

# GERALDTON HARRIERS



# Geraldton Harriers Club Committee 2024

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# **Thank you!**

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

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**Thank you to our 2024 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

2021 Australian of the Year, Grace Tame, recently wrote an excellent personal essay titled, "*How long-distance running changed the life of the former Australian of the Year (and earned her a record win in an ultramarathon)*". It is a good read with many points applicable to all us runners and walkers. I include here a few extracts:

- Looking back on my life, I can pinpoint the periods when I felt the least happy, level, present or connected to myself and the world around me. They all coincide with a lack of healthy physical activity. Running is at the core of who I am. Most of my philosophies on life have either been reinforced by the act of running, or generated by it.
- Running balances two opposing human impulses: to destroy and create. As you pound the earth repeatedly, your body breaks down muscle fibres while at the same time making new adult-born neurons that strengthen their connection to the brain's circuitry. Adrenaline is also created, which has a codifying effect on memory.
- When you run, your heart rate rises, pumping a higher volume of oxygenated and nutrient-dense blood to your organs, including your brain, which produces endorphins to block pain. Cells in your body produce cytokines, which fire up the immune system to help fight inflammation and improve focus.
- In a life that has its fair share of stressors, including working a job that necessitates being submerged in the worst of humanity and my own personal trauma, running is a privilege.
- Over the course of a week I run as many as 100 kilometres, just after the sun rises, mostly by myself. This is part of the appeal. Even when running with others, any conversation is subsumed into the higher shared experience. Silent miles are often the most binding. Running is a vehicle of both spiritual and social connection. The meaning of compassion, after all, is to suffer together.

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 2024 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:**

<b>Place</b>	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
<b>Points</b>	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

# 2024 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 4 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.



# 2024 Events Schedule

Date	Venue	Distances (km)
1 7 April	Greenough River Walk Trail	2/4/8
2 14 April	Spalding Park Golf Club	2/4/8
3 21 April	Glendinning Park	2/5/10
4 28 April	Stow Gardens Foreshore	2/6/12
5 5 May	Geraldton Surf Club Willcock Drive	2/6/12
6 <b>MOTHER'S DAY</b> 12 May	Midalia's Beach Stella Maris Drive	2/6/12
7 <b>Lorcan McGonagle Orthopaedics 1st Championship</b> 19 May	Spalding Park Chapman Road	2/4/8



Date	Venue	Distances (km)
<p style="text-align: center;"><b>8</b> <b>26 May</b></p>	<p style="text-align: center;"><b>Double Bay Caravan Park Cape Burney</b></p>	<p style="text-align: center;"><b>2/5/10 !</b></p>
<p style="text-align: center;"><b>9</b> <b>2 June</b></p>	<p style="text-align: center;"><b>Treasure Farm Bringoo</b></p>	<p style="text-align: center;"><b>2/6/12</b></p>
<p style="text-align: center;"><b>10</b> <b>9 June</b></p>	<p style="text-align: center;"><b>Champion Bay Surf Club Foreshore</b></p>	<p style="text-align: center;"><b>2/6/12</b></p>
<p style="text-align: center;"><b>11</b> <b>16 June</b></p>	<p style="text-align: center;"><b>Echidna Park Yanget Road Kojarena</b></p>	<p style="text-align: center;"><b>2/6/12</b></p>
<p style="text-align: center;"><b>12</b> <b>Lorcan McGonagle Orthopaedics 2nd Championship 23 June</b></p>	<p style="text-align: center;"><b>Spalding Park Chapman Road</b></p>	<p style="text-align: center;"><b>2/5/10</b></p>
<p style="text-align: center;"><b>13</b> <b>30 June</b></p>	<p style="text-align: center;"><b>Newmarracarra Farm Mullewa Road</b></p>	<p style="text-align: center;"><b>2/5/10</b></p>
<p style="text-align: center;"><b>14</b> <b>7 July</b></p>	<p style="text-align: center;"><b>Rundle Park St George's Beach Kempton St</b></p>	<p style="text-align: center;"><b>2/6/12</b></p>
<p style="text-align: center;"><b>15</b> <b>14 July</b></p>	<p style="text-align: center;"><b>Nukara Farm Nanson- Howatharra Rd</b></p>	<p style="text-align: center;"><b>2/5/10/21 *</b></p>

Date	Venue	Distances (km)
<p style="text-align: center;">16 21 July</p>	<p style="text-align: center;">Swan Drive Sunset Beach</p>	<p style="text-align: center;">2/6/12</p>
<p style="text-align: center;">17 28 July</p>	<p style="text-align: center;">Caldo Farm Ellendale Pool Rd</p>	<p style="text-align: center;">2/6/12 !</p>
<p style="text-align: center;">18 <b>Lorcan McGonagle Orthopaedics 3rd Championship</b> 4 August</p>	<p style="text-align: center;">Geraldton Surf Club Willcock Drive</p>	<p style="text-align: center;">2/6/12</p>
<p style="text-align: center;">19 11 August</p>	<p style="text-align: center;">Murphyl Farm Chapman Valley Rd Yetna</p>	<p style="text-align: center;">2/6/12</p>
<p style="text-align: center;">20 18 August</p>	<p style="text-align: center;">Spalding Park Chapman Road</p>	<p style="text-align: center;">2/6/12</p>
<p style="text-align: center;">21 25 August</p>	<p style="text-align: center;">Allens' Farm Moonyoonoka Bridge Narratarra Road</p>	<p style="text-align: center;">3/6/9</p>
<p style="text-align: center;">22 <b>Lorcan McGonagle Orthopaedics 4th Championship</b> 1 September</p>	<p style="text-align: center;">Greenough River Walk Trail</p>	<p style="text-align: center;">2/7/10/17 *</p>
<p style="text-align: center;">23 8 September</p>	<p style="text-align: center;">Batten Hall Drummond Cove</p>	<p style="text-align: center;">2/6/12</p>

Date	Venue	Distances (km)
24 <b>Windup and AGM</b> 15 September	Spalding Park Tennis Club Chapman Road	2/5

## 2023 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

Lily-Jane Allen

Liam Jodah

Amelia Heinrich

Thomas Carlyon

Sarah Pilsneniks

Tom Burkinshaw

Paige Heinrich

Riley Heinrich

### OPEN WALKER CHAMPIONS

Women's Short Course

Men's Short Course

Women's Long Course

Men's Long Course

Sioban Nolan

Glen Davidson

Lesleigh Stewart

Peter Kalinowski

### OPEN RUNNER CHAMPIONS

Women's Short Course

Men's Short Course

Women's Long Course

Men's Long Course

Dimitra Massaros

Phil Dernee

Chantal Tilbee

Arran Jodah



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## 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

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

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



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

## 2024 Personal Results Table

Event	Date	Distance	Time	Pace (min/km)
1	7 April			
2	14 April			
3	21 April			
4	28 April			
5	5 May			
6	12 May			
7	19 May			
8	26 May			
9	2 June			
10	9 June			
11	16 June			
12	23 June			
13	30 June			
14	7 July			
15	14 July			
16	21 July			
17	28 July			
18	4 August			
19	11 August			
20	18 August			
21	25 August			
22	1 September			
23	8 September			
24	15 September			



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## 2024 Championship Series:

*19 May*

*23 June*

*4 August*

*1 September*

**Dr Lorcan McGonagle**  
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