

Last Friday the Runners Club held its Annual General Meeting. The attendance was a little disappointing but all positions were filled.

Before we go to the future though we need to say a very big thank you to our out-going president Gary Williams and his wife Rhonda. Gary has been our president for the last 13 years, during which time he has led the club from a club that had a very small number of elite runners to the biggest running club in country N.S.W. catering for all levels and ages of runners. Gary with his wealth of knowledge has advised and seen many good runners under his leadership move from his club through to State, National, Commonwealth and Olympic championships. Thank you Gary for being such an inspiration and motivator to us all. We all hope your new venture, Gary's Boxing Gym goes very well for him.

The new committee is

President - Frank Ostini (big shoes to fill but I'm sure you are up to it)

Vice President – Brian Sharp

Secretary - Mike Cooper

Treasurer - Stewart Vidler

Handicapper - Michael Sharp

Publicity Officers – Jane Fairgrieve and Tom Gleeson, Brian Penrose, Sally and Joel Kitto and James Hennessy

Our annual fees are now due and after 30th April if any members registered last year have not paid their fees they will not be permitted to take part in any runs until they are financial. New Members cannot take part in runs until they are registered. Fees have not changed for the coming year. For a junior the fee is \$15, a single person the fee is \$30 and \$60 for a family, making it one of the most cost effective sports around as all you need to take part is a good pair of shoes.

A couple of things that need to be brought to everyone's attention particularly regarding Wednesdays run. To keep the integrity of the great handicap event that we currently enjoy, from now on any participants who do not go off their correct handicap time will no longer be given a time nor will their run be counted as a run. Every runner must complete the full course, three times around the 1km track at Elephant Park. This is to make it fair on everyone and gives a meaning to all the hard work that our handicapper puts in every week getting it right for everyone and giving everyone a chance to be a winner, particularly the slower runners.

From now on the runs both on Wednesday and Sunday will commence on the scheduled time, 5pm (4.45pm during winter) Wednesdays and 10am (9am during Summer) Sundays and any news will be dealt with before the starting time.

There's a large group of Runners Club members travelling to Canberra this weekend for a great weekend of running. All distances including 5km, 10km, half Marathon, Full Marathon and Ultra Marathon will all be contested by our members. Two runners that deserve special mention are Glenys Rosser and Sharon Fahy. Glenys is one of our senior ladies who has been doing a great job with her training under very difficult conditions. Hopefully after this run she will reconsider her resolution not to run longer distances and go for another half. Glenys and her every present running companion, Sharon can be seen out there doing the hard work that they both take on with ease and

will reap the rewards on Sunday. Runners doing the full marathon are Peter Mueller, Frank Ostini, Brian Rix, Jared Sullivan while Brett Sammut is stepping up to the Ultra marathon. We wish them all the very best and looking forward to reporting on all the PB's that I'm sure will take place, as many of these dedicated people have been out pounding the pavement for months now, and doing it tough before daylight savings finished, running in complete darkness.

Seventy Five runners tackled Bulgas Road on Sunday a great morning for running. Maree Moss came out of the confines of her new home and found her way back to have a run after an illness which we trust she is over now. I'm sure we'll see more of Maree as she commences her training for the Gold Coast Half marathon in a couple of months time.

But nothing can be taken away from the winner on the day Watinee Kaskangam. Congratulations Watinee. One of our great runners was not to be outdone though with Tom Gleeson setting a new course record for the 10klm complete this difficult course in 38.06. What a great run, congratulations Tom. Other results were

3klm men

1st Greg Pell 17.08

2nd Martin Ryan 17.48

3rd Hugh Daintith 19.45

3klm women

1st Alice Bowmer 14.43

2nd Monique Connolly 16.26

3rd Maree Moss 16.38

5klm men

1st Josh Nagle 20.39

2nd Brandon Connolly 21.46

3rd Alistair Merrifield

5klm women

1st Kim Jarvis 27.35

2nd Pam Fullgrabe

3rd Tiffany Baker 29.53

10klm men

1st Tom Gleeson 38.06

2nd Jared Sullivan 42.54

3rd . Peter Mueller 47.53

10klm women

1st Penny Chandler 51.59

2nd Kay David 61.33

3rd Frehiwot Ward 64.05

Wednesday saw 82 runners complete the course with the correct rules being enforced we are already starting to see the results. Winner on the day was Anthony Daintith and in doing so did a big pb of 16 seconds. Other PB's were Bradlee Haig 21 seconds, Greg Pell 14 seconds, Anna Daintith 1minute 38 seconds and Daryl Roweth 6 seconds.

Tomorrows run is at Bargwanna Road with a 3km, 5km and 10km. It is a no watch day so put your thoughts together and see if you can come away a winner if you can get the closest to the time you predict.

Judy Tarleton