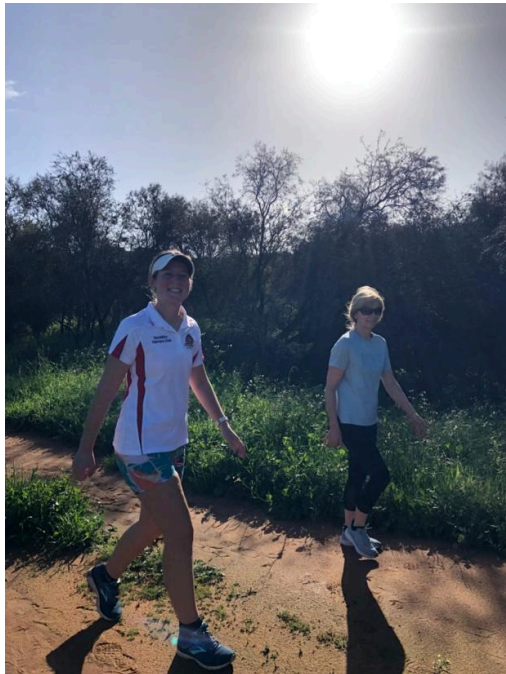


GERALDTON



HARRIERS



2025

Geraldton Harriers Club Committee 2025

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Table of Contents

Acknowledgement of Country	5
Presidents Welcome	6
Short History of the Club	8
Summary of the Geraldton Harriers Club Constitution	10
Harriers Club Membership	11
Club Championship Awards	13
Leonie Miragliotta Memorial Club Service Award	14
Wendy Sekuloff Junior Encouragement Award	14
2025 Events Information	16
2024 Season Club Awards	20
Important Information For Weekly Events	21
Tips for Running and Walking	22
Geraldton Harriers Club Honour Board	23
2025 Personal Results Table	26

Thank you!

Geraldton Harriers Club acknowledges the small business community and our generous property owners in the success of our events.

Please support our Season Sponsors with your custom:

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Geraldton Physiotherapy

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**Thank you to our 2025 sponsors and property owners supporting
Geraldton Harriers Club and
'Fitness for Life'
in our community**

Acknowledgement of Country

Geraldton Harriers Club respectfully acknowledges the Yamatji Peoples who are the Traditional Owners and First People of the land on which we stand, and where we enjoy our Club Events.

The Nhanhagardi, Wilunyu, Naaguja.

The Club pays respect to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of the Yamatji Peoples.



President's Welcome

Every experienced runner knows that running success ultimately comes down to simply lacing up the shoes and getting out the door. At times, this is easy. The weather is great. You feel like a million dollars. Your stress levels are low, and you're meeting up with running mates.

At other times, you have no motivation to get going, even though you know you should. That's where you need to use strategies for building confidence through consistency. Here are some that work really well for everyone, from social runners to Olympians.

1. Set a goal

What do you want to achieve this Harriers season?

A PB?

A distance goal?

Completing a certain number of runs/walks for the season?

2. Have a plan

How are you going to achieve your plan?

Search online for the basics of good plans

Talk to some of our more experienced runners at Harriers

3. Get a mate

If you're new to our club; have a chat to someone who runs/walks about the same pace as you; join up during the week for training runs/walks.

4. Prioritise running in your weekly calendar

If you fail to plan you plan to fail.

5. When all else fails, default to discipline

Commit and reward yourself when you do what you plan.

Looking forward to seeing you out there.

Damon Angelatos **President Geraldton Harriers Club** *Fitness for Life*

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Short History of the Club

The Geraldton Harriers Athletic Club was originally formed in 1969 with Brother Tom Pickett acting as the first club President with Ross Williams as Secretary and Publicity Officer. The first official race was held on Saturday the 27th of April 1969, over a course starting on the bitumen road at the Greenough River Mouth.

Concentrating on cross country events over winter, in the early years the club was affiliated with the Western Australian Amateur Athletics Association and junior members were successful in State School boys' cross country championships. In 1981 and 1983 the club successfully conducted the State cross-country championship event in Geraldton.

The Club's membership and event structure began to broaden with the introduction of the first Women's races in 1975. A trend which has continued over the recent years with a mixture of short and long course events including the occasional marathon, well attended by walkers, new parents pushing prams, eager juniors, and less serious joggers amongst the steady number of more competitive runners.

Membership in recent seasons has a broad age range from 2 to 80+ years!

Geraldton Harriers Club Harriers Life Members

Br T Pickett (1972)
Ross Williams (1979)
Gary Clark (1984)
Norma Linturn (1987)
Wendy Sekuloff (2003)
Peter Karczub (2004)
Wade Johnson (2017)
Jeff Peacock (2021)



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Summary of the Geraldton Harriers Club Constitution

1. To promote health, fitness, and wellbeing in the community in a safe manner through organised running and walking events providing both a social and a competitive atmosphere in which members can choose to participate.
2. The official club colours are black, red and white.
3. Management of the Club shall be vested in the Management Committee elected by the members at the AGM, and consisting of The Executive: President, Vice President, Secretary and Treasurer. Any person can hold more than one Management Committee position at any one time, with the exception that no person shall hold more than one position on The Executive at any one time.
4. Except for Life Memberships, membership is seasonal. All seasonal memberships terminate on the day of the first Championship event of the next calendar season. A calendar season commences on the day of the first Club event for any season.
5. A quorum of the Management Committee shall be half of its members plus one and shall include at least two (2) members of The Executive.
6. The Management Committee will hold office from the AGM of their election to the following AGM.
7. The Auditor or Auditors shall be appointed by a majority of members at the AGM. No Auditor or Auditors so appointed shall be a member of the Committee. Any vacancy shall be filled at a General Meeting convened for that purpose.
8. General Meetings may be called by the Management Committee, or at the request of the President and Secretary, or on the written request of six (6) members of the Club. The Management Committee is to meet at least once every month.
9. Alterations to the Constitution can be made only at AGMs, or General Meetings called for that purpose. Notice of all motions to alter, repeal or add to the Constitution shall be given to members fourteen (14) days prior to AGMs, or seven (7) days prior to General Meetings called for such purpose. Alterations to the By-laws can be made only at Management Committee Meetings provided due notice of the proposed alteration(s) has been given to Committee Members. Such motions, or any part thereof, shall be of no effect unless passed by a seventy five percent (75%) majority (Special Resolution) of those present and entitled to a vote at the AGM, General Meeting, or Management Committee Meeting, as the case may be.
10. All accounts due by the Club shall be paid by either cheque or internet banking after being passed for payment at the Management Committee Meeting. When immediate payment is necessary, accounts shall be paid and the action endorsed at the next Management Committee Meeting.
11. The Annual General Meeting of the Club must be held within two months of the last Championship event for the season.
12. The quorum at the AGM shall be a minimum of either twenty five (25) or 25% of members.

A member may at any reasonable time inspect the records and documents of the Club.

Harriers Club Membership

The annual subscriptions for 2025 are:

Adult (18yrs + at 1st championship event)	\$65
Adult <18yrs (discount for adult <18 at 1st championship)	\$20
Family (up to 4 members, additional members \$20pp)	\$140
Junior (3 - 16yrs and under at 1st championship event)	\$20
Senior (65yrs + at first championship event)	\$45
Sub-Junior (0 - 2yrs at 1st championship event)	\$0

All fees include timing bands.

Each member may invite 2 visitors upon request through the season.

Club Timing Bands are required for all club events.

Club Bands can be retained and utilised from season to season but are **not** interchangeable between members.

Junior Participation

The Geraldton Harriers Club welcomes children aged from 2 to 16 years of age to participate in our events by walking, running, or even riding a scooter or bicycle where the course permits.

We as a club try to promote a friendly and healthy atmosphere with club members offering encouragement at all times. We encourage children and families to participate in these events and to allow children to race at their own levels of fitness.

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Club Championship Awards

Members automatically compete for championship awards, provided that **all** the following criteria are met.

The participant:

- i. Is a financial member on the day of the championship event.
- ii. Has competed in or assisted in the organisation of a minimum of six (6) non-championship events for the season.
- iii. Has their allocated Race Number appear in the official Event Results for all qualifying events.

Points are calculated from the results of the four championship races.

All competitors retain the original age category that was held on the first championship event for the remainder of that season.

In the event of a tie, the competitor who placed best in the final championship race will be the winner.

Championship points are awarded as follows for each championship event:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Points	60	29	14	7	6	5	4	3	2	1

Championships are awarded in the following categories for males and females

Adult

Open Long Run

Open Short Run

Open Long Walk

Open Short Walk

Junior

2 to 6 years

7 to 11 years

12 to 16 years

Open Junior Short Course

Leonie Miragliotta Memorial Club Service Award

Leonie Miragliotta was a former Committee member of the club who during the 1970's epitomised what it means to be a dedicated club member and volunteer. Constantly working beyond the call of duty in many roles and over many Sunday morning events, never seeking rewards. Together with her family Leonie made huge contributions to the club. It was through her example that the club saw fit to commence a best club person award in her name. It is a most prestigious award within the club and a tribute to a wonderful lady who gave so much. It is not an annual award but, rather, presented when the Committee feels it relevant.

Wendy Sekuloff Junior Encouragement Award

As a past Junior Coordinator, Wendy aims to encourage as many younger members to join in the fun, hoping that they might continue Club membership and fitness into their teenage years. When her efforts for the club were recognised in awarding a Life Membership, Wendy initiated the establishment of the Junior Encouragement award to encourage the spirit of Harriers, Fitness For Life.

Junior Club members eligible for this award should:

1. Participate regularly in club events
2. Try to run in the events
3. Be encouraging to others taking part and show good sportsman like behaviour
4. Not be a winner of the age trophy
5. Have attended Harriers for more than one year

2025 Events Information

START TIMES:

Sunday

8.30am Long Walk and *Extra Long Run

9.00am Long and Short Run, Short Walk, Junior

PLEASE NOTE: These start times apply for ALL events INCLUDING the four Championship Events

EVENTS KEY:

! Probably NOT Suitable for most prams and wheelchairs

* Extra Long Run for long runners only – **8:30am Start**

GENERAL:

Junior

2km courses are provided at each event, though distance may vary at the Course Coordinators discretion in the interest of safety.

Toilets are available at all events (portable at remote locations).

Course Distances are approximate and may vary at the discretion of the Course Coordinator.

Directions are emailed weekly to members and can also be found on our website and Facebook page.



2025 Events

Date	Event	Distances	% Unsealed
1 Sunday 6 April	Spalding Park Chapman Road	2/4/8	100
2 Sunday 13 April	Greenough River Walk Trail Cape Burney	2/4/8	100
3 Sunday 20 April	Glendinning Park Glendinning Road	2/5/10	0
4 Sunday 27 April	Stow Garden Marine Terrace West of Yacht Club	2/6/12	0
5 Sunday 4 May	Glen Davidson Memorial Run Rundle Park St Georges Beach Kempton Street	2/6/12	0
6 Sunday 11 May	Mothers Day Geraldton Surf Life Saving Club Willcock Drive	2/6/12	0
7 Sunday 18 May	McGonagle Orthopaedics 1st Club Championship Midalia Beach Stella Maris Drive	2/6/12	0

Date	Event	Distances	% Unsealed
8 Sunday 25 May	Double Beach Caravan Park Greenough River	2/5/10	100
9 Sunday 1 June	Appa Springs Mullewa Road	2/6/12	100
10 Sunday 8 June	Champion Bay Surf Club Foreshore Drive	2/6/12	0
11 Sunday 15 June	Greenough River Walk Trail	2/6/12	100
12 Sunday 22 June	McGonagle Orthopaedics 2nd Club Championship Spalding Park Chapman Road	2/6/12	10
13 Sunday 29 June	Newmarracarra Farm Mullewa Road	2/6/12	100
14 Sunday 6 July	Drummond Cove Batten Hall	2/6/12	0

Date	Event	Distances	% Unsealed
15 Sunday 13 July	Nukara Farm Nanson Howatharra Road	2/5/10/20	100
16 Sunday 20 July	Sunset Beach Swan Drive	2/6/12	0
17 Sunday 27 July	Caldo Farm Ellendale Pool Road	2/6/12	100
18 Sunday 3 August	McGonagle Orthopaedics 3rd Club Championship Geraldton Surf Life Saving Club Willcock Drive	2/6/12	0
19 Sunday 10 August	Ninghan Park Farm Isachar Road	2/6/12	100
20 Sunday 17 August	Spalding Park Chapman Road	2/6/12	0

Date	Event	Distances	% Unsealed
21 Sunday 24 August	Allens Farm Moonyoonooka Bridge Narratarra Road	3/6/9	100
22 Sunday 31 August	McGonagle Orthopaedics 4th Club Championship Echidna Park Yanget Road	2/6/12	100
23 Sunday 7 Sept	Fathers Day Murphyl Farm Chapman Valley Road Yetna	2/6/12	100
24 Sunday 14 Sept	Season Wind Up and AGM Spalding Park Tennis Club Chapman Road	2/5	100

2024 Season Club Awards

JUNIOR CHAMPIONS

Girl (2-6 years)
Boy (2-6 years)
Girl (7-11 years)
Boy (7-11 years)
Girl (12-16 years)
Boy (12-16 years)
Girl Under 16 Short Course
Boy Under 16 Short Course

Kiani Scheicher
Elliot Anderson
Kirra Allen
James Tobler
Amelia Heinrich
George Giudice
Zaylee Scheicher
Joshua Orlando

OPEN WALKER CHAMPIONS

Women's Short Course
Men's Short Course
Women's Long Course
Men's Long Course

Sue Catley
Sean Catley
Chantal Tilbee
Peter Kalinowski

OPEN RUNNER CHAMPIONS

Women's Short Course
Men's Short Course
Women's Long Course
Men's Long Course

Jade Scheicher
Derek Sherman
Anne Lumtscher
Gavin Anderson



Important information for weekly events

- Club events start at 8.30am for long walkers and extra-long runs and 9:00am for all other runners and short walkers. Entrants are advised to be at the venue 20-30 minutes prior to their start time in order to register, warm up and receive pre-race instructions.
- The event marshals will have the courses marked by 8am and will then hold pre-race briefings to give participants important information about the course - please give these briefings your full attention
- Please make your own arrangements for child-minding.
Timekeepers and recorders are too involved in their job and must not be asked. Parents must supervise their children on all occasions
- Dogs are not permitted at the start, finish, or on the course.
- Parents are reminded that during all Harriers events they have the responsibility for their own children. On some events road crossings may be required; if your child needs assistance crossing the road then you need to be the one to supervise them. We will inform you of this at the briefing at the start of each event.
- We ask that children, scooters, bicycles and prams start from the back of the pack to allow runners/fast walkers to get away freely and safely.
- Please don't forget to wear your Club Timing Band around your ankle to provide our club with a record of course finishers, number of participants, and for you your place and pace.
- Please return to registration desk to have your return confirmed so we don't have to go looking for you.

Tips for starting running and walking

Get a decent pair of shoes

There are all sorts of trainers and running shoes. Look for a combination of cushioning and motion control. See a specialist if you are uncertain.

Dress appropriately

Remember your body needs to dissipate the heat caused from the exercise, so wear clothing that allows your body to breathe.

Remember hydration

Make sure you have access to an adequate supply of fluids both before and after running.

Warm up and warm down

Always warm your muscles up before commencing your run/walk. Jog or walk for a few minutes before the start. Always do some stretching exercises to warm down at the end of the event.

Don't overdo it

If you are new to running/walking competitively or coming back after a lay off, take it easy. Slowly build up your speed and distance.

Enjoy yourself

Running or walking in company or in competition can be a lot of fun. Make sure you enjoy the pleasure of a good workout. Remember, it is good for you!

Build Endurance

- Exercise more frequently
- Then exercise for longer
- Then add intervals of higher intensity

Talk to some of our more experienced members; they would love to help! ☺

Geraldton Harriers Club Honour Board

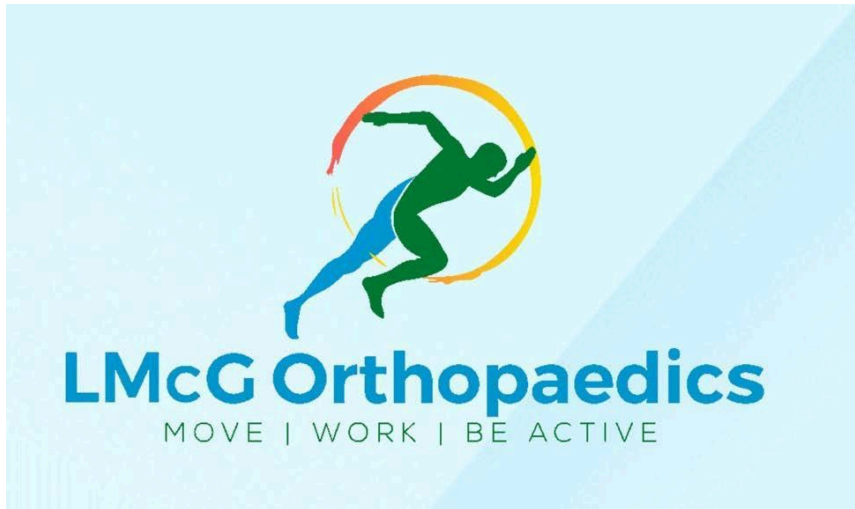
Year	President	Secretary	Open Men Champion	Open Women Champion
1969	Br T Pickett	R Williams	Bro T Pickett	
1970	Br T Pickett	R Williams	R Williams	
1971	Br T Pickett	R Williams	R Williams	
1972	Br T Pickett	R Williams	R Williams	
1973	D Bridgeman	R Williams	G Hatch	
1974	D Bridgeman	R Williams	G Clark	
1975	D Bridgeman	R Williams	R Williams	T Gallichan
1976	D Bridgeman	R Williams	S Gallichan	S Tanner
1977	L Durack	G Gallichan	J Peacock	S Tanner
1978	L Durack	G Gallichan	S Gallichan	T Gallichan
1979	L Durack	L Miriagliotta	S Gallichan	W Stevens
1980	L Durack	M McDonald	J Peacock	T Cooper
1981	J Leonhardt	M McDonald	J Peacock	J Clark
1982	J Leonhardt	J Gray	J Peacock	J Clark
1983	G Clark	J Gray	J Peacock	J Clark
1984	G Clark	W Sekuloff	J Peacock	V Greive
1985	V Greive	W Sekuloff	M Greive	V Greive
1986	C Shields	A Pedlow	J Peacock	V Greive
1987	R Anderson	A Pedlow	K Peacock	J Wilson

Year	President	Secretary	Open Men Champion	Open Women Champion
1988	D Heise	S Starling	K Peacock	F Winfield
1989	G Still	D Heise	G Still	F Winfield
1990	G Still	I Armstrong	J Peacock	J Killalea
1991	G Still	D Criddle	S Johnston	J Kagi
1992	G Still	K May	M Gorski	J Kagi
1993	G Clark	K May	M Gorski	W Robson
1994	G Clark	J Ferguson	G Drew	J Ferguson
1995	G Clark	J Ferguson	J Roberts	D Carlyon
1996	G Clark	C McCurry	P Bauchop	M Newman
1997	D Angelatos	F Angelatos	D Angelatos	M Newman
1998	D Angelatos	C Dean	G Clark	J Heylen
1999	D Angelatos	C Dean	D Angelatos	J Heylen
2000	C Ahearn	C Dean	J Bruce	C Suiter
2001	C Ahearn	G Woodhams	D Suiter	A Chant
2002	A Owen	G Woodhams	J Barber	K Street
2003	G Drew	J Barber	J Barber	D Carlyon
2004	G Drew	S Dornan	J Peacock	V Wright
2005	G Drew	V Wright	J Joyner	V Wright
2006	W Sekuloff	V Stokes	A von Senger	V Stokes
2007	J Joyner	W Stevens	C Clarke	W Stevens

Year	President	Secretary	Open Men Champion	Open Women Champion
2008	J Joyner	R Nicholas	A von Senger	
2009	L Davidson	P Davies	T Sellers	
2010	L Davidson	L Saunders	N Simkin	R Johnston
2011	N Simkin	L Saunders	T Sellers	R Johnston
2012	N Simkin	J Warr	J Barber	K Street
2013	D Masotto	K Clune	C Darlington	M Goodale
2014	D Masotto	F Alexander	S Fletcher	M Goodale
2015	J Joyner	C Pinkney	B Freer	M Goodale
2016	J. Joyner C Pinkney	E Rogers	B Freer	C Inwood
2017	C Pinkney	N Bertelsen	B Freer	C Clark
2018	W. Johnson	C Inwood	B Freer	C Inwood
2019	E Rogers D Angelatos	J Bass	A Jodah	M Chamberlain
2020	D Angelatos	C Inwood	A Jodah	M Chamberlain
2021	D Angelatos	C Inwood	A Jodah	C Inwood
2022	D Angelatos	G Grant	A Jodah	L Cockman
2023	D Angelatos	G Grant	A Jodah	C Tilbee
2024	D Angelatos	G Grant	G Anderson	A Lumtscher
2025	D Angelatos	G Grant		

2025 Personal Results Table

Event	Date	Distance	Time	Pace (min/km)
1	6 April			
2	13 April			
3	20 April			
4	27 April			
5	4 May			
6	11 May			
7	18 May			
8	25 May			
9	1 June			
10	8 June			
11	15 June			
12	22 June			
13	29 June			
14	6 July			
15	13 July			
16	20 July			
17	27 July			
18	3 August			
19	10 August			
20	17 August			
21	24 August			
22	31 August			
23	7 September			
24	14 September			



2025 Championship Series:

18 May

22 June

3 August

31 August

Dr Lorcan McGonagle
Orthopaedic Surgeon
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