, Trevallyn Reserve on 16th June.

The Samantha Hellyer and Alex Walley memorial race at St
Leonards Track on 7th July .

The Andrew Willis memorial race at St Leonards Track on 7th
July.

Wes Jones memorial race at Westbury on 14th July.

2018 Endurance & Sprint Series Challenges

Included in the 2018 race programme are awards and prizes for an
Endurance Challenge series Sponsored by Nick Hay at Harcourts and
comprising the Hillwood 10km, Sidmouth 11.6km, Lilydale Lope
16.6km, Bishopsbourne 15.2km and the Scottsdale 21.1km

plus a Sprint Challenge series sponsored by Pasta Merchant and
comprising eight 5km and 6km races.

The winners will, having competed in all races in the relevant challenge
series (endurance or sprint), have the best average km rate after adjusting
for gender and age differences using the age/gender rating scales.

Feature Race

Ninth Island TasmaniaTen - Race 20

Saturday 25th August, 2018 from
At Ninth Island Vineyard - Pipers Brook .

NINTH ISLAND
TASMANIA

2017 Club Championship Awards

Division 1

Club Champions

Men - Matthew Zegveld
Women - Amy Lamprecht

Consistency Points

1st - David Anderson
2nd - Jobe Tai
3rd - Pete Wierenga

Back Markers Consistency

Men - Peter Johnson
Women - Paige Wierenga

Sprint Series Champion: David Anderson

Endurance Series Champion: John Claridge

Road Runner Awards for completing all 20 races in 2017

- Narelle Whelan
- Jobe Tai

Service to Club Award

- Scott Greaves

Division 2

Club Champions

Boys - Benjamin Frost
Girls - Mackenzie Roberts

Consistency Points

1st - Lani tai
2nd - JJ Tai
3rd - Ryan Holloway

Don Flanagan Road Runner Award

- Lani Tai
- JJ Tai

LRC Division 2 Encouragement Award

- Sebastian Frost

Division 3

Club Champions

Boys - Luke McHugh
Girls - Averyl Quinn

Consistency Points

1st - Peyton Webb
2nd - Averyl Quinn
3rd - Luke McHugh

Pauline Edmunds Road Runner Award

- Peyton Webb
- Averyl Quinn

LRC Division 3 Encouragement Award

- Seth Hill

Important Notes for Runners

- Runners must pay the annual registration fee to be eligible to race in the race season.
- On the first race of the year Runners are requested to please arrive at least 30 minutes before the race start if they have not registered online or are new runners without an established handicap rating.
- Entries close 15 minutes before each race. Runners may be refused entry if late. If you are likely to be late, another runner may pay your fee and enter you in the event.
- Runners who miss their start must wait to start with the next group of runners.
- Runners must keep to the right when running on public roads unless otherwise instructed by an official at the race briefing or during the race. Runners may be disqualified for leaving the nominated course side of the road and cutting corners and bends .
- Runners are **not** to use iPods or other in-ear devices that may impede their awareness of traffic or other hazards.
- **Runners must not approach handicappers about their handicap and may be suspended by the committee if they do. Handicap queries must be made in writing to the runners' advocate who must pass it to a handicapper as soon as possible. Queries should be answered through the advocate. If a discussion with the handicapper is necessary, the advocate must accompany the runner.**
- Handicappers should not be involved in coaching runners.
- Decisions of race officials and or the committee are binding on all runners. Runners may appeal a decision by writing to the Executive Committee and paying \$5 within 48 hrs of being notified of the decision. If the decision is overturned, the \$5 shall be refunded.

Notes continue over page....



Important Notes for Runners cont....

Ninth Island Tasmania Ten Eligibility Applies to ALL Division feature races

To enter the **Ninth Island Tasmania Ten** on 25th August, runners must have **completed** at least **3 runs** for the **current season prior to the Feature race.**

Fee for entries \$5.00

Entries close Saturday 18th August

Runner obligations for LRC Races

To assist the handicappers LRC runners are expected to run at competition pace in all LRC handicapped races, and if requested, are expected to provide accurate performance information. Inconsistent performance or inaccurate information may result in ineligibility for prize money and trophies .

Junior Development Fund

The LRC supports our junior athletes through the Junior Development Fund. Junior athletes may apply for sponsorship from the LRC to assist with travel expenses when selected for representative events in athletics, cross country or other road running competitions.

To be eligible runners must have completed six runs for the current season and may only apply once in a calendar year.

LRC wishes to thank those runners that donate their prize money and other funds to supporting the Junior Development Fund.

NINTH ISLAND
TASMANIA

Race 1

Saturday 7th April
The Running Company
North Bank 6.4km Hcp

Race Start: 11:00am Juniors: 10:00am

Meet at BBQ area on Conway St side of Heritage Forest

A fast, scenic course along the North Esk River Bank.

2017 Winner: Kurt Geier

BBQ



#runyourworld

Mike Spray
The Running Company – Launceston
47a Brisbane Street, Launceston, TAS 7250
Store : +61 (03) 63319721
www.therunningcompany.com.au



www.instagram.com/therunningcompanylaunceston



www.facebook.com/therunningcompanylaunceston

Race 2

Saturday 14th April
Rob-Rick-Dale Deer Farm
8km Hcp Evandale

Race start: 11:00am Juniors: 10:00am

Meet at corner of Russell and Scone Sts. for an out and back run,
east along Logan Rd. for a long, straight and reasonably quick
course.

2017 Winner: Kylie Butler

BBQ (sponsor's venison delights on offer)



Race 3

**Saturday 21st April
Don Flanagan Memorial
Hillwood 10km Hcp.**

**Sponsored by:
The Low Head Tourist Cabin Park**

Race Start: 11:00am Juniors: 10:00am

Race starts at Hillwood football ground. Tough scenic loop up through the orchards, down Leam Rd then back home along the river front.

2017 Winner: Peter Johnson



Race 4

**Saturday 28th April
The Doris and Kurt Geier
Low Head 6km Hcp.**

Race Start: 11:00am Juniors: 10:00am

Race starts and finishes at East Beach. A scenic out andback course including a bit of a climb to the Low Head Lighthouse and a 1.5km loop to finish.

**2017 Winner: Sam Wierenga
BBQ**

**Kurt & Doris Geier
Club Members**

Race 5

Saturday 5th May
Health Hub Capital Chemist
Perth 7km Hcp

Race start: 11:00am Juniors: 10:00am

Race starts at the Perth Football Ground then up the Mill road along the iconic South Esk River to the half way point at Range Rd, for a fast run home back to the football ground.

2017 Winner: David Brelsford

BBQ



Race 6

Saturday 12th May
The Running Edge
Sidmouth Gutbuster 11.6km Hcp

Race start: 11:00am Juniors: 10:00am

Race starts and finishes outside Rowella Hall. Tough out and back course that includes the famous gutbuster hill at Sidmouth and a loop down to beautiful Bonny Beach.

2017 Winner: Brodie Triffett

BBQ

Kim Gillard



Race 7

Saturday 19th May
Physiotas
Youngtown Trail 5km Hcp

Race Start: 11:00am **Juniors:** 10:00am

A challenging course through the walking tracks of Youngtown, starting and finishing at the South Launceston Football Club.

Winner 2017: Karen Gambles



Sprint Challenge Series 2018

Sponsors: Pasta Merchant

Sprint Challenge Races: North-Bank 6km, George Town 6km, Youngtown 5km, St Leonard's Track 5km, Carr Villa 6.2km, Tailrace 5km, University 5km, Blackstone Heights 5km.



Race 8

Saturday 26th May

NLAC Lilydale Lope 16.6km Hcp

Race start: 11:00am Juniors: 10:00am

Race starts and finishes outside the Lilydale Larder in the main street of Lilydale. Undulating (tough) scenic course via Lalla, Karoola and Second River Road.

2017 Winner: Scott Jones

Race Prize Sponsor - Tania Rattray MLC for McIntyre

1st \$35, 2nd \$30, 3rd \$25
4th \$20, 5th 15 plus vouchers

Glass embossed trophy for winner.

Fastest Times Male and Female

Prize Sponsor - NLAC Patron Ivan Dean MLC for Windermere

Fastest male & Female \$20, 2nd Fastest male & Female \$15,
3rd Fastest male & Female \$10.

1st Laser embossed glass trophy

Random draws and special prizes



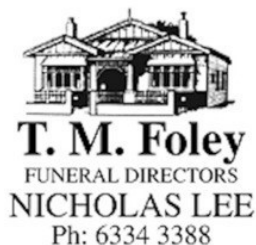
With Compliments

TANIA RATTRAY MLC

16 King Street, Scottsdale
Tasmania, Aus. 7260

Tel: (03) 6352 6497 Mobile: 0427 523 412 Fax: (03)
6352 3639

Email: tania.rattray@parliament.tas.gov.au



**Boland's IGA
George Town
Rd. Newnham**

The LILYDALE LOPE is proudly sponsored by;

Tania Rattray and Ivan Dean - MLCs

BOLANDS IGA Newnham, NLAC Lotto Club - Rob Pfundt

Nicholas Lee—T.M. Foley Funerals

North Launceston Athletic Club
Race Director: Peter Miller
6326 2543 or 0419 317 177
robynandpeter@bigpond.com

Lilydale Larder Lope Hall of Fame

1	David Thomas	52:59	2015
2	Kim Gillard	53:17	2006
3	Josh Harris	53:35	2014
4	Simon Phillips	53:40	1989
5	Garth Foley	53:47	1988
6	Don Cox	54:03	1974
7	Peter Brasher	54:19	1980
8	Steve Patchett	55:29	1979
9	Dylan Evans	55:36	2014
10	Chris French	55:39	1987
1	Kate Pedley	61:06	2013
2	Jenny Gillard	63:26	2006
3	Debbie Pauna	67:25	2008
4	Doris Geier	67:57	1991
5	Lynne Saint John	68:01	2008
6	Amy Lamprecht	69:49	2015
7	Anna Gleeson	71:43	2005
8	Mandy Giblin	72:37	2010
9	Holly Claridge	72:43	2011
10	Katherine Whitmore	72:59	2014



With Compliments

Ivan Dean MLC
Independent Member for Windermere
1 Civic Square, Launceston
Tasmania 7250
Tel: (03) 63242005 Mobile: 0417 364 375 Fax: (03)
6324008
Email: ivan.dean@parliament.tas.gov.au





Personal Record 2018

Name:

Date	Venue	Div 1 km	Hcp	Time	Km rate
7 Apr	North-Bank	6.4			
14 Apr	Evandale	8			
21 Apr	Hillwood	10			
28 Apr	Low Head	6			
5 May	Perth	7			
12 May	Sidmouth	11.6			
19 May	Youngtown	5			
26 May	Lilydale Lope	16.6			
3 Jun	Launceston 10	10			
9 Jun	University	5			
16 Jun	Hoo Hoo Fancy Dress	5			



All race results published on the LRC web page are proudly sponsored by Paragon....Thinking Ahead!



Personal Record 2018

Name:

Race	Venue	Div1 km	Hcp	Time	Km rate
23 Jun	Carr Villa	6.2			
30 Jun	White Hills	9.75			
7 Jul	St Leonards Trk	5			
14 Jul	Westbury	8			
21 Jul	Tailrace	5			
28 Jul	Bishopsbourne	15.3			
4 Aug	Longford	8			
11 Aug	Scottsdale	21.1			
18 Aug	Blackstone	5			
25 Aug	North-Bank Feature	10			

Feature Ten Reminder:
ALL RUNNERS PLEASE NOTE :

- Runners (all divisions) must have **completed** a minimum of 3 races prior to the Feature race.
- Entries must be in at the August 18th race.



Personal Record 2018

Name:

Date	Venue	Div 2 Km	Hcp	Time	Km rate
7 Apr	North-Bank	2.5			
14 Apr	Evandale	2.5			
21 Apr	Low Head	2.5			
28 Apr	Hillwood	2.75			
5 May	Perth	2.5			
12 May	Sidmouth	3			
19 May	Youngtown	2.5			
26 May	Lilydale Lope	2.5			
3 Jun	Launceston 10				
9 Jun	University	2.5			
16 Jun	Hoo Hoo Fancy Dress				



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Personal Record 2018

Name:

Date	Venue	Div 2 Km	Hcp	Time	Km rate
23 Jun	Carr Villa	3			
30 Jun	White Hills	2.5			
7 Jul	St Leonards Trk	2.4			
14 Jul	Westbury	2.3			
21 Jul	Tailrace	2.5			
28 Jul	Bishopsbourne	2.5			
4 Aug	Longford	2.5			
11 Aug	Scottsdale				
18 Aug	Blackstone	2.44			
25 Aug	North-Bank Feature	2.5			

Feature Ten Reminder:

ALL RUNNERS PLEASE NOTE :

- Runners (all divisions) must have **completed** a minimum of 3 races prior to the Feature race.
- Entries must be in at the August 18th race.



Personal Record 2018

Name:

Date	Venue	Div 3 Km	Hcp	Time	Km rate
7 Apr	North-Bank	1.5			
14 Apr	Evandale	1.5			
21 Apr	Low Head	1.5			
28 Apr	Hillwood	1.65			
5 May	Perth	1.5			
12 May	Sidmouth	2			
19 May	Youngtown	1.5			
26 May	Lilydale Lope	1.5			
3 Jun	Launceston 10				
9 Jun	University	1.25			
16 Jun	Hoo Hoo Fancy Dress				



All race results published on the LRC web page are proudly sponsored by Paragon....Thinking Ahead!



Personal Record 2018

Name:

Date	Venue	Div 3 Km	Hcp	Time	Km rate
23 Jun	Carr Villa	1.5			
30 Jun	White Hills	1.5			
7 Jul	St Leonards Trk	1.2			
14 Jul	Westbury	1.15			
21 Jul	Tailrace	1.5			
28 Jul	Bishopsbourne	1.5			
4 Aug	Longford	1.5			
11 Aug	Scottsdale				
18 Aug	Blackstone	1.62			
25 Aug	North-Bank Feature	1.5			

Feature Ten Reminder:

ALL RUNNERS PLEASE NOTE :

- Runners (all divisions) must have **completed** a minimum of 3 races prior to the Feature race.
- Entries must be in at the August 18th race.

Race 9

Saturday 9th June

Launceston Podiatry Clinic
University 5km Hcp

University of Tasmania—Newnham Campus

Race start: 11:00am Juniors: 10:00am

A 3 lap circuit, reasonably fast course through the University campus roadways.

2017 Winner: Michelle Frost



Ninth Island Tasmania

Feature Ten Reminder:

ALL RUNNERS PLEASE NOTE :

- Runners (all divisions) must have **completed** a minimum of 3 races prior to the Feature race.
- Entries must be in at the August 18th race.
No entries will accepted after this time
- Sweep will be held after the running of the Blackstone Heights 5km on August 18th.



Race 10



THE GREAT AUSTRALIAN PAINT

Saturday 16th June

Haymes The Great Australian Paint

Hoo Hoo Hut, Trevallyn 5km

**Best Fancy Dress Costume*

All Proceeds to the :

Give Me 5 for Kids Charity.

Special grouped starts

Loads of fun for all!

Race Start: 11:00am Juniors: 10:00am

Race starts and finishes near the car park. Tough little out and back course on the road toward Trevallyn Dam Reserve.

BBQ

*This is not a championship race with points or prize money. Prizes will still be awarded to race winners in each division as well as for best costume/outfit.

Winners will retain their current handicap for subse-



THE GREAT AUSTRALIAN PAINT

Race 11

Saturday 23th June

Pasta Merchant

6.2km Hcp

Carr Villa Trail

Race start: 11:00am Juniors: 10:00am

Race starts and finishes in Kings Meadows Bowls Club car park, top of Nunamina Avenue, a testing 2 circuit race.

2017 Winner: Scott Greaves



Race 12

Saturday 30st June

Van Dieman Brewery 9.75km Hcp

White Hills / Evandale

Race start: 11:00am Juniors: 10:00am

Race starts at the Van Dieman Brewery at the intersection of Everton Lane and White Hills Road, and follows an undulating to steep course around White Hills Road, Egerton Road and back to the Brewery.

2017 Winner: Ricky Markham

Soup & Savs (and malt sandwich refreshments !!)

Rob & Will Tatchell & Van Dieman Brewery



Race 13

**Saturday 7th July
Memorial Race Day**

Div 2 : Samantha Hellyer

Div 3 : Alex Walley

Senior : Andrew Willis

St. Leonards Track 5km Hcp

Race Start: 11:00am Juniors: 10:00am

In Memory of Samantha Hellyer, Alex Walley and Andrew Willis, and in recognition of Andrew's great contribution to Athletics in Tasmania.

2017 Winner: Jennifer Quinn

BBQ

TravelTime

Located on Hobart Rd... in the heart of Kings Meadows

Race 14

**Saturday 14th July
Wes Jones Memorial 8km Hcp
Westbury**

Race start: 11:00am Juniors: 10:00am

Race starts and finishes at the Westbury Recreation Ground. An out and back course with a nice flat start out of town, then an undulating section mid race on the Black Hills Road before a fast flat finish.

2017 Winner: Jobe Tai

Bring a plate for a light lunch after the race

Family of Wes Jones

Ninth Island Tasmania Feature Ten Reminder:

- Runners (all divisions) must have **completed** a minimum of 3 races prior to the Feature race.
- Entries must be in at the August 18th race. No entries will accepted after this time

Race 15

Newnham Meats Tailrace 5km Hcp

Saturday 21st July

Tailrace Park, Riverside

Race start: 11:00am Juniors: 10:00am

Race starts and finishes in the park off the West Tamar Hwy. Course follows the walking tracks by the river

2017 Winner: Pete Wierenga

BBQ



Newnham Meat Service
Proudly supports Launceston Running Club
and provides fine quality meats for the BBQ
throughout the year

Race 16

Saturday 28th July

Keith and Fokie Badcock

Meander through the Midlands
15.3 km Hcp
Bishopsbourne

Race Start: 11:00am Juniors: 10:15am

A scenic loop through the countryside from Bishopsbourne Recreation Ground through Bracknell and return

2017 Winner: Robyn Beattie

Small plate for a light lunch please.

**Keith & Fokie Bad-
cock & Family**

Race 17

Saturday 4th August

Scott Smith Orthodontics 8km Hcp

**Includes Race Record Challenge*

Longford

Race Start: 11:00am Juniors: 10:00am

Race starts and finishes outside RSL club in Wellington St. Fast course out past Brickendon and return.

2017 Winner: Katie Proctor

**Male and female race records both attract a jackpotted prize of \$600.00 in 2018. If the record remains intact the prize pool jackpots by an additional \$100.00 next season. If it is broken the prize is reset to the base of \$200.00.*

scottsmith.
orthodontics

Member reminder:



**Annual Dinner and Presentation night will be held on
8th September (venue to be announced) .
See a Committee member to purchase your tickets.
Tickets must be paid for before the night.**



Race 17....cont

Longford 8km Hcp - recent race history

Winner	Fastest Times		
2017	Katie Proctor	Brodie Triffett	30:29
		Page Wierenga	36:30
2016	Paul Loader	Matthew Zegveld	29:32
		Amy Lamprecht	33:41
2015	Tony Darsaklis	Austin O'Byrne	28:41
		Katherine Whitmore	34:08
2014	Paul Loader	Chester James-Smith	26:35
		Amy Lamprecht	31:59
2013	Brett Grey	John Claridge	29:01
		Doris Geier	38:16
2012	Robyn Beattie	John Claridge	28:40
		Debbie Pauna	32:40
2011	Sarah Bagley	Phillip Clarke	28:00
		Natalea Smith	28:32
2010:	Christine White	David Thomas	25:03
		Debbie Pauna	32:46
2009:	James Proverbs	Philip Clarke	26:34
		Debbie Pauna	31:21
2008:	Mark Saint-John	Kim Gillard	24:50
		Lyn Saint-John	30:37
2007:	Barry Fellows	David Thomas	25:08
		Debbie Pauna	31:59
2006:	Peter Davies	Philip Clarke	26:33
		Debbie Pauna	32:16

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orthodontics

We are proud to be a locally owned
specialist orthodontic practice!



Race 18

Saturday 11th August INTAS Group Half Marathon 21.1km Scottsdale – Bridport

Race Start: 11:00 am

Meet at Scottsdale Football Ground (Coplestone Street)

Undulating course follows Main Rd to Bridport.

**Please bring a plate to share at the presentation in the
Bridport Community Centre**

Past Winners	Fastest Time	
2017 Carolyn Farrar	John Claridge	1:19:41
	Tracey Tasker	1:33:49
2016 Nick Baker	Austin O'Byrne	1:19:29
	Amy Lamprecht	1:28:07
2015 Aaron Hart (<i>Women's Race Record</i>)	Josh Harris	1:07:22
	Kate Pedley	1:17:46
2014 Daniel Sexton	Dylan Hill	1:14:44
	Kate Pedley	1:18:32
2013 Mark Fyfe	Josh Harris	1:06:23
	Debbie Pauna	1:29:28
2012 Tim Gunton	John Claridge	1:17:35
	Kate Pedley	1:20:15
2011: Daniel Sexton	Phillip Clarke	1:16:47
	Holly Claridge	1:25:47
2010: Barry Fellows	Mark Padgett	1:21:16
	Debbie Pauna	1:28:02
2009: Tracey Bassett	Mark Jackson	1:15:29
	Debbie Pauna	1:25:30
2008: John Claridge	Mark Jackson	1:12:20
	Debbie Pauna	1:22:14
2007: John Claridge	Nick Clark	1:13:53
	Debbie Pauna	1:25:26
2006: Heath Edwards	Mark Jackson	1:11:37
	Debbie Pauna	1:27:55
2005: Jan Lynch	Mark Jackson	1:10:57
	Anna Gleeson	1:26:35
2004: Mark Jackson	Mark Jackson	1:10:23
	Debbie Pauna	1:26:17
2003: Robin Jackson	Mark Jackson	1:10:41
	Debbie Pauna	1:27:12



Race 19

**Saturday 18th August
Salon Nolas
5km Hcp**

Blackstone Heights

Race Start: 11:00am Juniors: 10:00am

The course starts and finishes at Blackstone Park off Kelsey Road.
Undulating course with a fast finish.

2017 Winner: Jozina Goedhart



CJ Mills
salon nolas
Yorktown Square
Ph. 63343787

Endurance Challenge Series 2018

**Endurance Challenge Sponsor:
Harcourt Launceston — Nick Hay**

Endurance Challenge races:
Hillwood 10km, Sidmouth Gutbuster 11.6km,
Lilydale Lope 16.6km,
Bishopsbourne 15.3km and
INTAS Half Marathon 21.1km.



Race 20 Ninth Island Tasmania Ten

**Saturday 25th August
Ninth Island Tasmania
Pipers Brook—Ten**

Race Start: 11:00am Juniors: 10:00am

Race starts at Ninth Island Vineyard - Piper's Brook
A fast flat 10km taking in North Bank, heritage Forest and the levy banks of the
North Esk River

2017 Winner: Scott Jones

BBQ

To enter the feature race, runners must have **completed** at least **5 runs this season at close of entries** Fee for entries, \$5.

Entries will not be accepted after 18th August 2018

<u>Winner</u>	<u>Fastest Time</u>	
2017 Scott Jones	Matthew Zegveld	37:32
	Paige Wierenga	45:10
2016: Tim Warren	Tim Warren	38:44
	Mel Hill	48:04
2015: Paul Loader	Austin O'Byrne	36:41
	Tracey McHugh	46:56
2014: Katie Proctor	Dylan Evans	32:54
	Amy Lamprecht	41:30
2013: David Wagner	Chester James-Smith	34:54
	Amy LAmprecht	41:54
2012: David Booth	John Claridge	36:06
	Debbie Pauna	41:43
2011: Ricky Markham	Josh Harris	32:01
	Debbie Pauna	41:20
2010: Rodney Boxhall	David Thomas	31:32
	Debbie Pauna	40:31
2009: Grant Dean	Philip Clarke	34:58
	Debbie Pauna	40:00
2008: Andrew Flanagan	Kim Gillard	32:58
	Debbie Pauna	40:45
2007: David Wagner	Mark Jackson	34:40
	Jenny Gillard	38:14

NINTH ISLAND
TASMANIA

Launceston Running Club Race Milestones

700 + Wes Jones (Dec)

500 + Andrew Flanagan

450 + Kurt Geier

350 + Neville Abell (Dec)
Wally Barrett
Nick Edmunds
Trevor Hextall
Debbie Pauna
Neil Hammersley
Doris Geier
Ricky Markham

300 + Wayne Byron
Peter Daniel
Don Flanagan (Dec)
John Pettit
Rob Whiley

250 + Gary Armstrong
Robyn Beattie
Richard Edmunds
John Quinn
Clive Watson

200 + Wayne Attard
Jonathan Axton
David Booth
Dean Cook
David Cramp Snr.
Tony Darsakalis
Liz Ellis (Dec)
Kirsty Flanagan
Thomas Flanagan
Paul Gambles
Owen Geale
Jan Lynch
Steve Marshall
Mark Normington
Sue Oates
Barbara-Anne O'Byrne
Luke Paterson
Garry Pickett
David Quarrell

200 + Tony Shea
Kathy Watson
Ricky Woods

150 + John Adams
David Anderson
Sarah Bagley
Denise Bowles
David Brasher
Burnie Burnett
Phillip Clarke
Bill Cox
Cameron Daniel
Anne Davies
Tanya De Jong
Denis Dean
Ken Devine
Noel Donohue (Dec)
Michelle Frost
Mark Fyfe
Mark Goodyear
Scott Greaves
Paul Hardy
Mick Lee
Julie Leedham
Max Loffel
David Lynch
Brianna McElwee
Stephen May
Brian Morling
Brodie Nankervis
Todd Nankervis
Shaun O'Regan
Nick Pettit
Jenny Porter
John Porter
Daniel Sexton
Rob Tatchell
Susan Thomas
Petre Tucker
Peter Vocke
David Wagner
Peter Watson
Debbie West
Robert Wrigley
Narelle Whelan

Launceston Running Club
Race Milestones - 100+

Eliza Anderson
 Chris Atwell
 Keith Badcock
 William Badcock
 Benjamin Badcock
 Melvin Badcock
 John Badcock
 Steven Badcock
 D Baker
 Steve Bassett
 Tracey Bassett
 Craig Boon
 Ella Boxhall
 Rodney Boxhall
 Ron Brooker
 Zane Carr
 Ron Chandler
 Geoff Chandler
 John Claridge
 Andrew Croft
 Ros Cunningham
 Isabella Darsaklis
 Peter Davies
 Ken Devine
 Justin Donoghue
 Helen Douglas
 Ross Edmunds
 Heath Edwards
 John Evans
 Nye Evans
 Barry Fellows
 Rod Fenner
 Ben Fisher
 Jon Fisher
 Nicholas Fisher

Michael Flaherty
 Mark Fontana
 Anne Fyfe
 Tim Gambles
 Rob Gillard
 Steven Goss
 John Gregory
 Tim Gunton
 Bevan Hutton
 Robin Jackson
 Mark Jackson
 Jeff James Snr
 Craig Judd
 David Judd
 Don Keddie
 Cheryl Kelb
 Apo Kilinc
 Rizgar Kilinc
 Peter King
 Meg Lade
 Linda Leaver
 Lorraine Lee-Archer
 Shemene Leedham
 Rodney Lockhart
 Max Loffel
 Erin Longstaff
 Jade Longstaff
 Wes Lowe
 Emma Lynch
 Sean Lynch
 Louis Marshall
 John Marshall
 Jacinta McElwee
 Gerald Monson
 Clyde Oates

Ashley Nankervis
 Danielle Nankervis
 Rachel Nation
 Austin O'Byrne
 Kristy O'Byrne
 Stephen Oliver
 TJ Patterson
 Murray Picket
 Katie Proctor
 Christine Rogers
 Geoff Rowlands
 Shaun Siebert
 Ray Spinks
 Mary Swaffer
 Mike Taylor
 Candice Trinder
 Sharon Tucker
 Dot Viney
 Callum Walker
 Emma Walker
 Michelle Walker
 Andrew Waugh
 Greg West
 Danny Whelan
 Savannah White
 Christine White
 Craig White
 Pete Wierenga
 Ally Wrigley
 Lili Wrigley
 Darren Young



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— Nick Hay



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16 King Street, Scottsdale
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Tel: (03) 6352 6497 Mobile: 0427 523 412 Fax: (03) 6352 3639
Email: tania.rattray@parliament.tas.gov.au

With Compliments
Ivan Dean MLC
Independent Member for Windermere
1 Civic Square, Launceston
Tasmania 7250
Tel: (03) 63242005 Mobile: 0417 364 375 Fax: (03) 6324008
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