

Traralgon Harriers

Volume 38 Issue 8

Weekly Newsletter

24th February 2005.

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after 7:00 P.M.



***Sandra Timmer-Arends
Wins Aura Dam 50km
run open Female Section
(Details Inside).***



***Led by Tanya Eagle
junior's do well a regional
Little Aths
Championships.
(Details Inside).***



***Training Run at Col & Lynn
Hardies
This Sunday (details inside).***

Aura's Dam 50km run an ultimate challenge.

How tough do you really rate this run was Sandra's searching question as we drove to Healsville early Sunday morning. Well I always rated the 6-foot track the toughest runs I have ever done until I did this run last year. It is the toughest at the moment until I finally get the courage to tackle the rooftop run. Still looking for a good gauge at what she was getting herself into she asked me to rank them from 10 down with the Aura Dam being a 10. Well I would have the 6-foot track 45km run an 8, Wahalla 50km a 7 and perhaps the Leukemia Kinglake 32km run a 5. Well after five and half-hours of running she concludes Wahalla is a 1 compared to this run such is the toughness of the event. In brief this is what makes it such a tough and challenging event. The first 4km is flat and over a rough forest floor along a vague walking track following the Watts River. The start was somewhat congested along the narrow track and with a record 24 starters I soon get tired of tripping over tree roots and rocks and decide the best place to run is out in front. I take the lead early and I enjoy running along bush tracks surrounded by forest and the sounds of the flowing stream nearby. Soon we are faced with a vertical 2km or so climb up a rough dirt track towards Dom Dom saddle. I don't mind this though the legs are fresh and the weather is cool and foggy with the occasional large raindrop falling. I am unchallenged all the way up and have a handy lead at the 6.2km mark. Here the surface changes to a dirt track and is considerable easy going apart from the fact that there is a continual uphill climb for about 2km. Here the eventual joint race winners soon pass me here. There is a mixture of up and down hill before we reach the 10km mark at Dom Dom Saddle and another three runners pass. After Dom Dom saddle there is a 10km loop around Dom Dom saddle on a rough dirt track that is full of flooded pot holes. After this section there is a serious 5km section of rugged hill climbing on various surfaces the worst being the grass sections and without any clear pathway along them they are both rough and taxing. After the 25km mark I begin to feel bad my ankles just behind my Achilles on both feet are aching and making running both unpleasant and difficult. I do a little bit of walking, shuffling and jogging until the 30km mark. This section is not bad and you can run it quite well if you are feeling good but I am not. At the 30km-drink station I consider pulling out but this is only a brief option. I grab some lollies, drink and fruitcake and continue on. I begin to jog again albeit a bit slow but forward progress is made. It is quite eerie though with thick fog making it very quite and lonely. I do not see a sole until I begin walking up the last big climb before the approach to Mt St. Leonard's. Here I am passed by two of Nigel's Oxfam 100km trailwalk team members one being Mark Phillips. Not far behind is Kelvin Marshall and another runner who all pass me fairly easily before the Mt. St. Leonard's climb. The Mt St. Leonard's drink stations it at the 37.7km mark and there is about 14.3km to go to the Maroondah dam wall. I am pretty confident that once I reach the top of Mt. St. Leonard's no one will catch me on the 13km downhill section. No one really runs fast down here as it is very steep and horrific especially the first three km. Legs are pretty shot and tired and running downhill although relatively easier is painful after 39km of running in such a tough event. Although I move along reasonably well I still have to walk some of the uphill section that appear in this last section. The year before I only walked up one section that was Mt. St. Leonard's summit climb this year I had walk more time than I would be proud of and my time shows it. 5:20 the year before I did 4:54 and finished 4th this year I will have to be content with 11th.

Sandra came in 1st lady in 5:30 and won a wonderful hand crafted wall clock, as did all the 30km and 50km winners and place getters. Bruce made it to the 30km mark in the 50km and Matthew Franke did the 30km in 2:48:17. Kelvin ran 5:15, which was faster than he did the year before. In all it was a well-organised event with plenty of helpers from some of Nigel's friends and plenty of cold drinks and food at the end.

Juniors do well at Little Athletics Regional Championships.

Adam Conway, Tanya Eagle, Shannon McCurley, Ben Quirk and Hayden Maximiw all have done at recent Little Athletic championships.

Adam Conway- 1st in the Gippsland regional 1500m final in the under 14 age group in 4:39:00.

Tanya Eagle also competing in the Gippsland region was 1st in the under 14 Discus 27:02m, 1st U/14 1500m 5:47:17, 1st U/14 400m 1:10:49 and 2nd 300m hurdles 52:37. Tanya also competed in a special under 14 200m at the Telsta "A" series at Olympic Park last Thursday. Tanya finished 6th in 30:12 in the under14/15 event.

Shannon McCurley competing in the Knox region finished 3rd U/13 400m 1:02, 3rd U/13 800m 2:30 and 3rd U/13 1500m 4:59.

Ben Quirk finished 5th in the U11 long jump in 3:45m in the Gippsland Regions.

Hayden Maximiw had a busy at the Gippsland Regions competing in 4 events in the under 10 section. He was 3rd 200m 35:74, 3rd 100m 16:40, 400m 1:18:26 and he was 4th in the 70m in 12:15.

Directions to the Hardy's at Budgeree for the run and B.B.Q. on Feb 27 2005.

About 25 30 minutes drive south of Morwell. The road is sealed all the way.

Head south on Monash way through Churchill towards Boolarra. Turn LEFT at the sign to "TARRA BULGA NATIONAL PARK 40 KMS". This is Budgeree Road, it's about 2 kms before you get to Boolarra (there is also a sign saying "Boolarra 2kms"). You now have about 8 kms to go. The road is very windy and quite narrow. Just after turning off, you may see sign to "WELSHPOOL" & "PORT WELSHPOOL". Watch out for logging trucks. From this turn off ROY'S ROAD is just under 6 kms on the RIGHT (it's the 1st sealed road you come to). Turn right here. There is also a sign to "Budgeree School Memorial Reserve". After a short sharp rise the road turns left past the old school, then winds down into the valley. Hardy's house is the first on the LEFT. You come to it at the bottom of the hill just as the road starts to rise again. Our number (205) is on the fence to the right of the driveway. Our name and old address (RMB 1404) is on the letterbox (which is on the ground). Phone number (in case you get lost) is 03 5169 1519. See you when you arrive, happy driving and running Col and Lyn.

Anyone interested in bike riding the course see Denise Twite.

Program-

8:00 A.M. 1st 11km loop, 9:00 A.M. 2nd 11km loop, 10:00 A.M. 3rd 11km loop.

Bring along food to share for BBQ lunch.

Summer Championship Series

2004/2005.

Race No 21 Clarkes Road 6km Course 17/02/2005

Name	Race Time	Points	5km Target Time.
Steve Quirk.	20:55:00	65	20Min-22Min.
Michael Jones.	27:25:00	140	28Min-30Min.
Shinichi Taniguchi	26:41:00	140	27Min-29Min.
Darrel Cross.	21:43:00	77	21Min-23Min.
Steve McLeod.	25:46:00	140	26Min-28Min.
Steve McMahan.	28:49:00	140	29Min-31Min.
Barry Higgins.	29:10:00	110	29Min-31Min.
Neil Griffiths.	24:17:00	103	24Min-26Min.
Karen O'Keefe.	28:24:00	96	28Min-30Min.
Rick Mann.	29:29:00	0	27Min-29Min.
Barry Summersgill.	29:32:00	88	29Min-31Min.
Ben Quirk.	27:41:00	79	27Min-29Min.
Bruce Salisbury.	23:47:00	73	23Min-25Min.
Bradley McAuliffe.	27:50:00	70	27Min-29Min.
Bob Bickett.	30:56:00	64	31Min-33Min.
Mathew McKendry.	28:59:00	61	28Min-30Min.
Roger Maximiw.	22:59:00	61	22Min-24Min.
Rob Embelton.	25:00:00	60	24Min-26Min.
Jackson Loraine.	27:06:00	54	26Min-28Min.
Brett Van Der Velden.	23:10:00	50	22Min-24Min.
Jeff Van Der Brand.	23:13:00	47	22Min-24Min.
Courtney French.	29:23:00	0	27Min-29Min.
Mick Bridle.	33:23:00	140	34Min-36Min.
Travis McKinnis.	30:26:00	34	29Min-31Min.
Carmel Quirk.	31:30:00	90	31Min-33Min.
Duncan Orr.	27:34:00	26	26Min-28Min.
Blair Turnbull.	23:36:00	24	22Min-24Min.
Jason Mulvogue.	25:45:00	15	24Min-26Min.
Matthew Franke.	24:22:00	0	22Min-24Min.
David Griffiths.	29:41:00	0	27Min-29Min.
Dave French.	32:44:00	76	32Min-34Min.
Ros Nicolson.	34:47:00	73	34Min-36Min.
Fay Tomholt.	36:50:00	160	38Min-40Min.
Trevor Ronalds.	36:59:00	160	38Min-40Min.
Peter Gixti.	33:14:00	46	32Min-34Min.
Sam Quirk.	27:21:00	0	24Min-26Min.
Georgia Shaw.	33:35:00	25	32Min-34Min.
Ian Heafield.	33:30:00	0	29Min-31Min.
Bill Rutheford.	38:36:00	84	38Min-40Min.
Cameron Graham.	38:53:00	67	38Min-40Min.
Jen Ryan.	38:56:00	160	40Min-42Min.
David Graham.	38:57:00	0	36Min-38Min.
Col Hardie.	37:11:00	0	34Min-36Min.
Derek Evans.	34:27:00	0	29Min-31Min.
Alisha Twite.	37:28:00	32	36Min-38Min.

Walkers- Margaret Salisbury, Carol Summersgill, Louis McKendry.

***Last Thursday Race Results.
Steve McLeod smashes his handicap again to take
firm lead in Summer Championship series.***

Running 1min 30 faster than he did last November **Steve McLeod** scored 140 points with a great run last Thursday. He will now join his good mate **Jason Mulvogue** on the same handicap. On a hard course where only 18 scored points last November there were several top runs. **Michael Jones, Shinichi Taniguchi, Steve McMahon, Mick Bridle** all scored 140 points and will be re handicapped. At the top end of the scale **Fay Tomholt, Trevor Ronalds** and **Jen Ryan** all scored the maximum points of 160 and will be re handicapped two places. Well done all it is not such a tough course.

Summer Championship series 2004/2005

Race	Date	Course Description	Dist.	Course Marker	Champ Y/N
22	24/02/2005	Edward Hunter Reserve Moe	5km	B.Salisbury	Y
23	03/03/2005	Rooms (Watertower)	5km	I.Heafield	N

Duty Roster.

Date	Race Location	Duty Roster	Media
24/02/2005	Edward Hunter Reserve Moe	Nicole Morrison, Jason Mulvogue, Roslyn Nicolson	Ian Twite.
03/03/2005	Rooms (Watertower)	Karen O'Keefe, Mark Peek, Tony Pettie.	Nicole Morrison

A Nice Thank You from Ann Pawley.

Dear Harriers,

Well, after all my enthusiasm about running with Harriers this year, it seems things are not going to work out as I had wished. As some of you may have realised up at Scales Rd, I volunteered to help with timekeeping because I was off the track with a knee injury. The problem is repairing well but I have been advised to limit the amount of road running that I do each week, opting for surfaces that are not so stressful for my 'aging knees'. I am grudgingly doing as instructed so I will not be seen at your weekly runs, although I may still try the Fun run if things continue to progress.

I would like to thank you all for the welcome that I received at the club. As Eran said on her last night with the team, you are a welcoming and supportive group. Thanks to Barry, Bruce, Margaret, Carol, Ken, Peter, the Tomholts and particularly Carmel for all the encouragement that I have received, along with all the others who smiled, said hello or yelled out encouragement on the road.

Big thanks to Twitey for such an informative newsletter each week. I don't know of too many other community groups who have a weekly publication of this standard. Well done and thanks for all the news of whats happening locally and beyond and how members of the club have gone at various events. A great read!!

Thank you all and I hope to be around every so often and will certainly walk over to the start line of the marathon again this year and clap you off into the mist!!

Good luck to you all and take good care of your bodies (especially the knees!!!)

Regards, Anne Pawley

Remember Bazza & Carols after tonights run.

March 6th.	CHC King & Queen of the North (12km & 6km) Harold Stevens Athletics Track Coburg 9:00 A.M.	Ph 93869251 A/H.
March 6th.	Warburton Up and Running Fun Run (10km) Warburton Football Oval 9:30 A.M.	Ph 59669700
March 6th.	Cape Paterson Aquathon. 450 meters swim, 3.5km run starts 10 A.M. Life saving Club Cape Paterson.	Arthur Phillips 56748071 E-mail<phillips2@dodo.com.au
March 12th.	Blue Mountains Six Foot Track Marathon. 45km run from Katoomba to Jenolan Caves. 8:00 A.M. start Katoomba NSW.	E-mail <raceorganiser@sixfoot.com Web- www.sixfoot.com
March 13th.	Patrick King Island Imperial 20. 32km Coast to Coast footrace across King Island Bass Strait.	Ph 0364611015. Web- www.kingislandrace.org.au
March 13th.	Latrobe City Community Fun Run. 1500m Walk/Run 5km Walk/Run ASC Carpark Traralgon (More Details Soon)	Web-www.traralgonharriers.org
March 19th.	Blue Rock Classic. Multi-sports team event including 10km run.	Web-www.bluerockclassic.com
March 20th.	Eaglehawk YMCA AC Half Marathon. 8:00 A.M. start	Annette 0354469696 B/H 03544675158 A/H.
March 20th.	Staggfair Lake Challenge Fun/Run Walk Lake Guthridge, Sale Distances 2.4k, 3.3k & 6.6km. (More Details Soon).	
March 20th.	Self Transcendance Boulevard Run (15km, 10km, 5km) Kevin Barlett Reserve Burnley 8:00 A.M.	Ph 96500114.
March 20th.	Beat the Barwon Fun Run (10km, 5km, 2km) Belmont Common Barwon River 8:30 A.M.	Ph 52436151 A/H.
March 20th.	Take on The Lake Fun Run/Walk (8km & 4km) Lillydale Lake Lillydale 9:00 A.M.	Ph 98707822 B/H.
March 28th.	Mt Nowa Nowa Challenge Fun Run (14km & 4km) Nowa Nowa Hall 10:00 A.M.	Ph 51 557305 B/H.
April 1st.	OXFAM Trailwalker Melbourne. 100km trail walk from Jells Park to Mt. Donna Buang.	Ph 1800088110 Web-www.oxfam.org.au
April 3rd.	The Athlete's Foot Geelong Half Marathon.	Tom Blood 03 52435374.
April 3rd.	Frankston to Portsea Road Race. 55km 7:00 A.M. start Cnr Davey St & Nepean Hwy Frankston.	Kevin 0425733336 Web-www.coolrunning.com.au/ ultra/frankston.
April 3rd.	Self Transcendance Princes Park Run (15km, 10km, 5km) Princes Park Carlton 8:00 A.M.	Ph 96500114.
April 10th.	Canberra Marathon. Includes Marathon and 50km event on Sunday and 10km & 5km events Sat eve.	Web-www.coolrunning.com.au/ canberramarathon.
April 17th.	Mars Challenge. 20km Run, 79km Ride, 32km Paddle. Ballarat to Barwon Heads.	Ph 03 53343080. Web-www.ballaratcanoecclub.org.au
May 1st.	The Great Train Race. 13.2km starts 9:30 Belgrave and races Puffing Billy to Emerald.	Ph 97570775.

Date.	Event Details.	Contact.
May 8th.	Wahalla Wound-Up. 50km, 37km, 19km trail runs from Walhalla Star Hotel. 8:00 A.M. start.	Bruce Salisbury 51749869. Web-www.traralgonharriers.org
May 15th.	Great Ocean Road Marathon. 45km starts 8 A.M. Lorne P.O. 23km event also, 6.5km & 14km events Saturday.	Web-www.greatoceanroadmarathon.com.au
May 21st.	Mount Beauty 25th Anniversary Marathon. Full Marathon, Half Marathon, 10km and 3km kids race Mt Beauty High School 10:00 A.M.	Bob Flower 57544469. Web-www.visitmtbeauty.com.au/events/halfmarathon
May 29th.	Run to the "G" 10km & 4km events.	Event Management 98199225. Athletics Victoria. Web-athsvic.gov.au
June 5th.	Victorian Mountain Running Championships. Course has changed to match The World Mountain Championship format (see note below)	John Harding.
June 18th.	Australian Mountain Running Championships. Mt Majura Canberra ACT.	Rick Mann 0427343568. Web-www.traralgonharriers.org
June 19th.	Traralgon Harriers 38th Annual Marathon. 42.195km, 21.1km and 10.548km events. 8:00 A.M. Traralgon Tennis Center.	Ph 0755648733. Web-www.goldcoastmarathon.com.au Ph Ian 0755378872. Web-www.goldcoast100.com
July 3rd.	Gold Coast Marathon. Marathon, Half Marathon, 10km run, 7.5km walk.	Angela 56862326.
July 16th.	Gold Coast 100km. National 100km Championships. 16 x 6.5 km laps Runaway bay sports center.	Web-www.traralgonharriers.org
Aug 28th.	Prom Country Challenge. 5km, 10km & 30km Toora Vic.	E-mail kc130860@hotmail.com
Sept 18th.	Traralgon Harriers King & Queen of the Mt. 30 run from Traralgon Showgrounds to Mt Tassie.	Pete 0409022242. E-mail thedixies1@optusnet.com.au
Sept 25th.	DINGLEY DOZEN. 12km Run, 6km Run/Walk & 3km Walk. 9:00 A.M. start Braeside Park center.	Event Management 98199225.
Sept 25th.	World Mountain Running Championships Mt. Victoria Wellington N.Z.	Mick Corlis.
Oct 1st.	Snowy Hydro Upper Murray Challenge. 29km MTB, 26km Paddle and 26km Run. 8:00 A.M start Geehi (Kosciusko National Pk).	Ian Twite 51744965. Bruce Salisbury 51749869.
Oct 9th.	Melbourne Marathon festival. Frankston to Albert Park.	
Oct 23rd.	Brindabella Classic. 55.5km run.	
Oct 29th, 30th, 31st & Nov 1st.	Bright Alpine Four Peaks. Bright Victoria four Mountain Climbs over four days. (More Details Soon)	

Mt. NOWA NOWA CHALLENGE

EASTER MONDAY

MARCH 28th.

14 & 4 Km Runs also 4 Km Walk

Leaves the Hall at 10 a.m.

Adults \$5-00 Children \$2-00

MANY CATEGORIES & TROPHIES

SPOT PRIZES

Mt. Nowa Nowa is 340 metres high.

Refreshments Available

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