

Ballarat YCW Harriers



**Winter Handbook
2017**
www.ballaratycw.com.au

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Go
to

www.ballaratycw.com.au

for race results
and club news
and updates

BALLARAT YCW HARRIERS

Established 28 April 1946

*Athletics Victoria A Grade Winter Premiers
-1994, 1995, 1996*

Club Officers

President	Ash Rogers	0419504919
Secretary/Registrar	Marita Rieniets	0409021809
Treasurer	Jarrad Turnbull	
Vice President	Paul Hayes	0429149166
Junior Director	TBA	
Junior Handicapper	Brian Howlett	53391521
Winter Director	Paul Hayes	0429149166
Registrar	Kelly Dawe	0413 570 822
Summer Director	Ash Rogers	0419504919
Hall Manager	TBA	
Social Director	Natalie Atherton	0406156840
Communications	Matt Blood	0477662739
Trophy/Awards Director	Marita Rieniets	0409021809
Senior Handicapper	Mick Hayes	
BRC Delegates	Helen Rieniets	
	Ash Rogers	
Club Contacts	Natalie Atherton	
	Ash Rogers	

Club Postal Address:

PO Box 465, Wendouree, Vic, 3355 Phone: 0413 570 822

Club Email Address: – ballaratycw@athsvic.org.au

Club Website: - www.ballaratycw.com.au

Face Book : - <http://www.facebook.com/pages/Ballar-at-YCW/209879939078452>

Ballarat Regional Athletic Centre:

P.O. Box 112N, Ballarat North 3350 Phone: 5332 799

BRC Website: - <http://www.ballaratregionalaths.com.au/>

Athletics Victoria:

Olympic Park,

Swan Street, Melbourne 3004

<http://www.athsvic.org.au>

Phone: 9428 8195

Fax: 9427 9183

Athletics Australia:

Suite 22 Fawkner Towers

431 St. Kilda Road, Melbourne 3004 Phone: 9820 3511

<http://www.athletics.org.au> <http://www.iaaf.org>

Ballarat YCW Harriers

Winter Events 2017

(Please note – can be subject to change. Always check web-site)
(Start times are for seniors – please check individual races for juniors)

March 25	Sat	Ethel Brown 4 Km	2.30pm Victoria Park
April 01	Sat	Kevin Howlett 3k	8.30am Lake Esmond
April 08	Sat	BRC Lake Relays	2.15pm Vic Park
April 15	Sat	Harasimowicz 5km	2.30pm cnr Kline & Spencer St
April 22	Sat	Delacombe 3k Dash	8.30am Nardiriog Drive Delacombe
April 22	Sat	AV Cross Country Relays	Jells Park
April 29	Sat	Life Members 6k	2.30pm Desoza Park Buninyong
April 29	Sat	AV Schools CC Relays	Jells Park
May 6	Sat	BRC Lap of Lake	2.15pm St.Pat's Point
May 13	Sat	Eureka Stockade 6k Dash	2.30pm MADE Car Park
May 13	Sat	AV 8km CC	Wandin Park
May 20	Sat	8000m CCC	2.30pm Creswick Soccer Ground TBC
		Benita VanRaaphorst Memorial	
May 27	Sat	North Gardens 4 KM	2.30pm North Gardens Wetlands
May 27	Sat	AV 16km CC	Cruden farm
June 3	Sat	Wal Brown 8k	2.30pm Old Creswick Football Ground (Also Regional Centre Wal Brown)
June 10	Sat	Tom Conroy 8km	2.45pm Scarsdale PS
June 17	Sat	AV 10km CC	Bundoora
June 17	Sat	AV Schools CC	Bundoora
June 17	Sat	Brown Hill 6.4 KM	2.15pm Progress Park (hosted Eureka)
June 24	Sat	BRC Charles Suffren 6.4km	2.15pm Burrumbeet Race Course
July 1	Sat	Benson's Hill Course 6.4km	2.30pm Shire Ave (no Junior races today)
July 8	Sat	AV Sandown Road Relays	Sandown
July 8	Sat	Yuille Station 6.2km	2.30pm Yuille Station, Vickers St (hosted Wendouree)
July 15	Sat	Wayne Atkinson 3000M	2.30pm Lake Adventure Playground
July 16	Sun	AV 10km RRC	Albert Park
July 22	Sat	King & Queen of the Mountain	2.30pm Mt Buninyong Crater Carpark
July 29	Sat	AV 15km RRC	2.00pm Lake Wendouree
August 5	Sat	Liversage 10k	2.15pm Victoria Park – (hosted by Ballarat Harriers)
August 12	Sat	AV Ekiden Relay	Anglesea
August 12	Sat	Hocking Avenue 10 KM	2.30pm Hocking Ave Playground
August 19	Sat	3km CCC	2.30pm Lake Kiosk
August 19	Sat	Aust CC Championships	Canberra
August 26	Sat	BRC Cross Country Relays	2.15pm Fed Uni
September 2	Sat	Walsh family 6k	2.30pm Gong Gong Reservoir
September 3	Sun	AV Half Marathon RRC	Burnley
September 9	Sat	Ern Dowling Lap of the Lake	2.30pm St. Patrick's Point (hosting other clubs)
September 15	Fri	Junior Presentation	6.30pm Clubrooms
September 16	Sat	AV Tan Relays	9.00am The Tan

School Holidays starts 22nd September

*NB. Check Club Newsletter, the Club website or Ballarat Courier for Changes

www.ballaratycw.com.au

Fee Structure

	AV	Club
Open	\$100	\$70
Recreational Runner	\$40	\$70
Club Social Member – Open & U20		\$110
U/20 AV Member	\$80	\$50
U18 AV Member	\$80	\$15
U16 and U14 AV Member	\$80	\$15
U/18, U16 and U14 Club Member		\$70
Junior U/12 and below		\$45

All AV Registrations are to be done on-line through the AV Member Portal

Check on our web-site at the following link for more info on the AV membership package and to download forms for Club Social memberships

<http://ballaratycw.com.au/MEMBERSHIPS.php>

AV have not changed their fee structure this year.

To count for points at Ballarat Regional Centre Cross Country events during the cross country season you only have to have paid the AV fee and the race fee for each race. To compete in Melbourne events for the Ballarat combine team you will need to take out a package or buy individual race entries on the AV member portal.

If you run track season you will also need to purchase a competitor pass. **If you do both Track and cross country it is recommended that you make this purchase in the cross country season.**

If you are unsure what to do, please see Paul or Kelly at the running on the Saturday

Track Athletes AV registering after September will pay \$35 club fees for seniors and \$20 juniors

For those running AV races in Cross Country entry is covered under the new membership structure.
Season Tickets - Open - \$125, Junior - \$100, Dual - \$55

Individual Entry this year - AV Registered Open – \$30, Junior – \$25, Dual - \$25
Recreational Runner Registered Open - \$35, Junior - \$30

Family Discount \$15 – Each family member must reside at the same address and register at the same time. (Does not apply to Dual Athlete)

We recommend that all U14 and U16 Athletes register with AV as well.

Any junior member who AV registers only has to pay \$10 to run in the Friday night junior track competition

Club Discount for 4 or more family members of \$5.00 per person

BRAC Races – Money will be collected on the day for all BRAC races.

Club pays for all BRAC relay events

Club Policy Information

All club policies can be seen by clicking here. http://ballaratycw.com.au/Club_Policies.php

Winter Events - Important Information for Members

Club Uniform - Section 5

- Our Club uniform MUST be worn on ALL race days to promote and maintain a high profile around Ballarat and to claim awards/points.
- Uniform is compulsory in Ballarat Regional Centre and Athletics Victoria events, with current registration numbers firmly attached to front and back.
- Singlets are available from the club and Shorts (now black for both men and women) can be purchased as appropriate. Check with club officials on a Saturday
- All club members, Families and friends are encouraged to return to the clubrooms or stay at the venue after club handicap races for afternoon tea/refreshments and presentation of trophies. This is an important part of the social life and tradition of the club and needs to be supported by members.
- All perpetual trophies awarded must be returned to the Trophy/Awards Officer at the start of the next winter season. Contact The Trophy Officer and Winter Director about where Club Perpetual trophies for free engraving of names and times etc. as soon as possible. The Trophy Officer and Winter Director will assist if previous winner details need to be engraved also.
- The first three (3) place getters in each age division in each of the three club championships shall be awarded gold, silver and bronze Ballarat YCW Championship medals.
- The General Committee and Winter Sub-Committees of the Club and assisting members shall endeavor to select, mark, marshal and officiate courses/events in a safe and appropriate manner, attempting to minimise the dangers to competitors.
- However, all athletes compete in Club events at their own risk.
- All Athletics Victoria registered members automatically have life and personal Injury Insurance coverage during events. (Contact AV Office). **Non- AV registered members are not covered by personal injury insurance and are required to sign a waiver before competing**
- **Athletes must have paid, and as a result be Athletics Victoria registered by the completion of their third event with the Ballarat YCW athletics club.**

AV Winter Season

- This year Ballarat YCW will again be running as part of the Ballarat Combined Team in Athletics Victoria Championships
- Information about how the teams will be organized and selection policy are available on both the Ballarat Regional Centre Website.
 - <http://www.ballaratregionalaths.com.au/>
- And the Ballarat YCW website
 - [Ballarat Combine Team](#)



Under medal 10 winners and runners Club 3000m Championship

General Information

Ballarat YCW Junior Harriers

Cross Country Age Groups are U/6, U/8, U/10, U/12, U/14, U/16 Girls and Boys.

Age group is determined by age as of the 1st April 2017

U/6 and U/8 girls and boys generally run separately while other age groups run together, but do not compete against each other. Separate points are kept for girls and boys.

The Club endorses a friendly and fun environment with the emphasis on participation, enjoyment and improvement, especially in the younger age groups, which is fostered by the handicap system.

Handicaps - Most events are handicapped. Handicaps are changed each week, and over the season the handicapper attempts to give all boys and girls a chance of a win or place. Even the slowest can win. Points are awarded for the handicap finishing order in each race, which count for the Aggregate Points competition held over the season.

Points for the Aggregate are 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1.

Athlete runs non handicap event – 3 points

Athlete goes to Melbourne - Receives mid value of points allocated to people who stay in BRAT

For BRAC events (CC Relays, Lap of the Lake, Chas Suffern, Wal Brown 8k where we run with other clubs U12, U14 and U16 runners will receive 5 points)

Aggregate points are allocated for a maximum of 20 races. If a child runs more than 20 races their worst scores are not counted so that in effect their 20 best scoring races are counted

Distances for events are:

U/6	-	300m most weeks with some 400m
U/8	-	600m most weeks with some 700m or 800m
U/10	-	1000m or 1200m
U/12	-	1200m or longer runs with U/14's
U/14-16	-	normally 3-4 KM with the shortest 1500m and longest a 6KM Lap of the Lake

*NB. The U/6 to U/12 age groups runs the same distances as summer track season.

The Club encourages all U/12, U/14 and U/16 girls and boys to proudly represent YCW and their respective schools in Ballarat Regional Athletic Centre and Athletics Victoria events.

The Club also invites interested parents to assist in the conduct of junior events - from marshalling a corner to helping to collect race tags and course flags.

Trophies are awarded for first, second and third place-getters in the Girls and Boys Age Group Aggregates at the end of the season. Anyone who runs most of the weekly races is a real chance to win their age group. Numerous trophies are awarded and held for 12 months, for special handicap races and fastest time recorded.

Championship races are also conducted at regular intervals. There are three Club Championship Saturdays throughout the season with Gold, Silver and Bronze medals awarded to place-getters in each race.

U/14 and U/16 athletes are encouraged to represent their club in the 5 Ballarat Cross-Country Championships against other juniors from Ballarat Clubs, provided they are registered with Athletics Victoria. There are also Athletics Victoria Championship races where juniors can gain state level experience and competition.

The Victorian School Cross-Country Championships is a chance for YCW juniors to compete for their school rather than club.

There are four Ballarat Cross-Country Championships for U/12 Girls and Boys, conducted over 1500m or 2000m at each of the Ballarat Regional Centre events.

Life Members of Ballarat YCW Harriers

Member	Elected	Member	Elected
Jack Davies*	1955	Keith Constable	1991
Tom Conroy*	1955	Michael Hayes	1991
R. Robertson	1963	Helen Rieniets	1991
Wal Brown*	1964	Joy Burns	1993
Eddie Schreenan*	1969	Margaret Bourke	1993
Peter Robertson	1969	Leo Schreenan	1996
Reiny Strybosch	1976	Paul Hayes	2003
Jim Caddy*	1976	Stephen Moneghetti	2013
Theo Vanderkley*	1978	Tony Benson	2016#
Brian Howlett	1981	Andrew Blood	2016
John Grant	1986	Bernard Blood	2016
Robert Burns	1986	Jared Tallent	2016#
Michael Rieniets	1986		

(* - Deceased)

(# - Athletic achievement)

President's Service Award of Ballarat YCW Harriers

Member	Elected	Member	Elected
Joe Hayes	1992	Nic VanRaaphorst	2009
Russell Bourke	1996	Richard Walsh	2009
Marita Rieniets	1997	Rebecca Walsh	2009
Michael Rieniets	1999	Sean Mahar	2009
Paul Hayes	2000	Bernard Blood	2014
Brian Howlett	2001	Kirrily Caldow	2014
Timothy Blood	2002	Matt Blood	2016
Richard Walsh	2003		
Brian Howlett	2003		
Dianne Davies	2004		

Lifetime Service Award of Ballarat YCW Harriers

Member	Elected	Member	Elected
Tom Conroy	1985	Brian Howlett	2016

Senior Aggregate Competition

8 Points: For competing in Athletics Victoria events where a club handicap is held on the same day (men – **5 points for women**)

5 Points: For competing in Athletics Victoria events where there is no club handicap on the same day

5 Points: For competing in Ballarat Centre events

3 Points: For competing in Club events

Aggregate points are applied to only Club Handicaps and sealed handicaps.

It is possible to gain points twice in one weekend if you compete in both a club handicap and AV event. This occurs on a few occasions this season and participation must be rewarded.

Men's - Points in order of finish – 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1

Women's - Points in order of finish – 9, 7, 6, 5, 4, 3, 2, and 1

Winter Trophy Winners 2016

1.	Club 3000M Club 3000M Michael Hayes Handicap	M W O	Jamie Huggett Louise Wood Jarrad Turnbull
2.	Howlett 3KM	O	Des Mahar
3.	Atkinson 3KM	O	Barry Phypers
4.	North Gardens 4 KM	O	Natalie Atherton
5.	Ethel Brown 4KM Ethel Brown 4 KM	M W	Nic VanRaaphorst Paula Nankervis
6.	Buninyong 4.3KM Buninyong 4.3KM Handicap Winner	M W O	Jamie Huggett Louise Wood Madeline Rowe
7.	Life Members 6km	O	Stephen Moneghetti
8.	Fred Harasimovich 5KM	O	Louise Wood
9.	Walsh Family 6.KM	O	Barry Phypers
10.	Ern Dowling Lake	O	Madeline Rowe
11.	Tom Conroy 8KM	O	Andrew Wilson
12.	Club 8000M Club 8000M Benita VanRaaphorst Memorial Handicap	M W O	Nic VanRaaphorst Louise Wood Mark O'Callaghan
13.	Wal Brown 5 Mile	O	Barry Phypers
14.	Hocking Ave 10KM	M	Bianca Pook
15.	Liversage 10KM Liversage 5KM	M W	Des Mahar Madeline Rowe
16.	Progress Park 6.4k	O	Sue Huggett
17.	Eureka Stockade 3k Dash	O	Des Mahar
18.	Delacombe 3k Dash	O	Jarrard Turnbull
19.	Yuille Station 6.2k	O	Andrew Wilson
20.	Benson's Hill Course	O	Barry Phypers
20.	Aggregate Aggregate	M W	Jason Blood Jodie Berrigan
21.	Club Champion Club Champion	M F	Matt Blood Louise Wood
22.	AV Champion	M F	Nic VanRaaphorst & David Grigg N/A
23.	Most Improved	M F	Pat O'Leary jnr Eliza Lepair
25.	Ben Davies Memorial Award	O	Natalie Atherton

Ballarat YCW Junior Cross Country Trophy Winners 2016

Danny Millar Memorial Boys 3km	Felix Moore	13.18
Kevin Howlett Memorial Girls 3km	Abiathar Templar	13.23
Wal Brown Junior 4km	Georgina Mees	17.50
Wayne Atkinson Junior 3km	Riley Berrigan	16.53
Ellis Family 4km	Samuel Blood	27.08
Rieniets Family 3.3km	Rhianna Watts	17.30
Benita VanRaaphorst Memorial	Riley Berrigan	25.47
Front Markers 5km Junior Hcp	Yual Reath	19.28
Malcolm Hughes Memorial 3km Hcp.	Felix Moore	11.47
	Mia Lepair	11.57

Jane McMahon Memorial Junior Trophy-

Fastest time - Male	Pat O'Leary jnr	10.54
Female	Eliza Lepair	11.29
King of the Mountain U/12	Jude McGuire	6.48
“ “ “ U/14	Jack Diamond	10.04
“ “ “ U/16	Yual Reath	9.14
Queen of the Mountain U/12	Georgina Mees	7.15
“ “ “ U/14	Mia Lepair	10.41
“ “ “ U/16	Eliza Lepair	9.44

Damian Turner Fastest time Girls.	Eliza Lepair	24.04
Damian Turner Fastest time Boys	Yual Reath	22.23
Brian Howlett Junior Lap of Lake	Abiathar Templar	26.23

Club Champion Female	Eliza Lepair
Male	Yual Reath

Junior Club Person Female	Charlotte Streat
Male	Jack Nankervis
Senior Club person Female	Jamila Jones
Male	James Childs

Ben Davis Memorial trophy	Skye Laube
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Brian Howlett Lap of Lake	
1st Abiathar Templar	26.23
2nd Jude McGuire	24.13
3rd Yual Reath	22.33
4th Samuel Pearse	25.50
5th Eliza Lepair	24.04
6th Anika Jones	29.11
7th Fraser Saunder	26.45
8th Charlotte Streat	32.19
9th Matthew Moneghetti	23.51
10th Patrick O'Leary jnr	23.21

Junior Aggregate 2016 Results

Under 6 Boys	Kevin Gleeson
Under 6 Girls	Lena Wiltsher
Under 8 Boys	Jack Kinnersley
Under 8 Girls	Charli Rowe
Under 10 Boys	Hamish Jones
Under 10 Girls	Giaan Watts
Under 12 Boys	Mason Roberts-Dunn
Under 12 Girls	Chloe Kinnersley
Under 14 Boys	Jack Diamond
Under 14 Girls	Anika Jones
Under 16 Boys	Patrick O'Leary jnr
Under 16 Girls	Eliza Lepair

Senior Aggregate 2015 Results

1st Open Men	Jason Blood	192
2nd Open men	Andrew Wilson	181
3rd Open Men	David Grigg	171
1st Open Women	Jodie Berrigan	204
2nd Open Women	Louise Wood	146
3rd Open Women	Madeline Rowe	141



U6 and U8 Medalists 3000m Championship day

Saturday March 25th

Ethel Brown 4KM Handicap

In memory of Ethel Brown who died 18/1/1975

History: Estab. 9 April, 1988 (Previously 1500M, Vic Park)
Season opening and registration day

Venue: Victoria Park, BBQ's (opp. Loreto College, Sturt St)

Required Officials Road Marshall 1
Finish Assistants 2

A flat fast two lap course starting and finishing on Vic Park Oval Number 3 and including a circuit on the jogging track adjacent to Gillies St.

Seniors: Combined Men and Women **2.30 PM**

2016 Race Winner: **M** Nic VanRaaphorst 12.30 **F** Paula Nankervis 16.35

Race record **M** Richard Gleisner 11:48 **1998** **F** Kelli Baird 14:28 **1998**

Fastest Time 2016 **M** Nic VanRaaphorst 12.30 **F** Eliza Lepair 16.29

Juniors: U/6 Boys and Girls 300M **1.30 PM**

U/8 Boys and Girls 600M

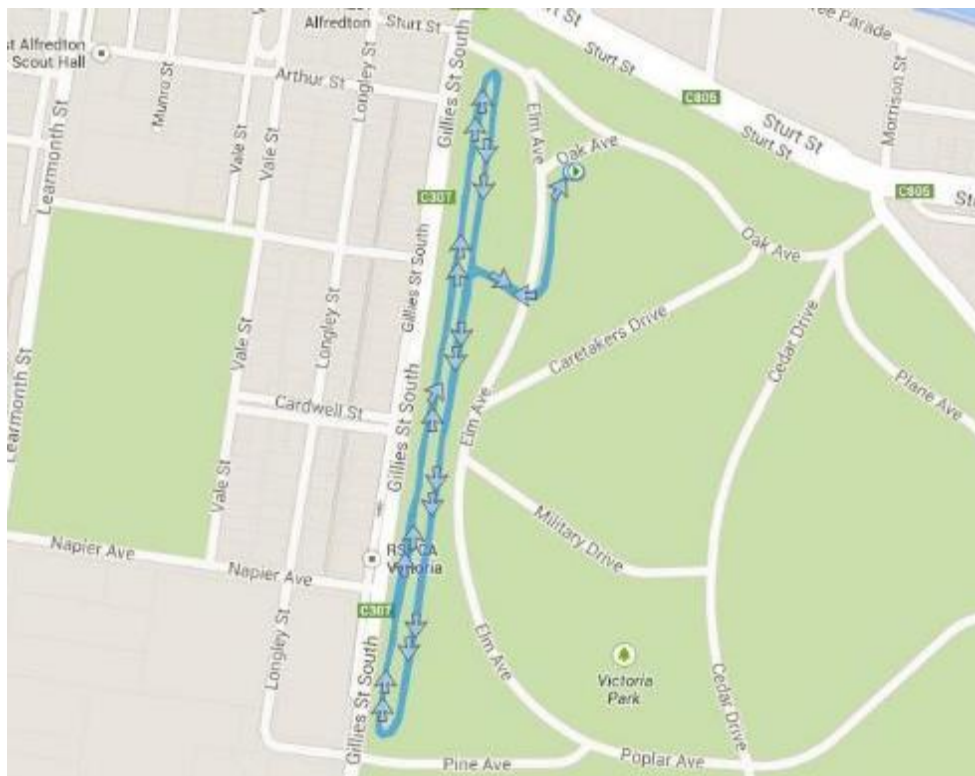
U/10 Boys and Girls 1000M

U/12 Boys and Girls 2000M

U/14 Boys and Girls 4000M **2.30 PM**

U/16 Boys and Girls 4000M

Start/Finish: Victoria Park, BBQ's (opp. Loreto College, Sturt St)



Ethel Brown

Ethel Brown, mother of Wal was the driving force behind the ladies' committee from its beginning in 1949. She was the inaugural president, a position she held for decades until her sudden death in January 1975. She shared the dream of the club having its own clubrooms and was involved with the early plans of the kitchen in our clubrooms. This area was dedicated to her memory in 1981. In the early days I'm not sure if it was the challenge of the race that got the members there or the knowledge of the great afternoon teas the ladies committee would have waiting for them at the end.

Saturday April 1st

Kevin Howlett 3000M Handicap

In memory of Kevin Howlett who died 25/11/67

Venue: Lake Esmond, Larter St
Required Officials Finish Assistants 2

A challenging course utilizing the paths around Lake Esmond

Seniors: Combined Men and Women and U14 to U16 **8:30 AM**

2016 Race Winner: Des Mahar 17.03

Race record **M** Kerry Pearce 8:15 **1974** **F** Anne Reeve 10:35 **1982**

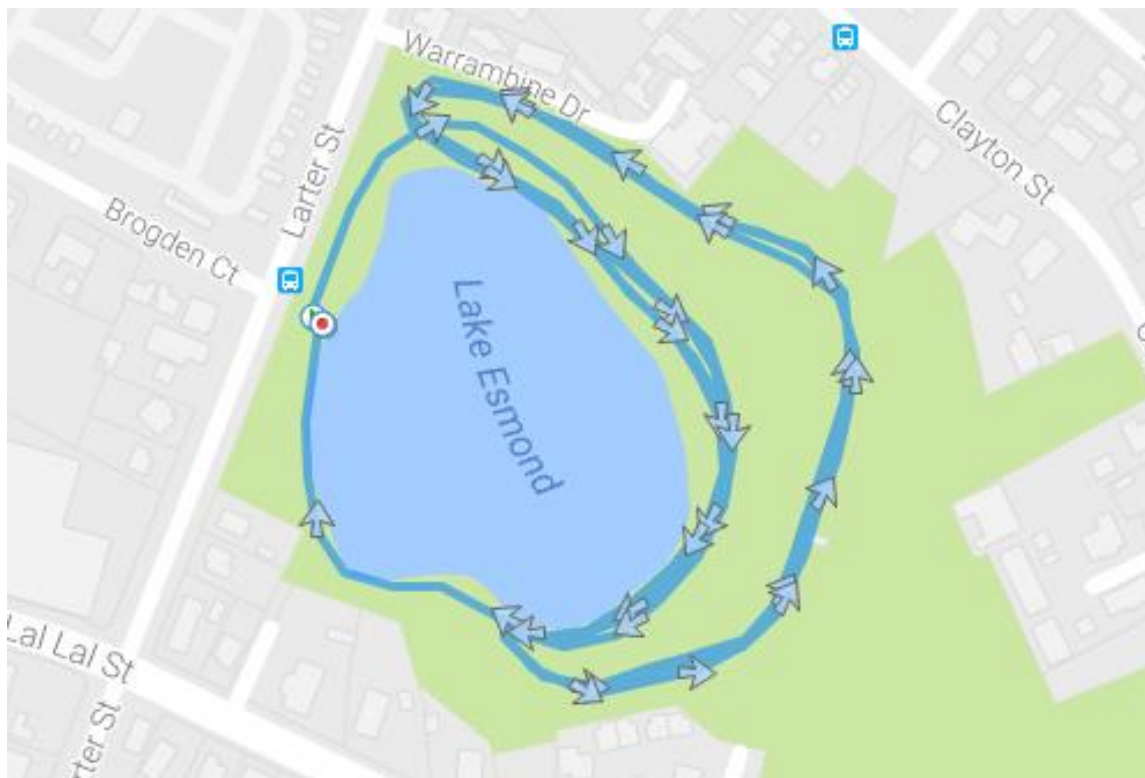
Fastest Time 2016 **M** Matt Blood 10.06 **F** Louise Wood 11.34

Juniors: U/6 Boys and Girls 300M **9.10 AM**
U/8 Boys and Girls 600M
U/10 Boys and Girls 1200M
U/12 Boys and Girls 1200M or 3000M (H)

Danny Millar Boys 3KM Handicap Trophy

Kevin Howlett Girls 3KM Handicap Trophy

U/14 & U/16 All 3000M **8.30 AM**



Notes -

Kevin Howlett

Kevin was a keen distance runner who ran with the club starting around 1957. Kevin ran track and cross-country for many years until his sudden death in October 1967. He was a good clubman and although he was not a champion athlete he always did his best for the club he loved.

Kevin was with his mates when he collapsed and died at the Melbourne trots

Saturday April 8th - BRC Victoria Park Relays

History: Event established 13 June, 1949. Event has been run on the Lake until 2012. In 2013 the course shifted to Victoria Park

Venue: **BBQ Area, Victoria Park Opposite Oval 2**

Required Officials **Set-up - 2** (Required at Victoria Park Number 2 at 12.00)

All Ages Men and Women 3KM 2:15PM

Arrive at 1:30PM Sharp to allow team organisation

Juniors: U6 Boys and Girls 300m 1.30PM
U8 Boys and Girls 600m
U10 & U12 Boys and Girls 1000m
U12, U14 & U16 All 3KM 2.15PM

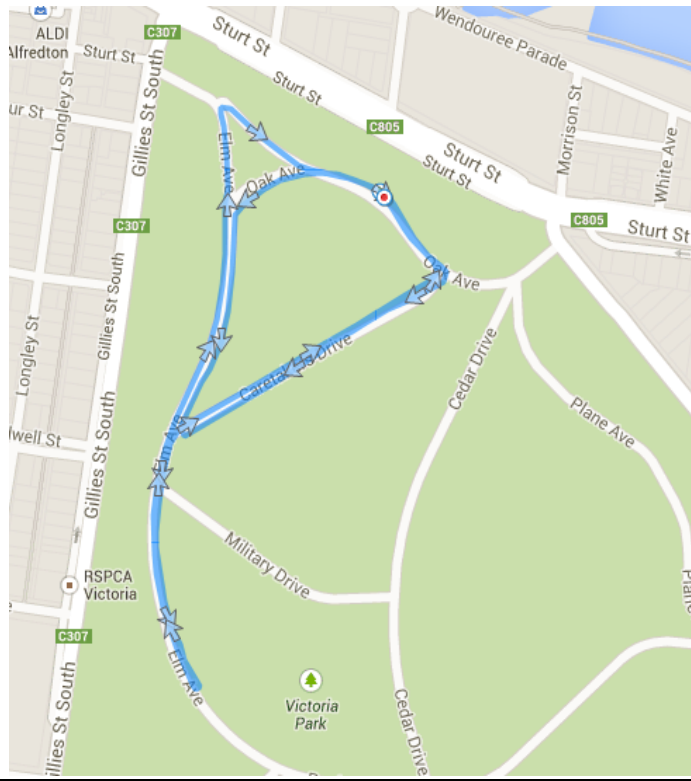
Club team managers are responsible for recording individual times and names of runner for each leg on duplicate form supplied by the centre

YCW Fastest Times

1994	Steve Moneghetti	8:24	Kelli Baird	10:43
1995	John Walsh	8:30	Anna Howley	10:29
1996	Damien Turner	8:52	Kelli Baird	10:10
1997	John Walsh	8:33	Kelli Baird	10:41
1998	Darren Lynch	8:31	Kelli Baird	10:26
1999	Jason Allie	9.05	Geraldine Riley	11.04
2000	Steve Moneghetti	8.29	P.VanRaaphorst	11.31
2001	Jay Bourke	8.45	P.VanRaaphorst	10.57
2002	Steve Moneghetti	8.29	Kelli Baird	10.24
2003	Shane Nankervis	8.40	Anne Martin	11.14
2004	Rob Ellis	9.02	Belinda Mirabella	11.50
2005	Steve Moneghetti	8.38	Kelli Baird	10.57
2006	Steve Moneghetti	8.48	Kelli Baird	11.18
2007	Shane Nankervis	8.57	Tracey Fraser	10.58
2008	Paul Fenn	8.55	Tracey Fraser	10.36
2009	Shane Nankervis	8.38	Kelli Baird	10.30
2010	Aaron Green	8.50	Kelli Baird	10.41
2011	Shane Nankervis	8.45	Kelli Baird	11.04
2012	Shane Nankervis	8.46	Louise Wood	11.13
2013	Jamie Huggett	8.54	Louise Wood	11.16
2014	Nic vanRaaphorst	9.11	Natalya Hall-Dekleva	10.53
2015	Ben Huggett	9.31	Louise Wood	11.21
2016	Matt Blood	10.05	Louise Wood	10.58

Lake Relay Club Records

Men	52:15	1995 (race record)
Women	44:31	1990



Junior Trophy Winners 2016

Saturday April 15th Fred Harasimowicz 5KM Handicap

In memory of Fred Harasimowicz who died 11 September, 1990

History: Event established 3 May, 1969

Venue: **Start** Sparrow Oval Crn of Kline and Spencer St, Ballarat East

Finish – Pax Hill

Starts and finishes at the Sparrow Oval playground. A tough course that climbs uphill for the first 1500m, followed by a series of undulations and a 1200m downhill finish

Required Officials

Lead Car	1
Rear Car	1
Finish Assistants	2

Seniors: 5k Back markers Men and Women **2:30 PM**

2016 Race Winner: Louise Wood 19.35

Race record **M** Brian McLennan 14:06 **1975 F** Anne Reeve 18:58 **1984**

Fastest Time 2016 **M** Sean Mahar 18.36 **F** Louise Wood 19.35

Juniors:

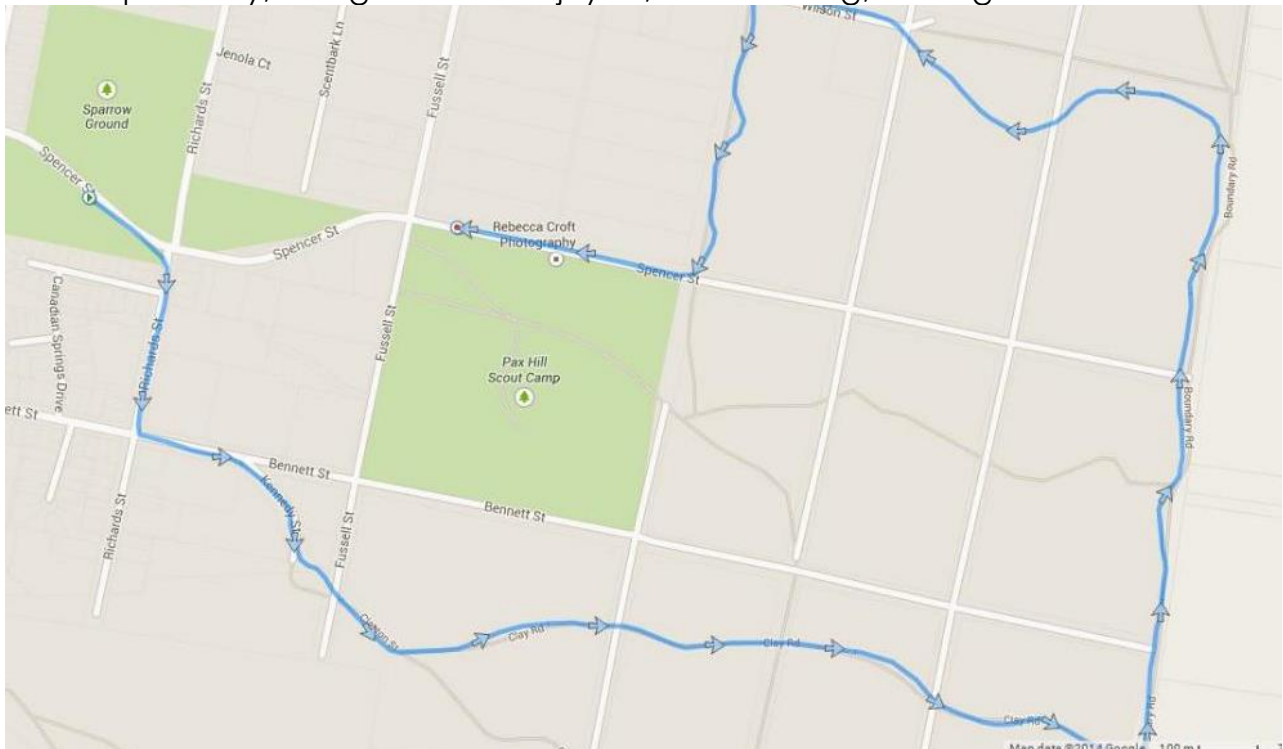
U/6 Boys and Girls	300M	1.30 PM
U/8 Boys and Girls	600M	
U/10 Boys and Girls	1000M	
U/12 Boys and Girls	2000M (H) or 5K	

Front Markers 5KM Junior Handicap Trophy

U/14 & U/16 All	5KM	2:30 PM
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Fred Harasimowicz

Fred was born in Germany, an only son, who came to Australia when he was 8 years old. He attended Christian Brothers School, St. Alipius, where he formed a lasting friendship with Bob Stevenson. Fred joined YCW in 1961 and it was quickly observed that what he might lack in ability, he made up for in grit and determination. He took up race walking and loved it. Another love was the Railways, where as a driver he was recognised for his conscientious dedication. He died unexpectedly, doing what he enjoyed, race walking, leaving a wife and two sons.



Saturday April 22nd

(AV Cross Country Relays – Jells Park)

Delacombe 3k Dash

History: Event first started in 2013. The race is a flat fast 2 lap race around the recently created wetlands in Delacombe.

Venue: BBQ's in Nandiriog Drive, Delacombe

Required Officials Finish Assistants 1
Marshalls on Course - 3

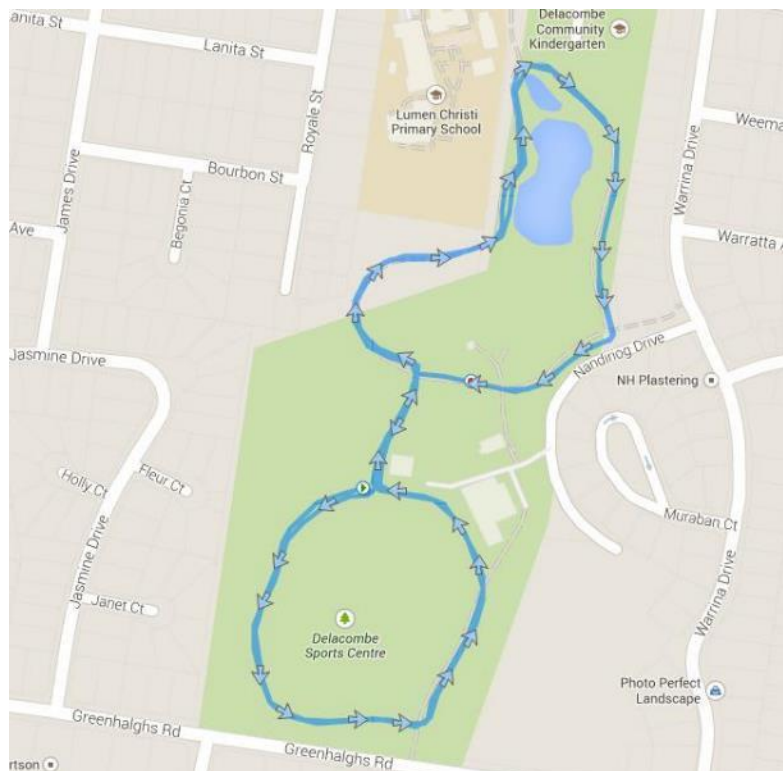
Seniors: Open 3KM **8:30 AM**

2016 Winner – Jarrad Turnbull 11.36

Race record **M** Chris Beechey 9.28 **(2014)** **F** Louise Wood 11.05 **(2014)**

Fastest Time 2016 **M** Matt Blood 9.51 **F** Louise Wood 11.07

Juniors: U/6 Boys and Girls 300M **9:10 AM**
U/8 Boys and Girls 700M
U/10 Boys and Girls 1000M
U/12 Boys and Girls 1500M (H)
U/14 & U/16 3KM **8.30 AM**



Sat April 22nd - AV Cross Country Relays Jells Park (Melways 71K6).

Check BRC web-site for more information on bus and teams

Open M & F & U/20M 6 km Others - 3 km.

12.30 PM start seniors. 1.00 PM start Juniors

Saturday April 29th

Life Members 6 KM Handicap

History: Event established 10th April 2004. Previously held at SportsWorks

Venue: Desoza Park, Geelong Rd - Adjacent to Crown Hotel

Life members and past members will be invited on the day. Afternoon tea will be provided on the day and we encourage all members to stay

Required Officials Finish Assistants 2

Course is 3 laps of 2k around Desoza Park. Course is flat and fast

Seniors: Men and Women 6KM **2:30 PM**

2016 Race Winner: Steve Moneghetti 20.05

Race record M Shane Nankervis 19.08 **2006 F** Tracey Fraser 22.49 **2007**

Fastest Time 2016 M Jamie Huggett 20.02 **F** Louise Wood 23.35

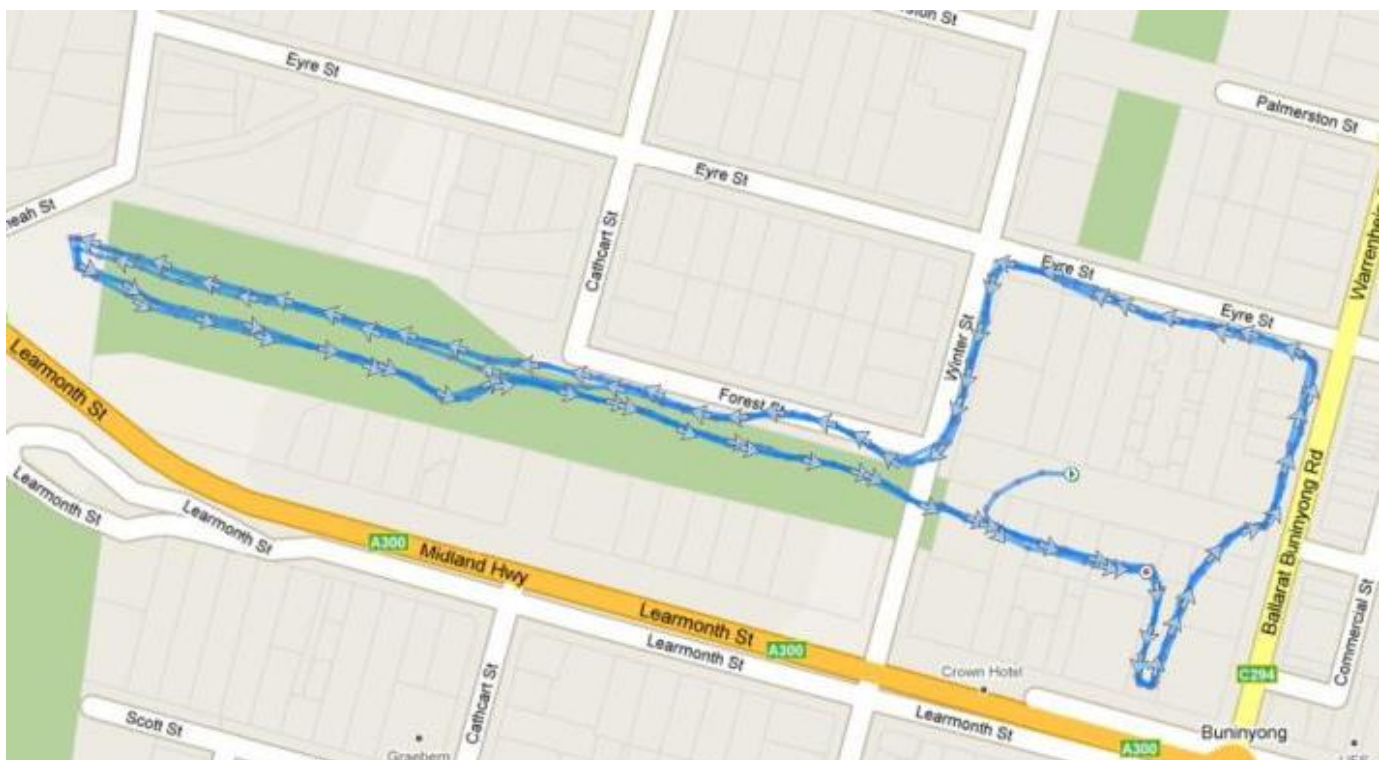
Juniors U/6 Boys and Girls 300M **1:30 PM**

U/8 Boys and Girls 700M

U/10 Boys and Girls 1500M

U/12 Boys and Girls 1500M (H) or 4KM

U/14 & U/16 A11 4KM **2:30 PM**



Saturday May 13th

Eureka Stockade 6k Dash

(AV 8k Wandin Park, Gruyere)

History: Established 2014. Uses a 3km circuit that had previously been used for the Kevin Howlett 3km. It is a 2 lap course around the historic Eureka precinct

Venue: MADE Car Park, Rodier St or Swimming Pool car park

Required Officials

Road Marshall	1
Finish Assistants	2

Seniors:

Men	6 KM	2:30 PM
Women	6 KM	2:30 PM

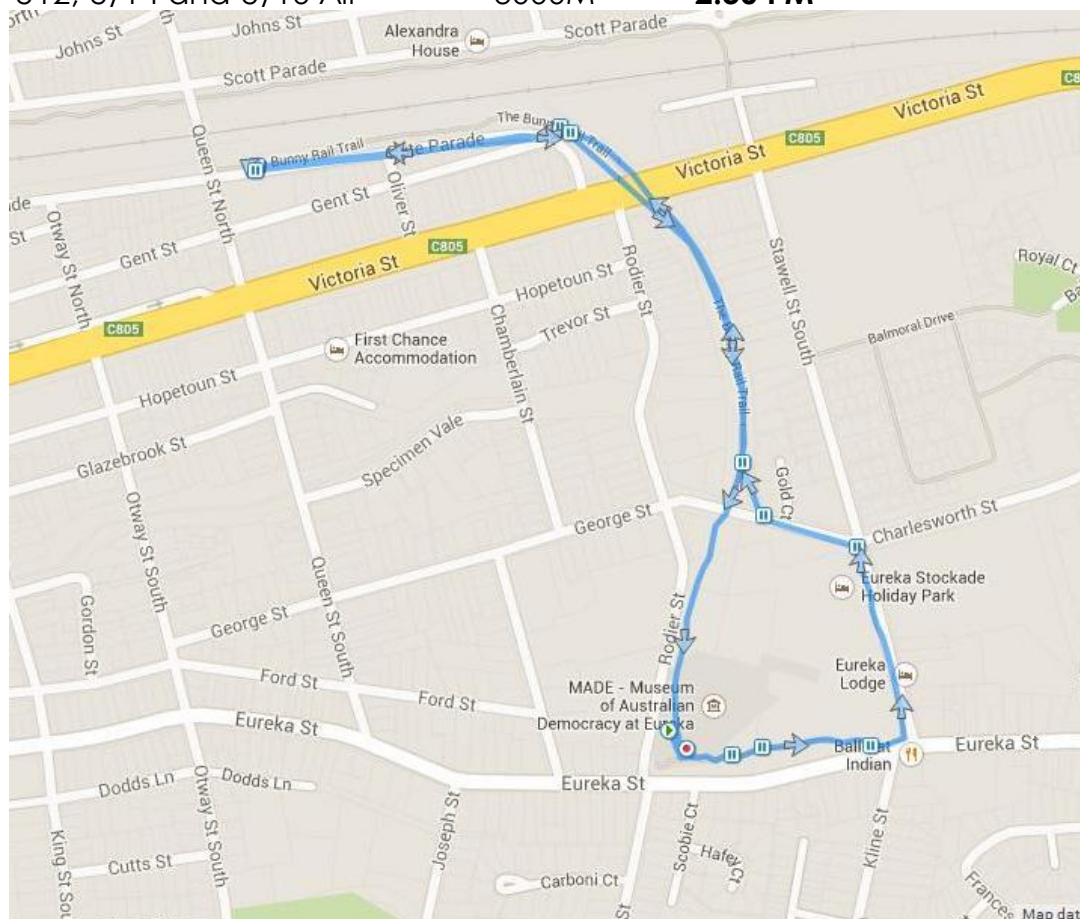
2016 Race Winner: Des Mahar 33.08

Race record M Jamie Huggett 19.05 **(2014)** **F** Louise Wood 23.15 **(2016)**

Fastest Time 2016 M Jamie Huggett 20.04 **F** Louise Wood 23.15

Juniors:

U/6 Boys and Girls	300M	1:30 PM
U/8 Boys and Girls	700M	
U/10 & U12 Boys and Girls	1200M or 3000M for U12 (H)	
U12, U/14 and U/16 All	3000M	2:30 PM



Sat May 13th AV Wandin Park Race, Gruyere

Check BRC web-site for more information on bus and teams

First event starts 12.30 pm

Men U14 Women U14	2km	Men U16 Women U20 U18 U16	3km
Men U20 & U18	4km	Women Open	4km
Men Open	8km		

Saturday May 20th

Club 8000M Championship and Benita VanRaaphorst Memorial Handicap Trophy

(in memory of Benita 26th May 2001)

History: Event established 13 June, 1981
Previously Gunn's Flat, Creswick Forest and Tinworth Ave
Venue: or Soccer Oval Melbourne Road, Creswick

Required Officials

Road Marshall	2 on Main Rd to turn back
Road Marshall	1 at Junior turn around
Finish Assistants	2

Seniors: Combined Men and Women **2:30 PM**

Juniors:

U/6 Boys and Girls	300M	1.45 PM
U/8 Boys and Girls	700M	
U/10 Boys and Girls	1000M	
U/12 Boys and Girls	2000M	

Benita VanRaaphorst Memorial Handicap Trophy
U/14 & U/16 All 4000M **2:30 PM**

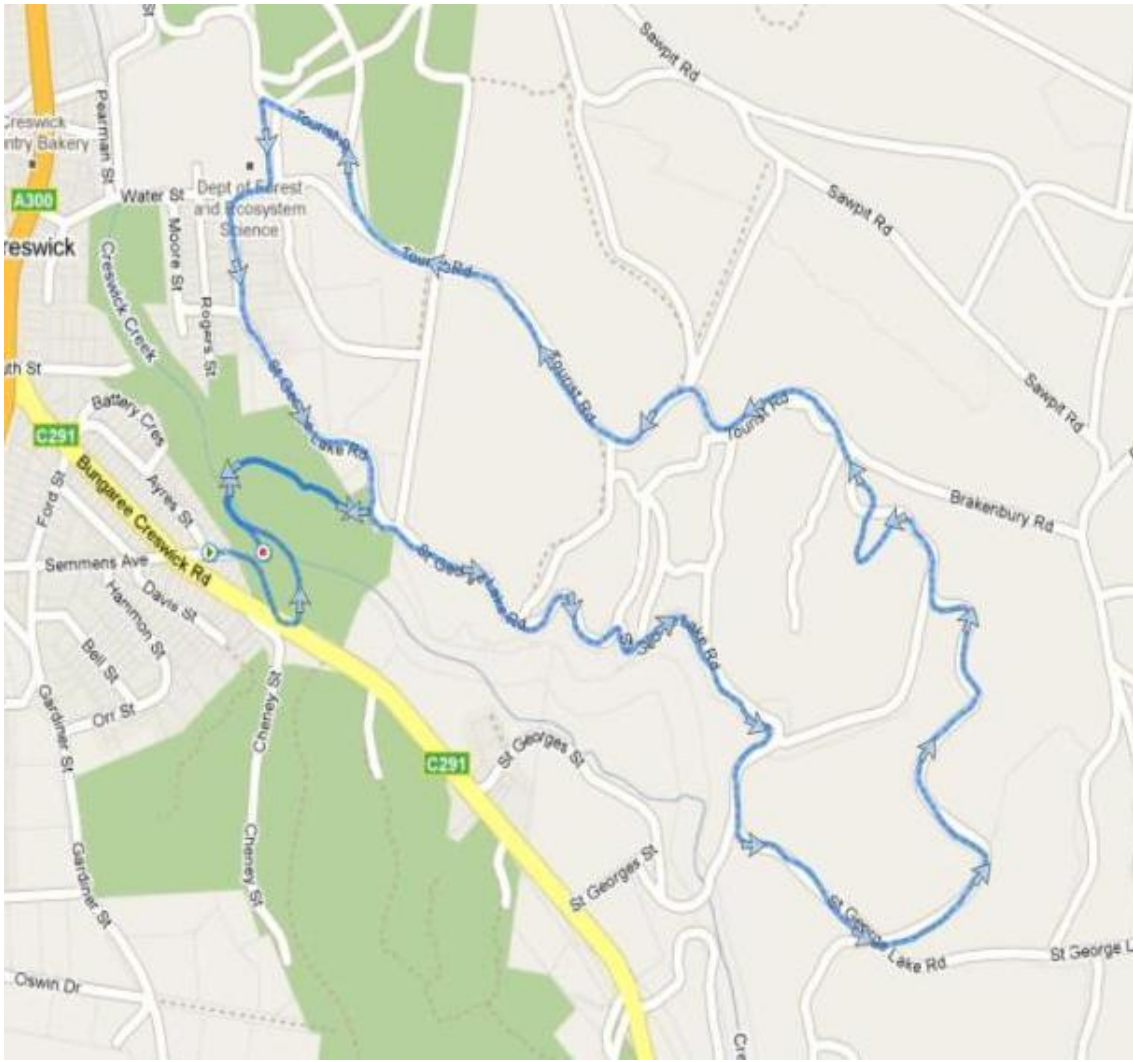
Race record M Shane Nankervis 25:27 **1999** F Kelli Baird 30:39 **2002**

Club 8000M Champions

1994	Maurice Prendergast	25:55	Paula VanRaaphorst	32:44
1995	John Walsh	24:56	Michelle Leaver	34:07
1996	Hector Begeo	25:25	Juanita Liston	34:31
1997	Paul Hayes	26:32	Paula VanRaaphorst	33:05
1998	Paul Hayes	26:07	Paula VanRaaphorst	33:18
1999	Shane Nankervis	25:27	Geraldine Riley	32:19
2000	Maurice Prendergast	25:52	Paula VanRaaphorst	33:12
2001	Shane Nankervis		Paula VanRaaphorst	
2002	Shane Nankervis	26.42	Kelli Baird	30.39
2003	Shane Nankervis	25.40	Delwyn Oliver	38.53
2004	Steve McMahan	26.49	Belinda Mirabella	33.50
2005	Shane Nankervis	25.47	Kelli Baird	32.43
2006	Nic VanRaaphorst	26.34	Kelli Baird	32.26
2007	Nic VanRaaphorst	27.20	Tracey Fraser	32.49
2008	Steve Moneghetti	26.00	Tracey Fraser	31.34
2009	Paul Fenn	25.10 (short)	Kelli Baird	31.35
2010	Nic VanRaaphorst	26.29	Lyra Meehan	31.33
2011	Nic VanRaaphorst	28.14	Kelli Baird	36.41
2012	Shane Nankervis	28.28	Kelli Baird	35.36
2013	Jamie Huggett	27.15	Louise Wood	30.26 (7.15k)
2014	Jamie Huggett	28.02	Louise Wood	34.21
2015	Nic VanRaaphorst	26.28	Louise Wood	33.24
2016	Nic VanRaaphorst	27.47	Louise Wood	33.57

Benita VanRaaphorst Memorial Handicap Trophy

2002	Casey Byron	2009	Leanne Hayes
2003	Shane Nankervis	2010	Sarah Prendergast
2004	Paul Commons	2011	Georgina Ryan
2005	Nic VanRaaphorst/Darren Pryor	2012	Gary Blood
2006	Paul Everett	2013	Jarrad Turnbull
2007	Mark Turnbull	2014	Gavin Parkinson
2008	Ash Rogers	2015	Ben Fahy
		2016	Mark O'Callaghan



**Michael Hayes Sealed Handicap Winner Mona in the original YCW singlet
Jarrad Turnbull pictured with Michael**

Saturday May 27th

North Gardens 4KM Handicap (AV 16km – Cruden Farm)

History: Event established 12 July, 1997

Venue/Start: Wetlands, North Lake Gardens

Required Officials Finish Assistants 2

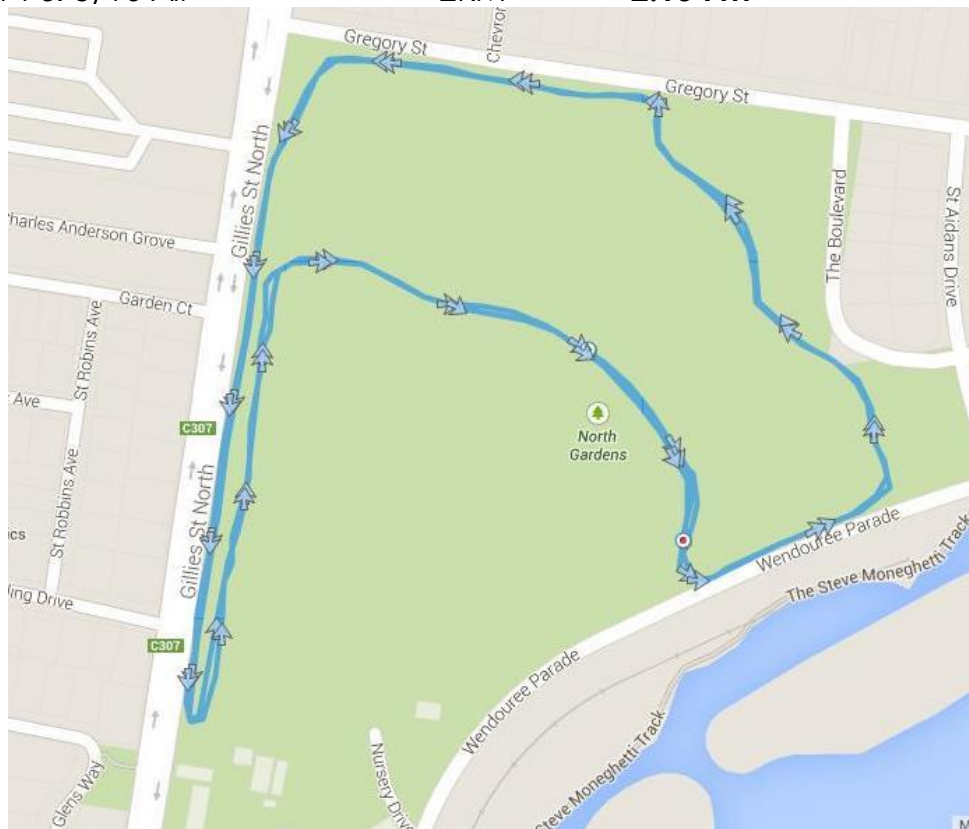
Seniors: Men and Women Combined **2:30 PM**

2016 Race Winner: Natalie Atherton 18.45

Race record **M** Jamie Huggett 12:33 **(2013)** **F** Kelli Baird 14.51 **(2006)**

Fastest Time 2016 **M** David Grigg 13.28 **F** Louise Wood 15.17

Juniors: U/6 Boys and Girls 300M **1.30 PM**
U/8 Boys and Girls 600M
U/10 Boys and Girls 1000M
U/12 Boys and Girls 2KM
U/14 & U/16 All 2KM **2:15 PM**



Saturday May 27th - AV Cruden Farm

Check BRC web-site for more information on bus and teams

First event starts at 12.00 PM

Men Open	16km Women Open, U18 & U16	6km
Men U18	8km Men U/14, Women U/20, U14	4km
Men U20, U/16	6km	

Saturday June 3rd - Wal Brown 5 Mile Handicap

In memory of Wal Brown who died 29 November, 1984

This year the race incorporates the Wal Brown Regional Centre 8km Championship

History: Event established 31 August, 1985
Venue: Old Football Ground Moore St, Creswick
Required Officials Road Marshall 1 (Bridge)
Finish Assistants 2

This year YCW is again hosting the 3 Ballarat clubs for the holding of the Regional Centre Wal Brown 8km championship and our own Wal Brown handicap.

The race is a championship and our trophy will be awarded based on the sealed handicap
The course will run our club 8km championship course, but will start from the old footy ground instead of the old soccer ground

Seniors: Men and Women Combined **2:30 PM**

2016 Race Winner: Barry Phypers 40.57

Race record **M** Shane Nankervis 24:47 **2004 F** Kelli Baird 30:53 **1990**

Fastest Time 2016 M Jamie Huggett 26.09 **F** Louise Wood 33.21

Juniors: U/6 Boys and Girls 300M **1.30 PM**
U/8 Boys and Girls 600M
U/10 Boys and Girls 1000M
U/12 Boys and Girls 2000M

Wal Brown Junior 4KM Trophy

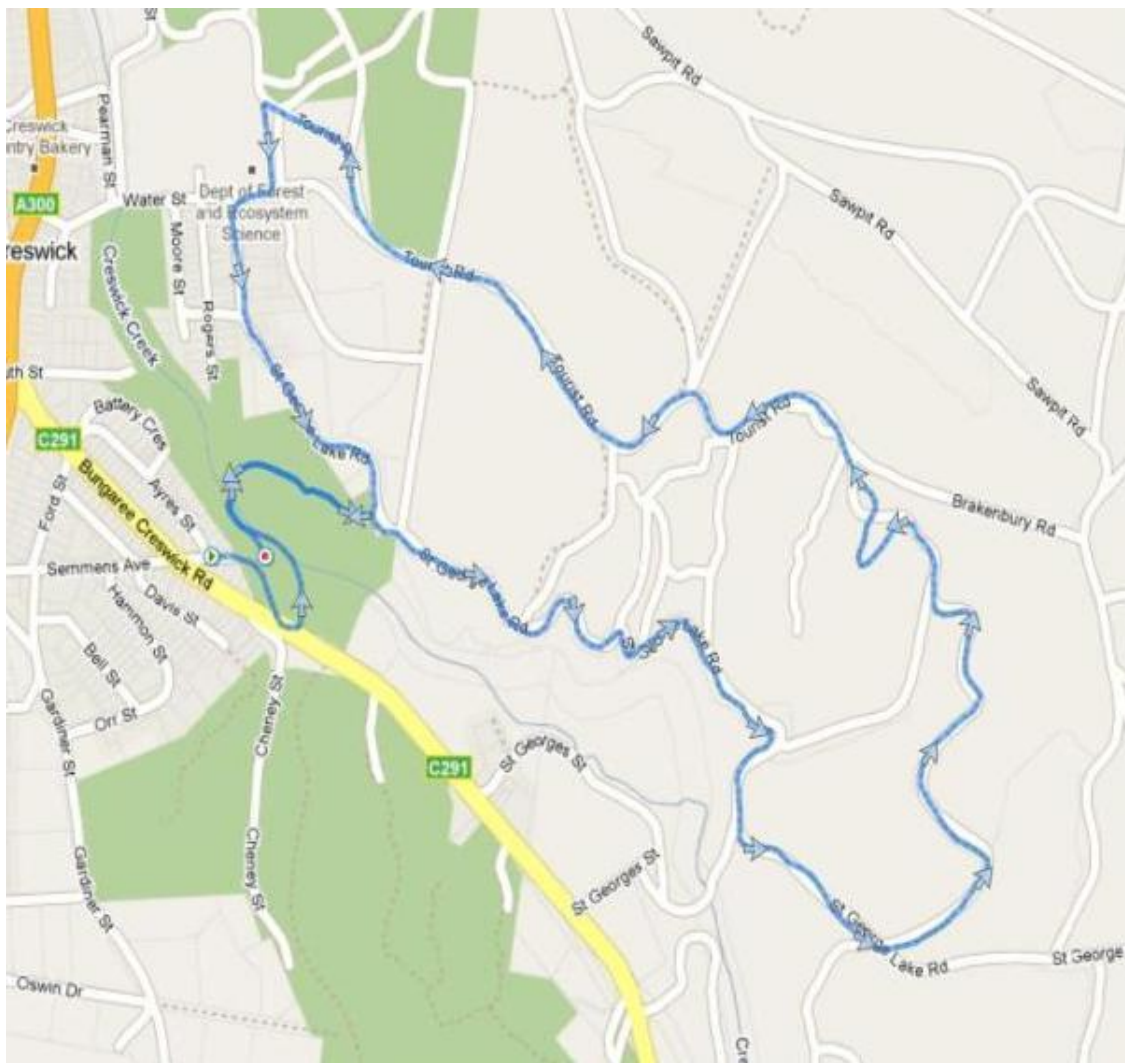
U/14 & U/16 All 4KM **2:30 PM**

Notes -Wal Brown

The name Wal Brown is synonymous with that of the Ballarat YCW Harriers.

Virtually from the club's inception in 1946, Wally's life was entwined completely with that of his beloved YCW Harriers. Together with his parents Ethel and Ted, they turned their home into the first real clubrooms and it was here that the spirit which fortunately still exists today was born and encouraged. Through Wally's commitment and vision, Ballarat YCW Harriers became a club to be reckoned with and one the envy of others for its caring attitude and sense of pride in its reputation as a sociable and welcoming group.

Wal's athletic career after an inauspicious beginning flourished due to his training work ethic and became one of the top distance runners in the state. He was the first in the club to realise the importance of hard work on the training track and it was this commitment that transformed him from a very ordinary performer into a Ballarat and Club Champion



BRC Wal Brown 8km and 4km history

First YCW athlete to finish

2004	Rob Ellis	27:44	Katrina Braszell	16:03 (4km)
2005	Paul Fenn	26.12	Kelli Baird	15.22
2006	Steve Moneghetti	27.19	Kelli Baird	16.03
2007	Nic VanRaaphorst	27.21	Tracey Fraser	16.04
2008	Paul Fenn	27.31	Kelli Baird	15.13
2009	Nic VanRaaphorst	27.56	Kelli Baird	15.09
2010	Aaron Green	27.38	Kelli Baird	16.13
2011	Nic VanRaaphorst	29.00	Kelli Baird	16.21
2012	Nic VanRaaphorst	27.20	Kelli Baird	16.03
2013	Nic VanRaaphorst	28.18	Louise Wood	16.27
2014	Nic VanRaaphorst	28.21	Tracie Kaye	16.21
2015	Nic VanRaaphorst	28.01	Eliza Lepair	17.25
2016	Nic VanRaaphorst	27.47	Louise Wood	33.57 (8km)

Saturday June 10th

Tom Conroy 8KM Handicap (In memory of Tom 7 September, 1995)

History: Event established 13 June, 1981

Venue: **Scarsdale P.S.** Pitfield Road, Scarsdale

Thanks to Mick and Jenny Ellis for hosting the event.

Allow sufficient time to travel to venue.

Required Officials

Lead Car	1
Finish Assistants	2

Course starts at Scarsdale PS and is a tough undulating run through the Scarsdale forest tracks. A challenging course that is enjoyable to run.

Seniors: Combined Men and Women 8KM **2:30 PM**

2016 Race Winner: Andrew Wilson 32.42

Race Record M Steve Moneghetti 24.20 **2005 F** Paula Nankervis 31.52 **2005**

Fastest Time 2015 M Jamie Huggett 26.45 **F** Louise Wood 32.03

Juniors: U/6 Boys and Girls 300M **1.45 PM**

U/8 Boys and Girls 800M

U/10 Boys and Girls 1200M

U/12 Boys and Girls 2000M (H) or 4 KM

The Ellis Family 4KM Handicap Trophy

U/14 & U/16 All 4KM **2:30 PM**

Afternoon Tea and Sausage Sizzle at Scarsdale

Tom Conroy

Tom Conroy is an indelible name in the history of YCW Harriers as an athlete, administrator, veteran club and regional centre handicapper and the last remaining link between YCW harriers and its predecessor CYMS Harriers. Tom first became involved in athletics in the late 1930's with CYMS. With the formation of YCW Harriers in 1946 Tom renewed his association with athletics and became a valued member of the first committee because of his past experience. During those formative years Tom with a few other dedicated members guided, encouraged and urged the athletes in their early challenges. Although most of the members who helped establish the club were not around to see it reach maturity, Tom was still there! The job that he is remembered most for is handicapper, a position he performed for decades.



Saturday June 24th

BRC Charles Suffren 6.4KM

History: Event established 12 June, 1948

Venue: (Burrumbeet) – **please check web-site prior to event in case of change**
Allow for traveling time to venue

Required Officials **Set-up - 2** (Required at 12.00pm)

BRC Stuart Hunter U.12 Boys & Girls 1600M **2:00 PM**

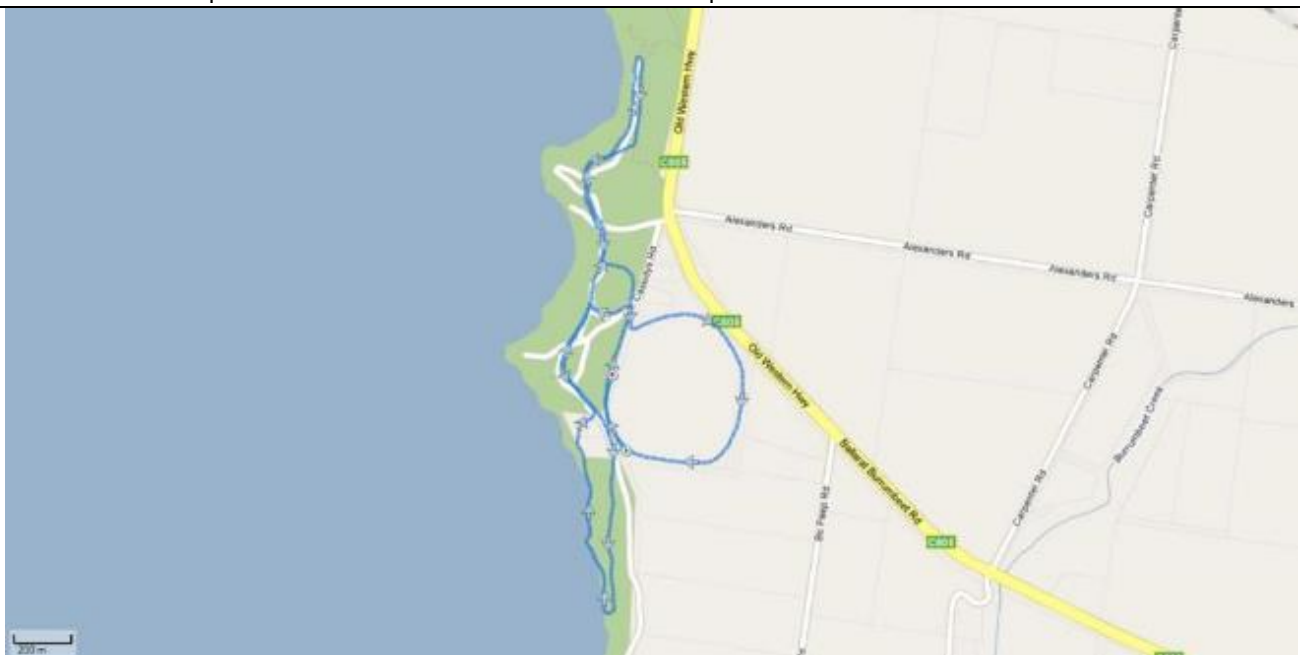
Seniors: Open Men to U/16 Boys 6.4KM **2:15 PM**
All Women and U/14 Boys 3KM **3:00 PM**

Juniors:
U/6 Boys and Girls 300M **1.15 PM**
U/8 Boys and Girls 700M
U/10 Boys and Girls 1100M
U/12 Boys and Girls 1600M

Start: Burrumbeet Racecourse

First YCW athlete to finish

2001	Steve Moneghetti	20.10	Paula VanRaaphorst	11.15
2002	Steve Moneghetti	20.03	Kelli Baird	10.45
2003	Rob Ellis	20:35	Anne Martin	11:27
2004	Steve Moneghetti	19:55	Belinda Mirabella	12:10
2005	Rob Ellis	20.52	Kelli Baird	11.11
2006	Chris Howley	22.30	Kelli Baird	11.25
2007	Rob Boadle	22.21	Tracey Fraser	11.25
2008	Paul Fenn	20.51	Kelli Baird	10.59
2009	Jamie Huggett	21.37	Kelli Baird	11.03
2010	Aaron Green	21.56	Kelli Baird	11.02
2011	Nic VanRaaphorst	21.05	Kelli Baird	11.30
2012	Nic VanRaaphorst	21.32	Kelli Baird	11.41
2013	Jamie Huggett	21.02	Louise Wood	11.33
2014	Jamie Huggett	20.53	Louise Wood	11.36
2015	Nic VanRaaphorst	21.39	Tahlee Vanroosmalen	11.49
2016	Nic VanRaaphorst	21.43	Eliza Lepair	12.21



Saturday July 1st

Benson's Hill Course – 6.67km

History: Event was first held in 2016. A challenging course with a number of hills to climb. This is part of the famous Benson's hill course that has been used by numerous runners as part of their training routine for years.

Venue: Shire Ave, Mt Helen

Required Officials	Lead Bike	1
	Finish Assistants	2

There is no junior events on this day.

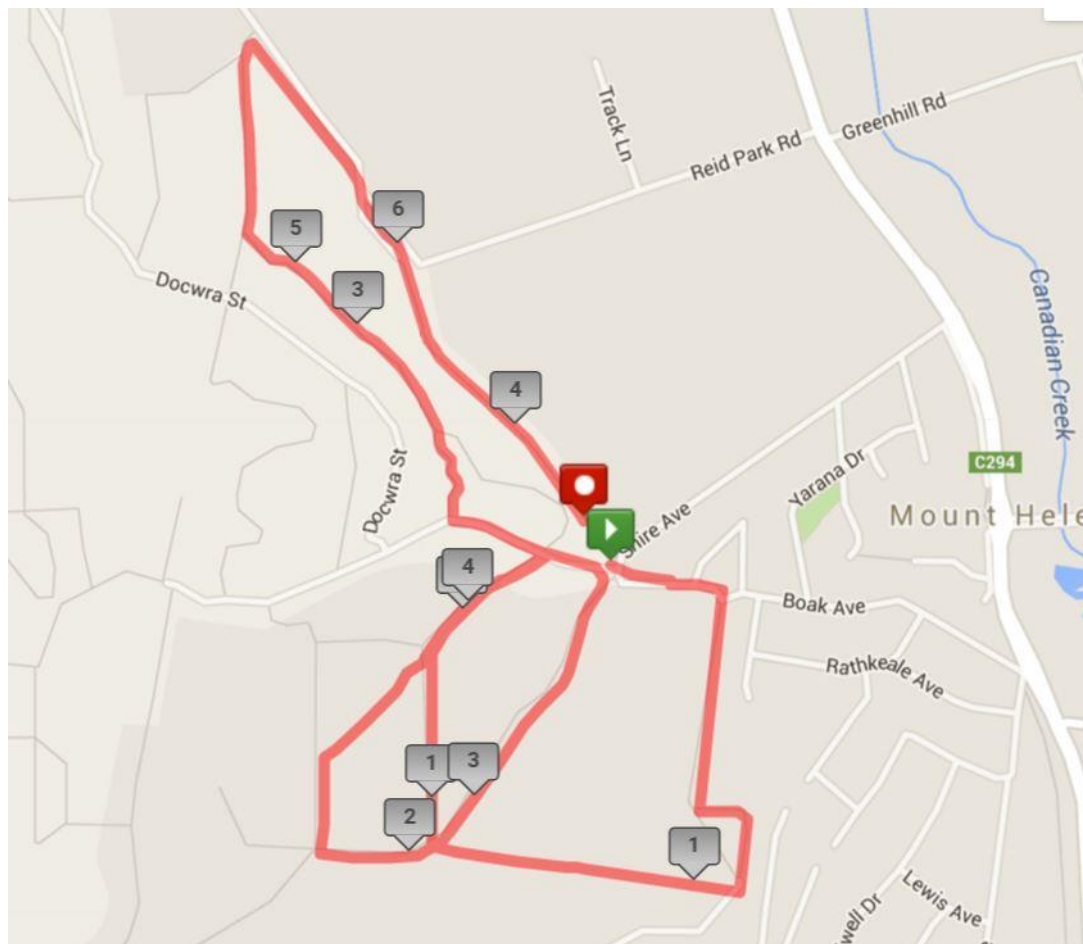
Seniors: Combined Men and Women 6.67KM **2:30 PM**

2016 Race Winner: Barry Phipers 33.20

Race Record M Jamie Huggett 22.21 **2016 F** Jodie Berrigan 30.30 **2016**

Fastest Time 2016 M Jamie Huggett 22.21 **F** Jodie Berrigan 30.30

Juniors: There are no junior events today. Older children can choose to run the hill course if they wish.



Saturday July 8th
Yuille Station – 6.2km

(AV Sandown Road Relays)

combined run with other Ballarat Clubs hosted by Wendouree

History: Event established 11 August, 2012

Venue/Start: Yuille Station, off Vickers St, Sebastopol

Required Officials Finish Assistants 2

Seniors: Men and Women Combined **2:30 PM**

2016 Race Winner: Andrew Wilson

Race record **M** Jamie Huggett 21.34 **2016 F** Louise Wood 25.09 **2016**

Fastest Time 2016 **M** Jamie Huggett 21.34 **F** Louise Wood 25.09

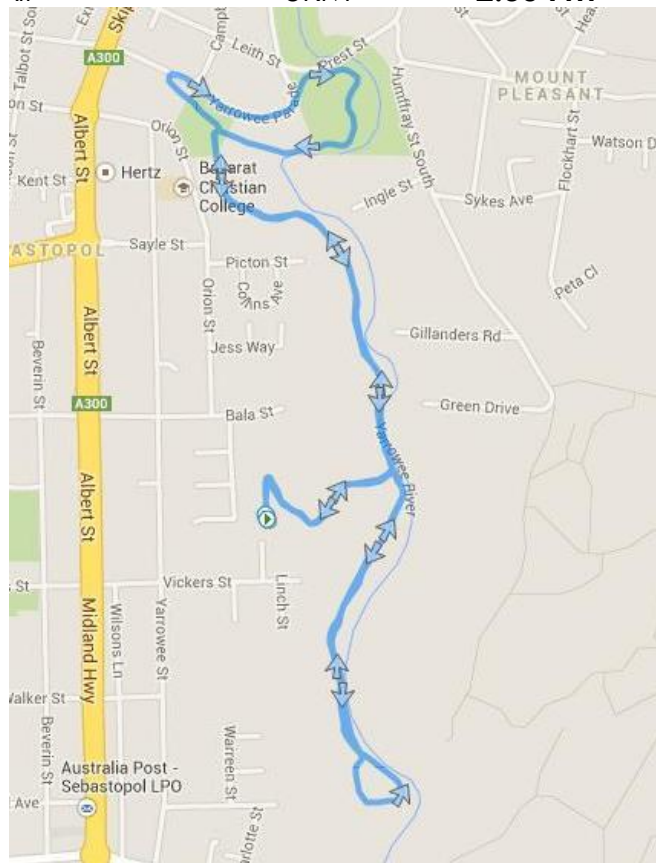
Juniors: U/6 Boys and Girls 400M **1.30 PM**

U/8 Boys and Girls 800M

U/10 Boys and Girls 1000M

U/12 Boys and Girls 3KM (H) or 1k with U10

U/14 & U/16 All 3KM **2:30 PM**



Saturday July 8th - AV Road Relays Sandown.

Check BRC web-site for more information on bus and teams

Seniors 6.2 km Juniors 3.1 km.

Start Time – Seniors 12.45 pm, Juniors 1.15 pm.

Saturday July 15th

Wayne Atkinson 3KM Handicap (In memory of Wayne 5 February, 1983)

Venue: Botanical Gardens Playground - Lake Wendouree

Starting at the Adventure Playground athletes run on the jogging track in an anti-clock-wise direction. Subject to wind can be a flat and fast 3k course.

Required Officials Road Marshall 3
Finish Assistants 2

Seniors: Men and Women Combined 3KM **2:30 PM**

2016 Race Winner: Barry Phipers 12.56

Race record M Paul Hayes 8.25 **1988** F Judy Tweedle 10:31 **1988**

Fastest Time 2016 M Jamie Huggett 8.49 F Louise Wood 10.40

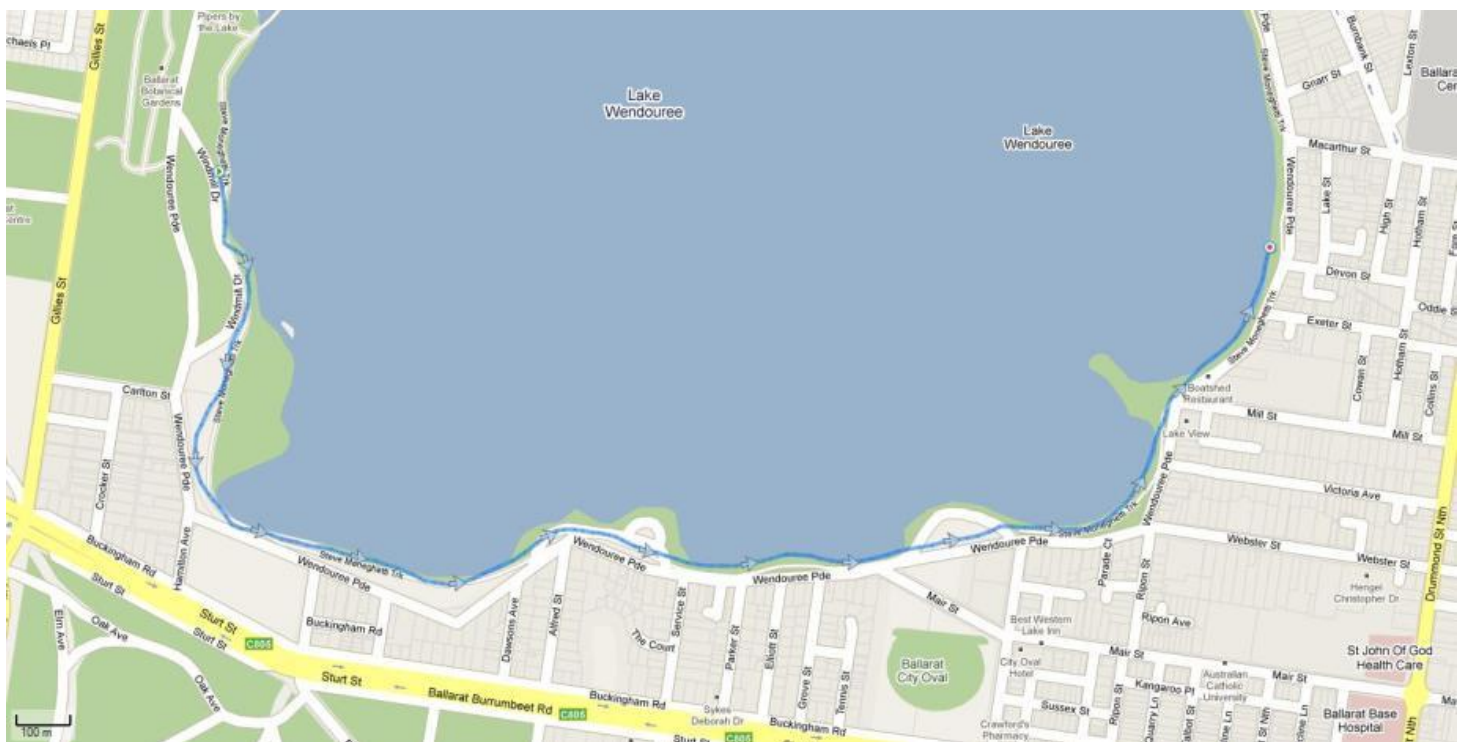
Juniors: U/6 Boys and Girls 300M **1.30 PM**
U/8 Boys and Girls 600M
U/10 Boys and Girls 1200M
U/12 Boys and Girls 1200M or 3KM (H)

Wayne Atkinson Junior 3KM Handicap Trophy

U/14 and U/16 All 3KM **2:30 PM**

Start: Garden's BBQ area to Ballarat City Rowing Shed

Course: Runners are reminded running on Wendouree Parade roadway at the St. Patrick's College Boatshed corner will lead to disqualification.



Sunday July 16th AV 10k (Albert Park).

Check BRC web-site for more information on bus and teams

Start Time First Event– 8.30 am (3km), 9.00 am (10km)

Men Open, U20, U18	10km,	Men U16, U14	3 km
Women Open	10km	Women U20, U18, U16, U14	3 km

Saturday July 22nd Mt. Buninyong 4.3KM King and Queen of the Mountain

Afternoon Tea and Presentations at Crater Car Park – Bring a Plate

History: Event established 3 May, 1969

Venue/Start: Turn off Geelong Rd to Mt. Buninyong and head to crater car park.

Required Officials Lead Car - 1, Rear Car - 1, Finish Assistants - 2

Seniors:	Men and Women	4.3KM	2:30 PM
Juniors:	U/6 Boys and Girls	300M	1.30 PM
	U/8 Boys and Girls	700M	
	U/10 Boys and Girls	1000M	
	U/12 Boys and Girls	1500M	
	U/14 & U/16 All	2000M	2:30 PM

Start: From Crater car park jog down road to appropriate start.

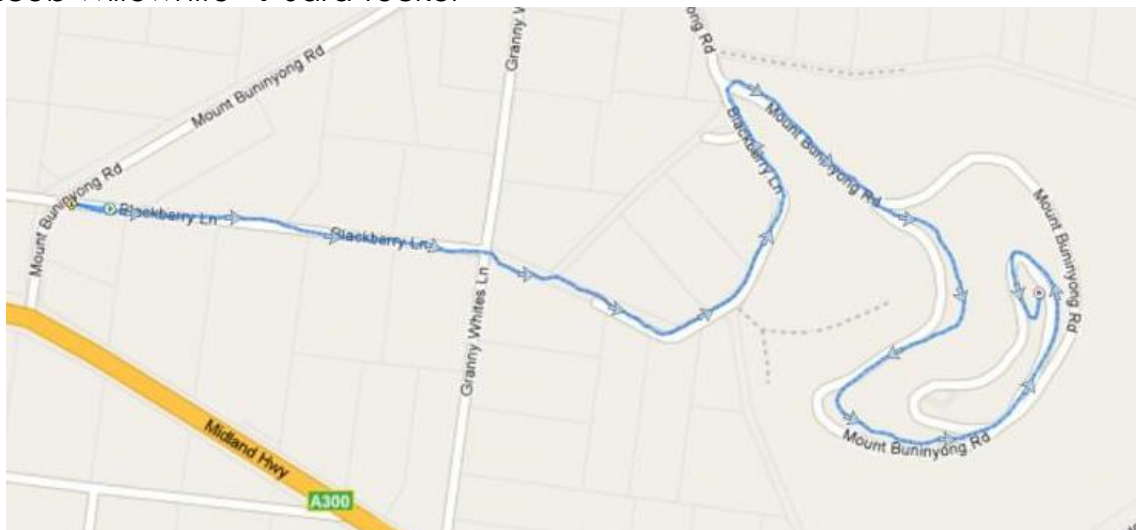
Race record **M** Steve Moneghetti 14:03 **1994** **F** Kelli Baird 18:34 **1990**

Club King and Queen of the Mountain

2002	Maurice Prendergast	16:35	Kelli Baird	18:42
2003	Paul Fenn		Leanne Hayes	
2004	Paul Fenn	17:45	Katrina Braszell	16:03
2005	Paul Fenn	16.38	Kelli Baird	20.33
2006	Jamie Huggett	16.52	Kelli Baird	20.24
2007	Nick VanRaaphorst	17.05	Tracey Fraser	21.32
2008	Paul Fenn	16.54	Tracey Fraser	20.45
2009	Steve Moneghetti	16.49	Kelli Baird	20.36
2010	Nic VanRaaphorst	16.39	Elkie Belcher	20.54
2011	Paul Fenn	18.05	Kelli Baird	21.50
2012	Jamie Huggett	17.09	Kelli Baird	20.41
2013	Jamie Huggett	16.52	Louise Wood	21.16
2014	Nic VanRaaphorst	16.52	Louise Wood	22.20
2015	Nic VanRaaphorst	16.33	Tahlee Vanroosmalen	20.54
2016	Jamie Huggett	16.40	Louise Wood	20.41

Sealed Handicap Winners

2007 M Richard Walsh	F Dianne Bowes	2013 M Jamie Hugget	F Jodie Berrigan
2008 M Rob Jones	F Rebecca Wood	2014 M Grant Gilbert	F Jodie Berrigan
2009 M Rob Jones	F Rebecca Wood	2015 M Simon Tournier	F Rebecca Wood
2010 M Nic VanRaaphorst	F Melissa Wood	2016 M Steve Moneghetti	F Maddy Rowe
2011 M Andrew Wood	F Jodi Valpied		
2012 M Jacob Willowhite	F Sara Tucker		



Saturday July 29th

AV 15KM Road Race Lake Wendouree Start – Windmill Drive

The Ballarat Regional Centre is the organizing club for this event. We will require people to assist on the day as officials.

We also encourage all members to support the event and run as well

Juniors:

All events will start in the North Gardens and will be sealed handicaps

U/6 Boys and Girls	300M	12.30 PM
U/8 Boys and Girls	600M	
U/10, U/12 Boys and Girls	1000M	
U/14, U/16 Boys and Girls	2000M	
	encouraged to enter 5k	

Men Open	15km 2.30 PM	Men All Juniors	5km 2.00 PM
Women Open	15km 2.30 PM	Women All Juniors	5km 2.00 PM



Andrew and Bernard Blood with their Life Memberships Received in 2016

Saturday August 12th
Hocking Avenue 10KM Handicap

(AV Ekiden Relays – Anglesea)

History: Event established 26 June, 1980

Venue/Start: Hocking and Hermitage Avenue, Mt. Clear

Required Officials	Road Marshall	1
	Lead Car	1
	Rear Car	1
	Finish Assistants	2

Seniors: Men and Women 10KM **2:30 PM**

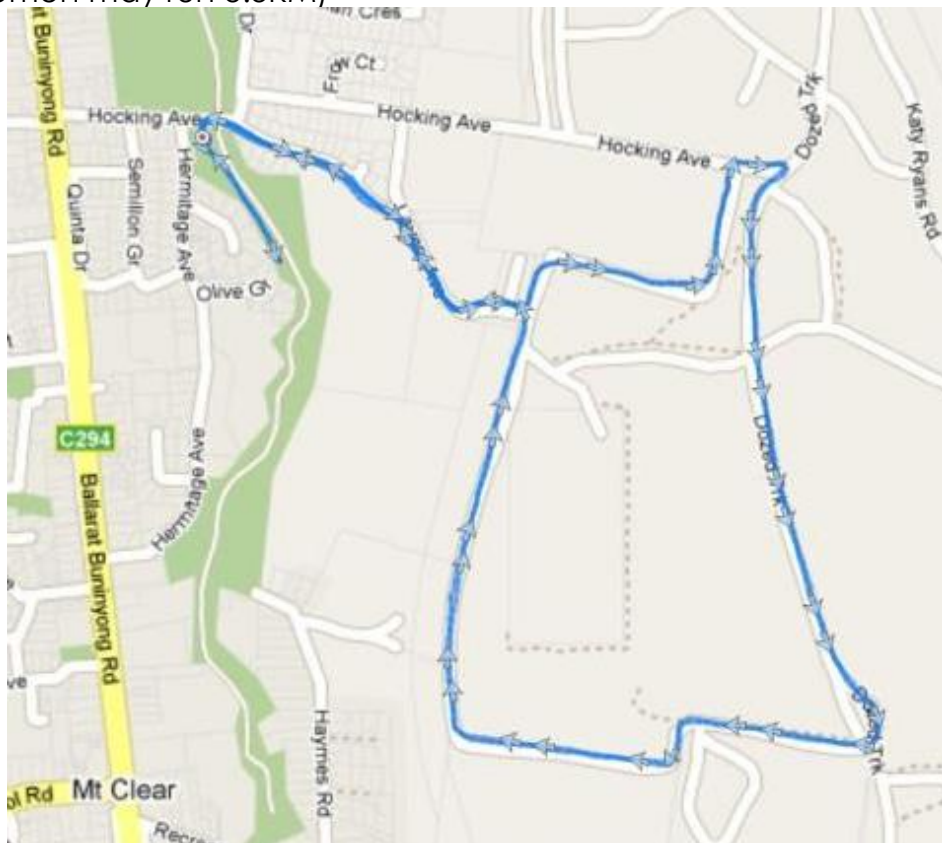
2016 Race Winner: Bianca Pook 54.32

Race record M Paul Hayes 32:02 **1988** F Kelli Baird 39.51 **2009**

Fastest Time 2016 M Jamie Huggett 34.52 F Jodie Berrigan 45.40

Juniors:	U/6 Boys and Girls	300M	1.30 PM
	U/8 Boys and Girls	600M	
	U/10 Boys and Girls	1000M	
	U/12 Boys and Girls	1500M (H) or 3.3KM	

The Rienets Family Trophy 3.3KM
 U/14 & U/16 All 3.3KM **2:15 PM**
 (Women may run 3.3KM)



Saturday August 19th - Club 3000M Championship

History: Event established 5 June, 1948

Venue: Lake Lodge Lake Wendouree

Required Officials Road Marshalls 4
Finish Assistants 2

Seniors: Men and Women Combined **2:30 PM**

Juniors: U/6 Boys and Girls 400M **1:30 PM**

U/8 Boys and Girls 800M

U/10 Boys and Girls 1200M

U/12 Boys and Girls 3000M

Jane McMahon Memorial Junior Trophy - Fastest Time

U/14 & U/16 All 3000M **2:30 PM**

Race record M Steve Moneghetti 8:07 **1993** F Kelli Baird 9:36 **1990**

Afternoon Tea and Presentations will be after the event

Club 3000M Champions

2002	Steve Moneghetti	8:23	Kelli Baird	10:05
2003	Paul Fenn	8:38	Kate Gazzard	11:22
2004	Paul Fenn	8:56	Belinda Mirabella	11:41
2005	Shane Nankervis	8:32	Kelli Baird	10:31
2006	Jamie Huggett	9:12	Kelli Baird	10:42
2007	Paul Fenn	8:55	Tracey Fraser	10:50
2008	Shane Nankervis	8:41	Tracey Fraser	10:39
2009	Aaron Green	9:06	Lyra Meehan	10:55
2010	Aaron Green	8:44	Lyra Meehan	10:52
2011	Nic VanRaaphorst	9:19	Kelli Baird	10:57
2012	Nic VanRaaphorst	9:09	Louise Wood	11:13
2013	Steve Moneghetti	9:08	Louise Wood	11:00
2014	Nic VanRaaphorst	9:23	Natalya Hall-Dekleva	10:56
2015	Nic VanRaaphorst	9:30	Louise Wood	11:06
2016	Jamie Huggett	8:58	Louise Wood	10:35

Michael Hayes Sealed Handicap Winner

2006	Robert Jones	2012	Kelli Williams
2007	Mark Turnbull	2013	Josh Dew
2008	Delwyn Oliver	2014	Lachlan Simpson
2009	Melissa Burgoyne	2015	Sue Huggett
2010	Kellie Williams	2016	Jarrad Turnbull
2011	Emma Davis		



Saturday August 26th

Ballarat Regional Centre Cross Country Relays

History: Daylesford Relay was established 30 May, 1953. This event is a replacement

Venue: Federation University, Mount Helen Campus

This year the event is a straight 3k relay for all age groups

Runners need to be there by 1.30 pm to finalise selection of teams

Start Time – 2.15 PM (please double check on web-site)

Fastest Time 2016 M Nic VanRaaphorst 9.09 F Rebecca Wood 12.08

Juniors	U/6 Boys and Girls	300M	1:15 PM
	U/8 Boys and Girls	700M	
	U/10 Boys and Girls	1200M	
	U/12 Boys and Girls	1200M or Cross Country Relays	

All junior events will be sealed handicaps

Daylesford Relay Club Records

Men	2:04:25	1991 (race record)
Women	2:49:01	1991 (race record)

Ballarat Y.C. W. Clubrooms
Hall Hire

Our Hall is available for hire at quite reasonable rates to the general public, with great discounts to club members.

Chairs, tables, catering and serving facilities, crockery and cutlery etc.

21st, 50th Birthday Parties,

Reunions, Engagements, Meetings, Anything...

Contact Marita Rieniets for a booking



2016 Junior Presentation Night

Saturday September 2nd

Walsh Family 6KM Handicap

History: Event established 18 April, 1998

Venue: Gong Reservoir Car Park – Course Started 2007

Required Officials

Road Marshall	1
Finish Assistants	2

A course around the Gong Reservoir. Some undulations and a fraction rough under foot. It should suit the middle marker.

Seniors: Combined Men and Women **2:30 PM**

2016 Race Winner: Barry Phipers 27.52

Race Record M Jamie Huggett 19.05 **2014 F** Kelli Baird 22.49 **2005**

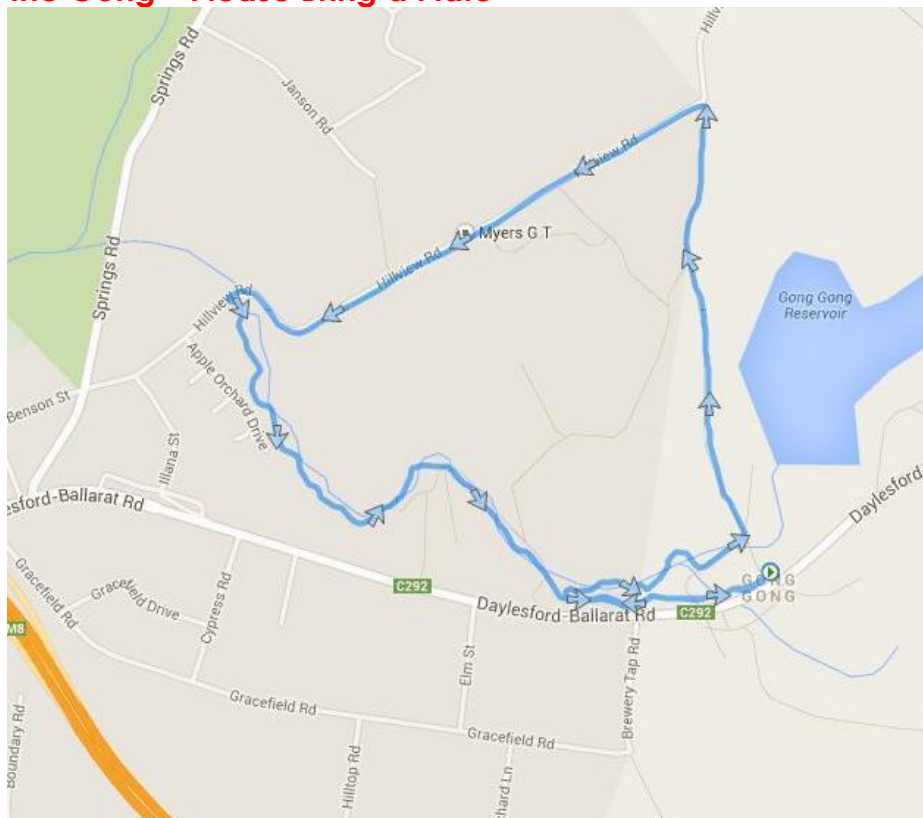
Course changed from 6.8k to 6k in 2005

Fastest Time 2016 M Yual Reath 22.29 **F** Louise Wood 24.01

Juniors:

U/6 Boys and Girls	300M	1.30 PM
U/8 Boys and Girls	600M	
U/10 Boys and Girls	1000M	
U/12 Boys and Girls	2000M	
U/14 & U/16 All	2000M	

Afternoon Tea at the Gong – Please Bring a Plate



Sunday September 3rd - AV Half Marathon, Burnley (Melways 59B1)

Check BRC web-site for more information on bus and teams

Start Time – 8.00AM

Friday September 15th Juniors Trophy Night

Venue - YCW Clubrooms York St Ballarat 7.00 pm

All Junior Trophies will be presented

Saturday September 16th - AV Tan Relays.

(Refer Ballarat Regional Centre web-site for times and teams)

Start Time – 9.00 am

1 lap of the Tan for All Age groups 3.8K



Tony Benson with Life Membership awarded in 2016

**BRC Rosanne Brisbane Lap of the Lake
All-Time YCW Club Rankings 1979-2015 Women
(under 24)**

1.	Kelli Baird	20:38	1990
2.	Anne Martin	21:40	1998
3.	Helen Stanton	21.42	2002
4.	Paula Nankervis	21.48	2001
5.	Helena Cullinan	21:50	1992
6.	Ann Reeve	21:54	1989
7.	Anna Howley	21:58	1995
8.	Tracey Fraser	22.10	2008
9.	Elkie Belcher	22.12	2010
10.	Louise Wood	22.19	2016
11.	Lyra Meehan	22.20	2010
12.	Cara Waters	22:22	1998
13.	Judy Millar	22:23	1981
14.	Geraldine Riley	22:24	1999
15.	Vicki Harding	22:28	1987
16.	Sharon Stewart	22:29	1990
17.	Sarah Byron	22.31	2010
18.	Ingrid Alexander	22:41	1994
19.	Nicole Coghlan	22.49	2001
20.	Karen Clark	22.58	2010
21.	Tahlee Vanroosmalen	23.00	2015
22.	Felicity Briody	23:07	1992
23.	Katrina Braszell	23:12	2005
24.	Aliza Hunt	23:22	1998
25.	Michelle Leaver	23:26	1995
26.	Bridgitte Meadon	23:28	2006
27.	Belinda Mirabella	23:31	2004
28.	Rebecca Galbraith	23:32	1998
29.	Rebecca Wood	23.33	2016
30.	Hieke Hamann	23:34	1991
30.	Bianca McGinness	23.34	2001
31.	Leanne Hayes	23:36	1993
32.	Judy Tweedle	23.37	1989
33.	Jacinta Collier	23.40	2005
34.	Jess Howard	23.41	2007
35.	Natalya Hall-Dekleva	23.45	2014
36.	Kayla McGinness	23.48	2001
36.	Debbie Shoemith	23.48	1983
37.	Elsie Campbell	23.49	1993
38.	Rachel Tallent	23.52	2008
40.	Robyn Lindorff	23.55	1980
41.	Stacey Jones	23.56	2001
42.	Jacinta Blood	23.57	1991
42.	Juanita Liston	23.57	1997
44.	Elizabeth Butler	23.59	1980

BRC Steve Moneghetti Lap of the Lake All-Time YCW Club Rankings 1961-2015 Men (under 18:30)

1.	Steve Moneghetti	16:10	1992
2.	Tony Benson	16:59	1967
3.	Dennis Boyle	17:12	1991
3.	John Walsh	17:12	1992
5.	Maurice Prendergast	17:16	1992
5	Shane Nankervis	17.16	2003
7.	Rob Ellis	17:19	1999
8.	Paul Fenn	17.23	2003
9.	Wayne Dyer	17:24	1987
10.	Paul Hayes	17:26	1993
10.	Richard Gleisner	17:26	2002
12.	Rohan Perrot	17:38	1992
13.	Hector Begeo	17:40	1988
13.	Chris Howley	17:40	1997
15.	Scott Carlson	17:46	1995
16	Brian McLennan	17:47	1977
17	Wayne Bourke	17:51	1975
18.	Max Freeland	17:52	1978
19.	Brendan Hayes	17:55	1996
20.	Robert Wilson	17:58	1985
21.	Kevin Brady	18:00	1967
21.	Shaun Creighton	18:00	1987
23.	John Murphy	18:03	1987
24.	Nic VanRaaphorst	18.05	2015
25.	Stuart Millar	18:09	1992
25.	Rob Boadle	18.09	2009
27.	Alan Lynch	18:10	1991
28.	Jay Bourke	18.12	2001
29.	Stuart Pike	18:13	1982
30.	John Brennan	18:17	1984
31.	Chris Prunty	18:19	1976
31.	Steve Millichamp	18:19	1993
33.	Travis Longmuir	18:22	1993
34.	John Nolan	18:23	1983
35.	Keith Ruyg	18.26	1974
36.	David Smith	18.27	1977
37.	Damien Turner	18.28	1993

Ballarat YCW Marathon Rankings

Men

(Under 2.40)

This is the start a club rankings for the marathon.

At the moment a number of people are missing and will be included as research continues. In the handbook we will list all males who have run under 2.40 and all females who have run 3.20

On our web-site we will list all club members who have run a marathon and their time.

If you have not been included please email Paul at crosscountry@ballaratycw.com.au

1.	Steve Moneghetti	2.08.16	1990	Berlin
2.	Shaun Creighton	2.10.22	1997	Berlin
3.	Shane Nankervis	2.12.33	2005	Berlin
4.	Richard Gleisner	2.17.08	2002	Gold Coast
5.	Rob Ellis	2.22.13	1999	Brisbane
6.	Paul Hayes	2.22.34	1993	Melbourne
7.	John Nolan	2.24.01	1979	Point Cook
8.	Hector Begeo	2.24.19	1996	Sydney
9.	John Brennan	2.24.51	1986	Melbourne
10.	Vin McCarthy	2.25.39	1996	Canberra
11.	Nic VanRaaphorst	2.26.59	2015	Gold Coast
12.	Scott Carlson	2.27.35	2006	Gold Coast
13.	Keith Ruyg	2.31.11	1973	Ballarat
14.	Brendan Hayes	2.32.47	1996	Gold Coast
15.	Andrew Wood	2.33.58	1995	Melbourne
16.	Rob Wilson	2.35.13	1982	Stawell
17.	Chris Beechey	2.35.44	2009	Gold Coast
18.	Ben Clark	2.39.53	2009	Gold Coast
19.	Gary Roden			

Women

(Under 3.20)

1.	Helen Stanton	2.41.51	2007	Melbourne
2.	Annie Martin	2.52.00	1998	Melbourne
3.	Paula Nankervis	3.02.31	2002	Chicago
4.	Karen Clark	3.03.47	2010	Melbourne
5.	Sandy Beach	3.04.06	2011	Gold Coast
6.	Tracey Fraser	3.16.37	2010	Melbourne

Ballarat  Harriers Inc.



The club offers athletic competition for the elite, social and families in a friendly atmosphere



www.ballaratycw.com.au